

PURPOSE PASSION & BREATHWORK

- Welcome -
- Why are you here and what have you heard about BW??
- Finding my Path & Purpose
- Power of Vulnerability
 - Courageous
 - Example - Give other permission
- 1st step is Acceptance
- Climbing your second Mountain
 - Is it Created or Unleashed
- Your Superpowers
 - What is a Topic you could present for 20 mins
 - Ask your Loved Ones to speak into your life
 - Create a Survey for your clients or Loved Ones to fill out
- What do you do instead of work?
 - i.e. books, Google, Podcasts etc
- The Storm(s) within
- What has life forced us to be obsessed with?
- My Storms & Clients (Nikki)
- Write down your Shadow moments in life
 - What were they/Feelings?
 - What Lessons did you learn?
 - What Gifts did you acquire?
- “A set back is a set up”.
- Gifts
- Passions
- Service
- GPS
- BREATHWORK
 - Stabilizes and Resets Nervous System
 - Improve Creativity
 - Lowers Cortisol Levels
 - Clears out Stuck Energy & Emotions
 - Emotional Release
 - Increases Imagination & Creativity
 - Releases Neurochemicals for Self Love & Compassion
 - Heart Opener
- Intentions - Share
- LET’S BREATHE
- Integration
- Thank you!!!