



Module 1

Establishing Your Intention

I am a firm believer in the power of intention. So one of the first things I want you to establish is your intention (s) for being a part of this course. We get what we commit to. The goals we achieve will be the ones we set, define, and take actions towards. So I am asking you now to complete the sentences below or answer the questions with as much detail as you can and need to become clear about what you are determined to get as a result of your time here.

1. I decided to participate in this course because I believe I need

2. I am willing to commit to the following to ensure that I take all I can from this

3. Nothing works if I don't so I will take the information I gather here and use it by

4. I will put the following measures in place to help hold me accountable for staying engaged for the duration of my time in this program

5. I will not sabotage my growth by
