

HALF DAY WORKSHOP

BUILD YOUR DREAM BOARD: 3 hours

This is a three hour workshop to help people to reconnect with their **TRUE SELF** (with the use of **ENERGY TYPE** exercises) to discover their **DREAM** and build their own **DREAM BOARD** to start setting some goals to achieve their dream. Simply observing visual cues about what you want, *will* in fact, subconsciously register that *thing* in your mind. This strategy **does** help people seeking positive change. Professional athletes, astronauts and cancer patients are all taught to VISUALISE the desired results in order to maximize their chances of success.

- DESTRESS and Have FUN building your DREAM BOARD: participants will have **FUN** building their DREAM BOARD with cuttings of pictures and words from colorful magazines to represent their dream desires reflecting their own energy and passion. The act of creating the vision board, like any art or creative activity, has been shown in studies to decrease stress. Enjoy!

This is something *you* want to do to create positive change in *your* life. Make your poster or collage as creatively unique as you wish. Actually spending time making the poster is a perfect example of an **Energizing** activity. The whole time you are doing it, and adding to it day by day if desired, you are giving your desire attention, energy and focus.

- **Visual Energizer:** A vision board is just one way of strengthening your own unique Energy System.
- DREAM + DATE = GOAL; set your goals for future achievement: participants are encouraged to put dates on their dream desires to set goals to be achieved.

Some self life direction exercises will be covered to help participants creating the mind set to embrace changes in their life to start their journey to live their dream.

This workshop is the same as the first of the 5 x 2 ½ hour sessions workshop offered by Passion2Success helping participants to discover their **PASSION** to achieve **SUCCESS, HAPPINESS** and to create their own **FINANCIAL FREEDOM**.

People taking this workshop have the option to continue with the 5 session workshop by just paying the balance of the cost of the latter.