



Your Launch Plan

Post-Program Reflection & Commitment Worksheet

TRANSFORMATION

You now have the baseline knowledge to Takeoff on your life mission, to transcend to deep space — you're no longer Earth-bound. While gravity is a powerful force that may bring you back into orbit, you know, with your vision, intent, and clarity of who you are, that there is nothing that can get in the way. You know The Way. When we focus clearly, with intention, with a plan upon the life we seek, we will surely find it, for it becomes your life mission. Naturally, returning our attention and intention to this, the unnecessary activities fade away, because they do not serve this life mission. And if you feel as if you don't, you have ample resources in the captain's cabin, including the greatest resource: your self. While obstacles, setbacks, and your ego may obstruct, the light of consciousness is always available to you to return to.

REFLECTION PROMPTS

1. Now that you've completed the program, how can you apply what you have learned into taking action toward your goals?

2. Are there any setbacks or obstacles you foresee? How will you turn them into opportunities to propel you into Deep Space & beyond?

3. Given your current situation, what is your view of your current circumstances?

CREATING YOUR LAUNCH PLAN

Mission Goal

Start with writing your Mission Goal: what is it that you want in this life more than anything? Be as specific as you can. Really take time to look within, let the answer unfold. Underneath, write any secondary desires around it.

LAUNCHPAD TIP

Do this with a pen and paper so that it commits it to Spirit.

Significant Events Along the Path

Write any significant events that will happen along the path in as much detail as you can.

Resources, Actions & Relationships

What resources do you have currently at your disposal to assist you? (Hint: friends, yourself, useful objects or tools, finances.) What are the immediate actions you commit to taking that are necessary for the launch plan? Consider any relationships you currently have. Which ones inspire you to take off, and which ones are keeping you on the launchpad?

COMMITMENT TO YOUR LAUNCH PLAN

I, _____ (insert name) commit to this launch plan (effective date: _____) regardless of circumstances or setbacks. I commit to it now because I am a divine being honoring my divine nature, and the infinite love energy that pulses through my being. As an extension of divinity & a co-creator of this Earth realm, I am embarking on this journey to not only serve others, but also to honor and respect my highest self. I commit to letting go of anything that is hindering or obstructing this path, for I no longer feel a need to resist it. I know and understand that any day could be my last in this body, so I will perform my duties without expectation, with joy and gratitude, and unconditional love. With this knowledge & understanding, I take responsibility of what is in my control, and surrender what is not.

SIGNATURE

DATE

**Cleared for launch sequence:
checking engine...
performing safety checks...
all clear.**

