



3 INVISIBLE RULES FOR BREAKTHROUGH TRANSFORMATIONS

YOUR MASTERCLASS WORKBOOK
WITH CHRISTY WHITMAN

WELCOME TO YOUR MASTERCLASS WORKBOOK

5 Tips to Get the Most Out of This Masterclass

1. Print this workbook before the Masterclass so you can take notes as you listen. You can also **download and type directly** in the workbook to save paper.
2. Review the contents of this workbook before the Masterclass so you know what to expect, and you can best set aside private time before, during, and after the Masterclass to complete the activities.
3. You can **pause the Masterclass** video to take notes or fill in the blanks by clicking on the video screen.
4. Think of how you can **quickly implement the secrets revealed** in this session to increase the quality of your coaching and your life.
5. During the Masterclass, use the dedicated space on the right column to **write down ALL interesting new ideas** and inspirations you get while listening – that way you won't lose the most relevant information to you.

WHAT TO EXPECT

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Set your intentions before the Masterclass.

2. 3 INVISIBLE RULES TO CREATING TRANSFORMATION

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3. REFLECTION

The right question can spur your unconscious mind to feed you the right answers.

4. STUDENT STORIES

Read what other people are saying about Christy Whitman.

1. PRE-MASTERCLASS EXERCISE

Start with Intention

Write down and set your positive intentions here. What are your intentions for joining this Masterclass? What do you hope to leave with?

2. 3 INVISIBLE RULES FOR BREAKTHROUGH TRANSFORMATION

Follow along the Masterclass and fill in the blanks. **You can pause the video to write down your answers or take notes on the right. Click on the video to pause and play.** But pay attention, because you cannot rewind!

INVISIBLE RULE #1

Alignment with the energy of abundance.

_____ focuses on psychology or mindset, mostly on how past events create beliefs that run your current life.

When you lean into your being, your spirituality, your energy, you live as the person you want to be and are designed to be.

You create _____.

_____ with psychological reframing creates a life you always wanted.

The mix of psychological practices with _____ laws is the secret to creating life altering breakthroughs.

EMOTIONAL LEVEL

This is for you if you are a _____, if you are committed to your _____ growth, if you have read all the books, did all the seminars, hired the coaches and still don't feel that sense of fulfillment and peace.

You need to break these beliefs:

Spirituality is _____ and has no proof and evidence

If I say spiritual stuff, _____

Isn't it against rules to mix _____ with life coaching

Replace it with this new belief:

_____ is an integral part of my success or lack thereof as a coach. How can we deny the _____ part because it is the energy part and we are both physical and non-physical.

When we are not open to _____ we are not open to all the well-being, success and abundance that is our divine design.

INVISIBLE RULE #2

_____ is the way you create your reality.

The 5 step creating reality process:

1. _____ we speak
2. The _____ we think
3. The _____ we hold
4. The _____ we feel or don't
5. The _____ we take

Learning this works for everyone and anyone that is wanting to master your life and create what you desire, because we are all _____ as well as physical beings. We live in a _____ universe and learning how to master our _____ is essential.

And since we are the only ones responsible for our consciousness and can't control anyone else's it is important to master.

It's time to break these beliefs:

It's all _____, where is the evidence?

_____ is the key to success

Replace it with this new belief:

Your clients can create a new reality as and when you start working with them and show them how easily it is to process and move _____ and bring in new _____ and therefore a new belief.

INVISIBLE RULE #3

_____ is not woo woo nor religion.

We confuse _____ with religion. Religion can often become dogmatic, _____ or your _____ self is your connection to consciousness, a higher self, one universe.

Spirituality is really understanding that everything is _____ and under every thing including all forms is _____. The _____ is the Divine, universe, universal intelligence.

And when you can help clients connect with this all powerful energy and flow that energy into all parts of their lives, everything just works. Even for you as a coach. When you are aligned with _____, you are attractive and can attract more clients and create more impact as a coach.

Related beliefs to break:

People will not want to work with me if I said I was a _____ life coach
_____ workers don't make any money

People don't understand what a _____ is

Replace it with this belief:

When you spiritually align you create your reality. You can create the reality you want.

The right questions can spur your unconscious mind to feed you the right answers. So, ask yourself... (Use an extra piece of paper if you need to).

1. Imagine – what would your life look like if you started bringing breakthrough transformations in your clients' lives?

2. Reflect on the 3 invisible rules & how those shifted your mindset.

3. How can you contribute more to your family, relationships, yourself, and community if you dived deeper into the 3 invisible rules?

4. What is the one thing you can do right now to show your commitment to become a better coach & bring massive shifts in people's lives?

THANK YOU for joining Christy Whitman's Masterclass!



To implement what you learn and start coaching executives, high-impact people watch through the end of masterclass.

At the end of the masterclass there will be special offer to join our Spiritual Life Coaching Quest at an unbelievably discounted price.

4. STUDENT STORIES



"I went from not having any offers on my house, to having two offers within 24 hours!"

Within a few days of working with the Spiritual Life Coaching program, I experienced a massive connection with the Reality Creation Process and went from not having any offers on my house, to having two offers within 24 hours! I'm so grateful to have the opportunity to rediscover this forgotten ancient knowledge and make it my own again.

~ Cinthya



"We paid off several loans to zero, and created several opportunities for new income"

I was struggling with finding my rhythm with work/life balance after selling our home to move into our 19 ft. teardrop camper full-time to travel and work.

Christy's guidance with her clear and real-life examples have manifested more opportunities for us to get us really clear on our new path.

In this time we paid off several loans to zero, created new opportunities for income, and have a new 40 ft. RV ordered that will be delivered soon!

Beth