



Preparing For Your Success

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PRACTICE!

1. Intention PRACTICE

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

Action = Application

What speaks to you most?

What feels most relevant to you current process?

Which tools/practices serve you best right now?

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Successful learning = Active application

2. Action

Making Space and Time:

- Digestible, bite-sized action steps that build on each other
- Space allocated for Integration
- Trust your own pace, rest on community accountability

3. Energy

INTENTION + PRESENCE (Your energy) = COHERENCE

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Feel into the energy of this energetic container. Tap into the frequency that TREASURE provides.

4. Engagement

Actively Engage:

- Ask Questions
- Share Your Process
- Support Your Sisters

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Engagement is acknowledging that you are a TREASURE too.