

Mindfulness, Money & Men



WELCOME



What to Expect:

- The Masterclass is 8 weeks long and officially begins Sunday October 16th and ends Friday December 15th. Right in time to welcome the New Year as the new YOU!
- Each Sunday you will receive a PDF packet of that week's video training, homework as well as, when appropriate, audible meditation to enjoy.
- Our first monthly group call will be held on Thursday October 20th at 5:00 pm PT. IF this time is not the best time for everyone in the group we can discuss moving it.
- Our monthly group calls will be held on Thursdays via [Zoom](#). I will send you an attendance link to log on the day of the call. The number of group calls have yet to be determined but we are looking at 2 one hour calls a month.
- We will skip our group call the week of Thanksgiving which is November 21st-27th. We will meet and I will be answering any questions and thoughts regarding Week Six's training and homework on Thursday December 1st and resume the balance of the Masterclass from there.
- ****Important Note**** I originally created this course late last year as an private one on one coaching program running 12 weeks long. It is this length because of the number of individual coaching sessions. The group program is best suited to an 8 week time period. However, because I originally created it to be 12 weeks long you will hear me refer to the course in the video recordings as "12 weeks long." Please feel assured that you are receiving the exact same training material and attention as my 12 week participants and I am 100% committed to supporting you in your greatness.

VIDEO PASSWORDS:

- The password for the Mindfulness videos is: **I am loved** (all one word)
- The password for the Money videos is: **I love money** (all one word)
- The password for the Men videos is: **I love love** (all one word)

PLANNING FOR GREATNESS:

I've made you a series of worksheets to help you stay on purpose and on track during our time together and beyond!

Print out the "daily" calendar in the beginning of each day and tuck in your purse or a small binder.

I suggest reflecting on and filling out the "weekly recaps" on Sunday afternoon or evenings. These sweet, little sheets will help you track your progress and success and help you pinpoint what is still in motion.

And there could not be a better time of year to print out and begin simmering on the "yearly planner!" Let's begin to reflect on what worked this year and what didn't, what we learned, accomplished and are still working towards. This is soul shifting work and we can discuss it in our one on ones!

[The MAKE IT HAPPEN Daily Planner](#)

[The MAKE IT HAPPEN Weekly Planner](#)

[The MAKE IT HAPPEN Yearly Planner](#)

PEACE OF MIND:

As I share with you in the audio there will be a series of recorded meditations to help you center and ground yourself.

I suggest listening to this in the morning as part of a growing soulful practice intended to connect you to the best in yourself and the world around you.

[Week One Meditation: Clarity of Self](#)

QUOTE DECKS:

I've always collected quotes and little, lovely inspirations....jotting them in my notebooks, writing in the margins of my books or emailing them off to clients or friends who were in search of a tiny dose of wisdom. There's something about a well-articulated family of words that can make an idea truly crystalize in my heart and mind.

My desire is that some of these spark a flame within you and help you view your life with bright eyes and deep compassion in your heart. I designed these so you could print them out and post them in places you (or someone else) will see them – on your bathroom mirror, inside door of your closet, above your desk at work or perhaps under someone’s windshield wiper!

I am sharing the entire program’s quote decks with you here in the orientation material for easy, repeatable access. Enjoy!

- [Mindfulness Quotes](#)
- [Money Module Quotes](#)
- [Men Module Quotes](#)

QUESTIONS?

I’m here for you and want to make sure any and all of your questions and thoughts are addressed. Please email me regarding any of the above or anything else at:

D@Danielle-Dowling.com

With love,

A handwritten signature in black ink that reads "Danielle" with "XX" written below it. The signature is stylized and cursive.