



*All In and Staying the Course*  
*Weekend # 2*

# *Weekend # 2 - All In and Staying the Course*

Friday - Closing the Back Door

9a -1p MT

Handouts needed:

1. Closing the Back Door
2. Limiting Games

# *Metamorphosis*



# What it takes to be All In - Stepping Out

1. Burn your ships (close the back door)
2. Clear Self-doubt or lack of self-trust
3. Keep yourself safe (do your inner work)
4. Know your calling will ask everything of you
5. Non-Attachment to outcomes
6. Recognize bright shiny objects
7. Own your power and ambition (sacred)
8. Get comfortable with taking risks
9. Connect consistently to your sacred calling
10. Not giving up too soon
11. Ask for support and guidance
12. Focus and structure
13. Realize you are ready

# Six Keys to Staying the Course

1. Know who you are
2. Embrace uncertainty and the unknown
3. Give yourself permission to do, be and have what you truly want
4. Cultivate a thriving inner dialogue with your divine guidance and calling
5. Find the support and manifestation strategy that is right for you
6. Redefine power and ambition



## *Closing the Back door*

~If you give yourself an out you will take it

~Staying conscious of any games you might be playing with yourself is key

~If the ego gets too uncomfortable it will create obstacles to deter you from closing the back door and being all in

~Closing the back door is another level of commitment to being all in and staying the course

## *Closing the Back door*

How do you give yourself an out to what truly matters to you?

~Excuses

~Denial

~Lack of self-trust

~Bright shiny objects

~Not asking for support

~Procrastination



*Exercise: Closing the Back Door*

# *Following a Sacred Calling*

**Be All in**

**Commitment**

**Dedication**

**Go the Distance**

**Patience**

**Radical Loving**

**Resiliency of Loving**

**Sovereignty of Self**



# *Weekend # 2 - All In and Staying the Course*

Saturday - Taking Risks

9a -1p MT

Handouts needed:

1. Taking Risks

# The Power of Taking Risks

To move outside the Agenda of the Human Nature into Growth/Expansion/Revelation we must:

1. Risk feeling uncomfortable
2. Risk facing a sense of failure
3. Risk making a mistake
4. Risk not being seen as having it all together
5. Risk being vulnerable and feeling helpless/hopeless
6. Risk disapproval/rejection
7. Risk not being included and left out
8. Risk not know all before we do xyz.

*Callings and Risk Taking go together*

*Exercise: Taking Risks*

# *Weekend #2 - Wrap Up*

Themes covered so far in All In and Staying the Course

1. Following Divine Guidance (Both)
2. Bright Shiny Objects (Staying the Course)
3. Giving Yourself permission to Do, Be and Have more of what you truly want (Both)
4. Closing the Back Door (Being All in)
5. Taking Risks (Staying the Course)



# *July 17, 18 - Weekend #3*

## What practices will support you to be All In?

1. Listening and Following Divine Guidance
2. Giving yourself permission
3. Close the back door
4. Inner work
5. Support
- 6.

## What practices will support you to Stay the Course?

1. Listening and Following Divine guidance
2. Giving yourself permission
3. Take risks
4. Inner Work
5. Support



# The Principles of Your Power

~Personal power is inside of you. There is nothing outside of you that is greater than what is inside.

~Your Sacred Calling (who you are) holds the keys to living as a powerful being.

~Dedicate yourself to self-loving and you will live in your power.

~Self-Awareness and choice are powerful. Deciding to make new choices demonstrate your powerful loving.

~Aligning your sacred calling (your essence and blessings) with your personal power makes you unstoppable.

## *Five Personal Powers from Loving*

1. Acceptance, Forgiveness, Compassion
2. Trusting the Process
3. Visioning more of what you want
4. Staying connected to Divine Guidance
5. Choice