

Welcome to the HEART'S DESIRE Project



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01 Notice
02 Dream
03 Align
04 Practice
05 Become

Week 1-2
Week 3-4
Week 5-7
Week 8

Homework

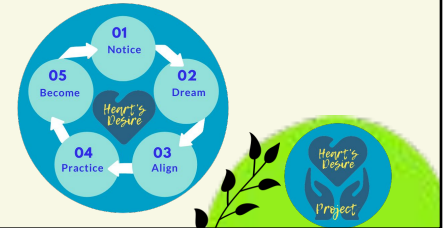
What type of animal or bird is most like your personality?

What other animals, birds, fish, sea creatures and what ever you can imagine are connected through friends, like a community, support group, etc.

What are the top reasons of life to your 20's (people, places, events, music, etc.)

FRANKIE!

The HEART'S DESIRE Project



How it Works

- 8 weekly Heart to Heart Meetings
- 8 Modules released weekly
 - Videos
 - Exercises/Homework



Week by Week



Build Daily Practice

- Breath Work --5 mins: week 1
- Balances --5 mins: week 2
- Contemplation --15 mins: week 3+
- Journal --Optional 5 mins: week 4+



BECOME

Maintenance

- Continue Daily Practice
- Access Modules
- Heart to Hearts as needed
- other Connections to come

