

4 WEEK
EMPOWERED
TRANSFORMATION
SERIES

WEEK 2
WORKBOOK

Uchechi Ezurike-Bosse

SUBCONSCIOUS REPROGRAMMING

	Day 1			Day 2		
	Morning	Noon	Evening	Morning	Noon	Evening
Self-Hypnosis						
7/11 Breathing into Workshop of your mind						
Repetitive Visualization						
Journaling						

	Day 3			Day 4		
	Morning	Noon	Evening	Morning	Noon	Evening
Self-Hypnosis						
7/11 Breathing into Workshop of your mind						
Repetitive Visualization						
Journaling						

	Day 5			Day 6		
	Morning	Noon	Evening	Morning	Noon	Evening
Self-Hypnosis						
7/11 Breathing into Workshop of your mind						
Repetitive Visualization						
Journaling						

SUBCONSCIOUS REPROGRAMMING

Day 7			Day 8		
Morning	Noon	Evening	Morning	Noon	Evening
Self-Hypnosis					
7/11 Breathing into Workshop of your mind					
Repetitive Visualization					
Journaling					

Day 9			Day 10		
Morning	Noon	Evening	Morning	Noon	Evening
Self-Hypnosis					
7/11 Breathing into Workshop of your mind					
Repetitive Visualization					
Journaling					

Day 11			Day 12		
Morning	Noon	Evening	Morning	Noon	Evening
Self-Hypnosis					
7/11 Breathing into Workshop of your mind					
Repetitive Visualization					
Journaling					

SUBCONSCIOUS REPROGRAMMING

Day 13				Day 14		
	Morning	Noon	Evening	Morning	Noon	Evening
Self-Hypnosis						
7/11 Breathing into Workshop of your mind						
Repetitive Visualization						
Journaling						

Day 15			Day 16			
	Morning	Noon	Evening	Morning	Noon	Evening
Self-Hypnosis						
7/11 Breathing into Workshop of your mind						
Repetitive Visualization						
Journaling						

Day 17			Day 18			
	Morning	Noon	Evening	Morning	Noon	Evening
Self-Hypnosis						
7/11 Breathing into Workshop of your mind						
Repetitive Visualization						
Journaling						

SUBCONSCIOUS REPROGRAMMING

	Day 19			Day 20		
	Morning	Noon	Evening	Morning	Noon	Evening
Self-Hypnosis						
7/11 Breathing into Workshop of your mind						
Repetitive Visualization						
Journaling						

	Day 21		
	Morning	Noon	Evening
Self-Hypnosis			
7/11 Breathing into Workshop of your mind			
Repetitive Visualization			
Journaling			

GETTING CLEAR ON YOUR VISION

What are your core values?



What matters to you?



When do you feel powerful, passionate, free, useful, excited and inspired?



GETTING CLEAR ON YOUR VISION

What are your true strengths? (Form of genius, amazing at)



How can you start to be a catalyst for change for what matters to you?
What part can you play for the change you want?

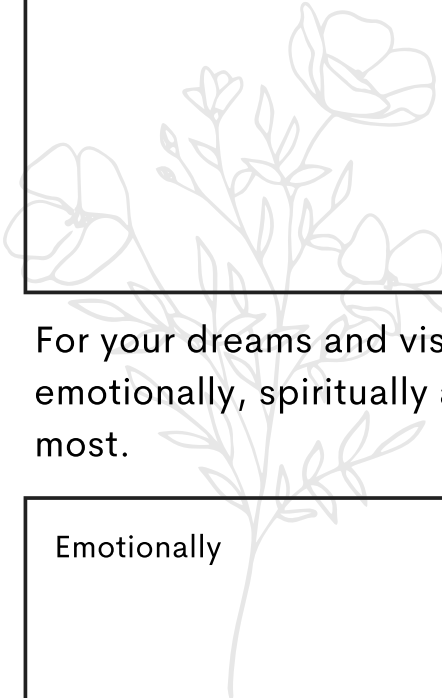


What are your dreams?



HOW PROFITABLE IS YOUR VISION?

For your dream, finish the following sentence: I want this because...



A large rectangular box for writing. On the left side, there is a faint, light gray line drawing of a flowering branch with several buds and leaves.

For your dreams and vision. How profitable do they feel for you emotionally, spiritually and financially? Rate from 1-10. 1 least and 10 the most.

Emotionally

A large rectangular box for writing, corresponding to the 'Emotionally' category.

Spiritually

A large rectangular box for writing, corresponding to the 'Spiritually' category.

Financially

A large rectangular box for writing, corresponding to the 'Financially' category.