



10 Day Bootcamp - Day 1

Plug Into Your Purpose.

Day 1 - Get Committed.

Welcome to Soul Searching, can I take your order?

What would you like? What are you willing to do anything to create for yourself?

Think of the universe like a drive-through fast food chain...and some bigger force is just waiting at the drive-through window to take your order!

Difficult circumstances can be a catalyst to your soul waking up.

For me, my mom's cancer is the reason I ended up living in Ghana and building a school.

You may be here because of a major crisis, a loss (death, divorce, sickness, fired from your job), or a mild irritation...maybe you have chronic pain, migraines, you're really stressed and anxious at work, you're in a relationship that's ok but not great...**something is just not quite right.**

What difficult or challenging situation brought you here?

Pain pushes until pleasure pulls.

What is **not quite right** in your life? Get CLEAR on what you want out of this 10 Day Bootcamp.



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Start by Setting an Intention.

Something called you here, can you tune into that?

Here's a question that can guide you:

If you could make one area of your life 10% better, what area would it be?

Write that down NOW:

Now create an Intention for this Bootcamp. The intention is what you're hoping to get out of it.

WRITE THIS DOWN BELOW: Clear Intention = Clear Results.





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Example Intentions:

My Intention with this 10 Day Bootcamp is...

*To get at least 10% more clarity on how to find work I love, or something even better.
(Hint: it helps to add "or something even better" at the end)*

My Intention with this 10 Day Bootcamp is...

To improve my romantic relationship by at least 10% or something even better.

During this Bootcamp I'm going to be using Accelerated Learning which is based on the latest brain research and has proven to increase learning effectiveness.

One principle is that you'll retain this information better if you WRITE IT DOWN yourself in addition to hearing it and reading it. So throughout the 10 Day Bootcamp, I'll be asking you to write things down.

WRITE THIS DOWN: All change starts with COMMITMENT.

I start every new endeavor with a commitment statement.

I had both a commitment statement and an intention when I began creating this 10 Day Bootcamp!! They were:





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Intention: At least 20,000 people will joyfully receive this creation, or something even better.

I commit to creating from a place of love, inner truth and playfulness.

WRITE THIS DOWN: **Commitment is the precursor to change.**

For this 10 Day Bootcamp, what are you committed to creating in your life?

Here's Your Daily Tool:

Download the Commitment Statement handout [HERE](#) and make your own commitment statement right now.

I'd love to hear from you; What's your intention with this 10 Day Bootcamp? Which area of your life do you want to improve by at least 10% or more?

Leave us a comment [HERE](#) and let us know!

You can also post your draft Commitment Statement in the [Facebook Group](#).

I can't wait to read all your commitment statements, I read every single one!





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One more thing...

Don't forget to decide what you'll do to celebrate yourself upon completing this 10 Day Soul Awakening Bootcamp!

Research shows you're more likely to follow through if you have a way to celebrate or reward yourself when it's done.

CELEBRATE yourself.

WRITE DOWN YOUR REWARD NOW:

I commit to completing this 10 Day Bootcamp, and when I'm done, I will celebrate myself by....

(I have links to some of my favorite products below if you want some inspiration!)

[Candles](#)

[Crystal](#)

[Bath Salts](#)

[Journal](#)

Stay tuned for Day 2 - Clarity.

May you create work and a life you love,

Vanessa

