

The 10PowerKeys[®] Program



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Learning Outcomes for Session 1



By the end of this session you should be able to:

1. Understand the way that Life Coaching can work to help you achieve your goals.
2. Clarify what the **TenPowerKeys© Program** will do for you.
3. Gain an overview of the Ten Vital Keys to Life Success that are the basis of this Program.
4. Understand the difference between Success and True Life Success.
5. Identify a location that helps you to connect with nature where you can carry out your Insight Zone Power Kit© Exercises.
6. Make your initial baseline Abundance Life© Assessment and LifeBalance© Exercise to identify your present level of Life Satisfaction.

Average Completion time: 7 days



Learning Outcomes for Session 2



By the end of this session you should be able to:

1. Understand the way that we filter our experiences to create our unique realities.
2. Identify any negative Beliefs and Self-talk that may be sabotaging your Life Success using the ***GolumSpeak© Exercise***.
3. Understand the power of Inherited Scripting, emotions and self-labeling.
4. Assess for causes of low self-esteem or lack of Assertiveness using the ***Healing Child©Exercise*** and the ***Assertiveness Assessment***.
5. Create new and empowering Beliefs that can energize your WILL and INTENTION using the ***3GreatBeliefs© Exercise***.
6. Introduce leverage to help sustain and strengthen your new Beliefs.

This week's session is quite intensive and if you find that you need longer than a week to cover all the exercises just do so. However try to finish all activities by two weeks.

From this session onwards we will be going into the '**10 Vital Keys of Life Success.**' The Ten Key Phrases all start with a 'C' and thus I sometimes refer to them as the Ten C's of Success.

During this session we will be covering the first of the 10 C Vital Keys of Life Success, that is:

'Challenge your Self-Limitations'

Average Completion time: 15 days



Learning Outcomes for Session 3



By the end of this session you should be able to:

1. Understand the relevance of the words that you use on a daily basis in creating your emotional states.
2. Identify any negative talking patterns or phrases that you use.
3. Create a number of Transformative words or phrases that positively effect your emotions using the **TransformationalTalk© Exercise**.
4. Understand the power of Motion in effecting your Emotion.
5. Take control of your self-talk and communication as well as your motion and physical movements through the **15 day Extreme Makeover Challenge**.

This week's session is less intensive to make up for the previous session. However the Extreme Makeover Challenge is an awesome exercise that should spiral your confidence level if you commit yourself to do it well.

During this session we will be covering the 2nd of the 10 C Vital Keys of Life Success, that is:

'Charge your Motion and Language'

Average Completion time: 15 days



Learning Outcomes for Session 4



By the end of this session you should be able to:

1. Identify the difference between Principles and Values.
2. Understand the process of clarifying your Values through the External, Intermediate and Core Values Clarification system. This will help you to unleash the power that lies within you because your True Values are a power source for your motivation and action.
3. Differentiate between Attraction Values and Moving Away Values – the Values that motivate you to take action and the situations that you try to move away from to avoid pain.
4. Understand the importance of creating sustainable and reasonable rules around your Values to promote valid expectations so that your Values can be honored on an everyday basis.
5. Clarify your 10 Top Core Attraction Values and your 10 Moving away Values using the Powerful **CoreValuesExplorer© Exercise**.

This week's session is one of the longest (61 pages) and most important sessions of the whole Program because you will start to uncover your intrinsic Values and working on creating a list of Core Values that will help to power your future Decisions and Actions

During this session we will be covering the 3rd of the 10 C Vital Keys of Life Success, that is:

‘Clarify your Principles and Values’

Average Completion time: 15 days



Learning Outcomes for Session 5



By the end of this session you should be able to:

1. Understand the importance of having a clear Life Purpose to help you 'get off your bed with a spring' in the morning.
2. Identify the health benefits, energizing vigour and the potential Life fulfillment that a Life on Purpose can provide.
3. Clarify why there is a tendency to 'loose' your Life Purpose in the challenges of today's society
4. Understand how a Life Purpose can leave its trail when you view your past events.
5. Discover your personal Life Purpose using the **LifeMaps© Exercise**.

This week's Session includes another great experience- **LifeMaps© Exercise**. Once you clarify your Life Purpose through this exercise it will be as if you suddenly discovered a Secret that will inject new life, energy and passion in your life. After discovering your Core Values and your Life purpose your heart will want to sing!

This session we will be covering the 4th of the 10 C Vital Keys of Life Success, that is:

'Connect to your Life Purpose'

Average Completion time: 15 days



Learning Outcomes for Session 6



By the end of this session you should be able to:

1. Identify the potential pitfalls to creating your Dream and Life Purpose
2. Demonstrate the ability to THINK BIG and DREAM BIG.
3. Clarify the BIG DREAM that you want to manifest in your life
4. Align your Dream to your Values, Principles and Life Purpose so that your Dream is a manifestation of your True Self.
5. Create a number of powerful and compelling BIG Goals in each area of your Wheel of Life using the **DreamKreator© Exercise** .

This week's session is one of the most exciting Sessions!

This is when you let your Mind roam with freedom and without any shackles and actually start letting your Inner Wisdom excite you into thinking Huge possibilities and Dreams for your future.

During this session we will be covering the 5th of the 10 C Vital Keys of Life Success. This Key is divided into two and this Session is the 1st part of the key:

‘Create it in your Mind’

Average Completion time: 15 days



Learning Outcomes for Session 7



By the end of this session you should be able to:

1. Understand the reality that the first creation happens in the Mind.
2. Create a clear opinion on the use of the Law of Attraction as a way to draw Success towards you given the controversy that surrounds the subject.
3. Clarify why Visualization is so effective in the manifestation of your goals
4. Demonstrate the ability and skills to Visualize effectively through the use of body relaxation techniques and the ***Cliff Soaring Exercise***.
5. Practice effective visualization to bring about the first creation of your Dream in your Mind.
6. Create new and empowering Beliefs that can energize your WILL and INTENTION using the ***3GreatBeliefs***.
7. Introduce leverage to help sustain and strengthen your new Beliefs.

During this session we will be covering the 2nd part of the 5th C Vital Key of Life Success. This Key is:

‘Create it in your Mind’

Average Completion time: 7 days



Learning Outcomes for Session 8



By the end of this session you should be able to:

1. Create the belief that you have the Stamina and Will to succeed.
2. Raise your Personal Standards to higher levels of achievement.
3. Understand the importance of Decisions.
4. Take effective Decisions frequently and quickly.
5. Leverage your commitment levels by involving others.
6. Commit yourself completely to achieving your Big Dream and Goals through the simple but powerful ***Commitment Challenge Exercise***.

This week's session is about creating leverage to commit yourself to your Big Dream. Now that you have clarified your overall objectives for your life you need to power up your commitment levels before you start taking action.

During this session we will be covering the 6th of the 10 C Vital Keys of Life Success, that is:

'Commit yourself completely'

Average Completion time: 7 days



Learning Outcomes for Session 9



By the end of this session you should be able to:

1. Understand the reasons why people procrastinate.
2. Manage and beat any Procrastination.
3. Understand that Action is the Mother of results and internalize the importance of taking massive action to achieve your goals.
4. Identify the things you are tolerating in life and the way they can drain your energy levels.
5. Start taking your first action by zapping your Tolerations using the **Tolerations *Trasher*© Exercise.**
6. Review and Raise your Personal Standards using the Personal Standards Form

This week's session will focus on the first clear actions you have to take to start taking full control of your life – namely managing your Tolerations.

During this session we will be covering the 1st part of the 7th 10 C Vital Keys of Life Success, that is:

‘Convert your Passion into Action’

Average Completion time: 7 days



Learning Outcomes for Session 10



By the end of this session you should be able to:

1. Understand the importance of moving from general Goals to specific and detailed Goals.
2. Focus on what you want to achieve and not on what you want to avoid.
3. Visualize and plan how a Perfect Weekday and a Perfect Weekend Day would look like in your Dream life using the **TwoPerfectDays© Exercise**.
4. Create specific and clear Goals flowing from your **DreamKreator© Exercise** as well as your Core Values and Life Purpose using **PathMapper© Exercise**
5. Power your Will and motivation to start taking Action on your first Big Goals.

This week's session will continue to focus on taking planning your Goals and taking action. It is now the time to move forward from the planning phase to manifesting your Dream into reality

During this session we will be covering the 2nd part of of the 7th Vital Key to Life Success, that is:

‘Convert your Passion into Action’

Average Completion time: 7 days



Learning Outcomes for Session 11



By the end of this session you should be able to:

1. Use power statements and visualization to focus powerfully your intention and mind.
2. Understand the importance of Perseverance and Persistence amidst the challenges that will arise.
3. Learn to make Failure your friend and ally.
4. Practice connection with the Universe through the **Wu Wei**©Exercise to keep in touch with the flow
5. Learn to read the grand picture and know exactly when to take action and when it is necessary to bide your time.
6. Release your attachment to Desire whilst living in expectancy for Life's signs and prompts.
7. Taking action with passion on any opportunities that arise

This week's session focuses on the importance of remaining committed even when challenges arise. The importance of interpreting 'coincidences' will also be discussed.

During this session we will be covering the 8th of the 10 C Vital Keys of Life Success, that is:

'Continue to Persists with Consistency'

Average Completion time: 7 days



Learning Outcomes for Session 12



By the end of this session you should be able to:

1. Maintain a constant and never ending focus on improvement of your personal Standards and passion to expand your boundaries– ‘Kaizenize’ your life
2. Learn to take calculated risks and continue to be audacious in your approach and confidence levels.
3. Understand the meaning of Re-Creation and identify re-creating activities you can carry out using the **ReKreator©Exercise**.
4. Continue to develop your personality so that you can give more empowering ‘labels’ to yourself.
5. Carry out the **PersonalityAspects©Exercise** that will help you to identify the present roles you carry out in life and the areas where you would like to expand further.

During this session we will be covering the 9th of the 10 C Vital Keys of Life Success, that is:

‘Consolidate and Expand’

Average Completion time: 7 days



Learning Outcomes for Session 13



By the end of this session you should be able to:

1. Create an Abundance Mentality knowing that the Universe provides enough opportunities for everyone.
2. Communicate more effectively so that you start expanding your circle of influence.
3. Hone your Leadership skills using the **LeadershipTraits©Exercise**
4. Identify what Legacy you would like to leave behind you using the **LifeLegacy©Exercise**.

This week's session moves your focus from a purely intrinsic developmental mode to achieving success in the external environment. The aim of this session is not primed at honing your communication and leadership skills in depth. There is enough material available on these subjects. However this session should help you to reflect on the specific areas related to communication and leadership skills where you may need to develop your skills

During this session we will be covering the last of the 10 C Vital Keys of Life Success, that is:

'Contribute to a Higher Cause'

Average Completion time: 7 days



Learning Outcomes for Session 14



By the end of this session you should be able to:

1. Identify the Goals you have achieved over the past weeks.
2. Integrate and apply the concepts of the 10 Vital Keys to Life Success in your daily life.
3. Carry out the second **AbundantLife Assessment** to identify specific areas of progress in the eight sectors of the Wheel of Life
4. Celebrate your Success and power your passion to achieve new and enjoyable goals that help you to live your Dream.

This is the concluding Session of the 10PowerKeys Program.

I am certain that this Program has served as a fantastic catalalyst to energize your actions and walk you throught the process of achieving the Life Success and Dream you Desire!