



**Client Group VIP Day
Workbook**

Intention Of Client VIP Day:

To cause a breakthrough in breaking out of dysfunctional BEing, thinking and behavioral patterns currently blocking your ability to be the best version of your authentic self so that you are able to powerfully, confidently and easily attract, keep and live out the life and love your heart desires!

Distinguishing A Dysfunctional Pattern

1. The Dysfunctional Pattern that is impacting my love the most is....

2. It is impacting my love life in the following ways...

- a.

- b.

- c.

3. This leaves me feeling...

- a.

- b.

- c.

How a Dysfunctional Pattern Get Created

Event -> Decision -> Love Barrier (Fear -> Limiting Belief -> Dysfunctional Pattern)= Undesired Results (Impact)

How the Dysfunctional Pattern that is impacting my love life the most got created:

1) Event =

2) Decision =

3) Love Barriers

a. Fear =

b. Limiting Belief =

c. Dysfunctional Pattern =

i. BEing Pattern (Show Up/Energy)=

ii. Thinking Pattern (Mindset/Context) =

iii. Behavior Pattern (Actions/Non-Actions) =

4) Undesired Results (Impact) =

5) What is the need this Dysfunctional Pattern is meeting in an un-resourceful way?

Dismantling a Dysfunctional Pattern

Dismantling a Dysfunctional Pattern begin with taking 100% Responsibility for:

- 1) _____
- 2) _____
- 3) _____
- 4) _____

Taking 100% Responsibility = The Power to Transform the Dysfunctional Pattern into a New Empowering Pattern to Experience Desired Results!

QUESTION:

- 1)** What would it look like to take 100% responsibility for this Dysfunctional Pattern?

- 2)** What difference would it make in my Love Life?

- 3)** What is the impact of this Dysfunctional Pattern?

4) What are you choosing to take 100% responsibility for?

5) What do you get to change or let go of?

6) What difference will this make for you?

a. New Patterns of Being -

b. New Patterns of Thinking –

c. New Patterns of Behaving –

7) As a result of having dismantled this Dysfunctional Pattern, the new results I can now create are –

a. _____

b. _____

c. _____

Replacing a Dysfunctional Pattern with a New Empowering Pattern

1) My New Empowering Pattern is...

2) How this will look in action is...

3) How I will know that this New Empowering Pattern is effective is that it will positively impact my Love Life in the following Ways...

a. _____

b. _____

c. _____

My Biggest Take-aways from the Group VIP Day Are...

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____