

Welcome To RELATIONSHIP MASTERY



Welcome! We want you to feel super proud of yourself for starting this journey to create a new outcome in your life! This is a big deal, and we are extremely happy to be a part of this journey with you!

We want to start off by saying congratulations on taking advantage of this opportunity that has come into your life, because in order to create a life that is filled with achievement, passion, and rewards, you must do as you are doing and continue self growth!

Before you can successfully make a positive change, you need to better understand what influences and drives you to make the choices you make in life, behave how you behave in relationships, and what has caused you to allow or NOT allow certain people into your life.

- YOU are the creator of your own reality. You have been operating in a way that's been giving you everything you DON'T want. In order to operate in a way that attracts in what you DO want...you have to flip your magnet.
- That is what our program will help you to accomplish. We will be challenging you to get to know YOU a lot better, step outside your comfort zone, and step outside your USUAL habits and patterns, so you start getting different results in your love life.
- By the end of this course you will have developed the understanding and skills to create change, defy your own limitations, and achieve your impossibles.

PROGRAM INCLUDES:

- 9 week online course
 - Each week's module will total to about 1.5 hours.
 - You'll receive an email when each module is released into the portal. The modules should be completed prior to our call together for that week.
- 4 Bi-Weekly Coaching Call
- 4, 15 minute Action Calls
 - Use individually, or group together to make up an additional 1hr Coaching Call. Your choice!

BI-WEEKLY CALLS:

- We will schedule your day and time on our introductory 30min call together.
- We will have a total of 5 calls together. Your 30min intro call prior to you starting the course, and 4 more as you continue on throughout the course to help you apply the learning material to you personally.
 - You will receive an email reminder the day before our calls, with your link for the Zoom Call within the email.
- If you are part of a group call and something is too private for you to share. You are welcome to use one of your 15 min action calls for that specific scenario. To do that, Send us an email at joinscottandnancy@gmail.com letting us know that you'd like to set that up instead of attending the group session that week, and we will coordinate a time with you for that.
- During our calls make sure you are in a quiet place with no distractions.
- We strongly encourage you to make each and every call. THIS IS YOUR LIFE! MAKE IT A PRIORITY!

HOMEWORK & EXERCISES:

- There will be homework and exercises given throughout our time together.
- Each is purposeful. We expect you to do them. We want you to get all the results you're looking for!

OPEN & HONESTY

We understand it can be hard to be open and honest about your personal life sometimes. We ask that you push through this during our time together, both with yourself AND with us, in our sessions together. We are here to help, and we can't help you if you hold back. Remember, there is no judgement here.

5 LEVELS OF SELF MASTERY:

Commit:

Your commitment to show up in this course and to be open and honest with yourself and us, will determine whether or not you have change in your life. You made the choice to take this course, so show up fully! You WILL get from it what you put into it. A lot of people pay for things they never use, information they don't follow, they do things partly.....don't let this happen to you. Break. Your. Cycle.

Study & Practice:

These two go hand in hand. The only way to internalize something, which will then lead to new behavior, which will then bring you new outcomes.... is to practice it. Otherwise, it's just something you read that made a lot of sense. Humans learn new behaviors by taking action and going through the process of trial and error.

Internalize:

In order to internalize, make all that you learn throughout this course part of your unconscious nature, you must stay in the 1st party, and start speaking, writing, thinking and feeling using "I" rather than placing blame outwardly. To internalize means you understand that you are at cause for what is and what has been, manifested into your life.

Emotionalize:

Emotionalizing what you learn in our course will take place when you take part in our retreat. To emotionalize means to have behavioral change. This happens when you sync

your physiology to your mindset shift. Conceptual thought alone doesn't require you to change your behavior. So when you internalize and emotionalize the information you learn, your behaviors will begin to change and the imprint becomes permanent.

7 STAGES OF CHANGE

Resistance/Denial

As we begin to dive into new material that challenges your beliefs, whether they are conscious or unconscious beliefs, your walls will start to show themselves. There will be times where your pain and uncomfortable sensations will surface. It is vital to remember during this time of uncovering, that the process of figuring out who you "think" you are vs. who you really are, is not what is painful, it is your resistance to the process that causes the pain.

Awareness

This is when you will begin to see and experience the benefits of the process. You'll be aware of your repressed emotions starting to surface. Without guidance, this is often where people give up, quit, or distract with excuses for not continuing in their self-growth, because they come face to face with the core fears that they have been battling and trying to avoid their whole life.

Identification

During this stage you will muster up enough courage to allow your emotions to remain conscious long enough to view them and inspect them. You'll no longer be suppressing your feelings, and you'll no longer be identifying with the dis-empowering roles you've been chained to your entire life. This is a very freeing feeling and a freeing place to be.

Expansion

This is where your old paradigms begin to shift. This is where you see how limiting your old, negative beliefs were. You can see how they kept you trapped in a box of reactionary

choices and responses. As you begin to create new habits and patterns from the power of choice you'll expand your very definition of who you are, what you're worthy of, what you believe you're capable of.

Accepting Responsibility

During this stage you see where you were responsible for your past and present, and can see how you are responsible for your future, and you accept this responsibility with joy and gratitude because you can see how your behavior, which was created from all that you knew, affected others and affected you. During this stage you awaken your ability to forgive not only others, but forgive yourself.

Self-Empowerment

At this stage things really begin to flow. You start feeling comfortable using corrective exercises to integrate the insights you gain from our online course into your daily life. You begin to master how to re-write your old disempowering beliefs into new empowering ones that give you what you desire in your life, and for the first time you feel like YOU are in control of the outcomes in your life.

Creation

Where you feel the immense power of being the master of your own destiny. At this stage you will have the tools to disengage from old, limiting beliefs by rewriting new empowering ones that give you exactly what you want. You will understand the power of choice, and have the tools for how to evaluate a situation and choose from your heartspace. You will see how everything that occurs in your life is a mirror image of where you are. From this place you can create the exact relationships you wish to have, and create the life experiences you desire, which in turn will give you the fulfillment you've always been seeking.

If you are willing to commit, study, practice, internalize, emotionalize, and be open and honest with us about everything you're feeling and everything that comes up...you will achieve the relationship mastery you inherently deserve.

Xo- Scott & Nancy