



5-Week Relationship Reset

Ignite Your Personal Power

**Because something
needs to
change—and it starts
with you!**

**Break free from
autopilot and step
into the life you were
meant to lead.**

The Dynamic Power Program Vol. 1

Welcome to a Journey of Transformation

Hey Sunshine,

Welcome, and as you embark on this transformative journey, I want to extend my deepest gratitude for your courage and commitment to ignite your personal power for lasting deeper relationships. This program is not just a series of lessons or exercises; it is a pathway to discovering the extraordinary potential that resides within you. To take back what you can actually control and not the illusion of control that the large percent of us do. (I too was guilty!)

Throughout this journey, you will be challenged to see and acknowledge what is real to you, let go of limiting beliefs and old patterns that no longer serve you. Together, we will explore the depths of your patterns so you can make lasting change toward the life you desire - YOUR DYNAMIC LIVING LIFESTYLE!

Remember, you are not alone on this path. You are part of a community of like-minded individuals, all seeking to break free from autopilot and live authentically. Lean on each other, share your experiences, and celebrate each victory, no matter how small.

I am honored to be a part of your journey and excited to witness the incredible transformation that awaits you. Believe in yourself, trust the process, and know that you have the power to create the life you envision, desire and deserve!

Live with Passion and fire in your belly!

Ann

This Program Contains Adult Language

Freud discovered that in every culture there are words which are considered “taboo” words that are rarely spoken aloud, but when they are, it produces a dynamic transformation on the emotional responsiveness of the listener. He was one of the first clinical practitioners to use intense language and taboo words with a therapeutic aim. In this tradition, I (Ann Oickle) may at times, deliberately use shocking language in order to establish an atmosphere of honesty and emotional connection and authenticity. While not a place in a polite society, these words can be used to trigger deeper emotions. The language is used strategically, according to the specific situation to spare the clients to achieve a higher level of accountability and results.

Disclaimer (Financial & Health Content):

All investments have risk involved, including loss of principal investment. Past performance of a security does not guarantee future results or successes. The parties contributing to this product/service are not registered or licensed investment advisors. Their comments and opinions are their own and are not meant to be taken as investment advice or recommendations. Further their comments and opinions do not reflect the opinions of nor should they be attributed to the copyright holder. It is important for each participant to seek their own financial advice that works best for them.

The authors and publishers do not prescribe any of the materials, techniques or concepts presented in this workbook or program as a form of treatment for any illness, or medical conditions. Nor is it the intent to ever diagnose or prescribe anything at any time. The intent is to solely offer information to assist you (the client) in working with different methods, theories and modalities to work with or without any health, medical, dietary and exercise fields. If at anytime you do not agree or comply with the teachings offered, it is your right and you are always encouraged to seek medical/professional help at anytime you feel you require extra or additional support. It is always recommended and encouraged to take the advice of a professional over and above the teachings provided within this program. Ann Oickle or anyone associated with her and her business do not assume any responsibility for the choices you make after you review this information and or attend events.

Table of Contents

Week 1 - Awareness Is The First Step	Page
• The Momentum Cycle	6
• Our Emotional Home	7
• Hi-Vibe State	8
• Basic Human Psychology	9
• How To Navigate Our Emotions	10
• Next Layer of Understanding Human Beings	11
• Next Layer of Understanding Human Beings Cont.	12
• Next Layer of Understanding Human Beings Cont.	13
• Week 1 DOWN!	14
Week 2 - Awareness Into Action	
• The 7 Hermetic Principles and meditation	15
• The 7 Hermetic Principles defined	16
• The 7 Hermetic Principles defined Continued	17
• National Science Foundation Study	18
• Journal Prompts: Awareness to action	19
• The 5 Steps to Your Driving Force	20
• Week 2 CHECK!	21
Week 3 - Change Sticks In Roots, Not Rushed	
• The Power of Environment	22
• Habits & Impact of Our Environment	23
• Journal Prompts: Habits and Routines	24
• Journal Prompts: Habits and Routines cont.	25
• Week 3 COMPLETE!	26

Table of Contents

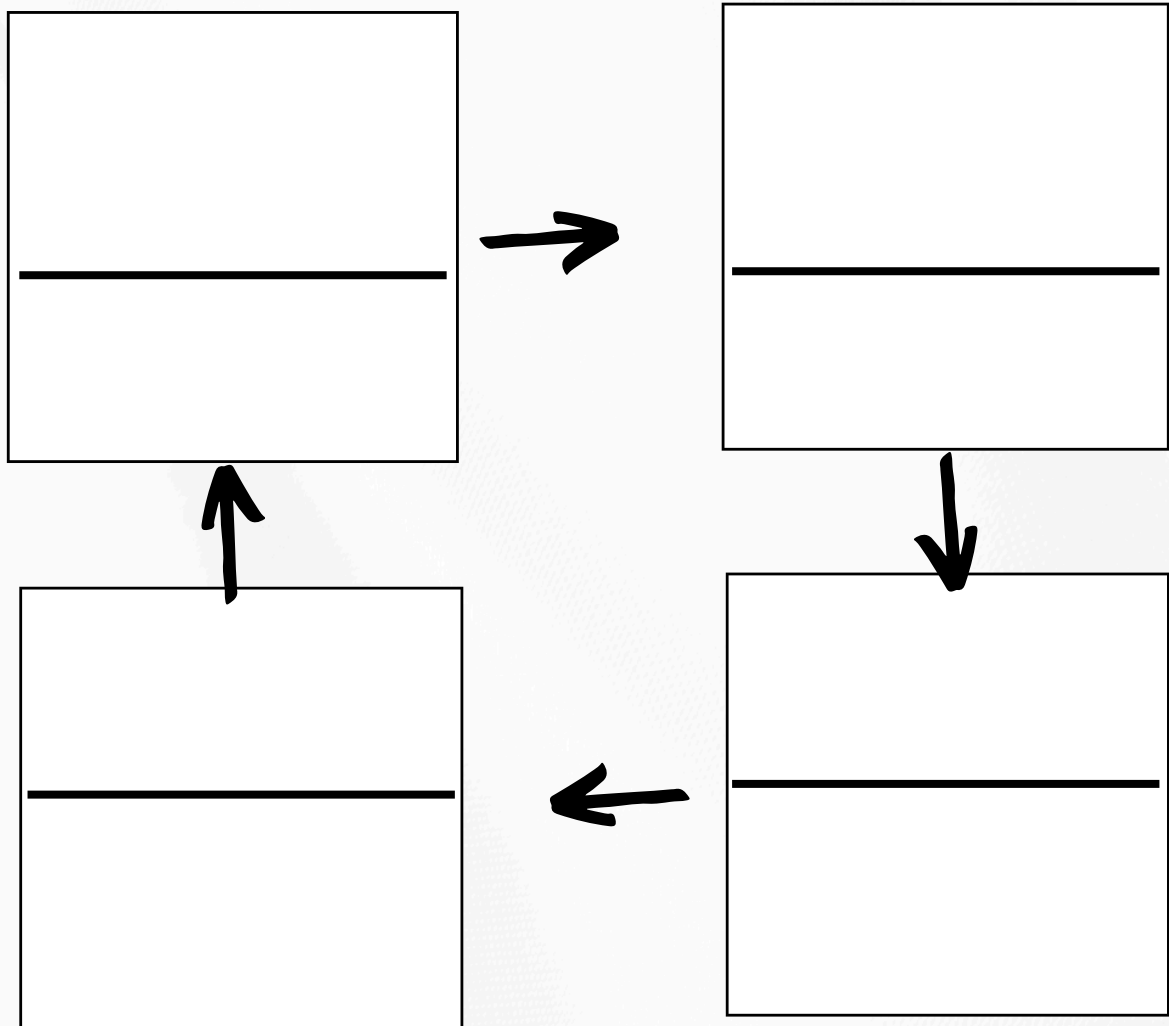
Week 4 - Resilience and Identity	Page
• Resilience Journal	27
• Identity Ancor Card	28
• The Expansion of Change	29
• Week 4 DONE!	30
Week 5 - Integration and Next-Level Vision	
• Future Pacing & Meditation Journal Prompts	31
• Meditation Journal Prompts Cont.	32
• Week 5 CELEBRATION!	33
• Resources	34
• Printable Certificate	35

The Momentum Cycle

Write down one sentence finishing this phrase—"I commit to showing up for myself fully in this program because _____

People who succeed will have momentum working for them. The more they succeed the more they want to succeed, but everything has an opposite so the same is true for anyone who is failing. They may not consciously want to, but they will have a similar downward spiral.

Peoples potential is practically unlimited, But do most results reflect the level of potential they have?



Answers: Top left to right: Potential - Action - Results - Belief or Certainty

Our Emotional Home

We have a blend of both, but which one leads? Empowering or Disempowering Emotions - One is always driving!

A) Make a list of what YOUR emotional patterns are. What are the positive & negative emotions that you're feeling every day or weekly?

B) What are your top 2 empowering and disempowering emotions (the go to most often)? Circle them!

Empowering

Disempowering

C) What are 2-3 NEW EMPOWERING emotions, that if you lived them everyday - would change your life and take it to a whole new level? How would they impact your life? PRO TIP: Make sure you post these where you can see them daily to remind you to feel this way!

Hi-Vibe State:

Now that you have identified your key 2-3 EMPOWERING emotions that will impact your life, I call this the HI-VIBE STATE.

We get to choose daily what state we will be in - we can go in:

1) _____(high natural energy) or 2) _____(low energy)

DECIDE NOW to live in a _____every day
no matter what!

A) Why MUST you, why WILL you end suffering as it surfaces?

B) Why will you live in a HI-VIBE state every day no matter what comes up? What TRANSFORMATION will you experience if fear is no longer around?

“Trade expectations for appreciation and your whole world changes in an instant.” – Tony Robbins

Basic Human Psychology:

We are all practical and many logical, but often times we don't consider this when making emotional decisions, however it this will help you understand and predict how and why we do what we do. To understand this, answer the following 4 questions:

1) What is the 1 thing that stops us from moving forward? _____

Fear can destroy and immobilize us from taking actions in the simplest forms. It is the one thing we all experience in life in one form or another: FEARS of failure, success, rejection, losing, winning, attention, being alone, unknown, others behaviors, the list goes on. So how do we combat it?

Fear is something that gets hardwired into our being, I was taught that there is nothing we can do in our lifetime to take it away....BUT the secret doesn't ly in killing it, but harness it so you use it vs it using you.

More understanding. While there are multiple types & levels of fear, there are 2 primary fears that all humans share:

2) We are not _____.

3) We won't be _____.

4) So if this is the case. What controls or determines the qualities of our lives?

How do we navigate our emotions so we can stay in HI-VIBE state?

So if emotions control our lives, what creates our emotions in the first place?
Understanding these 3 key patterns will allow you to start navigating lasting change!

A) Your _____ along with your beliefs.

What you focus on is what you will believe, this is what creates our "Reality" even though it may or may not be true.

B) The _____ you use and _____ you create. So ask yourself and others really good questions, our minds are always answering questions so ask good ones! Watch your words, what do you say regularly? Watch others words toward you and their impact. Your giving them meaning. If someone says "your wrong" how do you react? Change the meaning, change your reaction. We went through a meditation in the beginning, listen to it daily, start your day off with it. Tony Robbins also has incantations he repeats, I still do this to this day or some variation of it. (shared at the end of this page)

C) Your _____ is what we do with our body. The motion creates emotion, thus impacting how we feel. So what your doing with your body at all times, is impacting your state - right down to facial expressions, slouching, breathing etc.

Tony's video for incantations: <https://www.youtube.com/watch?v=ceYtAEpSoGk>
When your done this video, play one of your favorite upbeat songs and dance to it right after...your blending all 3 of these at once to start your day and your day will be **UNSTOPPABLE!**

Next layer of understanding human beings!

Now that you know what determines the quality of our lives, now to understand why we do what we do. There are several variations of these, but I love this version, it's very clear. Get to know these in yourself as each have good and not so good traits. (see next page). BUT you can also use these to identify in others actions, reactions etc. This will allow you to cater your responses with better understanding.

4 Needs are Primal:

CERTAINTY, food, shelter, resources when people can't control their physical circumstances they seek certainty through a state of mind.

VARIETY: Those who need change in their state, to exercise their body, mind and emotions, they seek variety, this could be in physical exercise, mood swings, entertainment, food etc.

SIGNIFICANCE, Everyone needs to feel special or important in some way, this is when people seek through obtaining recognition from others, validation of their feelings or opinions in the size and complexity of their problems. If they feel insignificant, they may get angry or lash out.

CONNECTION/LOVE, Humans have the need to feel connected to someone or something, so another person, an ideal, a value, a habit, or sense of identity. It could be in the form of love, a sense of belonging (communities and groups), spiritual. This can happen in a healthy positive way or it could be negative ways as well. The 2 remaining fall under the spiritual needs.

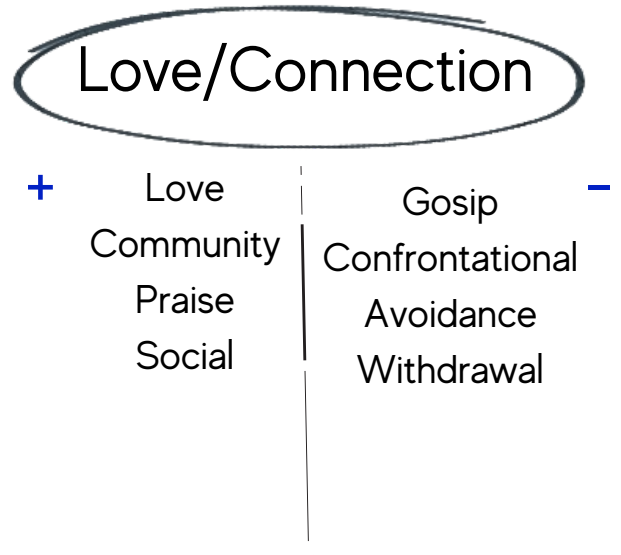
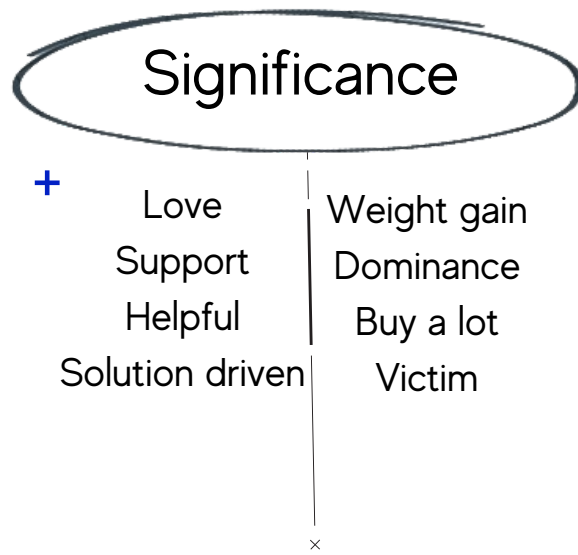
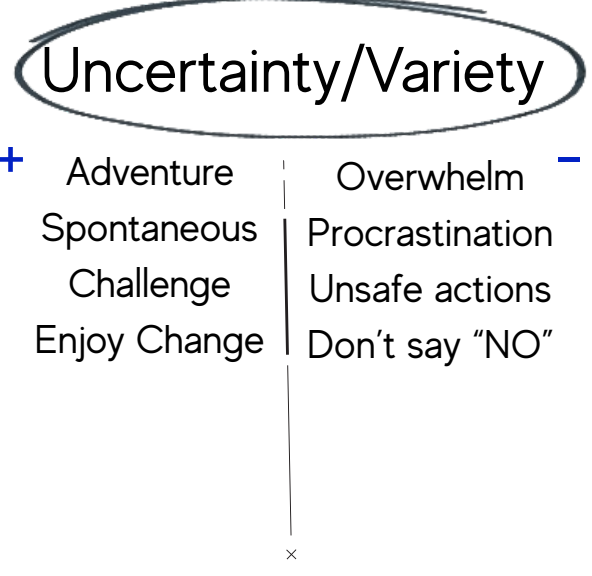
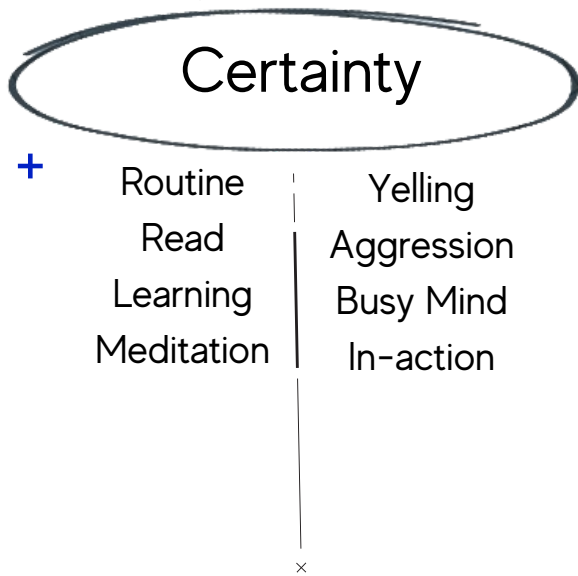
2 Needs are Spiritual

GROWTH, Everything is either growing or dying, so no matter the \$\$ you have or how many followers/acknowledgements/achievements you have, unless you feel like your growing, you will be unhappy & unfulfilled.

CONTRIBUTION, we all have a deep need to go beyond ourselves and when we do this, we experience, true joy, & fulfillment. Again, those who do not, will experience something is missing, lack, and feel unfulfilled.

Next layer of understanding human beings cont.

Now to identify the positive and negative of each primal. When we function in the negative, it's a survival mind, a mind of desperation etc. When we function from a place that is positive, it's a place of inner power and peace etc. IE, Certainty in a positive way is going to the gym to work on your health, you know the outcome. Negative: Over eating or stress eating to distract you from your circumstances.



Next layer of understanding human beings cont.

See if you can identify your top 2 driving forces now? Think about how you react to most things throughout your day (autopilot reactions).

Explore what you were thinking & feeling, and in that moment was it serving you or draining you? What was the NEED in that moment?

Which 2 could significantly change how your life shapes if you chose 2 to be your new top 2 (positive choices)

Journal on HOW they could significantly impact your life going forward if you lead with these from now on?

Week 1 DOWN!

Write down one thing you're proud of from today—even if it's just showing up for yourself. Write it down and share it in the community

Now set a simple intention for the week ahead—something gentle, like staying curious about your feelings or noticing what needs come up. Carry this intention with you, and remember, each step you take matters. Also feel free to add it to the community and jump in throughout the week as you notice so we can celebrate together.



THE 7 HERMETIC PRINCIPLES



1. Mentalism

“All is Mind; the Universe is Mental.”

2. Correspondence

“As above, so below; as below, so above.”

3. Vibration

Nothing rests; everything moves; everything vibrates

4. Polarity

Everything is dual; everything has poles

5. Rhythm

Everything flows, out and in; everything has its tides

6. Cause and Effect

Every cause has its effect; every effect has its cause

7. Gender

Gender is in everything; everything has its Masculine
and Feminine Principles

The 7 Hermetic Principles Mediation:

<https://www.youtube.com/watch?v=QgXPSaRaAU4&authuser=0>

The 7 Hermetic Principles come from a body of esoteric teachings attributed to Hermes Trismegistus, and were popularized in the modern age by the book *The Kybalion*. These principles are considered universal laws that govern all creation, and they're incredibly powerful in the realm of self-awareness, transformation, and personal mastery.

Here's a breakdown of each with a brief, clear description:

1. The Principle of Mentalism

“All is Mind; the Universe is Mental.”

Everything begins in the mind. The external world is a reflection of our inner world. Thoughts are creative forces – what you think, you become. Master your mind, and you master your reality.

2. The Principle of Correspondence

“As above, so below; as below, so above.”

There is harmony and connection between all levels of existence – the macro (universe) reflects the micro (you), and vice versa. Your inner patterns mirror what happens externally. Healing yourself shifts your entire world.

3. The Principle of Vibration

“Nothing rests; everything moves; everything vibrates.”

Everything is energy in motion. Your emotions, thoughts, and intentions all carry frequencies. By raising your vibration (love, gratitude, joy), you attract more aligned experiences into your life.

4. The Principle of Polarity

“Everything is dual; everything has poles.”

Everything exists on a spectrum: light and dark, hot and cold, love and hate. These are not opposites, but degrees of the same thing. When you understand this, you gain the power to shift your experience by changing your perspective.

5. The Principle of Rhythm

“Everything flows, out and in; everything has its tides.”

Life moves in cycles: up and down, expansion and contraction, seasons, moods. When you accept and work with these natural rhythms instead of resisting them, life becomes more balanced and easeful.

The 7 Hermetic Principles Continued:

6. The Principle of Cause and Effect

“Every cause has its effect; every effect has its cause.”

Nothing happens by chance. Every thought, emotion, and action creates a ripple. You are the creator, not the victim. Own your choices, and you can shape your future with intention.

7. The Principle of Gender

“Gender is in everything; everything has its Masculine and Feminine Principles.”

We all carry both masculine (logic, action, structure) and feminine (intuition, flow, creativity) energies. Harmony comes from integrating both – not suppressing one or living in extremes.

The Power of Beliefs!

3 Beliefs for Lasting Success and Change:

1. It **MUST** change **NOW!**
2. **I MUST** change **NOW!**
3. I **CAN** change it **NOW!**

Remember that the PAST does not equal the FUTURE unless we let it and live there.

Tony Robbins says “Change is never a matter of ability, we all have the ability. Its always a matter of motivation.”

National Science Foundation Study

The average human has over 70,000 thoughts each day, 90-95% are repetitive, so these are the same thoughts as yesterday & the day before etc. 80-85% percent of those repetitive thoughts are **negative**.

That's why awareness matters and is KEY to making lasting change!

Journal Prompts: Awareness to action

Write down a negative or repetitive thought or belief they've noticed this week.

What belief might be underneath this thought? Where do I think I learned it?

Journal Prompts: Awareness to action Continued

When did I first start to believe this? Can I remember a moment, or a pattern from my past where this might have started?"

Ask yourself the following:

"Whose voice or influence do I hear in this belief—is it really mine OR someone else's?"

"How has holding this belief shaped my actions or choices?"

If I didn't believe this thought, how might my experience or behavior change? Take some time with this one and let it really sink in.

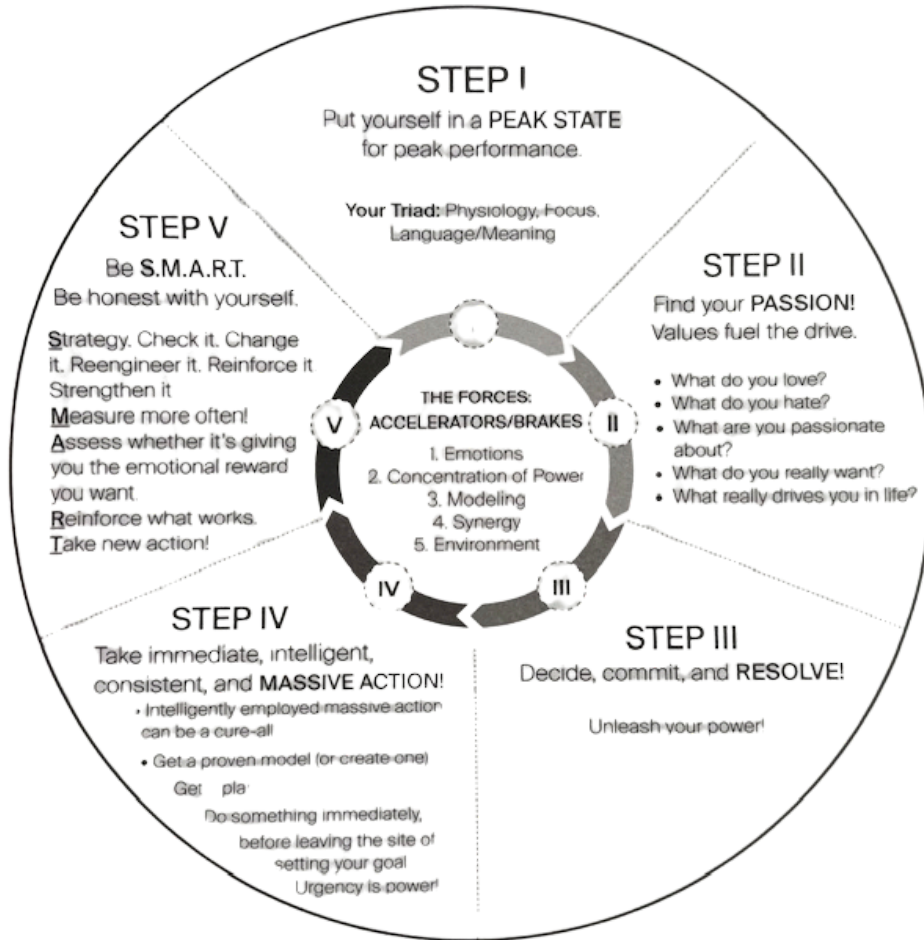
Picture yourself moving through your day—how do you feel, what choices do you make, how do interactions shift, now that this belief is gone? Notice the sense of freedom, energy, or possibility that opens up. Let yourself experience every moment, feel it deeply, smell, taste, sense every piece of it.

The 5 Steps to Your Driving Force

Most people fail because they miss the most important step and that is step 1.

Elevating your physiology, focus language and meaning it has.

I pulled this from Tony Robbins teachings. Although I have witnessed other versions, this has been by far the most powerful.



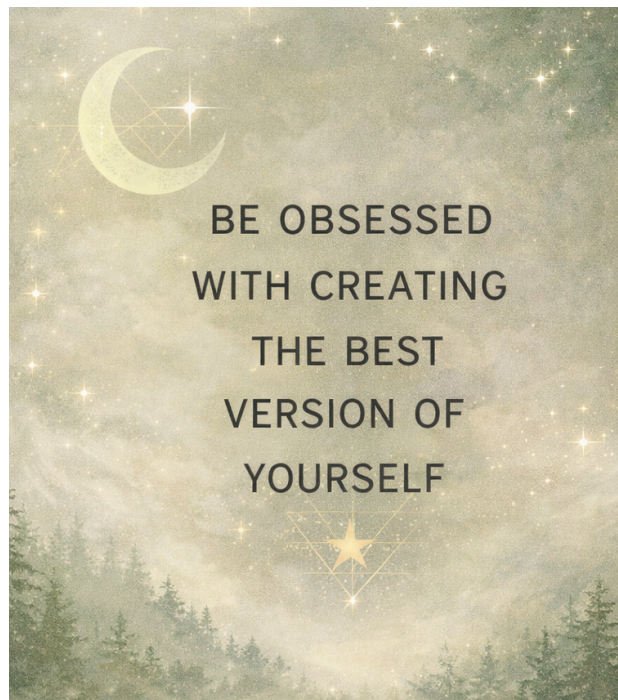
Positive Statements to tackle your beliefs

Based on the beliefs you picked out to start shifting, come up with some powerful go to statements to battle them throughout your week. Write them down, take them with you at all times!

Week 2 CHECK! YOUR DOING GREAT!

Write down your biggest take-aways from this session. Write it down and share it in the community.

Now set a simple intention for the week ahead—what action will you take this week to help yourself shift your belief system that is not serving? Start practicing this action daily.



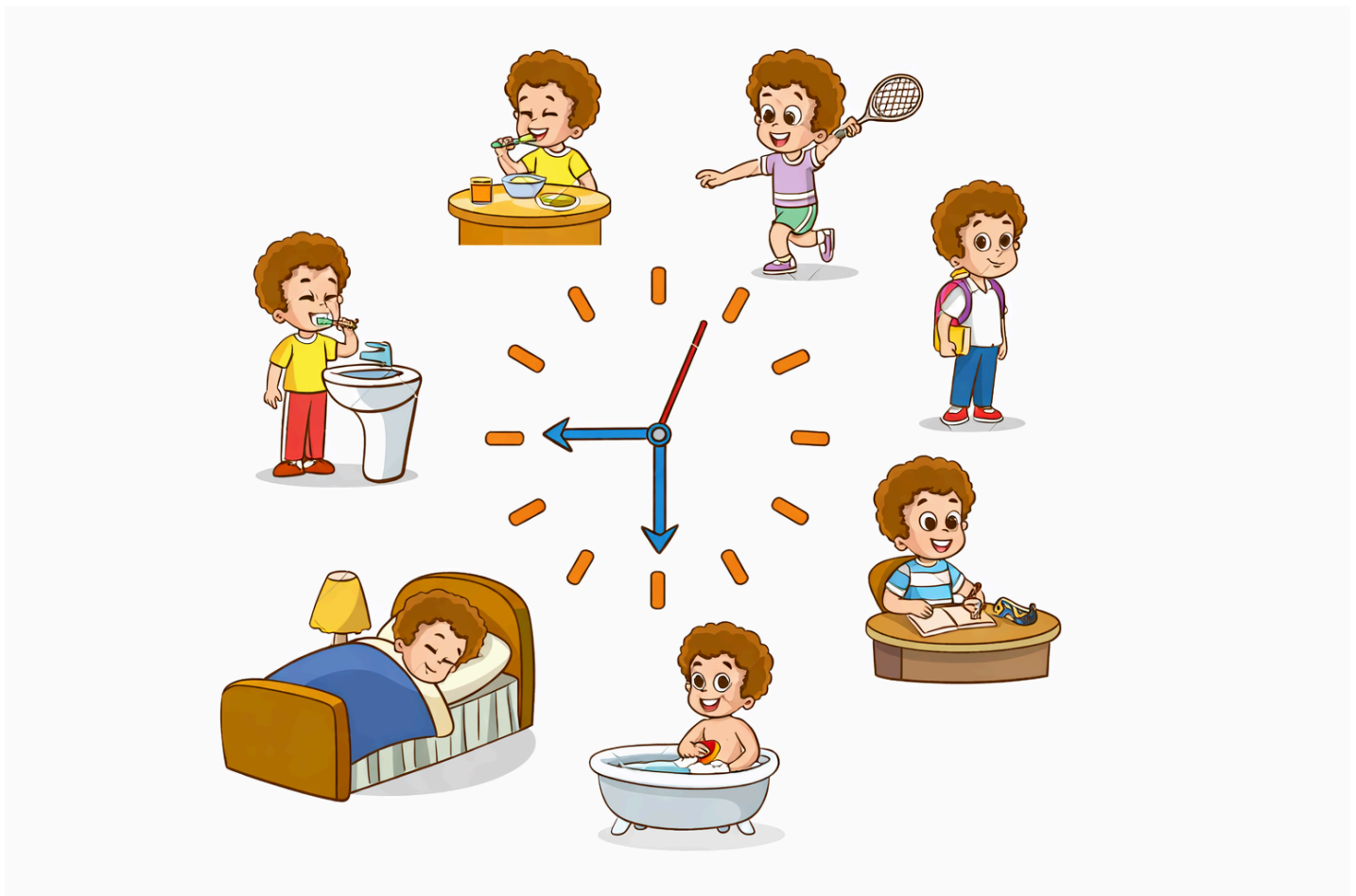
The Power of Environment

Recap:

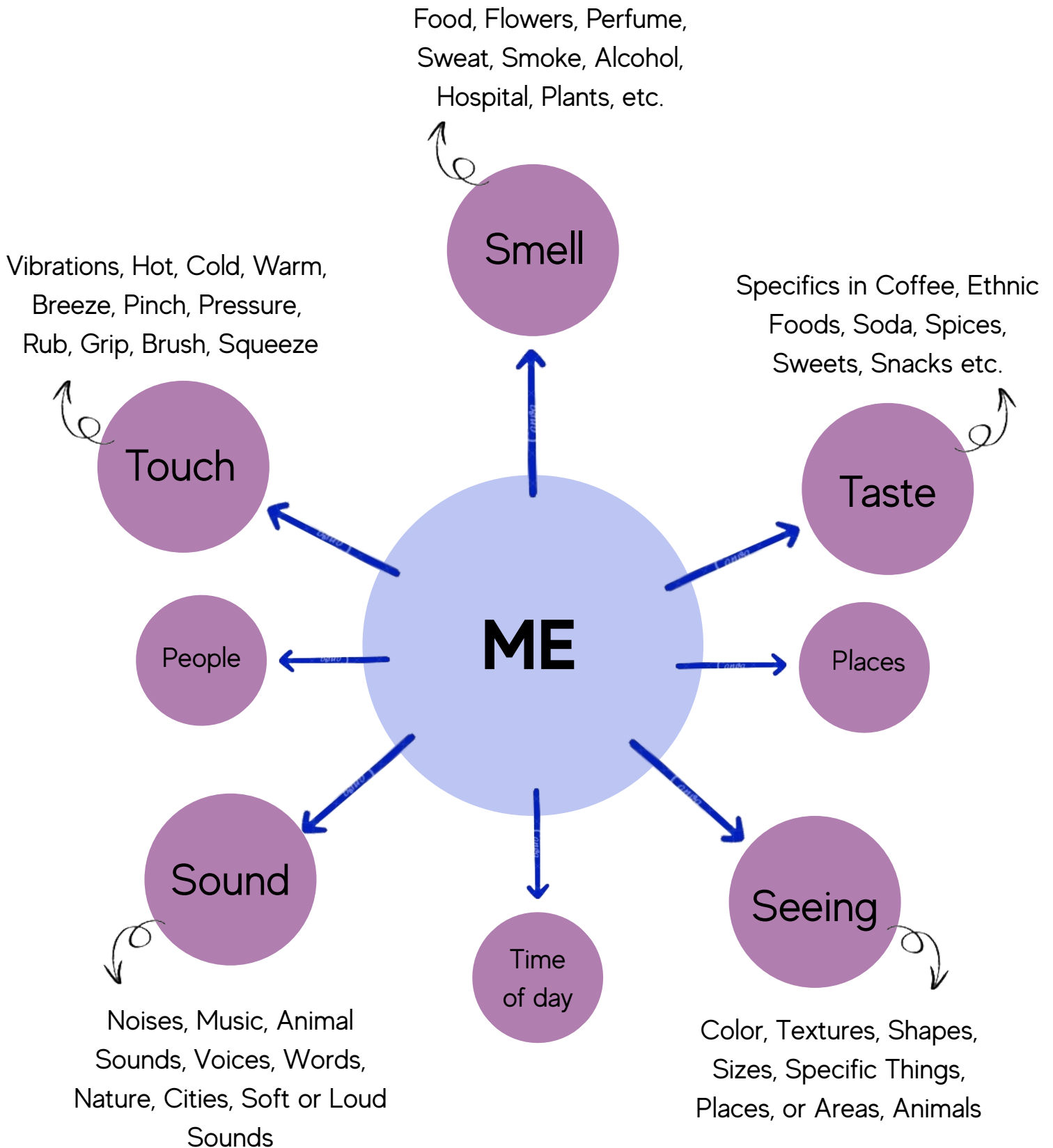
So far we have covered where you are now, how to identify where you are. How belief systems tie to our habits, how to identify them and do small changes for long lasting results. Understanding how to tap into shifting instantly by focus, language/meaning and physiology. 6 human needs, 7 hermetic principles and the power of visualization and feeling into your future.

Habits & the Impact of our Environment:

Our brains crave efficiency, so it creates routines to save effort. The good news is, once you spot the cue and interrupt the pattern, you can start rebuilding new habits that serve you better. In time they become automatic also, but serve you better.



Habits & the Impact of our Environment:



Journal Prompts: Habits and Routines Cont.

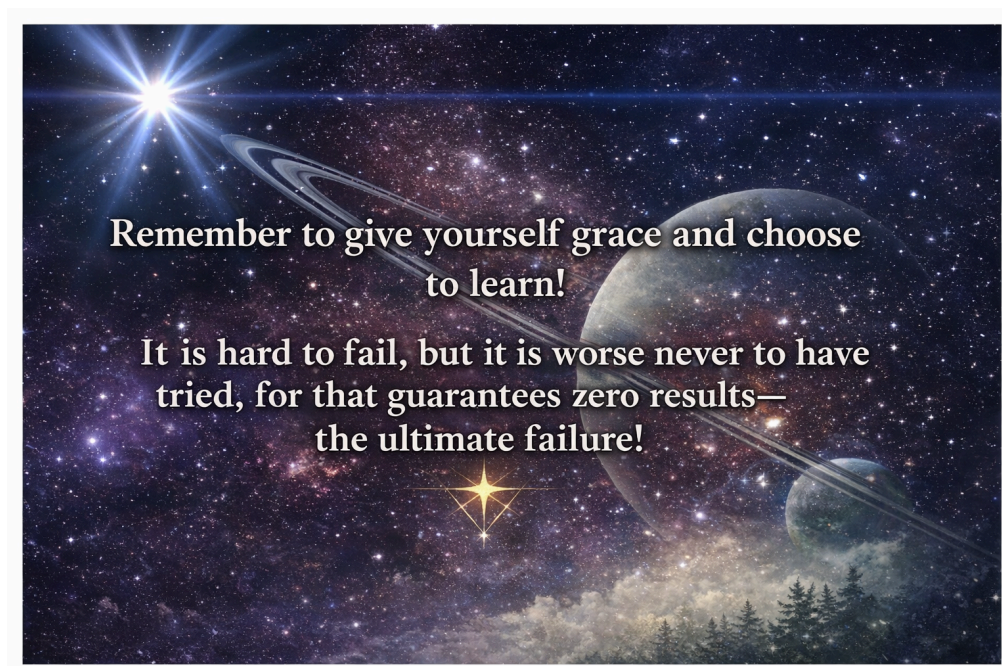
Picture yourself in that habit loop, but this time, bring in all your senses. What do you smell? What's the temperature? Is there tension in your body or a certain look on your face? Stay in that moment and notice: if you changed just one sensory detail—a smell, a sound, your breathing—how would the urge to do the habit shift?

TIP: Move things around to break your current "routine" so you can create a new routine. One lesson I learned the hard way was the physiology, remembering to keep my body moving to upbeat music and incantations throughout my day - especially when I caught myself in the negative spiral trap. Write below 1 thing you will shift to help with the autopilot habits.

Week 3 COMPLETE! AWESOME EFFORT!

Write down your biggest take-aways from this session. Write it down and share it in the community.

I invite you to declare the one practical change you're willing to test this week when their habit cue arises. Space below to write it down, but I also recommend you jump into the community and share so we can support you this week in your efforts.



Identity Anchor Card

Go back to your why you came here and and come up with a simple statement you can create about who you are becoming, This will help you stay focused on your growth.

IE mine is: I am a leader who leads myself first, I guide others to tap into their awareness of what is holding them back, so they can shift their belief systems, and habits for life lasting change.

Write yours out on a card, keep it with you, post it around your home, your work in your vehicle, however, where ever you need to help you stay in tune with your ideal future.

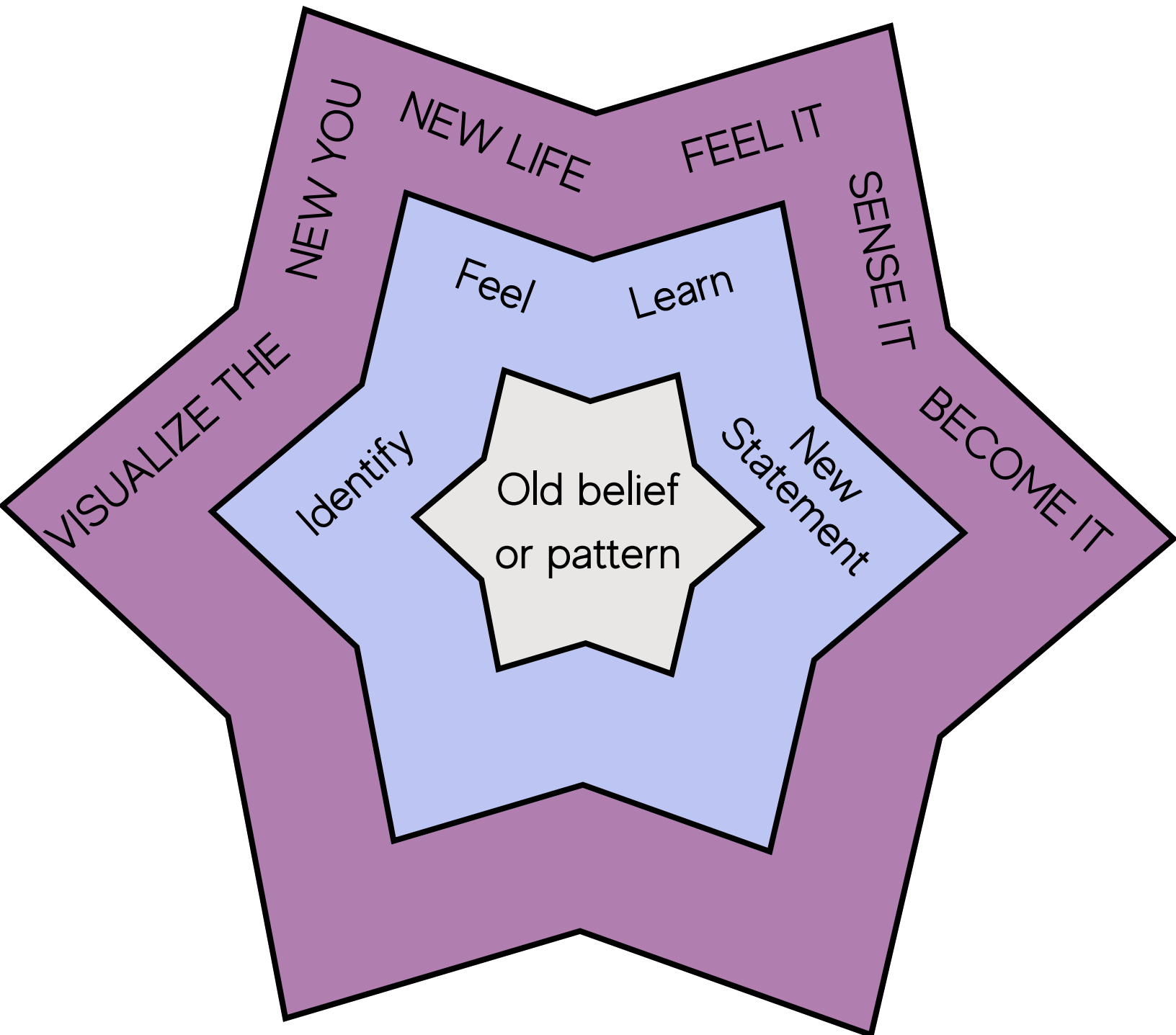


Identity Anchor Card

The Expansion of Change

CONGRATULATIONS

Below is a visual of the shifting you have done over the last 4 weeks. Be proud, own it, live it!

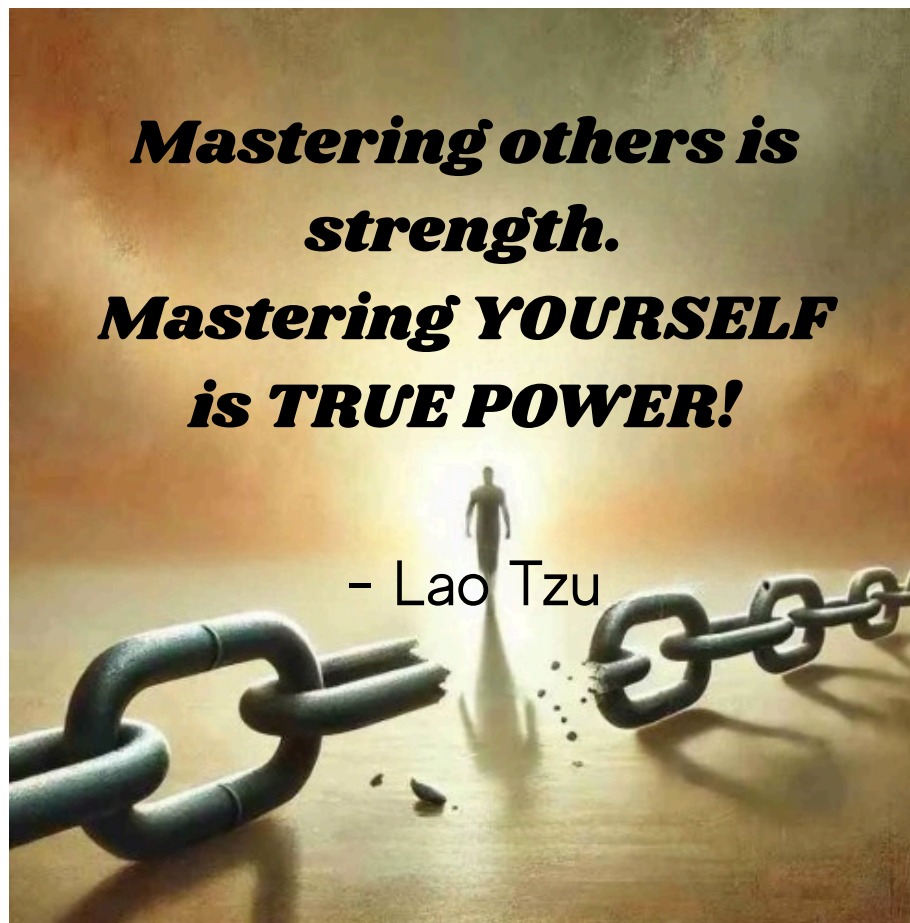


Week 4 DONE! YOU ARE CRUISING!

Write down your biggest take-aways from this session. Write it down and share it in the community.

Take your Resilience Journal, and Identity Card - duplicate them and do what you must to remind you when you fall into old ways, or if life tosses you a curveball, because you know it will....you can't control that which is not within you, but you can control how you think about it, feel about it, the meaning it has for you and ultimately your reactions to it. All of these impact how your life shapes and forms.

THE POWER IS WITHIN YOU! IGNITE IT!



Future Pacing

Reflection is key in learning and lasting change, it's in reflection we acknowledge.

What's surprised you most about yourself these last five weeks? List 3 shifts or wins over the last 4 weeks.

Meditation Journal Prompts:

Picture yourself three months from now—you've continued building your new habits, your new identity, and your sense of possibility. See yourself moving through an ordinary day, but notice what's different now—how you start your morning, how you speak to yourself, how you respond to challenges?

What do your relationships look like? Your energy? Your work or your creativity? How do you carry yourself?

Week 5 CELEBRATION!

WOW YOU DID IT! CONGRATULATIONS! This is a very big deal, you see most won't even buy a program like this. Some will buy it and not finish, BUT YOU DID! You my friend are amongst the elite.

Drop in the community, let everyone know YOU ARE COMPLETED!

Also if you could **help** me out now and take a moment and fill out the evaluation form, as mentioned in the training, it's important that you fill this out and submit. Not only will it allow me to evolve, improve and bring more value, but it also allows me to know what is also working and use it in my marketing efforts to help others going forward. Thank you so very much.

You can find it here: <https://forms.gle/XEC27os7hcQ7ZxxS6>

If you are ready to take next steps and dive even deeper, you can find next steps here: <https://www.dynamicliving.ca/workwithann>



Resources

Evaluation & Testimonial form: <https://forms.gle/XEC27os7hcQ7Zxxs6>

Ann's meditation starting each session:

<https://youtu.be/mw81SQkwpOI>

Tony's video for incantations: <https://www.youtube.com/watch?v=ceYtAEpSoGk>

The 7 Hermetic Principles Mediation: <https://www.youtube.com/watch?v=QgXPSaRaAU4&authuser=0>

Work more with Ann: <https://www.dynamicliving.ca/workwithann>

Book a follow up call for next steps and/or affiliate links:

<https://calendly.com/dynamiclivinglifestyles/connect-with-me>

Stay inside the community and invite others to come join:

<https://www.dynamicliving.ca/skool>

Digital Marketing High-Income Skills Training & Business:

<https://www.InpsiredWithAnn.com>

ALL of these links, including MP3 files can be found on the full resource page:

<https://www.dynamicliving.ca/iypresorce102025>