

Adventures with God Workshop

Day 2 - Living your L.I.F.E. as a top 5 percenter

Welcome

In today's session, we will explore the power of the 3R's, recap, review and reflect that help you grow your I can do this muscle. You will gain insights into the dreaded drama triangle, where 90 percent of the population live and the empowerment dynamic where the top 5-10 percenters live. You will be given the opportunity to dump your unhelpful stuff safely, where it belongs and claim your personal upgrade and great exchange. First let's engage with Key #4, the power of counting your blessings, wins and learns.

Key #4 The 3 R's - Recap, Review, Reflect

Recap

- Key #1 – hearing His voice
- Key #2 – words have power
- Key #3 the choice is yours

Review - L.I.F.E.

Love: Where did you notice a shift in your heart?
Insight: What were the lightbulb moments?
Freedom: What chains have been broken that have set you free?
Engagement: How has this helped you deepen your relationships and connect to those around you?

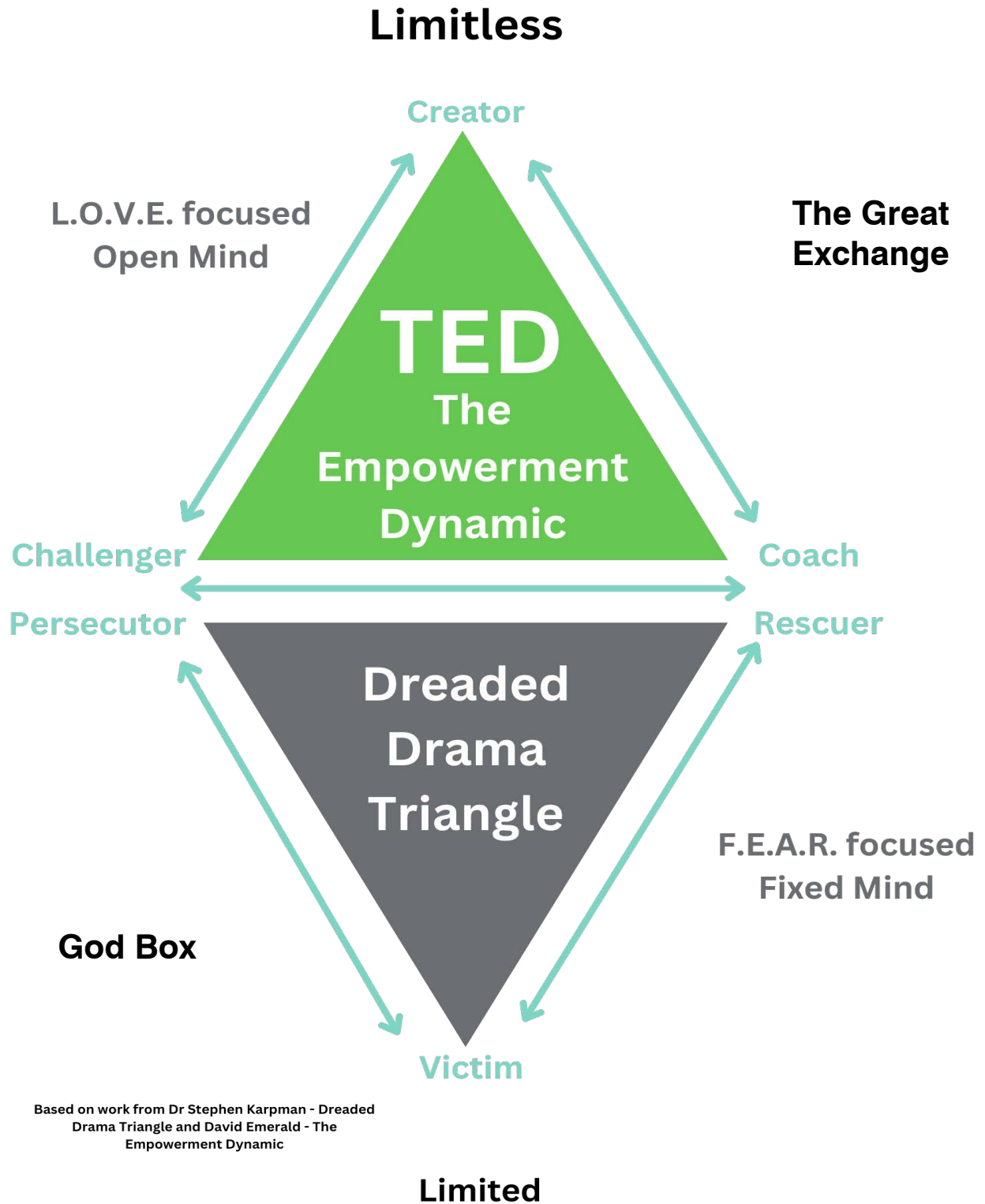
Reflect

Please rate your current feelings on a scale of 1-10 and share a word that describes how you feel as we start this session.

Score (1-10)

Feeling (word)

Key #5



Key Concept for this Session

Key #6: The God Box

F.E.A.R. = False Evidence Appearing Real

Reflection on the **Dreaded Drama Triangle** (Dr. Stephen Karpman) head driven, where we have a fixed mindset and are trapped in cycles of co-dependence, power struggles, are problem focused and limited. F.E.A.R.

Key #7: The Great Exchange

Reflection on **the Empowerment Dynamic** (David Emerald) heart driven, where we have an open mindset, are interdependent, encouraging personal responsibility, self-reflection are opportunity focused and limitless.

L.O.V.E

L.O.V.E. = Living Out Valour Everyday

Summary of Core Concepts

- Kingdom Key #4 3R's Recap, Review, Reflect
- Kingdom Key #5 Understanding DDT to TED
- Kingdom Key #6 God Box, getting rid of old baggage
- Kingdom Key #7 The Great Exchange, claiming your inheritance and your new luggage

Call to Adventure

Activation Steps from today's equipping for the coming week:

1

2

3

Final Self-Reflection

As we conclude this session, take a moment to reflect on how you feel now compared to when we started.

Score (1-10):

Feeling (word):

Remember

- "The choices we make, determine the directions our lives take and the people we become" Samuel Gibson
- Keep offloading old baggage as it comes up and place it where it belongs, in the God box
- Keep exchanging it for your new luggage, the whole of heaven is available to you now, claim it, it is your inheritance.

Tomorrow we will be looking at: Your unique brilliance and reason for being here

- What you have to uniquely offer the world
- The real reason you are on this planet
- Your zone of genius
- How to achieve more in the next 10 weeks than you potentially did in the last 10 months or in some cases the last 10 years
- Where to find your tribe and how to stay connected

What people say:



Brian



Calvyn

“I was lost, feeling like I had no hope, feeling I was letting everyone down including my husband and children. Sally helped me shake all that off. I found real peace, love and joy during our time together. She was a real answer to prayer and just what I needed at that time. I now have a thriving marriage, family and business.” **Nat**

“I needed to step up and step out in my personal confidence to be lead from the front for my new business. Sally delivered on this and so much more” **Rachel**

“I was looking for clarity and confidence in the steps I needed to take to go from surviving to thriving in my next season and beyond and Sally helped me nail it in more ways than one.” **Nardine**

Youtube interviews:



Rachel



Hunter



Jade

Click on the pictures for the videos or find at
<https://www.youtube.com/@inspiringperspectives>