

TREASURE



*Preparing For Your
Success*

What To Expect

- TREASURE is an immersive container where you will be held energetically as you stretch, grow, and expand into the next level version of your best self.
- Because your interaction and involvement is crucial to your success, there's support here for you every step of the way, especially when moments get challenging and uncomfortable.
- Make full use of this support, and reach out with questions at any point. Share your experiences generously and often, so you get to be witnessed in your process.
- TREASURE is a re-programming of your entire being so that it is aligned with your Divine Feminine essence: you are entering into a spiral path of growth in a co-creative field, where you practice fully owning and radiating your TREASURE.

What To Expect

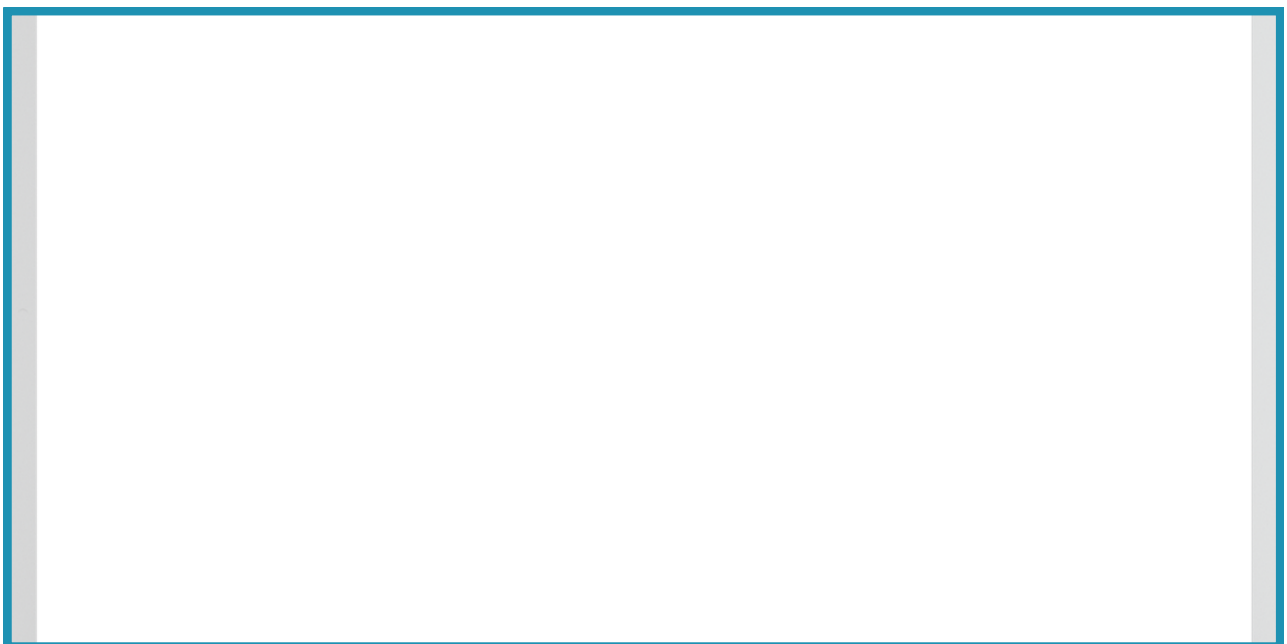
- A key emphasis of this programme is integration and application, i.e. to transform received information to an embodied understanding, and directly apply this new awareness to your life

The 4 Essential Principles to Successful Transformation

- Scaffolding helps with learning, and Understanding the 4 principles for successful transformation - or learning that lasts - is one form of scaffolding.
- Once you grasp and apply these 4 principles, your success is guaranteed!

1. Intention

1. If you were to summarise your intention for joining TREASURE in one sentence, what would you say?

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2. What are 1-3 ways in which you will create sacred space for TREASURE?



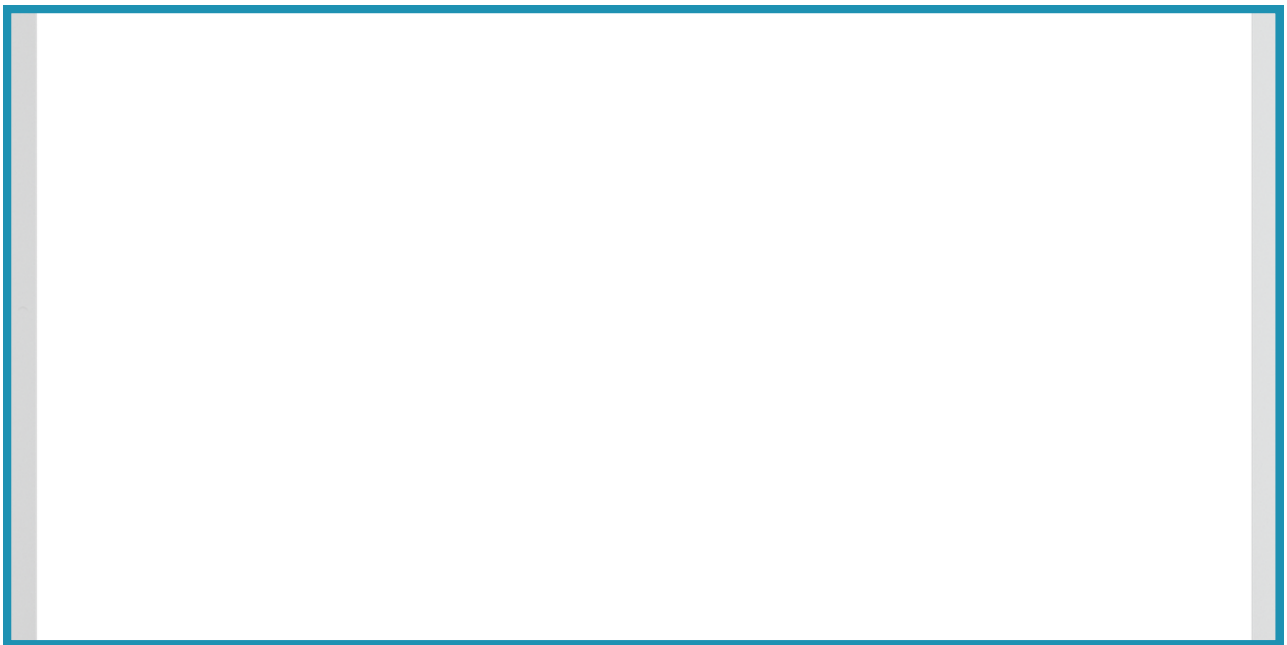
3. What attention will you give to yourself (e.g. having a journal, taking notes, using the worksheet templates)?



2. Action

- The key to successful learning is A_____A_____.

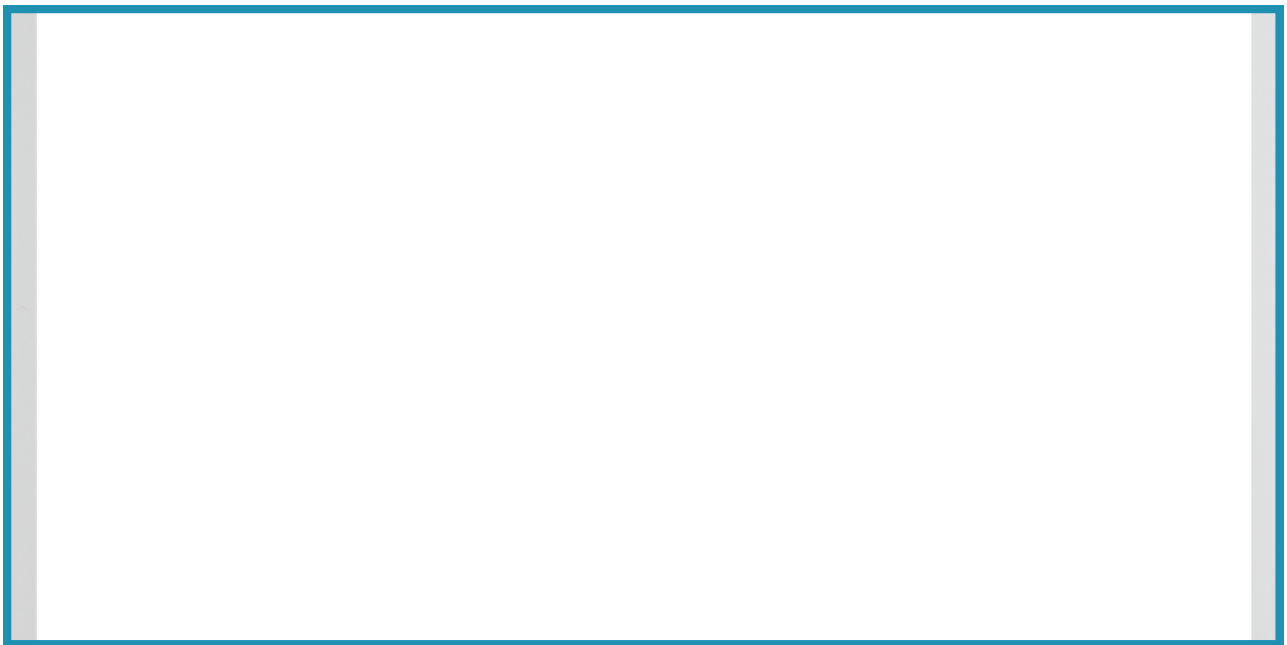
What are your key insights when it comes to taking powerful action?

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3. Energy

- Intention + _____ (Your Energy)
= C_____

How can you receive the best of both worlds in
TREASURE?

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4. Engagement

What would help you feel safe to engage?

What are some boundaries/parameters that you would like to see?



What new things would you like to try/practice?

