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— FOR —
EMOTIONAL EMPOWERMENT

7 Internal Steps to Success as a Holistic Practitioner

with Michelle Bersell, Founder of IIEE



3 WAYS TO GET MASSIVE VALUE FROM THIS WEBINAR

- 1 *Print this workbook* and use it during our webinar to stay fully engaged and focused throughout our time together.
- 2 While we are live on the webinar, *think of a question you would like answered.*
- 3 *To receive the most benefit from this training, at the end, determine one step you can take that will support your INTERNAL growth.* This way you will remain committed to continuing the momentum you gained from this training.



You Were Called to this training for a reason:

- If your _____ is unconsciously pushing away the _____ you desire.
- How your _____ are guiding you to achieve your _____.
- How to evolve your subconscious _____ along with your growing _____.
- How you may be unconsciously linking arms with _____ (and how this impacts your _____)!
- How to shift from _____ to _____ in your life and business.
- What needs to _____ in order for you to receive success.



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You ARE in the right place:

- You enjoy _____ and feel it's part of your _____ and why you're here.
- You're fascinated by _____ and/or why we humans do what we do.
- You love learning about how to feel and _____ the most from _____.
- You take time for _____ and _____.
- You're already _____ people and want those you _____ to have an even _____.
- You consider yourself emotionally _____.



Your 7 INTERNAL Steps to Success:

Step 1: _____

How does it _____? _____

Step 2: _____

Short-term: _____

Long-term: _____

The common phrase that links arms with a lack mindset is:

The ego's armor exists because: _____

The ego creates: _____

Lasting transformation occurs: _____



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Step 3: _____

This question is about listening to _____.

To have a breakthrough, what needs to happen is

_____.

Step 4: _____

List:

1. _____

2. _____

3. _____

How does it _____?

Signal 1 is _____

Signal 2 is _____



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3 common blocks:

1. _____

2. _____

3. _____

Step 5: _____

Quick response -don't overthink this one!

List:

1. _____

2. _____

3. _____

This step shares your _____ that you aren't typically focused on.



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Step 6: _____

It does - I promise!

The benefit is _____

Step 7: _____

Formula:

_____ + _____ + _____ =



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What do these steps reveal to you?

In the next 24 hours, the one step that I commit to because it would be best for me and my success is:

Additional notes and tips you want to make sure you come back to:
