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| Your Created life program overview  The freedom to live life on your own terms! | Abstract  This document outlines the Your Created Life Program, a framework for empowering woman to create lives they love based on what they authentically desire.  Amber Howard  Your Created Life |

**Your Created Life Program Overview**

**Introduction:**

Welcome to the Your Created Life program, a sanctuary where we embark on a transformative odyssey, sculpting a life that harmonizes with your most profound desires and authentic aspirations. Within the sanctuary of this comprehensive program, we journey deep into the recesses of our being, exploring the fundamental elements that sculpt our existence, and empowering you to seize the reins of destiny, consciously crafting the reality you envision.

**Who is this program for:**

For women embarking on the journey to craft the next chapter of their lives, this program offers a supportive community, a sacred space free from the shackles of past constraints and societal "shoulds." Here, amidst a gathering of kindred spirits, you're invited to unfurl your wings and soar beyond the limitations of inherited expectations.

In this sanctuary of self-discovery, authenticity reigns supreme. It's a haven where the echoes of your true desires resonate, untainted by the noise of external pressures. For women seeking to sculpt a life they genuinely love, rooted in their deepest wants and desires, this program becomes a beacon of possibility, illuminating the path towards personal fulfillment and joy.

**YCL Framework:**

1. **Identify *Your* Authentic Wants**: We kick off by uncovering the true measures of happiness and success that resonate with your core values. Through introspection, we distinguish inherited societal expectations from your genuine aspirations, laying the foundation for authentic self-discovery.
2. **Transform *Your* Limiting Beliefs:** Recognizing and reframing limiting beliefs is pivotal for personal growth. We navigate through these beliefs with compassion, understanding that they've served a purpose but may now hinder your progress. By embracing a mindset of possibility, you can transcend limitations and unlock your full potential.
3. **Create *Your* Aligned Goals:** Traditional goal-setting methods often neglect the importance of authenticity and personal fulfillment. Our approach introduces ALIGNED goals, integrating feminine energy and holistic growth principles. These goals resonate deeply with your essence, fueling passion and driving meaningful progress.
4. **Build *Your* Partnerships:** Cultivating supportive relationships is essential for flourishing in all aspects of life. We explore the dynamics of healthy partnerships, fostering open communication, and mutual empowerment. Through intentional connection, you'll amplify your strengths and navigate challenges with resilience.
5. **Shape *Your* Environment:** Your surroundings play a significant role in shaping your experiences and well-being. We assess the impact of relationships, physical spaces, and time allocation on your happiness and satisfaction. By consciously curating your environment, you can create a nurturing backdrop for growth and fulfillment.
6. **Form *Your* Habits for Success:** Habits are the building blocks of our daily lives, shaping our behaviors and outcomes. We delve into the science of habit formation, identifying patterns that support your goals and those that hinder progress. By cultivating empowering habits, you'll streamline your path to success and amplify your effectiveness.
7. **Continuously Create *Your* Life:** Living a created life is an ongoing journey of self-discovery and evolution. We emphasize the importance of continuous inquiry and adaptation, inviting you to continually reassess your desires and aspirations. With ongoing support and practical insights, you'll navigate life's complexities with clarity and purpose.

**Philosophy of the Program – The Art of Living**

The term "the art of living" encompasses the idea of intentionally crafting and experiencing a meaningful and fulfilling life. It involves approaching life as a creative endeavor, where one consciously and deliberately makes choices, cultivates virtues, and engages in practices that align with their values and aspirations.

The art of living goes beyond mere existence or going through the motions of daily life. It emphasizes the pursuit of personal growth, self-discovery, and the development of a holistic and balanced lifestyle. It involves nurturing relationships, seeking knowledge and wisdom, and finding harmony between various aspects of life, such as work, relationships, health, and personal passions.

At its core, the art of living is about cultivating mindfulness and awareness, making intentional decisions, and embracing a sense of agency and responsibility for one's own life. It encourages individuals to reflect on their values, set meaningful goals, and take purposeful action to create a life that is authentic, fulfilling, and aligned with their true selves.

While the art of living is a highly individualistic pursuit, it also acknowledges the interconnectedness of human beings and the importance of empathy, compassion, and ethical conduct in creating a harmonious and flourishing society. Ultimately, the art of living is a lifelong journey of self-exploration, self-improvement, and embracing the beauty and challenges of life with intention, mindfulness, and an open heart.

**Foundation Principles of the Program:**

* **Completion:** Completing the past is an essential step on your journey toward personal growth and self-discovery. We provide a supportive and nurturing environment for you to address and release the baggage that may be holding you back. By doing so, our community is freed up valuable mental and emotional space, allowing you to move forward with clarity and purpose.
* **Practice:** In the art of living a created life, practice holds immense significance. The true essence of practice lies in perseverance and resilience. Living a created life demands consistent practice. It requires us to approach each day with a willingness to learn, grow, and adapt. By accepting that setbacks and failures are merely stepping stones on the path to success, we can develop the resilience necessary to persist in our journey of living an intentionally crafted life. Through practice, we can cultivate self-awareness, refine our choices, and align our actions with our deepest values, ultimately shaping a life of purpose, fulfillment, and authenticity.
* **Community:** ​In the program, you'll not only uncover personal growth and transformation but also forge new, meaningful friendships and step into a supportive community that will guide you on your journey forward. Connect with like-minded individuals and harness the strength of a network that understands your path.

Join our vibrant community and embark on a transformative journey towards living your created life. Through immersive experiences, personalized coaching, and a supportive network, you'll gain the tools and insights to thrive in every aspect of your life. Together, let's unlock your fullest potential and create a life that truly reflects who you are.

**Program Breakdown**

**Pre Course – Completion Module**

The Pre-Course Completion Workshop, is an essential step in preparing for the transformative journey ahead in the Your Created Life coaching program. This workshop serves as a foundational exploration into the process of completion—a necessary precursor to crafting the life you desire. As we embark on this journey together, we recognize the profound significance of understanding and integrating our past experiences to pave the way for a future filled with purpose, authenticity, and fulfillment.

**Understanding the Importance of Completion:**

Completion is the key that unlocks the door to true transformation. By addressing and resolving lingering aspects of our past, we create space for new beginnings and possibilities. This workshop emphasizes the vital role that completion plays in our ability to consciously create the lives we envision. Through a guided process, participants will explore various facets of their lives, beliefs, stories, traumas, and energetic bonds, laying the groundwork for profound personal growth and empowerment.

**Learning the Process of Completion:**

Participants will be introduced to a comprehensive process for completing different aspects of their lives, empowering them to release what no longer serves their highest good and embrace the fullness of their potential. This structured approach provides a roadmap for navigating through past experiences with clarity, compassion, and intentionality. By engaging in this process, participants will gain invaluable insights into themselves, paving the way for deep healing and liberation.

**Preparing for Transformation:**

The Pre-Course Completion Workshop sets the stage for a journey of self-discovery and empowerment. By equipping participants with the tools and understanding necessary to navigate their past experiences, beliefs, and traumas, they will be prepared to embark on the work of creating their lives at a whole new level. This workshop serves as a catalyst for personal growth and transformation, empowering women to step into their authenticity and reclaim agency over their destinies.

**Conclusion:**

As we conclude the workshop, we invite participants to embrace the power of completion as a gateway to personal liberation and empowerment. By honoring and integrating our past experiences, we pave the way for a future filled with infinite possibilities and boundless potential. Together, we will embark on this journey of self-discovery and transformation, as we dare to create the lives we truly desire.

**Module 1: Identify *Your* Authentic Wants**

* How do you identify the measures that you use to define happiness and success?
  + Which of those are inherited?
  + Which of those are truly alone?
  + Is the way that you measure happiness and success today ACTUALLY leaving you feeling happy? Successful? Satisfied? Fulfilled?
  + How do you know what you authentically want vs. using other people’s yardsticks?
  + Setting up that this is an ongoing inquiry - asking and answering the questions what do I actually want is the most important questions you will ever ask yourself?
  + The “shoulds” conversation
* Workbook:
  + Wellbeing assessment
  + What are the metrics that are inherited? Not all of these are inherited
  + How to start looking at what you really want - starting to distinguishing the difference between wants and obligations

**Module 2: Transform *Your* Limiting Beliefs**

* What do you think limiting beliefs are?
  + Key points: they’re not bad
  + Whatever your limiting beliefs are now, they’ve gotten you to this point of success in your life. They just won’t get you to the next one
  + And the goal isn’t to “get rid” of your limiting beliefs
  + This is again something you will continue to do, identifying limiting beliefs
  + Process for examining limiting beliefs
* Workbook:
  + Identifying your limiting beliefs
  + Where do these limiting beliefs stop me - provide room to add specifics here
  + How do these stop me from saying what I authentically want?

**Module 3: Create *Your* Aligned Goals**

* SMART Objectives - ALIGNED Goals
  + Why not SMART? Bringing feminine energy to goal setting
  + A - Authentic
  + L - Liberating
  + I - Inspiring
  + G- Growth Focused
  + N - Novel
  + E - Enlivening
  + D- Daring
* Workbook:
  + Aligned worksheet

**Module 4: Build *Your* Partnerships**

* What don’t we mean by partnerships vs. what do we mean by partnerships?
  + The energy of receiving, being willing to ask for and accept help
  + Limiting beliefs around partnerships
  + Networks of conversations - what can you say, can’t you say, have you never said
  + The relationships in your life - communication within relationships and partnerships
  + How do you feel after interactions with the different individuals and groups in your life
  + We work with people: on transforming those relationships OR powerfully ending them
* Workbook
  + Originating circle exercise
    - Who are the people
    - What are the kinds of things that we talk about
  + Look at goals
    - What gaps are there between my circles and my partnerships

**Module 5: Shape *Your* Environment**

* Relationships, space, how you spend your time (activities)
  + Why is this so important
  + Do these add to or detract from your levels of happiness and satisfaction
  + Relationships
  + Physical space
  + Time
  + We work with people:
* Workbook
  + Environmental assessment
  + How do you start to transform that

**Module 6: Form *Your* Habits for Success**

* Why habits matter?
  + Less energy used when things are habitual
  + Brain patterns - we are all ALWAYS doing things habitually
  + Are your habits getting what you want or having you stay stuck?
  + How do I know if I have habits that will have me succeed?
  + No right or wrong habits, just what works for you
  + We work with people:
* Workbook
  + Habit assessment
  + Habit tracker

**Module 7: Continuously Create *Your* Life**

* Everything we’ve just done is an ongoing inquiry
  + Living a created life isn’t a destination to arrive at, it’s an ongoing process to inquire into the question: “What do I want now?” and for every area of your life
  + What supports do I need to live my created life - what is going to set me up for success ongoingly to keep doing this work, develop the habits and the systems and the people
  + Heavy on tips and tricks - what we have seen work for lots of people
  + Pitch the *Your* Created Life One Year Program - what would you get if you joined our community and worked with us?
* Workbook
  + Supports worksheet

**Program Details:**

3 Month Group Coaching Program - $2500 USD

* One-on-one 30-minute orientation and intention setting session.
* Weekly Group Coaching sessions
* Weekly Group Q&A sessions
* Workbooks and various frameworks and tools to guide your journey and support your creative processes.
* Acceptance to the Your Create Life Online Community during the program.
* Discount on monthly membership for the first 3 months after your program concludes.
* Special app to access all content and the community