

EMPOWERED WELLBEING FOR SUCCESS® LEADERSHIP PROGRAM

15-WEEK PROGRAM FOR EMPOWERING HEALTH & WELLBEING IN BOTH MIND AND BODY

Developing simple lifestyle, health and wellbeing habits that will empower you
for success in your work and personal life.

5 minutes – 3 times per day and you are on your way!

Welcome Call: 20-minute success call with a member of the team.

Graduation Call: 20-minute success call with a member of the team.

Module 1 - Welcome/Introduction:

- How to use the program – the laws, the actionable techniques, timing and life integration
- What is your definition of success?
- The *Seven Spiritual Laws of Success* as laid out by Dr. Deepak Chopra
- The main principles (techniques) you will use and in which I will coach you into actioning your wellbeing for success: Breath techniques, mindfulness-meditation, easy-to-do yoga poses, affirmations/visualizations connected to the laws of success and Ayurveda for well-rounded health in mind-body-spirit
- Why these particular mind-body wellbeing techniques to empower you for success? Research links and brief explanations.

Module 2 – Law of Pure Potentiality – Om Bhavam Namah – I am pure potentiality – silence/nature/non-judgment

- The Law
- Action and integration of the law in daily life/chakra association
- Wellbeing Techniques: Yoga-activating the Sahaswara chakra/breath: success breath (Ujjayi)//mindfulness-taste/affirmations/visualizations
- Ayurveda: Doshas
- Detailed explanation of how to perform and implement these techniques on a daily, weekly, monthly or seasonal basis to ensure lifelong wellbeing habits for success.

Module 3 – Law of Giving and Receiving – Om Vardhanam Namah – I am the nourisher of the Universe and the Universe nourishes me – gifts/acknowledgement of gifts/circulate love

- The Law
- Action and integration of the law in daily life/chakra association
- Wellbeing Techniques: Yoga-activating the Anahata chakra/breath: alternate breath (Nadi Shodhana)/mindfulness-sounds/affirmations /visualizations
- Ayurveda: Personal Routines-Big Picture
- Detailed explanation of how to perform and implement these techniques on a daily, weekly, monthly or seasonal basis to ensure lifelong wellbeing habits for success.

Module 4 – Law of Karma – Om Kriyam Namah – My actions are aligned with Cosmic Law – witness your choices/accept the consequences of your actions/listen to your body's signals

- The Law
- Action and integration of the law in daily life/chakra association
- Wellbeing Techniques: Yoga-activating the Muladhara chakra/breath: complete breath(Dirgha)/mindfulness-Gaze/affirmations /visualizations
- Ayurveda: Daily/Nightly Routines
- Detailed explanation of how to perform and implement these techniques on a daily, weekly, monthly or seasonal basis to ensure lifelong wellbeing habits for success.

Module 5 – Law of Least Effort – Om Daksham Namah – My actions achieve maximum benefit with minimal effort – acceptance of situations/take responsibility for your actions/accept all points of view

- The Law
- Action and integration of the law in daily life/chakra association
- Wellbeing Techniques: Yoga-activating the Svadhisthana chakra /breath: synchronized breath using Success Breath/mindfulness-Gaze with yoga poses/affirmations /visualizations
- Ayurveda: Seasonal Routines
- Detailed explanation of how to perform and implement these techniques on a daily, weekly, monthly or seasonal basis to ensure lifelong wellbeing habits for success.

Module 6 – Law of Intention and Desire – Om Ritam Namah – My intentions and desires are supported by the Universe – set clear intentions/trust the outcome/practice present moment awareness

- The Law
- Action and integration of the law in daily life/chakra association
- Wellbeing Techniques: Yoga-activating the Manipura chakra/breath: cooling breath (Shitali)/mindfulness-Gaze Sri Yantra /affirmations /visualizations
- Ayurveda: The Six Tastes
- Detailed explanation of how to perform and implement these techniques on a daily, weekly, monthly or seasonal basis to ensure lifelong wellbeing habits for success.

Module 7 – Law of Detachment – Om Anandham Namah – My actions are blissfully free from attachment to outcome – commit to detachment/embrace uncertainty/field of all possibilities

- The Law
- Action and integration of the law in daily life/chakra association
- Wellbeing Techniques: Yoga-activating the Vishuddha chakra/breath: bellows breath (Bhastrika)/mindfulness-breath/affirmations/visualizations
- Ayurveda: Adaptogens - stress reduction and health management
- Detailed explanation of how to perform and implement these techniques on a daily, weekly, monthly or seasonal basis to ensure lifelong wellbeing habits for success.

Module 8 – Law of Dharma (Purpose) – Om Varunum Namah – Discover your higher self/express your unique talents and gifts/Ask: how can I help; how can I serve others?

- The Law
- Action and integration of the law in daily life/chakra association
- Wellbeing Techniques: Yoga-activating the Ajna chakra/breath: cooling breath(Sitali) /mindfulness-So Hum + soul questions/affirmations/visualizations
- Ayurveda: Panchakarma (detoxification techniques) – what does this look like for you?
- Detailed explanation of how to perform and implement these techniques on a daily, weekly, monthly or seasonal basis to ensure lifelong wellbeing habits for success.

Weekly Integration as regards moving forward and maintaining the habits

- Using the laws for empowerment on a daily basis
- Stacking the Techniques for further success
- Integrating the Ayurvedic Lifestyle strategies to empower your wellbeing for success
- Specific Dosha associations for yoga poses, breath techniques, and within the perspective of Ayurveda for health and wellbeing
- The Chakras – significance and toning for energetic health-think cleaning your teeth but for your energy fields
- Meditation and mantras as your next step to up-scaling your mindfulness experience

Recommended Reading List:

- Ask and It Is Given – Esther and Jerry Hicks (The teachings of Abraham)
- Leaders Eat Last – Simon Sinek
- Leveraging the Universe – Mike Dooley
- The Four Agreements – Don Miguel Ruiz
- The Law of Attraction – Esther and Jerry Hicks (The teachings of Abraham)
- The Seven Spiritual Laws of Success – Deepak Chopra
- The Seven Spiritual Laws of Yoga – Deepak Chopra and David Simon
- The Soul of Money – Lynne Twist
- The Wisdom of Sundays – Oprah Winfrey
- Perfect Health – Deepak Chopra
- Secrets of Meditation – Davidji
- Vital Energy – David Simon