

Dare to Love **ACADEMY**

EXCLUSIVE
TRAINING

REMOVING THE BLOCKS & HEALING THE WOUNDS

TRANSFORM YOUR LIFE,
YOUR FUTURE & YOUR IMPACT &
GET IN FULL ALIGNMENT WITH
YOUR UNIQUE BLUEPRINT

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MODULE 2

"LOVE DID NOT CREATE THIS.

I forgive myself for getting stuck in fear.

I believe in miracles...

Today I open myself and
participate in the cocreation of miracles.

I know that when I am miracles minded,

I have the capacity to witness and

experience miracles in all

corners of my life.

I BELIEVE IN MIRACLES "

GABRIELLE BERNSTEIN

RADICAL FOCUS

PLAY AT A LEVEL YOU'VE NEVER PLAYED BEFORE

Welcome to Module 2!

I want to remind you of this, each week. **I am so glad that you're ready to transform your life!** That's why, I've created this intensive transformational program. So, each week... commit to pushing and challenging yourself, in ways you never have before!

Here are the 3 main goals with everything you'll do during the next 7 weeks: **CLARITY, BREAKTHROUGH AND RESULTS**

START EACH WEEK WITH THE FOLLOWING:

1. **Overview of this week's module** (to determine how much time you'll need to invest in completing the exercises)
2. **Establish a plan for each week** (set specific time to complete the module), at the beginning of each week.
3. **Track and celebrate your progress.** For example; your calendar, schedule, and plans must be aligned with your priorities for the week. And your priority for the next week must be aligned with your priorities for the month, the year and so forth.
4. **Join the conversation and post your progress on the private Facebook group**, so we can ALL celebrate with you!
5. **Let me (and my team) know if you need anything!**

Organize your days in a way that reflects your priorities, and focus on what you TRULY desire, instead of on what you don't. Catch yourself, when you're making excuses, feeling like a victim or beating yourself up. This is YOUR JOURNEY... so let's do this, one step at a time!

RADICAL FOCUS OF THE WEEK

STARTING EACH WEEK WITH THE RIGHT FOCUS

WHAT'S YOUR TOP PRIORITY FOR THIS WEEK?	
FUN ACTIVITY FOR THE WEEK	
SET TIME TO WORK ON D2L	

MAIN INTENTION FOR THE DAY

SUNDAY
MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY

WEEK #2 CHALLENGE!

MAKING ROOM FOR WHAT YOU TRULY DESIRE

REMOVING THE EXTERNAL BLOCKS

1. Group #1: Messy Schedule
2. Group #2: Messy Spaces
3. Group #3: Messy Relationships

IMPORTANT: Remember, the purpose of this challenge is to help you get out of overwhelm, as you de-clutter your life and make room for the activities, people and things you actually want to have in your life. THIS IS NOT ABOUT GETTING STRESSED OUT.

Choose 1 main area first: and once you feel comfortable with the results you've achieved in that primary area, you can then move to the next one.

TO ALL MY "PERFECTIONISTS"! Snap out of it 😊. **Done is better than perfect!**

ACTION STEPS:

1. What area have you chosen to focus on, first?
2. What actions will you take to de-clutter that area?
3. When will you take action?

REMOVING THE BLOCKS

*"Everyone who got to where they're
had to begin where they were."*

RICHARD P EVANS

REMOVING THE BLOCKS

UNDERSTANDING WHAT YOU'RE PUSHING UP AGAINST

I want to start with this, contrary to what many people believe, our job is not to force things into existence... **Our job is to remove the blocks and get in alignment with what we desire, so that God can bring these desires into our lives.**

- In this module is where we perform the “surgery” to remove the excess or the emotional sickness that has been holding you back.
- It's also where you begin to understand the “process” God is currently taking you through! This work will empower YOU to move into freedom.

This is a process. It takes time. And it requires consistency. So as we go through this week's module, I want you to remember these 3 stages that we ALL have to follow, so that we can achieve our desires.

Most people don't talk about STAGE 2! **But there's NO WAY to get to the 3rd stage without passing through “GO”** (*lol. For those of you “Monopoly” lovers*)

THERE ARE THE 3 STAGES:

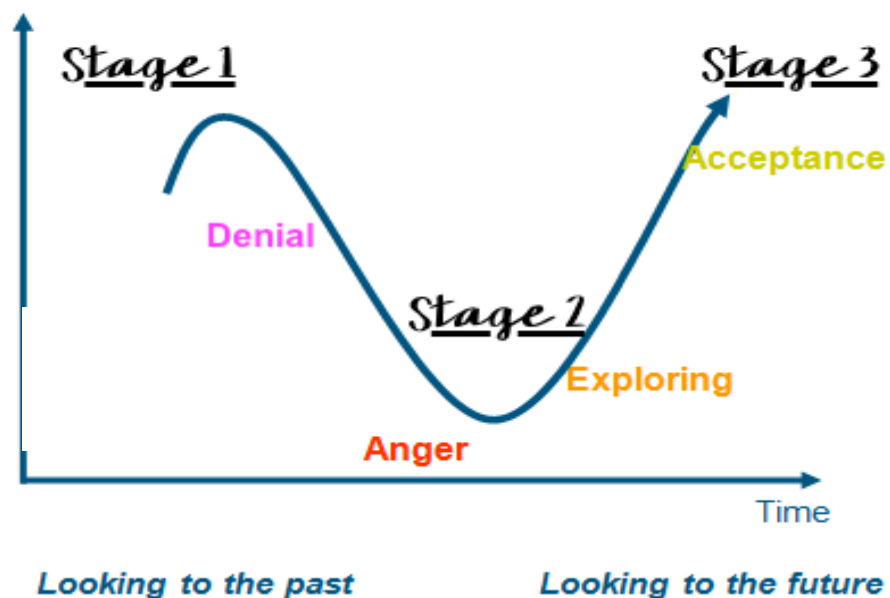
STAGE 1) Identify Where You're At

STAGE 2) THE PROCESS

STAGE 3) Manifestation of Desire

DON'T GET STUCK IN THE PROCESS!!!

The Change Curve



The Change Curve (above) will help you better understand the process we ALL though to manifest and create the life we desire.

Remember the 7 steps I introduced in the previous module? These are the 7 steps to MANIFESTING your DREAMS and DESIRES:

1. Getting clear on what we TRULY desire
2. Identify and removing the BLOCKS and your limiting beliefs
3. SHIFTING our mindset (new beliefs- in alignment with FAITH)
4. ASKING for Divine guidance
5. TAKING consistent inspired action
6. BELIEVING until we become it! (choose faith over fear)
7. BECOMING grateful (a thankful heart makes way for miracles)

GETTING COZY WITH YOUR BLOCKS

WITNESS YOUR EGO AND YOUR FEARS SO YOU CAN RELEASE THEM

1. Make a list of any blocks, fears and limiting beliefs that are coming up for you and that are currently keeping you from getting results.

THE 3 QUESTIONS TO ASK YOUR BLOCKS

- 1) Why are you here?
- 2) What are you here to teach me?
- 3) How can I use you to unlock the freedom I desire and to go to the next level?

SHIFTING YOUR MINDSET: TRASH RADIO

The work you're doing is so important! Your brain is rewired, as you transform your thoughts and patterns. The change is not just happening emotionally and spiritually, but you're changing at a cellular level!!!

Here are two experts in this area of you can research:

- Josh Pais: <http://committedimpulse.com>
- Here's my MarieTV episode, more about [Trash Radio](#)
- Simon Sinek <https://www.startwithwhy.com>

ACTION STEP:

What thoughts, mantras or positive beliefs would you like to focus on, as you transform your mindset?
Example: I release all my blocks, fear and limiting beliefs and surrender them to God.

Identifying Your Internal Blocks

What internal blocks are you struggling with?

Based on this training, what are 3 things you can do, to release and surrender these internal blocks?

Identifying Your External Blocks

What external blocks are you currently pushing up against?

Based on this training, what are 3 things you can do, to remove and surrender these external blocks?

Healing, Surrendering and Letting Go

Here's what I want you to keep in mind- Forgiving someone for the wrong they've done to you, doesn't mean absolving them from all consequences or responsibilities.

Forgiveness is about releasing YOURSELF from the poison of their actions towards you. I love my coach Gina DeVee's mantra for releasing someone who has hurt you: "I release you, I forgive you and I absolve you!"

ACTION STEPS:

- 1) Who do you need to forgive? (including yourself, God, other people...)
- 2) What did you/they do?
- 3) Why have you been holding this grudge against you/them?
- 4) How is holding this grudge serving you?
- 5) How is this holding you back?
- 6) Why do you feel you need to forgive?
- 7) What steps do you need to take to go through the forgiveness process? (speak to the person, write them a letter, go to counseling, hire a coach, etc)

Remember, this is not about THEM! This is about YOU! About clearing lightening YOUR LOAD.

IMPORTANT: I don't think that it's recommended to "talk or include the other person" in your forgiveness and healing process. You can go through the process by yourself, if the relationship was toxic, you've lost connection with the person, the other person has passed away or if you don't feel ready to interact with them. Don't let anything hold you back. God is with you! **Make sure to reach out for help, if you need to.**

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