



SENSORY SUCCESS BLUEPRINT: IGNITE YOUR VISION

You Dream YOU DO
C O A C H I N G

October 2023 | Kamilla Pinel

WHAT TO EXPECT?

DAY 1

- Introduction
- Time Travel Centering
- Types Of Energy
- Energetic Influencers
- Four Types Of Goals
- Performance Vs Mastery
- Define I Am Statements

DAY 2

- Perfect Day Centering
- The Power Of Now
- Five Types Of Blocks
- The Range Of Engagement
- Aim Smart
- Abc Game Plan

DAY 3

- Past vs Future Self Concept
- Theatre Meditation
- Values Values Values
- Emotion-Driven Action Plan
- A Different Way To Do
- Energy Levels Maintenance
- Closing Remarks

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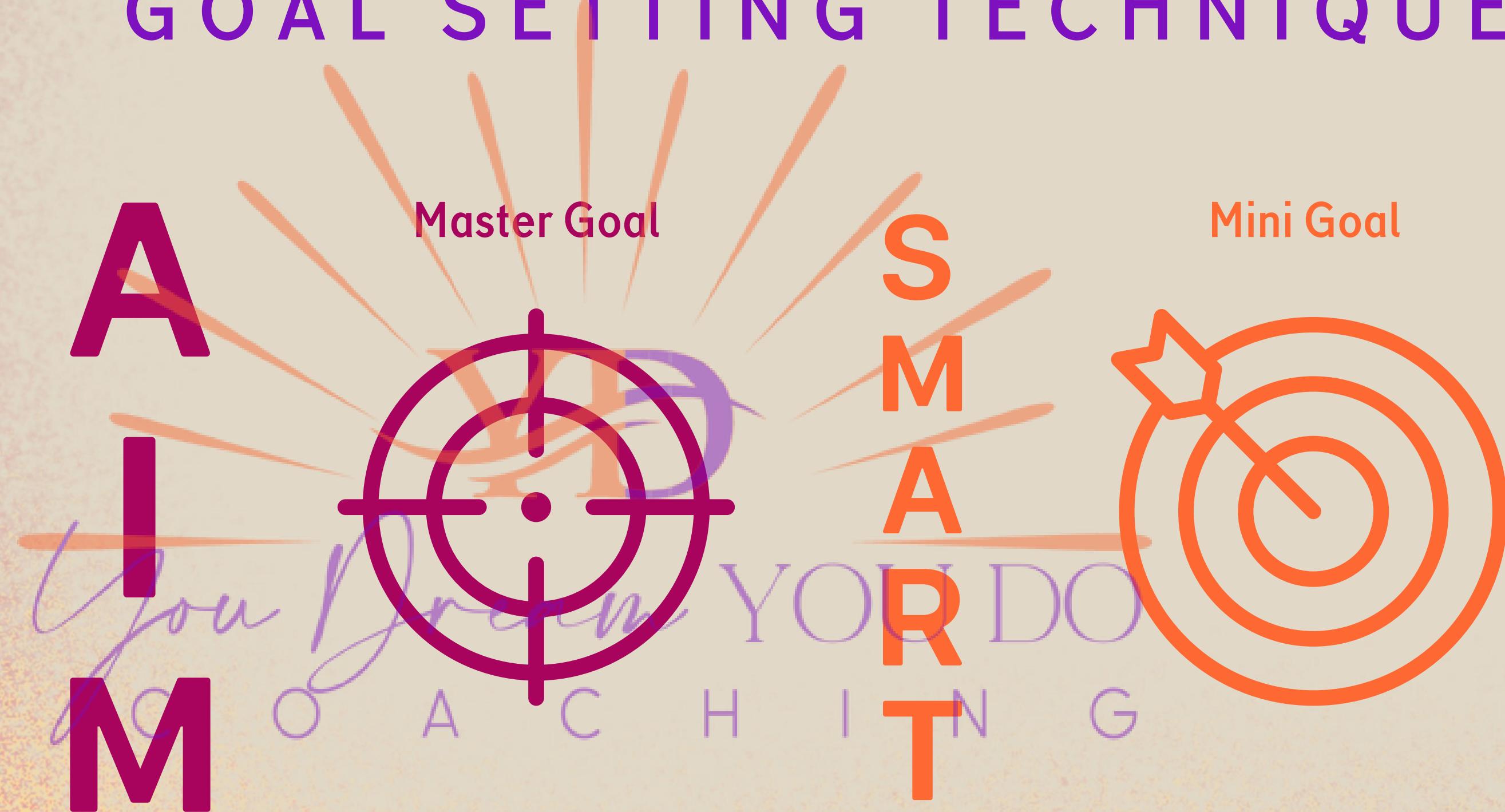
MIRACLE CENTERING

Day 2

THE POWER OF NOW



GOAL SETTING TECHNIQUE



GAME PLAN

A

Ideal

B

Back Up

C

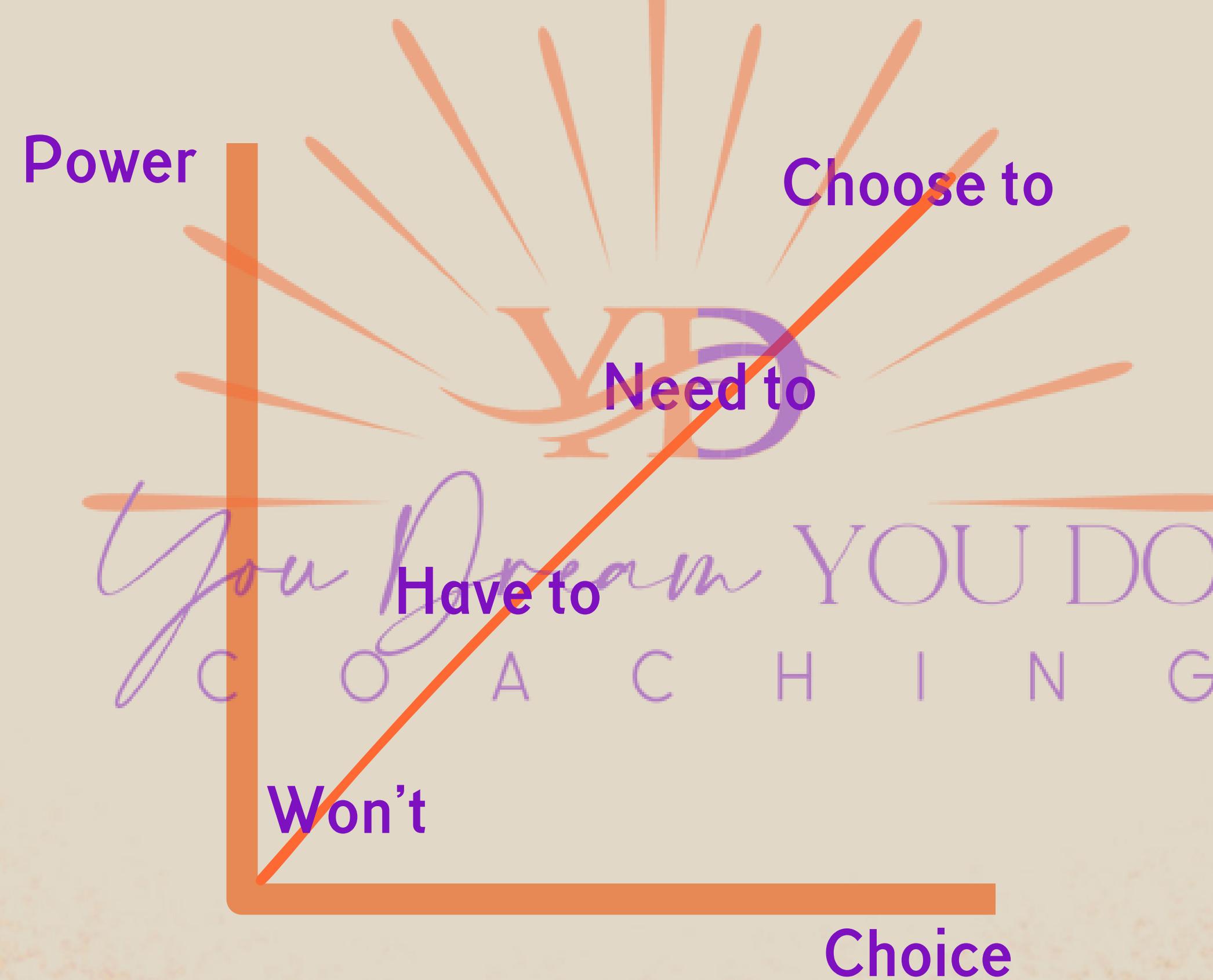
Safety Net



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THE RANGE OF ENGAGEMENT



FIVE ENERGY BLOCKS

1. Outer Blocks

2. Limiting Beliefs

3. Assumptions

4. Interpretations

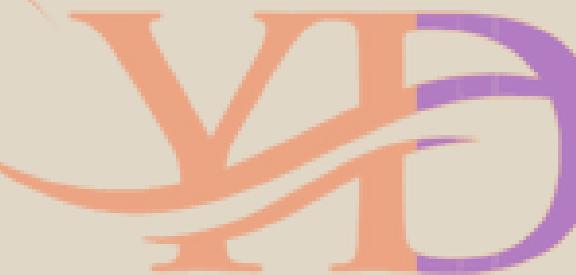
5. Gremlins



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SUMMING IT UP

- One takeaway
- Homework
- Q&A



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