Capture



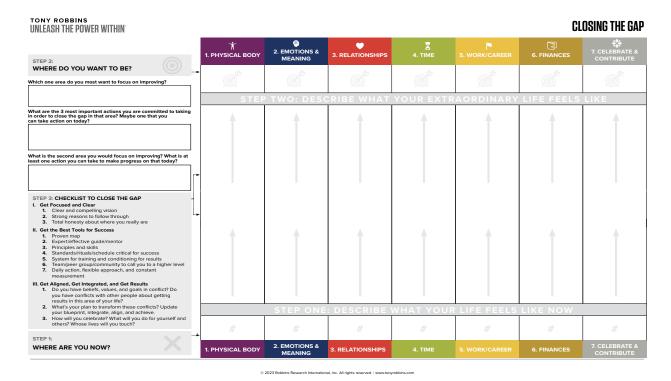
Beautiful State

How have you approached life differently the las	t 3 days than you would have before given
Six Human Needs	
Based on the 6 Human Needs you learned, wha before Unleash the Power Within and what are t	
OLD	NEW
Day 1: Breakthroughs	
What was the limitation, belief or emotion you broreakthrough to on the other side?	oke through at UPW? What emotion did you
Power of Decision	
	nde two decisions – one big and one little. What

Closing the Gap

What areas did you pick? Have you made progress?







Put this page aside, we'll be using it for the second exercise.



Dickens Process

Belief #1:

What are the three new beliefs you created during the dickens process?



E	elief #2:	
E	elief #3:	
Dov	vor of Docision	
	ver of Decision nese twelve principles, what are three you will commit to focus on for	the next 90 days?
1:		
2:		
3:		

The 8 Gifts - Give Yourself the Gifts of:

- 1. The Power of Vital Breathing & Lymphasizing
- 2. The Power of Living Water & Live Food
- 3. The Power of Healthy Fats & Oils
- 4. The Power of Alkalinity Go Green!
- 5. The Power of Movement & Aerobic Energy
- 6. The Power of Maximum Nourishment
- 7. The Power of Structural Alignment & Maximum Strength
- 8. The Power of a Directed Mind & Heart

The 4 Poisons - Dramatically Reduce or Eliminate Your Intake of:

- 1. The Poison of Processed Fats
- 2. The Poison of Animal Flesh
- 3. The Poison of Dairy Products
- 4. The Poison of Acid Addictions

RPM



Rapid Planning Method

Question #1:
What's the result you're committed to achieve based on what you've learned here today? What result do you want to get in this area of life of your health, energy, and vitality?
Ougation #0.
Question #2: WHY is this a "must" for you to follow through? What's your Purpose? What will it give you?
Question #3: What's your man to got there? What are some actions write down? A or 5 specific
What's your map to get there? What are some actions – write down 3, 4 or 5 specific actions you can take to help you get to your result?