

Making Lasting Change Course

\$75



This is a self-paced course that can be started one week after you sign up

The Making lasting Change course is designed for people that desire to make real changes in their life! This course will help you finally arrive to the place to not only decide to make the changes that you need to make but also help you make them! To often we seek to make changes only to either not even start to make the change or start and then quit over and over again. This course will take you through the steps that are needed to motivate a person to change and then gives them the tools to make the permanent lasting changer they desire and deserve!

Introduction: The road to life change – What to expect and class overview 25-minute video

What is life like now? In this first session you will honestly explore life as it is in the present. You will do this by engaging the exercise called “The Wheel of Life” By the time you complete this first assignment and video class you will have an overview of your life and where it is that change really need to take place. **Assignment time** – 1 and ½ hour approximate **Video** 15 minutes approx.

What do I want? – In this session you will begin to understand and flesh out what it is that you really want and what it is that you do not want. This interactive worksheet and lecture will lead you to finalize where to begin and look at where it really is that you desire to end up when all is said and done. **Assignment time** – 1 hour and ½ approximate **Video** 10 minutes

Who is in Charge? This lesson takes a look at how emotions and past experience plays a part in making us who we are today. In this class the student takes a look at why they do what they do and then begins to take the action needed to take life as well as make better decisions to effect the changes that are needed in their life. **Assignment time** - 1 and ½ hours **approximate** **Video** 15 minutes approx.

EQ – Where am I now and where should I begin? This lesson explains what emotional intelligence is. You will then take an EQ (Emotional Quotient) assessment to see where you are at in terms of emotional intelligence and then what to do to improve you it. **Assignment time** 1 and ½ hours approximate **Video** 15 minutes

The Inner Me - In this lesson we will review “The Wheel of Life” worksheet and examine how you are using it and then taking the next steps necessary to effect present, future and permanent lasting change. **Assignment time** – 1-hour approximate **video** 10 minutes approximate

A Healthy Mind is A Healthy Life - This lesson shares the importance of a healthy mind and the best approach and exercises you can do to have a healthy thought life. You will also discover how to take care of your brain/mind **Assignment Time** 1 and ½ hour approximate **Video** – 15 minutes approx.

What is Fear and How to Overcome it. This lesson address what causes fear in our lives and how to overcome it. **Assignment Time** 1-hour **Video** – 20 minutes approx.

Beginning Change One step at a time! This lesson will help you work on the thing(s) that are most important for you life right now. You will discover how to create and carry out a goal(s) that will lead to lasting life changes **Assignment time** 1 hour **Video** 5 minutes

Setting Achievable Goals. This lesson will help you create what is called a realistic goal that it will be very highly likely that you will achievable. The secret to success is looking at your strength, growth areas, opportunities and the potential things in our life that could possibly ruin any progress. You will engage in a deep analysis of these things as a part of this lesson. **Assignment time** 1hour **Video** – 10 minutes

Setting Measurable Goals. This lesson will help you create what is called a SMART goal(s) so that as you more forward with success it will be done effectively and with great achievement. **Assignment time** 1-hour **Video** 10 minutes

Will Power & Change Will power is change power! Will power is choice power! Discover how to positively and productively engage the will. **Assignment time** – 45 minutes approximate **Video** - 15 minutes

The One Page Miracle Worksheet – In this lesson you will work on the one-page miracle worksheet. This assignment has latterly led thousands to make permanent lifestyle changes that led to living a rewarding productive contented life. **Assignment time** - 45 minutes approximate **Video** - 10 minutes

Putting it all together - In this Twenty (20) minute video Christian counselor, author, conference speaker and life coach David Guerrero will share some encouraging thoughts on how to look at everything you have put together in this class, use it effectively and keep growing for the rest of your life! **Video** – 20 minutes approximate



Call (715) 310-2196 for more information

Or

email us at contact@rekindletheflameministries.org

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