

## **CENTERED LEARNING ACADEMY**

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### **“INIFINITE POSSIBILITIES: THE ART OF CHANGING YOUR LIFE”**

#### **8 SESSION PROGRAM**

##### **Session 1 – Introduction**

In this session we will set the stage, get to know one another, and talk about the expectations and objectives of the program.

##### **Session 2 – Thoughts Become Things**

In this session we will cover:

- How our thoughts create our lives.
- What present thoughts we are having.
- How to create new thoughts.
- How to deal with negative thoughts and use visualization to focus our thoughts in a positive direction.

##### **Session 3 – Beliefs**

In this session we will cover:

- The most common beliefs that people have.
- How these beliefs relate to our thoughts and life experiences.
- Techniques for changing limiting beliefs.
- How to establish and maintain new, empowering beliefs.

##### **Session 4 – Emotions**

In this session we will cover:

- Where emotions come from and what do they mean.
- How they fit with our thoughts, actions and life experiences.
- Tools for changing perspectives and establishing new beliefs.

##### **Session 5 – Taking Action**

In this session we will cover:

- Why action is needed.
- How to get going by taking baby steps.
- Why “how” is not as important as you might think.
- Creating an action plan.

### **Session 6 – Instincts and Hunches, Dreams and Desires**

In this session we will cover:

- Our inner senses—specifically instincts and hunches.
- Our dreams and getting on the path of living them.

### **Session 7 – Faith and the Magical Universe**

In this session we will cover:

- Faith as something we all use, whether we realize it or not.
- How to tap into our faith.
- How to apply it to creating our dreams.

### **Session 8 – The Meaning of Life**

In this final session we will cover:

- How life really unfolds and how to enjoy the adventure of it all.
- How to learn from the lessons life provides.
- The simple strategies used by successful people.

**Thoughts do become things...**

**master your thoughts...master your life and destiny forever.**

**Rosario Clerici-Green, M.Ed., Certified Infinite Possibilities Trainer**

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