



Video Training Breakdown

Introduction Video: Foundational Teaching of 12 Life Areas

Session #1 – Spirituality & Faith

Module #1 – Spirituality & Faith: Word, Worship, Witness, Core Teaching

Module #2 – Disengage from the Life-Limiting Pace of the World

Module #3 – Identify and Forgive Life-Limiting Messages of your Wounds

Module #4 – Recognize and Overcome Life-Limiting Accusations of Warfare

BONUS AUDIO – Interview with Dr. Carolyn Leaf, Author of Who Switched Off My Brain

Session #2 – Relationships

Module #1 – The Power of Relationships, Core Teaching

Module #2 – Respond rather than React: Communications Continuum

Module #3 – The Keys to Conflict Resolution

Module #4 – Uncover the Mystery: Men vs. Women's Brains

Session #3 – Gratitude & Attitude

Module #1 – Gratitude & Attitude: The Power of our Thoughts, Core Teaching

Module #2 – Legacy Lies / Lasting Legacies

Module #3 – Detoxing Your Thoughts

Module #4 – How to Be Gratefully Present

Module #5 – Interview with CJ Rapp, Founder of Trash the Lies

Module #6 – Living in the Moment

Session #4 – Curiosity & Learning

Module #1 – Using Curiosity & Learning in the Stages of Change, Core Teaching

Module #2 – Life is a Puzzle: How to Put It Together

Module #3 – Use Curiosity to Improve Your Relationships

Module #4 – An Invitation to a Deeper Relationship

Session #5 – Nutrition & Water

Module #1 – Enhance Your Life with Nutrition & Water, Core Teaching

Module #2 – Decoding Labels with Julie Hammerstein, Certified Nutritionist, Author

Module #3 – Your Personal Wellness Story

Module #4 – The Power & Purpose of Fasting

Session #6 – Goals & Organization

Module #1 – Love & Leverage Goals & Organization, Core Teaching

Module #2 – Setting Effective Long & Short-Term Goals

Module #3 – Priority Planning

Module #4 – How to Overcome a Brain Cramp

Session #7 – Rest & Relaxation

Module #1 – Rest & Relaxation: Have Fun & Sleep Well, Core Teaching

Module #2 – Integrating Stress Breaks into Daily Life

Module #3 – Get a Good Night's Rest

Module #4 – Just Breathe, with April O'Neil, Holistic Health Coach

Session #8 – Movement

Module #1 – Movement: Fit to Serve God, Core Teaching

Module #2 – Learn What's Best in Physical Movement

Module #3 – 4-3-2-1 Workout with Sean Foy

Module #4 – Spiritual Movement & Momentum

Module #5 – Moving through the Stages of Change

Session #9 – Balance & Fulfillment

Module #1 – Balance & Fulfillment: Come to Your Senses, Core Teaching

Module #2 – Jesus the Fulfillment

Module #3 – Retrain your Brain with Dr. Christy Demetriades, Psychologist, Meier Clinics

Module #4 – Enhancing Daily Life through your Senses

Module #5 – Interview with Carolyn Fisher, Director of Vessel Ministries

Session #10 – Passion & Purpose

Module #1 – Discover Your Passion & Purpose, Core Teaching

Module #2 – Developing Your A-Team

Module #3 – Understanding the Stages of Grief when Pursuing Your Passion

Module #4 – Your Personality & Mission Statement with Laurie Beth Jones, Author of The Path & Jesus CEO

BONUS AUDIO – Step by Step to Develop your Mission Statement

Session #11 – Service & Giving Back

Module #1 – Service & Giving Back: The Point of It All, Core Teaching

Module #2 – Know When You're Over-Serving

Module #3 – Make a Difference in your Personal Area of Service

Module #4 – The Power of Your Brain with Dr. Christy Demetriades, Psychologist, Meier Clinic

Session #12 – Adventure

Module #1 – Adventure: Get Out of Your Box, Core Teaching

Module #2 – Walking in Daily Adventure with God

Module #3 – Out of the Box Living with Jacke Van Woerkom, Life Coach, Founder of Trail Angels

Module #4 – Gaining a Fresh Faith Perspective

