

Dare to Love **ACADEMY**

EXCLUSIVE
TRAINING

GETTING CLEAR ON YOUR PURPOSE & DESIRES

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

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**OUR DEEPEST FEAR IS NOT THAT WE ARE INADEQUATE.
OUR DEEPEST FEAR IS THAT WE ARE POWERFUL BEYOND
MEASURE.**

**IT IS OUR LIGHT, NOT OUR DARKNESS THAT MOST
FRIGHTENS US. WE ASK OURSELVES, WHO AM I TO BE
BRILLIANT, GORGEOUS, TALENTED, AND FABULOUS?
ACTUALLY, WHO ARE YOU NOT TO BE?**

**YOU ARE A CHILD OF GOD. YOUR PLAYING SMALL DOES
NOT SERVE THE WORLD. THERE IS NOTHING ENLIGHTENED
ABOUT SHRINKING SO THAT OTHER PEOPLE WILL NOT
FEEL INSECURE AROUND YOU.**

**WE ARE ALL MEANT TO SHINE, AS CHILDREN DO. WE WERE
BORN TO MAKE MANIFEST THE GLORY OF GOD THAT IS
WITHIN US. IT IS NOT JUST IN SOME OF US; IT IS IN
EVERYONE AND AS WE LET OUR OWN LIGHT SHINE, WE
UNCONSCIOUSLY GIVE OTHERS PERMISSION TO DO THE
SAME.**

**AS WE ARE LIBERATED FROM OUR OWN FEAR, OUR
PRESENCE AUTOMATICALLY LIBERATES OTHERS."**

Marianne Williamson

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RADICAL FOCUS

PLAY AT A LEVEL YOU'VE NEVER PLAYED BEFORE

Congratulations on completing your Welcome Packet! As you can already tell, this is an intensive transformational program. I want you to push and challenge 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!**

Your day, week and year have the same amount of time than Oprah's, the president, the richest woman in the world, Beyoncé or anybody else you admire.

The difference is that their days are organized in a way that reflects their priorities, so they are focused on producing results. So let's stop excusing ourselves, because excuses are the very reason why we are where we are right now.

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 #1 CHALLENGE !

STEP INTO YOUR DESTINY

- 1. SETTING YOUR INTENTION** (WHAT IS THE MAIN GOAL YOU DESIRE TO ACCOMPLISH WITH THIS TRAINING?)

FOCUS ON WHAT YOU WANT

GAINING THE CLARITY YOU NEED TO LET GO

LIST THE 10 MAIN THINGS YOU WANT TO ELIMINATE FROM YOUR LIFE	LIST THE 10 MAIN THINGS YOU'LL SUBSTITUTE THEM WITH

MODULE 1

"Many people die with their
music still in them. Why is this so?
Too often it is because they're
always getting ready to live.
Before they know it,
times runs out."

OLIVER WENDELL HOLMES

THE IMPORTANCE OF DEFINING WHAT YOU TRULY WANT

CONNECTING WITH YOUR DIVINE AND UNIQUE BLUEPRINT

Your TRUE desires are totally connected to your unique purpose and to your Divine blueprint.

As my coach Gina DeVee likes to say: “Desires summon the miraculous and allow for profound manifestations to occur. Desires lead, guide, inform and motivate our soul’s purpose to come forth. Where you find your desires, you’ll find your power”.

I believe that one of the reasons God connects our unique purpose to our desires, is because we will go a great length to manifest what we truly want. **So, part of our work throughout our time together, will uncover what you TRULY desire and to let go of those that are not.** This is the way to making room for the new things you’re about to turn into reality!

Another reason to get clear on what you truly want, is because as Tony Robbins says: “we don’t manifest our desires, we manifest what we believe that we deserve.” And once we’ve uncovered what you want, we’ll get your beliefs and values in alignment, so you can manifest them.

Your past doesn’t determine your future, our past does not disappear for the simple fact that we have taken a decision of where we want to be in our future.

However, the truth is that there are some things, people and habits in our lives that will not go away without a fight.

I want you to understand the following: there are areas in your life where you will need help, counseling, coaching, prayer and a great deal of determination.

I'm not telling you this to lower your energy or happiness level. I tell you this because this is one of the areas where many people get stuck. Think of all the people who create a new year's resolution each January 1st, and swap from one abusive relationship to another and end up failing.

Even though we are not going to spend the majority of our time thinking about what we want to eliminate, I do want you to have in mind: eliminate, substitute and make room.

Eliminate, clean, reject, say no, set boundaries... this helps us to create space for the new things that we want in our lives. It makes it easy to move forward, because we feel lighter.

This first module is solely dedicated to helping you uncover, dream big and find more clarity on what you really want with your life.

In other words, what kind of life, relationships and legacy do you want to leave, when you take your last breath on this earth?

GET IN TOUCH WITH YOUR TRUE DESIRES

GETTING IN FULL ALIGNMENT WITH YOUR UNIQUE DIVINE BLUEPRINT

Before we start I would like to let you know that it's really important to look for a non-distraction spot/area. In order for you to reach the greater level of clarity that you can throughout this exercise. This exercise is the foundation of this whole program. Since if we don't know where we're going, then we're not getting anywhere.

This exercise is an adaptation of Cameron Herold's "Painter Picture" if you want more information about it you can download a chapter of the book Double, Double (www.doubledoublethebook.com)

I would like you to visualize the next 3 years of your life. Allow yourself to dream big! Do not limit yourself. We are going to work on the following areas:

Your Spiritual Life

What's the vision for your spiritual life during the next 3 years? What type of relationship you're going to develop with God? Take your time and consider your personal characteristics, the way you connect the deepest with God.

Your Relationships

What's your vision for this area of your life? What is it that you want to create, give and receive? To what type of community will you belong to? Which will be your status? Also, what type of friends, mentors, leaders and followers will you have? In who are you going to invest?

Emotional/Mental Health

What's your vision towards your mental and emotional health, your capacity to live a life true to your values, feeling connected to your truth, in order to communicate with love and honesty with your neighbors? This point will help you to empower yourself and feel strong, even during tough times.

Physical Health / Lifestyle

What's your vision in relation to your body, lifestyle and health? What is it that you want to create, feel, experiment and enjoy with your body? What will be the level of wellbeing and health? I encourage you to include resting, vacation time and so forth.

Your Career / Business

What's your vision in this area? What do you want to create, give and receive? To what type of community do you want to belong to? Who is your professional role model?

Your Finances

What's your vision with this area? How much money do you want to make during the next 3 years? How much money will you save, pay in debt, use for gifts, donate and so forth?

UNCOVERING YOUR BIG WHY

THE DIVINE FORCE BEHIND YOUR GOALS, DREAMS AND DESIRES

Your why is the primary motivation behind everything you're passionate about. Your WHY is the fuel that keeps you going, when the going gets tough. We will dive into this even more in module 3.

Why do you want to accomplish these results? What are your reasons? Think on how these results will impact your life: physically, mentally, spiritually, financially, socially, and so forth.

YOUR BASIC GAME PLAN

YOUR PLANS IN SHORT, MIDDLE AND LONG TERM

We have a full module on creating your strategic plan. However, let's prioritize all these goals and desires you've just uncovered.

Go ahead and divide these goals into short, middle and long terms goals. This will help you stay out of overwhelm and it will also allow you to gain a greater level of clarity in regards to what you should FOCUS on.

This is where the rubber begins to meet the road. Your life will never be the same!

Don't worry! You'll be able to make adjustments along the way. You can always go back to this exercise and adjust, according to the season that you're in.

**NOW THAT YOUR CLEAR ABOUT YOUR UNIQUE WHAT AND WHY,
LET'S DISTRIBUTE YOUR GOALS IN YOUR PREFERRED CATEGORY.**

A) SHORT TERM GOALS (NEXT 7-12 WEEKS)

B) MEDIUM TERM GOALS (MORE THAN 6 MONTHS - 1 YEAR)

C) LONG TERM GOALS (1-3 YEARS)

Notes:

MODULE 1

*"I know what I'm doing.
I have it all planned out—
plans to take care of you,
not abandon you,
plans to give you
the future you hope for."*

JEREMIAH 29:11

THE MSG