



## Become Your Best You - *You Were Made for More*

Personal Development Course – PURPOSE and POWER

# Become Your Best You

In the transformational **BECOME YOUR BEST YOU – You Were Made for More Personal Development Course and Coaching Program** you will...

- > Identify what the root cause(s) of what is limiting you.
- > Replace the negative, limiting and false beliefs and perceptions, some of which you didn't know you had.
- > Acknowledge and Accept where you are and open the door to becoming a more becoming more of the woman you are called to be, living powerfully on purpose.
- > Learn to recognize and acknowledge the shifts, and you'll have the tools to keep growing in a positive direction, becoming stronger, more confident and capable of articulating what you want in life.
- > Learn to use the tools you'll be given to become the leader and impact influencer.
- > Release the fear and lack of motivation to Be, Do and Have what you desire in your life and your work.

Over the 12 sessions of the program, we will be using a combination of tools including NLP, Hypnosis, EFT, Visualization, and more. You'll get the tools forms and templates, you'll be able to role play situations, and participate fully in this interactive program. All our work is held in the strictest confidence.

Upon completion of the program, you will be provided a Certificate of Completion, along with a narrative debrief (a report card of sorts) outlining the growth that I've seen you experience during our time working together. This will note your areas of marked growth and anything you may want to continue to be aware of, and/or focus on for added improvement.

## *Become Your Best You Program*

The following course outline will give you more details about what you will be guided through:

### **12 Week BECOME YOUR BEST YOU Program - Course Overview Outline**

**Week 1 - Awakening The Inner You** - In this session, we identify what you feel needs our focus and we begin the discovery of what could be the root cause. Exploring the area(s) of purpose and visioning will be our focus during this session.



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**Week 2 - Understanding Beginnings** - In this session, we explore beginnings and endings. Root cause generally is fully uncovered in this session. As we unpack knowledge around your energetic frequencies and motivation, we strengthen the vision for your life. Your vision opens the gateway between your heart and the brain in your head that will mark the beginning of the healing process and your journey to see things change.

**Week 3 - Identifying What No Longer Serves You** - Much of what we will address takes time to surface. In this session, we examine what it is that has been showing up and you get to decide if it is beneficial or not, and if not, how to easily release it.

**Week 4 - Transforming Fear** - Fear can be crippling. It can not only stop you in your tracks, it can cause “stuck”ness and self-sabotaging behavior that can create set-backs. In this session, you'll learn how to use fear to propel you and watch it diminish.

**Week 5 - More on the Mind / Hypnosis / Spellbreak** - In this session, you will learn more new empowering languaging and tools, and you'll learn some techniques that put you in the driver's seat on your purpose and power journey, instead of in the trunk.

**Week 6 - Gratitude and Forgiveness Tools for Your Toolbox** - Having tools means nothing if you don't know how to use them. In this session, you will learn to use them with role playing and situational practice.

**Week 7 - Mindfulness, Meditation and Motivation** - Having an expanded vision of yourself comes from mindfulness and can be enhanced with meditation, both of which increase self-motivation. In this session, you'll explore what motivates you and how you can increase your personal motivation to become a high performance contributor and go after what you want for your life in a positive and empowering way.

**Week 8 - Affirmations, Declarations and Role Play** - Affirmations sing. Declarations are the orchestra that play what moves you. In this session, you get to use affirmations and declarations in role play that is an experience you won't soon forget.

**Week 9 - Sound Therapy Spellbreak Healing** - Most people don't understand how sound impacts us. The way we speak to ourselves can be louder and have more impact on how we speak to others than we realize. In this session, you will find out how you speak to yourself and others, break the cycle(s) of past and connect in an even healthier way.

**Week 10 - Building Confidence Visualization and Validation** - This is a very experiential session that will enhance the confidence you've been building.

**Week 11 - Dale Carnegie Technique** - We are constantly in a sales conversation. Best Selling Author, Dale Carnegie's 'How to Win Friends and Influence People' contains a set of principles



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and practices for selling, leadership and influence. In this session, you will be immersed in the psychology of this technique.

**Week 12 - Empowering You to Become More of Your Best You!** - One of the biggest opportunities open to you is recognizing the best in yourself through gratitude and forgiveness, as well as the ability to self-empower. In this session, you'll go through a series of exercises to complete this cycle of growth that gives you what you need to move forward to **BECOME [More Of] YOUR BEST YOU!**

## *Purpose & Power 1*

### **Give yourself permission to be your powerful self.**

Begin your journey to your Best You, not because you're afraid, rather because you see, feel and can taste how life will feel when you are on the other side of difficult. Invest in your future by investing in yourself now.

### **Program Cost: \$1500 One Time Payment**

Upon agreement to the program, and since we work together live weekly in a virtual environment, I provide you with a Commitment Agreement to sign and return when payment is made. Payment is made by PayPal Invoice that is delivered by email with the Commitment Agreement.

We select and agree on a set day and time for our weekly sessions and we meet online via my private Zoom Training Room. I provide the access information when it is agreed to our moving forward.

If you are ready to get unstuck, un-stumped and leave being unmotivated to Be your Best You, this program is for you!

Each week of the program you will transform some aspect of what is limiting you. We will do various processes as appropriate for the situation and I will teach you the tools that you can use yourself.

You will have everything you need to feel yourself being your best self ... articulate, poised, energized, living your purpose, leaning into your power, and more. Our working together will help you develop a stronger confidence in yourself because of who you become, and create a readiness for the new opportunities in life and work.



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This work will open you to manifesting the life and work that fills your heart and soul with **PURPOSE and POWER.**

I look forward to you joining me in this Program.

Empowering More to SOAR!

*Lynn*

V. Lynn Hawkins

CEO, P3 Academy of Social Entrepreneurship

Co-CEO, Positive Impact Makers

[408-758-8868](tel:408-758-8868)

[lynn@p3academy.com](mailto:lynn@p3academy.com)

<http://p3academy.com>

<http://positiveimpactmakers.org>

Connect with me:

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