

Module 9:
Bonus Lessons to Propel You Forward



Are you ready to take what you've now learned to the next level?

Are you ready to step into your power and become unstoppable?

This Bonus Module is all about taking yourself to the next level where not only will you overcome your fears, you will use them as fuel to propel you into becoming the powerful individual that you were born to be!

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The Power of Massive Action

What are the main fears that show up in your life in particular situations? What are you frequently worried about?

What are three actions you are committed to taking that will help you to overcome these fears? (fear of rejection, failure, inadequacy). List three actions you will take to overcome each fear.

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The Power of Massive Action

By when will you take those actions? Write out a plan and create a schedule for WHEN you will take those actions.

What did you discover when you took those actions? What did you learn? How did it feel? Make sure to celebrate your success (no matter the outcome). You are now becoming a more powerful version of yourself.

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Being a Player vs Being an Observer

Are you going to be a Player in your life or an Observer of your life? This is a really powerful question to ask yourself because your decision will have a massive impact on your actions and results in life.

**What is it going to require for you to become a player in your life?
What will be the benefits of doing so?**

When you look back on your life, what choice will you regret more?



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Creating a Support System Around You

Who are the three people that you will reach out to to ask for support, accountability, and feedback in relation to taking action on the things that scare you and that you want to avoid?

- 1.
- 2.
- 3.

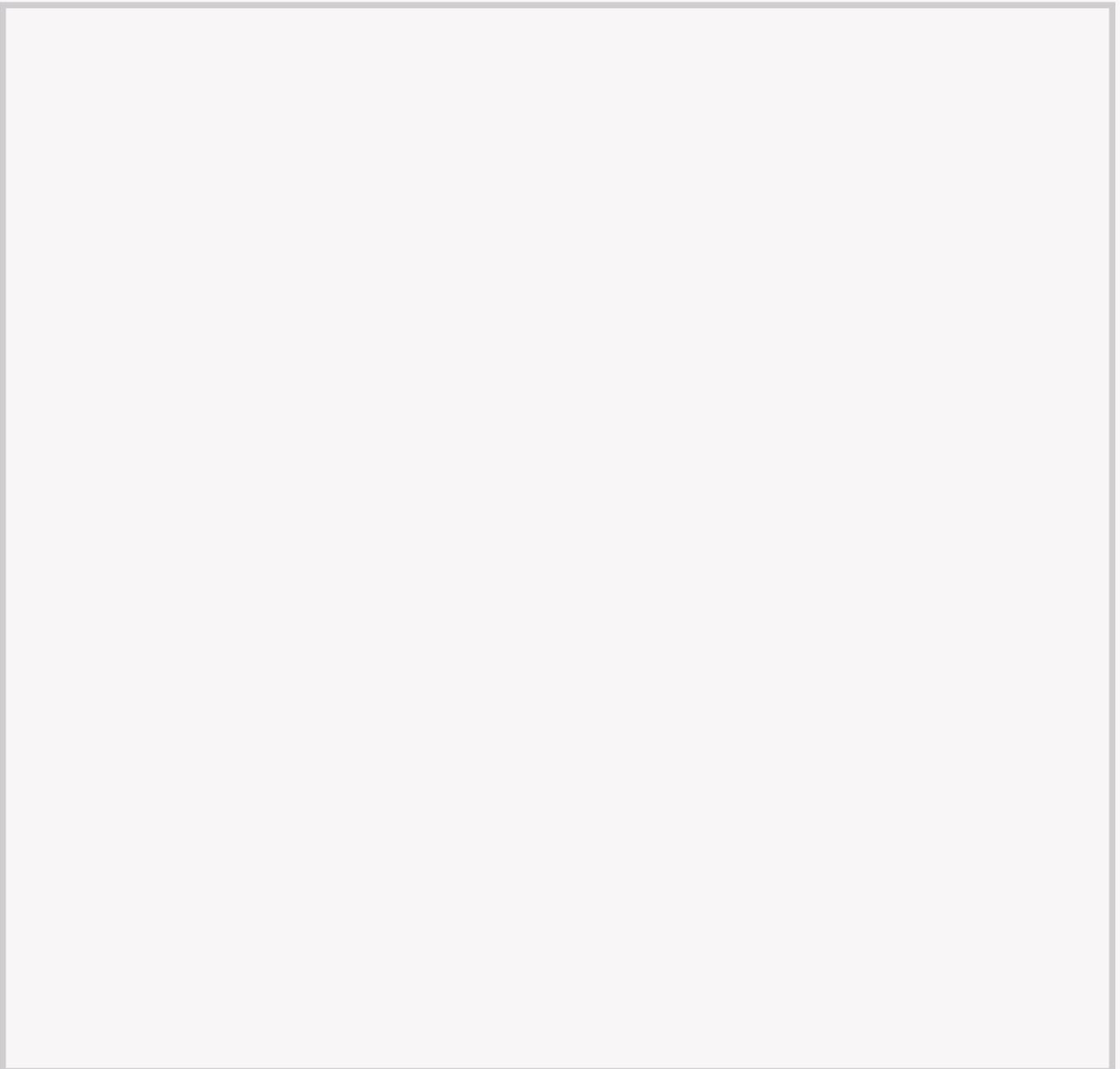
Remember that having support will propel you forward much quicker anytime you are facing anxiety/stress or are stepping outside your comfort zone.



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Creating a Support System Around You

What are you going to share with each person and what kind of support / accountability will you ask them for? Be specific and create an action plan for how they can give you support and hold you accountable (ex. a weekly check in, calling them to share your celebrations, having them send reminders, etc.)





It's been an honour to support you on your
journey of transformation!

Know that you now have all the tools and
resources within you to face your fears and
move forward powerfully in life!

Remember to continue to seek support as
you step outside your comfort zone and
celebrate your progress no matter how
small.

We're in this together!

XX

Kasia