

## Pursue Your Passion: Your Transformational Journey Map\*

- **Session 1:** Assessment of your individual situation. Clarifying your vision. Actioning passions.
- **Session 2:** Identifying blocks and obstacles, dissolving limiting beliefs. Mindset shift.
- **Session 3:** Prioritising your passion(s). Intensive and joyful time & money management.
- **Session 4:** Putting the joy back into everyday life. Juggling family/work/obligations with ease. Passions first!
- **Session 5:** Spread your wings: The path to creating lasting happiness (aka “putting it all together”)
- **Session 6:** Forging your future and anchoring your passion(s) in your life. Ensure lasting change on all levels (not just intellectual understanding).

\*This is a general outline. Your personal journey map will be tailored to your individual needs and preferences.