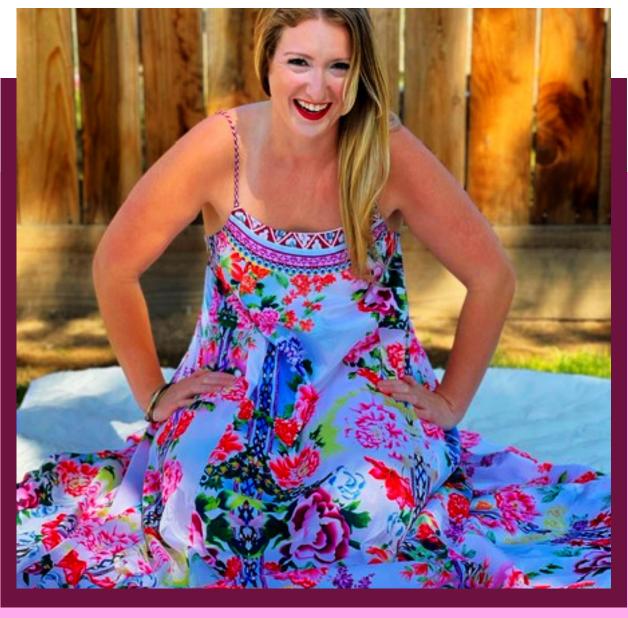
# UNITY THE MASTERCLASS



THE PROCESS WHERE YOUR MIND & BODY COME TOGETHER

#### CLARITY

## QUESTIONS

THE FOLLOWING QUESTIONS ARE TO CREATE CLARITY AROUND THE 8-STEP INTEGRATION PROCESS.

ANSWER THESE QUESTIONS WITHOUT JUDGMENT. THIS IS TO HELP YOU SEE WHERE YOU'RE AT WITH

CONNECTING WITH YOUR BODY WITHOUT THE NOISE. REMEMBER, THE END GOAL (FOR THIS

MASTERCLASS) IS TO BE CONNECTED TO YOUR BODY TO TAKE ALIGNED ACTION.

	YES	NO
WHEN YOU TAKE ACTION, LOOK AT YOUR BODY, OR DO SOMETHING OUTSIDE YOUR COMFORT ZONE, DO YOU HEAR DOUBT, HATE, RIDICULE, SHAME, JUDGMENT OR INNER CRITIC?		
WHEN YOU SEE OTHER PEOPLE ONLINE, OTHER RELATIONSHIPS OR IN YOUR RELATIONSHIPS, DO YOU COMPARE YOURSELF, GET JEALOUS, GET OFFENDED, OR FEEL LIKE YOU CAN'T HAVE SOMETHING?		
ARE YOU AFRAID OF HEARING NO FROM A STRANGER, LOVED ONE, OR POTENTIAL CLIENT?		
WHEN YOU'VE BEEN HURT WITH WORDS DO YOU KEEP THOSE WORDS LINGERING IN YOUR MIND, THEN USE THOSE WORDS AGAINST THAT PERSON LATER ON?		
ARE YOU ANGRY OR IRRITATED FOR NO REASON, OR ARE YOU UNHAPPY, SNARKY, OR RESENTFUL TOWARDS YOUR PARTNER OR FAMILY MEMBERS?		
DO YOU SPEAK UP, SET BOUNDARIES, & HAVE UNCOMFORTABLE CONVOS NO MATTER THE COST? OR WHO YOU'RE DEALING WITH?		
ARE YOU WAITING TO TAKE ACTION, LIVE OR MAKE MOVES UNTIL EVERYTHING IS PERFECT, IN ORDER, LIKE YOUR BUSINESS, YOUR FAMILY LIFE OR MONEY?		
DO YOU HEAR YOUR INTUITION CLEARLY? DO YOU EXECUTE WHEN YOU HEAR THAT INTUITION WITHOUT HESITATION?		
DO YOU HAVE A SELF-CARE ROUTINE THAT YOU DO DAILY?		
IS THE CURRENT WAY YOU DEAL WITH DOUBT, YOUR INNER CRITIC, JUDGMENT, & FEAR WORKING FOR YOU LONG-TERM?		
DO YOU HAVE A VISION FOR THE NEXT YEAR? DO YOU FEEL LIKE IT'S A REAL POSSIBILITY FOR YOU?		

#### 8-STEP UNITY PROCESS

### JOURNAL PROMPTS

BELOW ARE QUESTIONS TO DEEPEN YOUR AWARENESS OF WHERE YOU ARE AND WHY YOU'RE NOT FULLY CONNECTED TO YOUR BODY. PLUS, THESE QUESTIONS WILL HELP YOU SEE WHAT'S PREVENTING YOU FROM TAKING ALIGNED ACTION & STEPPING INTO YOUR SOVEREIGNTY, LOVE & PEACE.

YOU FROM TAKING ALIGNED ACTION & STEPPING INTO YOUR SOVEREIGNTY, LOVE & PEACE.
IF YOU WERE THE NEWEST, BEST VERSION OF YOURSELF WHAT WOULD THAT LOOK LIKE?
Based on the questions above do you feel like you're on the right path?
IN WHICH AREA OF THE 8-STEP PROCESS DO YOU FEEL YOU NEED TO IMPROVE ON THE MOST?
What is the cost of you not improving in this area of your life?

## CLIENT TESTIMONIALS





I FEEL LIKE A TOTALLY NEW PERSON
THESE DAYS. I'M NOT WORRIED ABOUT
WHAT OTHERS THINK OF ME NEAR AS
MUCH. LIFE SEEMS MUCH MORE DOABLE
NOW & EASIER. I FEEL SO MUCH MORE IN
TUNE WITH MYSELF. THE FEELING OF
COMPLETING SOMETHING SO BIG FOR
MYSELF THAT HAS MADE SUCH AN IMPACT
IN MY LIFE IS UNEXPLAINABLE.



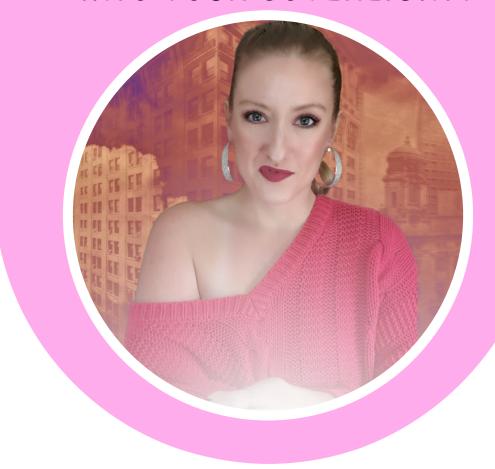




FEELING FREE TO LOVE MYSELF &
LOVE OTHERS WITHOUT FEELING LIKE
OTHERS HAVE TO COME BEFORE ME.
FEELING FREE TO ALSO STILL EXIST
TO MYSELF WHILE OTHERS EXIST.
FEELING MY FREEDOM TO EXIST
BEFORE OTHER ISSUES. FEELING
VISIBLE.

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# RELEASE. RISE. BE REBORN INTO YOUR SOVEREIGNTY



# ARE YOU READY FOR THE NEW YOU?

Wouldn't it be incredible to have the step-by-step process of integration-healing that gives you peace rather than temporary relief?

**REGISTER HERE**