



Love AMPLIFIED

JOURNEY TO JOY

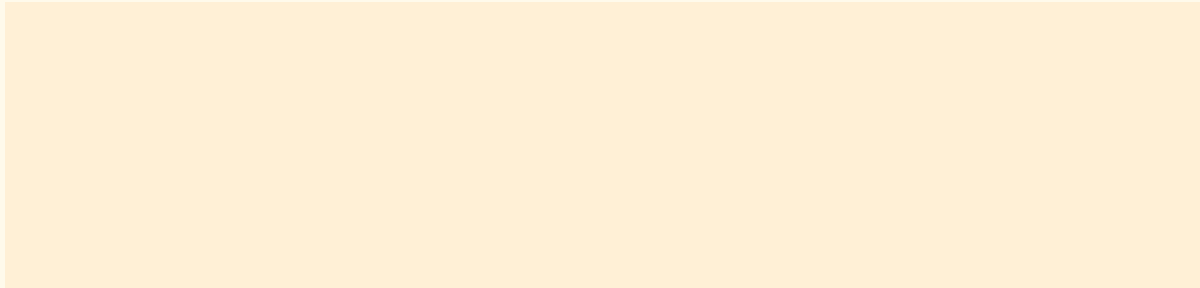
By Master Coaches Christine Hassler & Stefanos Sifandos



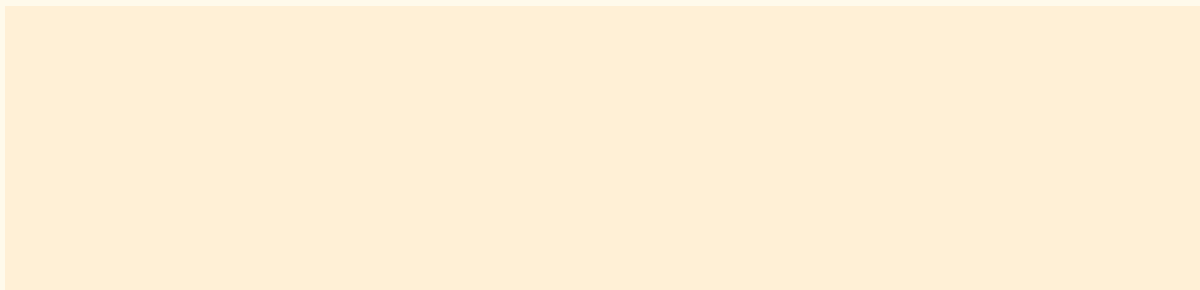


DAY ONE: UNDERSTANDING THE IMPACT OF YOUR CHILDHOOD

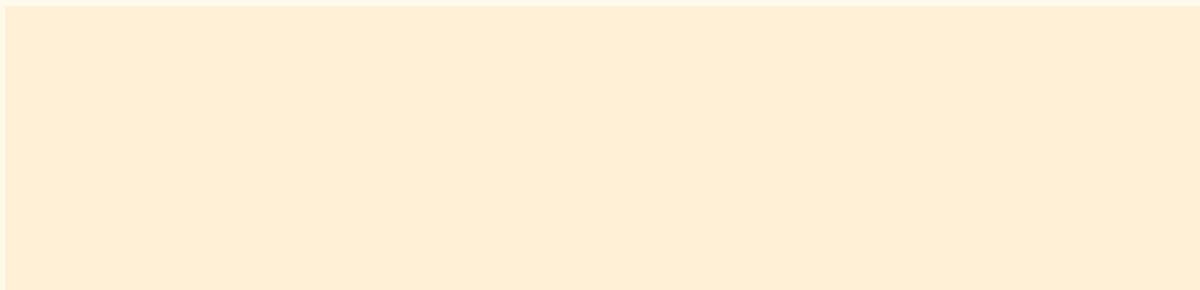
1.) What did you desire most in childhood that you didn't receive or didn't get enough of?



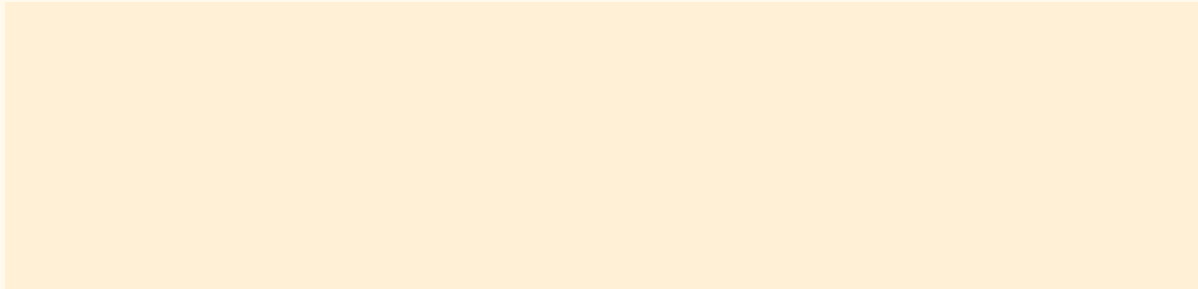
2.) If you had a magic wand and could change one thing about your childhood, what would it be?



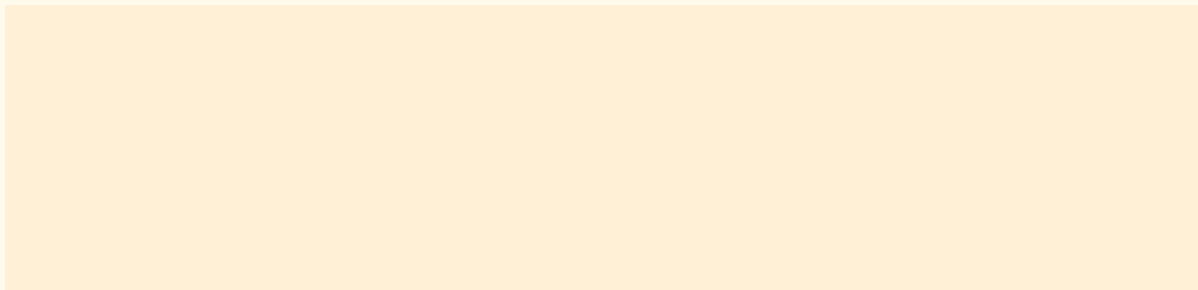
3.) What is one core belief you are carrying around from childhood that you know is limiting your life? Ex: I am not enough, I am too much, I must achieve to be loved, I am not okay, etc.



4.) Who would you be without that belief? In other words, how would your life be different if you didn't believe that thought?



5.) What is a belief you could choose to believe now that would be more supportive? In other words, what would you like to believe about yourself, life, others, etc? Ex: I am enough, I am worthy, I am loved, I can trust people, Life works out for me, I am supported, I am safe, I am seen and heard



Great work!! These are important questions to ponder and we will dive even deeper into them during tomorrow's call.



QUALIFY TO WIN
daily prizes

- 01** Watch today's full training LIVE
- 02** Share an image of you watching the live on your IG Stories within 24 hours
- 03** Make sure to tag **@christinehassler** and **@stefanossifandos** so we can track your points!

homework

Each day you will find the replay for the training **HERE**. Comment on the replay page, your biggest ah-ha or takeaway for the day.

Join Us Tomorrow, Wednesday,
February 7th at 2PM PST / 5PM EST