

Welcome

Hi and welcome to create YOUR rewire program. I'm Lori Clemmons and will be your guide for this course. I am so glad you're here and I look forward to the next several weeks.

As we go through the course together you will create YOUR rewire program, a personalized neural retraining program that works for you.

We're all unique individuals and express ourselves in different and unique ways. How you show up, how you solve problems, what you enjoy and love to do, how you connect with others and the world around you are all things that impact your neural retraining.

And it shouldn't be a chore with lots of rules and have to's; retraining should be a joy, something you look forward to each day. It's a practice. A lifestyle. Messy and unpredictable, but so rewarding. Through this process I want you to find your own unique path. There's no one right way to do this. In this course you'll get tools and inspiration so that no matter where you are starting, you will have what you need to create your journey with confidence. My intention is to offer tools and to guide you through this process so you come out motivated and excited about your retraining practice.

In this video we'll go over a few things before we get started so you'll know what to expect and so we can all get off to a great start!

The first thing I want you to do right now is to pause the video and go into the next section, titled Resources. Print off the pages titled Progress Tracker, Our schedule, our group guidelines, and Join our FaceBook Group, then come back.

Each week will start out with a Progress tracker in the resources section so that you have a very clear picture of what we'll be doing for that week. Remember, there's no pressure and no deadlines. Just do what you can. You'll have lifetime access to the course so you can always come back.

Be sure to mark your calendar with the dates from the schedule page, especially for the Zoom calls. If you are unable to make the Zoom calls, they will be recorded and posted in the FB group. We'll officially get started with Module 1 on October 8th. Until then, there are a few more videos in this orientation module and a couple of exercises to get you started. New modules will be released each Friday. The first section of each module will be labeled "Resources" which will include exercises, and any additional materials you'll need for the week. Each resources section will also include a progress tracker for the week.

You also printed out the group guidelines. These are the guidelines for our Zoom conversations as well as our online messaging in the FaceBook group. Please read this and review it periodically. We want to respect each person's journey that has gotten us to this point, but at the same time we want to keep focussed forward toward being **solution** oriented, rather than

symptom oriented. Also, please respect each person's privacy and keep all conversations within the group.

The more you're able to engage throughout the next few weeks, the more you'll get out of the course, so I invite you to join the Facebook Group. That's where all the conversations will be happening. I want to encourage everyone to participate in the group - everyone here has so much to contribute that we truly will be so much better together. As corny as it sounds, it really is true - Together Everyone Achieves More. I'll be in the group every weekday to answer questions, help with brainstorming, or anything else that you may need as we go through the course. If you post and I don't answer, know that due to the FB algorithms I have most likely just missed your message, so don't hesitate to repost or retag me. Go ahead and get signed up for the group now; I'll be officially opening the group a few days before we get started.

And finally, I've attached a meditation to get you started. No matter where you are in this journey, you've shown up here with courage and an amazing amount of inner strength. This meditation will allow you to recognize how far you've come and allow you to draw on that inner strength to prepare for all that's up ahead. If possible, try to listen every day until we get started.

Again, I'm so glad to have you a part of this group and I'm looking forward to getting started!
Bye for now!