

The Empowerment Sessions CHECK LIST – AFFIIRMATION Sheet

Email a copy of this COMPLETED (X) and SIGNED Check-List – Affirmation Sheet along with any other documents requested to: erloop@gmail.com

General Introduction: ___X___

Time: **10 Minutes**



Session I: Your “Awareness” Message©

Introduction: _____

Time: **10 Minutes**

Arriving at “Awareness”: _____

Time: **15+ Minutes**

Write Your “Awareness” Message: _____

Time: **20+ Minutes**

Practice Your “Awareness” Message: _____

Time: **20+ Minutes**

Sharing “Awareness” Message: _____

Time: **5+ Minutes**

BREAK: _____



Session II: A Personal “Connection” Story©

Introduction: _____

Time **10 Minutes**

Developing A Personal “Connection” Story: _____

Time: **30+ Minutes**

Practice A Personal “Connection” Story: _____

Time: **15+ Minutes**

Sharing of A Personal “Connection” Story: _____

Time: **5+ Minutes**

BREAK: _____



Session III: Being “Present” with Appreciation©

Introduction: _____

Time **10 Minutes**

With thoughts/descriptions about Something: _____

Time: **15+ Minutes**

Without thoughts/descriptions about Something: _____

Time: **15+ Minutes**

“Presence” with Anything: _____

Time: **15+ Minutes**

Holding/Extending “Presence” with Something: _____

Time: **10+ Minutes**

Being “Presence” with Everyone: _____

Time: **5+ Minutes**

Sharing Your “Presence” Section: _____

Time: **5+ Minutes**

Guided Meditation, Integration and Spiritual Activation: _____

Time: **5+ Minutes**

Affirmation: The undersigned below affirms they have completed to the best of their ability the contents of **The Empowerment Sessions** – “*Awareness Message, Connection Story and Present with Appreciation*”.

Applicants’ Signature

Date