



FINDING LIFE SOLUTIONS

A 4-WEEK 1 HOUR PER WEEK LIVE INTERACTIVE VIDEO PROGRAM

Week 1 – Setting up your 4-week goal. Identifying What Did Not Work For You In The Past! Three tools are provided for each participant to support reaching their goal.

Week 2 – Goal progress review. Existing Ineffective Behaviors And How To Manage Them! One more tool is provided for each participant to support reaching their goal.

Week 3 - Goal progress review. Comfort Zone, a Barrier To Achieving Break Throughs! Standing in the Past, Present and Future Standing and consequences. One more tool is provided.

Week 4 - Goal progress review. A Road Map for the future is provided. Moving Forward!

Prior to the start of the program, participants receive a Workbook that explains how they should prepare to receive maximum benefit from FINDING LIFE SOLUTIONS.

The core element in the program is the identification by participants of their 4-week goal; thus, as they move towards the achievement of what they say is important to them, many tools are given and lessons are learned. **Transforming how one looks at past, current, and future events.**

Total confidentiality of all proceedings is a requirement for each participant.

A \$300 program, free to purchasers of the paperback version of the two volumes 'The Journey of Choices ~ City of Knowledge'.

The link for registration is: <https://www.thejourneyofchoices.com/seminars>

Ask for Program start dates.