



# MOVING FORWARD

## AN 8-WEEK 1 HOUR PER WEEK ~ LIVE INTERACTIVE VIDEO PROGRAM

Week 1 – Setting up your 8-week SMART goal with weekly objectives. A review of the main tools acquired during FINDING LIFE SOLUTIONS. The MOVING FORWARD Support System. Reasons or Results.

Week 2 – Make presentations to participants convincing them the 8-week goal is on purpose for you. What challenges will you encounter and how will you overcome them? The Clearing Process.

Week 3 - Letting Go of the Past and learning how to manage ineffective behaviors. Resolving Future Fears and Anxieties – The Oak Tree Meditation Process.

Week 4 - The higher-self, the rational mind, the subconscious – the alignment process.

Week 5 – Cause and Effect. Mastering your Shifting ability in parallel dimensions. Becoming unstoppable.

Week 6 – Focusing and controlling your mind chatter. The Art of Visualization.

Week 7 - Communication for Action. Task vs. Relationship Management.

Week 8 – Celebration of participant MOVING FORWARD accomplishments. What is next for you in your life?

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

**Your 8-week goal is reviewed weekly, maximizing your potential for success.**

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

A \$600 program, 70% discount for graduates of FINDING LIFE SOLUTIONS.

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

Ask for Program start dates.