



SENSORY SUCCESS BLUEPRINT:

IGNITE YOUR VISION

*You Dream* YOU DO

October 2023 | Kamilla Pinel

C O A C H I N G

# 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

1 Year

6 Months

One Month

One Week

Now

Belief

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# GOAL SETTING TECHNIQUE

**A**  
**I**  
**M**

Master Goal



**S**  
**M**  
**A**  
**R**  
**T**

Mini Goal



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# GAME PLAN

A

Ideal

B

Back Up

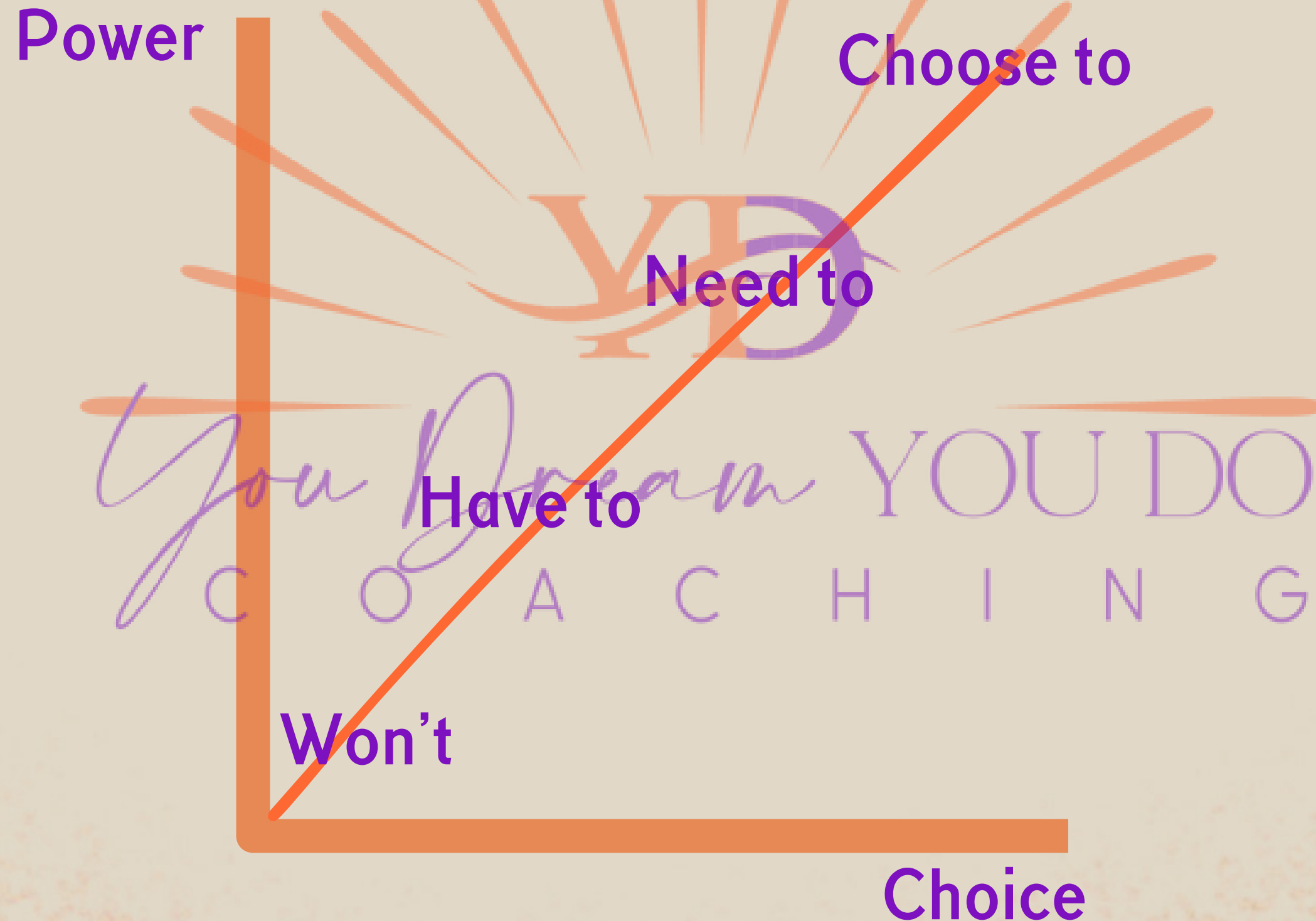
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Safety Net

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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

The logo features the letters 'YD' in a stylized font. The 'Y' is orange and the 'D' is purple. Above the letters is a sunburst of orange rays. Below the logo is a horizontal orange line.

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