



# **Gaining Clarity On Your Life's Direction**

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**Discover Your Full Potential With Self-Identity To  
Fulfill Your Purpose**



## Introduction

For millennia, human beings have attempted to understand what makes life meaningful and purposeful.

I am sure, since you are here, you wonder why on earth you are here and how to find meaning and direction in life or your life's purpose. These are probably the most subtle, yet profound questions people ask themselves every day.

The search for clarity and direction in life refers to the idea that individuals are strongly motivated to find meaning and strong identity in their lives, that is, to be able to understand the nature of their personal existence and feel that it is significantly meaningful and purposeful.

Life feels meaningful to people when they can satisfactorily answer the big questions about their lives. It is considered as a fundamental motivation. In other words, feeling that one's life is significant, comprehensible or purposeful may be necessary for human psychological functioning.

However, in reality, we have been taught for centuries that we just get a proper education, find a well-paid job and start a family; people forget to ask the most fundamental question of life's direction and the ultimate purpose in life. Without clarity and direction, people can still feel trapped, stuck and unfulfilled even though they have achieved all their goals in life. They start to lose passion and motivation for all these goals above.


**On the other hand, with direction and clarity comes inspired action and productivity. When you gain more clarity and direction in life, you can then actively plan and pursue your meaningful goals, dreams and mission.**

**Knowing the purpose of what you do drives you to create and achieve. It fills you with energy and passion for anything you do. You can enjoy more each day, feel fulfilled, content and satisfied with your achievement. Knowing the direction of your life with clarity helps you to feel confident and resilient to all the challenges you face.**

**Once you are clear with what you truly desire in life, you never find yourself wondering around and wasting your time. Furthermore, less stress and more resilience comes from being able to gain more clarity and direction.**

**It takes courage to make the choice of changing your life. And we believe this program is the right path to help you gain clarity on your life's direction and discover your potential to fulfill your life's purpose.**

**This program was designed as a transformational process not just a course. If you believe the way to learn is to accumulate knowledge and information, you have significantly limited yourself the way you grow and you have also slowed down your development.**



**In this transformational program, you will experience and explore unconventional ways of learning, using your heart and experience to expand your consciousness instead of only using your mind.**

**I feel privileged and blessed to have the opportunity to share with you the best of what I have practiced and learned through the years.**

**The outcome of this program is not the same for every individual. However, with commitment and willingness, you will be able to break through your limitations and find your path to a fulfilling life.**

**So, let's begin this journey together! :))**

**1. What are your intentions/top three reasons to gain from this program?**



## **2. There are 12 reasons/ benefits that you can potentially gain from learning this program**

- **Be more resilient to cope with stress, improve your focus and mental clarity.**
- **Letting go the limitation you imposed on yourself and be creative.**
- **Recognise your potential and Awaken your inner genius with purpose.**
- **Be able to be Adaptive to change with clear steps for transitioning.**
- **Gain more life's direction and tap into your inner power.**
- **Assist you to tap into your inner magnificence and unlock your potential energy.**
- **Gain clarity and truly focus on your own purpose and growth journey.**
- **Align your personal values with your goals.**
- **Align your emotions and actions with your desired outcome in life.**
- **Find your personal path to a fulfilling life and sense of purpose in life.**
- **Have a strong sense of identity, fulfill your dream.**
- **Experience life on a higher level with excitement.**
- **Reconnect with your higher self/authentic-self**

# Meeting Ying Yang



Ying is an energetic and intuitive Healer, a human behavior expert and the Founder of Y Square Education. She has dedicated more than a decade researching and practicing as a human behavior expert and peak performance consultant.

Ying is also a leading expert in clinical psychology, emotional intelligence and organizational behavior, communication skills and leadership development. She has more than 15,000 hours of work experience with individuals, professionals and organizations;

She assists and guides them to have higher levels of achievement in their personal and professional life by using science combined with Eastern wisdom and philosophy with Western psychology.

Having researched and studied in various fields including modern Western psychology and philosophy, and Eastern wisdom and teaching, Ying has acquired extensive experience, which gives her a unique approach to delivering services of the highest standard.

Ying has expanded her mission both nationally and internationally by providing online programs, consulting services, workshops and seminars to individuals and groups.

Ying's mission in life is to empower individuals or groups to discover their real potential and purpose and live life with clarity, certainty and confidence. Her vision is to see the world where everyone can achieve complete alignment with their thoughts, desires and actions.



## **4. Program Curriculum**

### **Module One: Wheel Of Life and Values**

**1.1 Introduce the Wheel of Life**

**1.2 Identity VS The Wheel of Life**

**1.3 Explore the categories around the wheel of life**

**1.3.1 Explore all these questions below**

**1.3.2 Five major obstacles**

**1.3.3 Three phases to fulfil your purpose and craft your masterpiece.**

**1.4 Different forms of intelligent vs wheel of life**

**1.5 Guidance from within exercise**



## **Module Two: Value your value**

- 2.1 Your values dictate your life and your destiny**
- 2.2 Your Value vs Your Id, Ego and Superego**
- 2.3 Overcome internal conflicts, misalignment and shame and guilt**
- 2.4.1 Injected Value vs Projected Value**
- 2.4.2 Exercise: Your value determines your decision**
- 2.5 Game Of Your Life Value**

## **Module Three: Getting to Know Yourself Through Other People's Eyes**

- 3.1 Social research exercise: Reflection on your traits and characteristics**
- 3.2 List down 6 characteristics/traits to describe yourself the best from your own perspective**
- 3.3 Social research exercise: previous achievements/talents/skills/strengths**
- 3.4 Social research exercise: Expression of feelings/emotions**
- 3.5 Social research exercise: reflection on role models**

## **Module Four: Create From What You Have Not What You Don't Have**

**4.1 Your magic formula**

**4.2 Moments of inspiration and encouragement**

**4.3 Personal recharge system**

**4.4 Listen to your body**

**4.5 Dissociation Exercise: Guidance from within**

## **Module Five: Overcome Your Limitations And Make Positive Change**

**5.1 The steps of change**

**5.2 Overcome your fear and create alignment**

**5.3 Four steps to overcome procrastination**

**5.4 Heal your financial drama and karma**

**5.5 Affirmation that will change your life E-book**

## **Module Six: Connect the dots and Shine Your Light**

**6.1.1 Connect all the dots**

**6.1.2 Self expression**

**6.2.1 Personal branding and credibility**

**6.2.2 Deep meaningful questions**

**6.3 Craft your masterpiece**

**6.4 Share your light with your soul tribe family**

**6.5 Leave a legacy**

## **Module Seven: Setting Your Goals With Soul**

**7.1.1 Five filtered questions before setting a goal**

**7.1.2 SMART goal**

**7.1.3 The six “W” questions**

**7.1.4 One goal you would like to achieve by setting by using the goal setting template**

**7.2.1 Weekly plan steps**

**7.2.2 Monthly goal plan**

**7.3.1 Goals with a vision and step in details**

**7.4.1 Create a E-version vision board according to your 7.3 goals setting**

**7.4.2 Create a vision board with your signature other together**

**7.5 The magic power of declutter**

## **5. Structure your learning pace to gain maximum benefits**

You can certainly go through the entire program quickly in under an hour, however the whole point is NOT about knowing the content, it is about experiencing the whole journey and training your mind to expand your consciousness.

### **Step 1**

Enroll in this Program online and log in.

### **Step 2**

Take about 60 minutes to 90 minutes to go through the entire program to get a general idea of the program.

### **Step 3**

Schedule and invest 30 minutes to 60 minutes per day for the next 7 weeks to experience the journey.

### **Step 4**

Document all the differences that you have noticed since you started this program.

## 6. Is this course right for me?

- **Stuck at a cross road of life and want to gain clarity on your life direction.**
- **Feel emotionally trapped and frustrated with your current life and looking for a deeper meaning in life.**
- **Feel curious and want to invest in self-discovery and self-development journey.**
- **Discover your potential with self-identity to fulfill your purpose.**
- **Look for a change in life with clear steps to make the transition.**
- **Look for ways and program to tap into your personal growth.**
- **Tap into your inner magnificence and unlock your potential energy.**
- **Gain clarity and truly focus on your own purpose and growth journey.**
- **Align your emotions and actions with your desired outcome in life.**
- **Let go the limitation you imposed on yourself and express your creativity.**
- **Recognise your own potential and awaken your inner genius with purpose.**
- **Align your personal values with your goals.**
- **Find your personal path to a fulfilling life and sense of purpose in life.**
- **Have a strong sense of identity and experience life on a deeper level with excitement**

**7. Start to document the most amazing three differences you feel since you have started the journey**



**8. Schedule a 60 minutes  
private healing session with  
Ying**



**<https://breakthrough-session.youcanbook.me/>**