

# BE THE DIAMOND

July 2022 Syllabus

DATE	TIME	SESSION SUBJECT
July 7, 2022	7:00 PM EST	Holding space for what you want in life
July 14, 2022	7:00 PM EST	Interpretations and Perspective
July 21, 2022	7:00 PM EST	Limiting Belief #1: I am not enough
July 28, 2022	7:00 PM EST	Limiting Belief #2: It's not available for me
August 4, 2022	7:00 PM EST	Limiting Belief #3: I'm different
August 11, 2022	7:00 PM EST	Letting go of expectations

## WEEK 1 - July 7 at 7:00-8:30 PM EST

### Holding Space For What You Want In Life

In this first session we will talk about what you can expect in the next 6 weeks and how these concepts can (and will) improve your life dramatically for the better. I will share my journey and how I have learned these concepts and you will get a chance to feel and personally experience how life coaching is an amazing tool to up-level every aspect of your life. We will start by diving into the 12 areas of life where you may be feeling lack or scarcity. This is where you will start to hold space for yourself, honor your divine being, and make room for new ideas and strategies. The worksheets will help you get **tons of clarity** about where you currently see yourself in life and where you want to be. Clarity about what you want in life is *always the first step* so that you can have focus and set your intention for your growth and future.

**WEEK 2 - July 14 at 7:00-8:30 PM EST**

## **Interpretations and Perspective**

This week we will talk about how our minds work and how every time we feel an emotion it is because of our thoughts. You will see how every thought you think causes a physical and an emotional response in you. Some are good - we like those ones. But others are triggers that can take you to a bad place, stop you from pursuing your goals, instigate unhealthy behavior, and can even lead to major anxiety and depression. This week you will learn that *you give a meaning to every situation* in your life, and some of those meanings and interpretations are not serving you, and could even be harming you. This week is really important because you will learn how to master your emotions when you master your thoughts. I will share a 4-Step process that I use every time something triggers me in a negative way. This one is a game-changer.

**WEEK 3 - July 21 at 7:00-8:30 PM EST**

## **#1: I Am Not Enough**

In week 3 I will introduce you to the three thoughts that are **the root of all of the chaos in our minds**. If you look at any area of your life where you are not flourishing or where you do not have the abundance that you desire, you will find at least one of these thoughts lurking in your subconscious mind. This week we will talk about the first one - the dreaded "I am not enough." This is the thought that causes the self-sabotage, the procrastination, the inability to move forward, self-doubt, etc. etc. It's a big one. I will share some new ideas and perspective about this thought and I will give you a tool that you can use anytime this thought gets in the way. **If you only gain a strategy of handling this one major limiting belief from this program, your life will already be changed for the better in a beautiful way.**

**WEEK 4 - July 28 at 7:00-8:30 PM EST**

## **#2: It's Not Available To Me**

In week 4 we will talk about the second thought that causes so many problems. If you have this thought stuck in your subconscious mind, you may believe that abundance and getting what

you want in life is totally possible ... for OTHER people, but not you. This thought can keep you from achieving your goals and dreams, because why even try, right? Don't worry, we are going to work on this one big time. You will learn how to re-wire your perspective on this thought so that you *really can* get everything you want in life without limitation.

**WEEK 5 - August 4 at 7:00-8:30 PM EST**

### **#3: I'm Different**

When you were born you did not think you were different at all! And when you were a small child, you played with all the other kids, regardless of how they looked, dressed or where they lived. But at some point that changed. Your self-esteem took a hit. You decided to put yourself into a box that defined you, and you either limited yourself, or found ways to believe that other people were limiting you. This belief will hold you back and *will keep you small forever* if you let it. The truth is that we all feel this way. We all feel different. And that makes us the same in many ways. We will dive into this one and I will share some of the ideas, strategies and actions you can use when this thought comes up. It's time for you to shine, my friend. Don't let the thought that you are different hold you back anymore.

**WEEK 6 - August 11 at 7:00-8:30 PM EST**

### **Letting Go Of Expectations (and Finding Peace)**

Week 6 will be some insight into how our expectations of other people and situations in our lives can create unnecessary resentment, anger, feeling out of control, and other emotions that do not serve us. I thought it important to include this lesson because I know it will help with your relationships - especially when you are moving toward your personal growth and trying out new ideas and strategies, you may feel like you are not getting the support you want from people around you. But even beyond your growth - this lesson will help you truly master your own emotions especially when other people do or say things that would have previously caused problems. In this lesson I will remind you that you cannot control or change other people, you can only change yourself. You are the only one who can decide if you want to *react* or *respond*. In the workbook for the week you will pick one person in your life right now that you believe isn't "doing it right." It will be eye-opening and you will learn a very simple tool that will make a massive difference in how you view these situations. This lesson is a tool that can truly bring peace into your heart. I can't wait to share it with you.