JOSSELYNE HERMAN-SACCIO

THE FOUNDATION FOR BEING *Unmessablewith*

5 WEEK COURSE

WEEK 5: BE THE DREAM YOU WANT TO FULFILL

FOUNDATION WORKBOOK

CREATING ONGOING ACCESS TO THE WORLD OF BEING UNMESSABLEWITH

1. GET CLEAR ON YOUR VISION, DREAMSOURCE, COMMITMENT, OR WORD

2. SHARE FROM THAT WORLD OF WORD

3. TAKE ACTIONS FROM THAT WORLD OF WORD

4. PRODUCE RESULTS CONSISTENT WITH YOUR VISION, DREAMSOURCE, COMMITMENT, OR WORD

5. START ALL OVER AGAIN

FOUNDATION WORKBOOK

WHAT TO PRACTICE WHEN YOU HAVE A MESSABLEWITH MOMENT

1. BE CLEAR ON YOUR VISION, DREAMSOURCE, COMMITMENT OR WORD

2. YOU EXPERIENCE A RED FLAG OR TRIGGERING EVENT

AND GET MESSABLEWITH OR THWARTED OR DERAILED

OR REACTIVATED

3. SEE IT

4. STOP IT (PAUSE)

5. SAY OUT LOUD (OR IN YOUR HEAD) WHAT YOUR VISION, DREAMSOURCE, COMMITMENT, OR WORD IS

6. ASK YOURSELF WHAT ACTION WILL FULFILL ON MY VISION, DREAMSOURCE, COMMITMENT, OR WORD

7. TAKE THAT ACTION/SCHEDULE THAT ACTION IN YOUR CALENDAR RIGHT NOW

8. START ALL OVER AGAIN

FOUNDATION WORKBOOK

PROMISES I CAN MAKE TO MYSELF AND OTHERS (AND THEN HONOR) THAT WILL BRING FORTH THE SPACE OF MY DREAMSOURCE ONGOINGLY

1.

2.

3.

4.

5.

BE UNMESSABLEWITH,

Josselyne

THANK YOU FOR YOUR WORK

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