CREATE YOUR AMAZING LIFE PROGRAM- (VISION BOARD PROGRAM)

The Create your Amazing Life program is a vision board creation process that seeks to give clarity to an individual on who they want to become, what they want to do and also what they want to have.

This program is ideal for any person who may be feeling frustrated by their current state of life. They may be feeling stuck, either at work or in life. They know that deep down, they should be doing much better but the life they currently live does not portray that. This is where creating a vision board comes in. It helps the individual gain clarity on the kind of life they would and what it would take to get there.

The Create your Amazing Life program is a fun and creative way to discover oneself and what it takes to live a life of your dreams.

This vision board program is offered in two different ways:

1. The first model is a virtual 5-weeks program where we meet once a week for not more than 90 minutes. During this course, the client is taken through 5 modules with each module running for a week. This 5-weeks program comes with a workbook that keeps the client engaged throughout the during of the course. The culmination of the course is a 3-hour in person session where the clients practically create their vision boards.

The modules that are covered under this model are

* Module 1- Gaining clarity
  + This will help the client answer the all-important questions in life: who am I, why am I here, what do I want to do and so forth.
  + This module will also help them interrogate the results that they get.
* Module 2- Setting your values
  + This module will help the client consider their values and what is important to them.
  + They will appreciate how paradigms shape how we do things and the impact this has on our results.
* Module 3- Master your life
  + In this module, the client will understand the importance of gaining self-awareness and
  + They will understand the creative process and how limiting beliefs stand in the way of our success.
* Module 4- Create your dreamscape
  + Understand your true desires and why they are important to you
  + This module will help the client find alignment between who they are and what they desire
  + The actual vision board creation begins
* Module 5- Live your dream life
  + This module will help the client set action steps towards actualizing their vision bard.
  + They will also learn how to prioritize their resources and the activities that need to be taken
  + As they plan, this will also think about the obstacles that could stand in the way
  + They will learn the importance of celebrating each milestone as they work on their vison board.

The 3-hour in-person session is a culmination of this course and gives an opportunity to the clients to complete their vision boards as well as bringing the community of like-minded people together.

1. The second way is as an in-person workshop where the client is taken through the vision board creation process before they eventually create their boards.