



THE BONFIRE WORKBOOK

RESULTS DRIVEN GROUP COACHING

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WELCOME!

CONGRATULATIONS! You have taken the next step in your journey of transformation. Know that we have taken great care in formulating an experience for you that will not only be memorable but visceral. Your role in this process is important. We ask that you keep an open mind, remain enthusiastic about learning new ideas and most importantly apply what we teach.



This is just the first step in the process. Transformation is a journey of a thousand steps, but we know these eight weeks can be a major pivot point for you to get in greater alignment with who you really are.

THE BONFIRE is a safe place where women gather to experience themselves in a whole new way. EXECUTION IS AT OUR CORE. Remember, as a WOMAN ON FIRE, YOU GSD!

LET'S GO PLAY!

April Hurst

AUTHOR SPEAKER ENTREPRENEUR COACH



@aprilhurstonline

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Vision & Mission

Program Details & Objectives

3 Currencies

Resources

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vision & mission

Our VISION is to create a world where women globally are empowered with the tools, support, resources and confidence to live abundantly and can have the greatest impact in their communities.

”

The greatest form of self care is to operate in your calling.

Our MISSION is to empower women to live their life out loud, unapologetically and to feel confident in their gifts to bless the world.



PROGRAM Details

01

JULY 8

CONSCIOUSNESS
CURRENCY

Trainer:
April Hurst

02

JULY 15

CONSCIOUSNESS
CURRENCY

Trainer:
Taren Kinnebrew

03

JULY 22

CONSISTENCY
CURRENCY

Trainer:
Danielle Hamlett

04

JULY 29

CONSISTENCY
CURRENCY

Trainer:
Dr Carla Messer

05

AUG 5

RELATIONSHIP
CURRENCY

Trainer:
Renee Jefferson

06

AUG 12

RELATIONSHIP
CURRENCY

Trainer:
Lin Schussler Williams

07

AUG 19

RELATIONSHIP
CURRENCY

Trainer:
Ariel Samone

08

AUG 26

GRADUTATION CELEBRATION
& CAPSTONE

09

BONUS SESSION



OBJECTIVES

01

RETRAIN THE MIND

This will be accomplished by a more in depth understanding of brain science and a specific meditation technique to limit OCD over outcomes. When we gain greater control over the "monkey brain" magic begins to happen.

02

INSTALL NEW HABITS

Show me your calendar or your bank account, and I can show you your future. Installing new habits and prioritization skills will cause you to execute at a higher level.

03

SUPERCHARGE OUR RELATIONSHIPS

Adding value and creating high impact experiences enhances all of your personal and business relationships.

04

BECOME A QUEEN OF EXECUTION

Powerful execution requires focus, clarity and leverage. If the why is strong enough, the how becomes easier. We will help you operate from a state of FLOW in all you do .

WEEK 1 TRAINER

April Hurst

AUTHOR | SPEAKER | ENTREPRENEUR | COACH



For the last 15 years, April has devoted the greater part of her life uncovering the ways and means of success. Achievement by the sweat of the brow was exhausting and clearly the slow path to fulfillment so she committed her life to determine a better way.

As an entrepreneur, author, success coach and public speaker, April's passion lies in helping women live their highest good, unapologetically. She is the Network Vice President for LegalShield, the CEO of Great Lives Work, a personal development coaching company, and is a two time back to back, Toastmasters International Public Speaking Champion, a Certified Life Coach through the International Academy of Life Coaching & Entrepreneurship, a Certified Meditation Teacher and has over a decade of study in the areas of neuroscience and personal growth.



@aprilhurstonline
greatliveswork.com



"If you set yourself on fire,
people will come from all
over to watch your burn."

3 Currencies to Success

01

CONSCIOUSNESS CURRENCY

02

CONSISTENCY CURRENCY

03

RELATIONSHIP CURRENCY

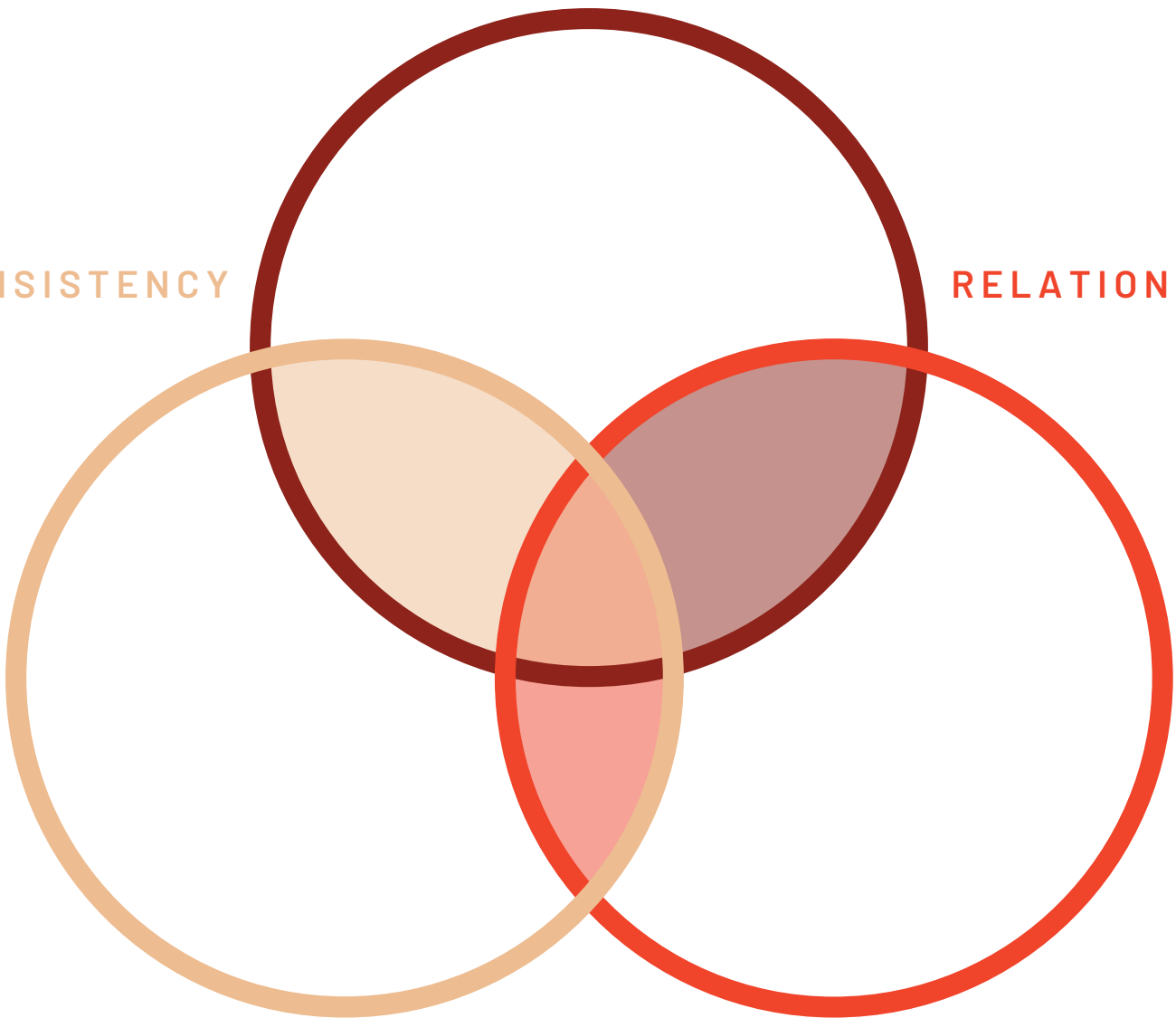


3 CURRENCIES

CONSCIOUSNESS

CONSISTENCY

RELATIONSHIPS



MODULE 1

Consciousness is Currency



"The core of your soul. The center of your being. the higher consciousness of your mind. That is where the kingdom of love and peace begins." Anonymous

A top-down view of a desk with various items: a notebook with a pink and grey cover, a clear jar filled with copper-colored paper clips, a silver pen, and a pair of black-rimmed glasses. The background is a light-colored surface.

”

**“Life is a mirror and
will reflect back to the
thinker what he thinks
into it” – Ernest Holmes**

CONSCIOUSNESS CURRENCY

If you have never studied brain science, also known as NEUROSCIENCE, it is truly fascinating.

In this section, you will learn the basics of how the brain works and how our minds can become our greatest asset or liability. I will be reviewing with you some basic concepts so you understand how your connection to greater intelligence (i.e. God) is a co-creation process but more importantly how you can leverage your consciousness to create an extraordinary life. These concepts will also help you better navigate landmines that will inevitably arise in our day to day life. Typically when we get off track, we spiral and the rest of our day or several days are adversely affected by our altered state. These challenges hold within them seeds of opportunity and profound learning.

Over the course of this program, we have baked in a portion of each session to integrate your learning so you can increase your opportunities for success. Spaced repetition is the master of all things. Be patient with yourself and extend grace as your future self unfolds.

If you would like further study regarding the power of your subconscious mind, I encourage you to study the teachings of Asara Lovejoy and Dr. Joe Dispenza in which this portion of the course is based.



THE RAS

Most of us know there are fields of energy that exist in the universe, but we don't understand how those energy fields are interacting with us and how we can leverage them to create the life we desire. God energy constructed the universe with such divine intelligence that it is interacting with us at all times.

All of our thoughts, feelings and emotions are moving in form, out of form and back into form on a continual basis. This may seem strange or unfamiliar to you, but just stick with me here.



Have you ever been in a situation where you're talking about buying a particular type of car and you finally get around to test driving that car and once you do, all of a sudden you see that car everywhere you go. I remember experiencing this when I bought my first 5 series BMW. As soon as I began test driving BMWs, all of a sudden, I saw BMWs EVERYWHERE. Now the real question is were all those BMWs always there, or did they just magically appear after I test drove a few. You know the answer to that one.



What kicked in was the RAS - Reticular Activating System. Your RAS is the part of your brain that serves as a filter between your conscious and subconscious mind.

Because of this biological function, whatever you are thinking about or focusing upon will seep down into your subconscious mind only to reappear at a future time.

Our intentions are playing a key role in this. When we set our intentions toward what we want, the RAS connects the dots for us and moves us closer in the direction of our goals and dreams.

“

“Life will give you whatever experience is most helpful for the evolution of your consciousness.”
Eckhart Tolle

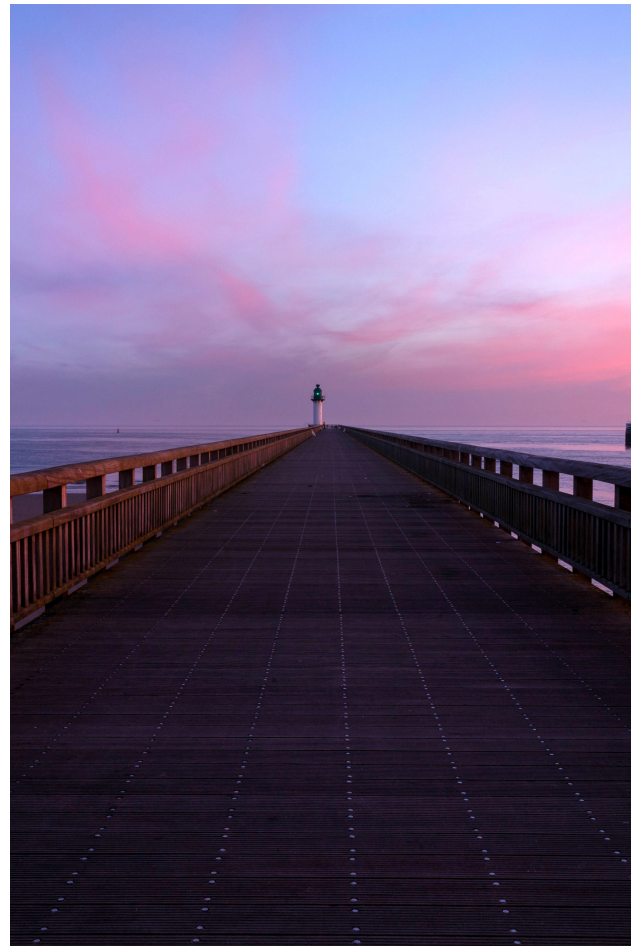
I might geek out just a tiny bit here but it's necessary to really grab the gist of this.

Here's a little tiny lesson on QUANTUM PHYSICS.

Quantum physics is a field of science that describes how things in our physical universe operate on an atomic or even subatomic level.

When you set your intent, you are marrying your subconscious mind with your conscious will to make something happen. It is like you are sending your Reticular Activating System a focused message that you are “expecting” the event to happen, and there is absolutely no room for uncertainty.

I could go on and on about certainty, but it's really about how we wire our brain for certainty and that's what we'll be talking about next.



THE QUANTUM FIELD

Also known as the Unified Field or the Vital Energy Field

This energy field is present at all times and is permeating all thought, space and form 24/7. It's always working. It never sleeps. In this energy field is where everything we could ever want or desire lies. It rests waiting on our beckoning in what is called the FIELD OF POTENTIAL or the Unified Field.

Reality is not what we think. Before anything that we want manifests, it sits in a vortex in this field of potential. Essentially, all the things we want are waiting in a undefined and open-ended form.

There are vast possibilities awaiting in this energy field. The issue is most of us are not using the power of our intentions nor focusing enough on what we want to make it appear in our three dimensional world.

More times than not, we are worrying, contemplating and stressing over what we don't want or what is currently happening and the Unified Field is simply reflecting back to us in 3D what our RAS is focusing on. More issues. More problems.

So how do we change that?

**"Control of consciousness
determines the quality of life."
- Anonymous**

YOUR DNA

Who you are at your core – Your Higher Self



”

**Your journey
has molded you
for the greater
good.
– Asha Tyson**

When we are born, our DNA holds within it the construct of who we really are. Some call it a blueprint. Our DNA holds the knowledge of our greatness. This is a most sacred place within ourselves that we should honor and uphold whenever we have moments of stress or anxiety.

**REMEMBER...YOU DON'T HAVE THE DESIRE
TO DO ANYTHING YOU'RE NOT CAPABLE OF.**

All of our hopes, wishing, desires and dreams are baked into our DNA and are indicators of our **ESSENTIAL NATURE** – meaning, that is the being we **REALLY ARE!**

Are you jumping out of your skin yet?!!

Your hopes, dreams and desires are your **TRUE NORTH**. They are there intentionally to be your compass to your ideal life!

Only an infinite intelligence, God, could create us in this way. Feel the grace of this powerful awakening.



BRAINWAVES

Our brains emit electrical signals called brainwaves. The speed of our brainwaves are measured by an instrument called an EEG in hertz (cycles per second). This instrument can measure all 5 brainwaves. Let's quickly explore each of them.

GAMMA

The fastest of all the brainwaves. They are used for higher processing tasks and cognitive functioning. Too much gamma results in anxiety and stress. Too little results in depression or ADHD.

BETA

This brainwave pattern is most prevalent during normal waking consciousness, heightened states of alertness, critical thinking and logic.

ALPHA

When the brain is in alpha state, we are typically in a more relaxed state or light meditation.

THETA

We are in this brainwave state most commonly as we drift off to sleep, but also during deeper meditation. In this state, you often feel highly intuitive and connected to your higher source.

DELTA

Delta brainwaves are the slowest of all the brain frequencies and are experienced when we are in deep, dreamless sleep and is very common among infants and young children.

THETA

Theta is the brainwave state that we will focus on the most in this course. Theta is a state in which you can begin to connect with that field of potential, dissipate limiting thoughts and beliefs and allow the co-creation process to begin.

Our desires lie within the FIELD OF POTENTIAL. When we go to THETA, those waves collapse into a physical particle and BAM! - your dream manifests almost like magic...but it's not magic at all. Theta brainwaves only operate in the NOW so it is law that it must manifest once this alignment is reached.

Take a second look at this ancient text:

Romans 12:2 "Do not be conformed to this world: but be transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God."

Now do you have a greater appreciation for this statement above?

Most of us are aware of the higher emotions that make us feel good and uplifted. These emotions that elicit feelings of love, peace, joy, wealth, health, happiness, creativity, connection and exist in these more subtle planes of consciousness including alpha, theta and delta brainwaves.

We will teach you the basics of a technique that will allow you to tap into the THETA brainwave to connect with this Unified Field to bring more joy and fulfillment into your life.

That technique is called THE ONE COMMAND.



THE ONE COMMAND MEDITATION TECHNIQUE

This next section will take you into an introduction to The One Command Technique. Before we get into detail, and to make this journey into the THETA brainwave state, there are some qualities of thought you must have including:



An open mind to receive new information and to not assume, "I've heard this before" or "I know this already." We must surrender to new ideas to awaken these new states of our potential.



A sincere desire to investigate your own thinking



A commitment to exercise a new system of thinking to have a new way of living. We are the OBSERVER, the EXPERIENCER, and the CREATOR all at one time.



THE ONE COMMAND

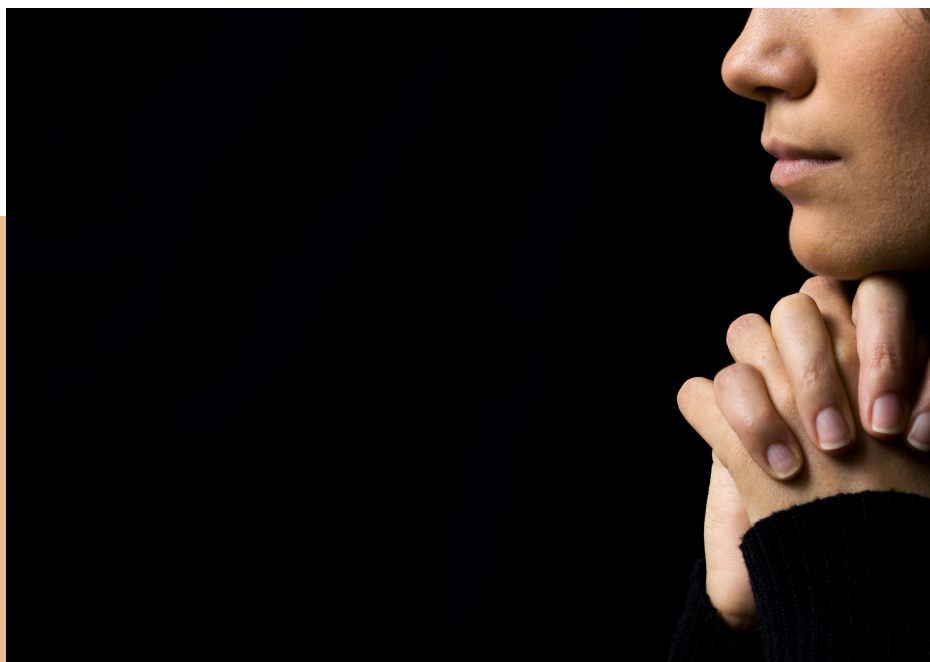
CREATOR | OBSERVER | EXPERIENCER

CREATOR

Each of us are born with God potential. Human beings are the only species in this dimension that have the ability to use the power of their minds to create ANYTHING. Humans also have something that no other species has and that is the power of CHOICE. Animals do not have a consciousness like humans; they are driven by instincts. Plants do not have choice; they have innate biological properties that cause them to grow to a certain level to reach their full potential. Humans however have this incredible God power (we are made in the image and likeness of the God/Creator, but very few of us really understand what this means) called choice. We are designed with the innate ability to create and be the awakened master of our lives.

What you will learn in this section is how to reorient your mind in a new direction - to awaken your latent talents and abilities. Right now, everything you are experiencing in life is a reflection of what you have brought into matter *by your own thinking*. Furthermore, 98% of your subconscious thinking was established before age 6! At this age, we are powerless and rather defenseless. Thankfully, as we grow up we have this awesome power of choice.

Our minds create "possibilities" in the realm of the quantum. All possibilities exist and are available to us. The One Command technique will teach you how to choose more deliberately so you can experience the possibility that you actually WANT, versus what you don't want.



THE ONE COMMAND

CREATOR | OBSERVER | EXPERIENCER

OBSERVER

You as the observer are in a wonderful position because you get to CHOOSE from the vast array of possibilities available in the quantum field. In physics, they call this process the collapse of the quantum wave into a particle (or a physical possibility; essentially the manifestation of your thought).

When you Command a thought you are in essence collapsing a wave function into a particle that then becomes your thought that then becomes physical matter.

SUPER POSITIONING AS THE OBSERVER

The One Command creates a new thought in the unified field for your subconscious mind to align with to create a new reality. During this process, neurons in your brain fire new sequences with new biochemistry with this expanded viewpoint of new possibilities. New habits of thinking are established through this meditation technique.

THE MORE YOU OPERATE IN THE UNIFIED FIELD OF THETA THE MORE COHERANT YOUR BRAIN BECOMES

Professor Frederick Travis at the Center for the Brain, Consciousness, and Cognition in Iowa, explained that the EEG of an enlightened person shows his or her whole brain working as one, functioning in a totally synchronized and coherent way.



THE ONE COMMAND

CREATOR | OBSERVER | EXPERIENCER

EXPERIENCER

While in BETA brainwave state, we are comparing and contrasting, analyzing, judging and see limits as greater than our possibilities.

As you begin to practice The One Command meditation technique you begin to create new biochemistry full of new thoughts, habits and ideas of yourself as the EXPERIENCER.

10%

The CONSCIOUS MIND makes up 10% of our Power

1. Analyzes
2. Thinks & Plans
3. Short-term Memory
4. Will Power
5. Discern

90%

The SUBCONSCIOUS MIND is the rest

1. Long-long term memory
2. Expresses our feelings and emotions
3. Stores and re-creates habits, patterns and addictions
4. Runs the body - involuntary and autonomic nervous system
5. Receptor of our creativity, intuition and is playful
6. Operates only in THE NOW
7. Responds well to love, rituals and ceremony



WORKSHEET 1

We just covered A LOT! So let's pause for a second and see where we are currently and how we can begin to move into this new way of thinking, and later a new way of living.

Are you beginning to understand the power of the Unified Field and your connection to it? What resonates most with you from what you've learned so far?

Are you beginning to see that there are limitless possibilities to who you can become? You get to choose the life you want based on the quality of your thoughts and emotions. With this greater awareness, where can you begin to shift and make some adjustments in your mind?

What do you believe about yourself, as a person now?

WORKSHEET 2

You are the CREATOR of what you want and will be shown that in The One Command Process.

You are also the OBSERVER of this new idea.

Most importantly, you are the EXPERIENCER of this new reality and must place yourself in the movie of your desire in order for it to manifest (or go from wave to particle).

exercise 1

What would I like more than anything else in this world?

WORKSHEET 2

exercise 2

Consider these questions and write your responses above.

What do I believe has happened to me that limits me?

How have I played small to make others feel happier?

What behaviors do I have that I would need to change to have what I want?



THE 6 STEPS TO THE ONE COMMAND

YOUR IDEAL LIFE IS WAITING ON YOU

Through The One Command process several things are taking place. You are re-wiring your brain and teaching the neurons in your brain to fire differently. Dr. Joe Dispenza and other leaders in neuroscience are often quoted by saying, "Nerve cells that are fire together wire together." What they're saying is that when you go to THETA and COMMAND a new reality, the nerve cells in your brain begin to create new neuro pathways. Your actual physiology changes.

When you first begin to do The One Command, or any form of deep meditation, it can cause old beliefs and experiences to bubble up. This happened with me. Toxic experiences of my past as a child bubbled up to the surface. Experiences I had suppressed for decades were excavated in this process and there is a choice in this moment. We can go inward and internalize those negative emotions all over again or we can simply breathe through them and realize they came up to our conscious mind for a reason. That reason is often to clear them so we can replace those emotions with love and appreciation.

As you repeatedly do The One Command meditation those emotions may arise and you won't be afraid of them but will be grateful they showed up so they can be transformed into something more powerful and potent for your life.



THE 6 STEPS TO THE ONE COMMAND

YOUR IDEAL LIFE IS WAITING ON YOU

Now you are ready to go through the 6 Step Process into THETA, make your commands and change your life.

The 6 Steps are designed to put you in a deeply relaxed state so you can be in a healthy THETA state of mind.

IMPORTANT: To go to THETA, your eyes look up under your closed eyelids and you often have some rapid eye movement as you slow your mind to your theta brain wave state.

GROUND
ALIGN
GO TO THETA
COMMAND
EXPAND
RECEIVE

WORKSHEET 3

Service to a higher ideal will keep you committed to The One Command Process.

exercise 1

- In the box above write down first something you'd like to change in your life. Then write down under it the service to a higher ideal of that desire. For example, if you want to write a book, write down why it is important for you to write that book. Who will benefit from your book? What kind of impact will your book have? What kind of legacy does that book leave for you?

WORKSHEET 3

A SIMPLE FORMAT TO CREATE THE RIGHT COMMAND

Column #1 write the negative belief

Column #2 write what you want instead

Column #3 write what will improve as a result of getting what you want

exercise 2

Negative -	Positive -	What will improve as the result?

- Make Your Commands
 - I don't know how _____ . I only know that it is so now and I am fulfilled.



THE WAYS & MEANS COMMITTEE

There is a Ways & Means Committee that is helping us on a regular basis. This committee has invisible powers that are operating in the realm of the quantum.

Years ago, I met a man who I thought had a profound outlook on life. He said, "I live my life believing there is a conspiracy for my success. And everything that happens, I see it as a part of the conspiracy to do me good - no matter what it is." Wow! This perspective began to change everything for me. It showed me that he had a perspective about his ways & means committee was very different from mine. At this stage of my life, I felt like I wasn't winning, but what I didn't realize was that each of those stressful moments in my life were really a gift. When I got 4 pay cuts in my corporate job in 18 months, God was conspiring to do me good. When I was living in my mother's basement in my 30's, that was a gift and the ways and means committee was still conspiring for my success. When my now husband lost everything in his divorce and he and his kids moved into the basement with us, wow, as I look back, the ways & means committee was trying its hardest to show us the way!

Now that I look back on those lean years, I see that my committee was attempting to show me that I was trying to do too much on my own. I thought I could effort my way to the top of anything. "If I just worked hard enough, I could get the cookie!" NOT.

Ultimately, the ways & means committee was attempting to show me a more fulfilling way and honestly an easier way to get in the right state or flow to manifest my desires.

NOTES

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WEEK 2 TRAINER

Taren Kinebrew

AUTHOR - SPEAKER - ENTREPRENEUR



Taren Kinebrew is an award winning entrepreneur, owner of Sweet Petit Desserts and Cream & Sugar Coffee House in Cincinnati, OH. Taren has extensive experience working with start-up businesses teaching them the critical steps to ensure a successful launch. Her passion is teaching and helping others live their best life.

Taren is a passionate woman for God, loves teaching kids life skills through her baking classes.

When Taren left her career in IT at IBM to pursue her passion of baking, she knew the path wasn't going to be easy but it has most certainly been worth it.



@taren.renee

sweetpetitdesserts.com



"If God be for you, who can
be against you."

NOTES

NOTES

NOTES

MODULE 2

Consistency is Currency



**"Don't watch the clock; do what it does. Keep going."
-Sam Levenson**

CONSISTENCY CURRENCY

”

“Consistency causes
roots to grow deep” –
Unknown

The power of consistency can not be understated. When I was a young entrepreneur, I read a book called THE SLIGHT EDGE by Jeff Olson. It changed everything for me. A few years later, I was introduced to another book called the COMPOUND EFFECT by Darren Hardy. That book was the cherry on top. I began to understand the power of consistently doing the right things to bring about the right things; the things that would draw more happiness, joy and fulfillment into my life.

In this section, you will begin to see how consistency truly is currency. When we become consistent in what we do, no matter how small it is, the effects are extraordinary. Tony Robbins calls it the 2 millimeter changes.

One of the first times I began to understand this was when I started studying the art of public speaking. I've never been afraid of the stage and was a decent actress as an adolescent, but when I felt the calling to be a speaker I knew there were some skills I needed to master. So I joined Toastmasters and attended my Toastmasters club meetings faithfully for about three years. Within my first six months, my Toastmasters mentor, who was a top executive at a local bank told me he thought I was ready to compete. I borrowed his belief and took the plunge. I exercised the power of consistency and turned it into currency. I wrote speeches every week and practiced literally every single day after work. I didn't know that in the first round of competition, I would be competing against my mentor! And guess what? I beat him. He proudly said with a smile, "I think I taught you too well." Consistency is EVERYTHING.

SPACED REPITITION

SPACED REPITITION IS THE MASTER OF ALL THINGS. How many times have we heard that? It seems so basic on the surface but it is one of the most under rated laws of success.

Aristotle said, "We are what we repeatedly do. Excellence, then, is not an act, but a habit." Most of us get this in some way shape or form but when we venture into new things, we tend to abandon this principle.

In the corporate world, we repeatedly go to work to earn a paycheck. We intuitively know that if we don't show up, the income stops. But if you are an entrepreneur, the leverage of the paycheck isn't there. Entrepreneurs use something else that keeps them consistent and that's called the **LEVERAGE POINT**. Once we know **WHY** we must do something, leaning into that higher purpose of why it must get done, then things that we may have originally procrastinated on, get done in record speed.

The consistent focus on our result combined with the leverage of **WHY** we must complete it and mix that with the right **MINDSET** used in our **CONSCIOUSNESS** learnings, we can accomplish our goals faster than we ever imagined. That doesn't mean there won't be roadblocks, set backs or even hick-ups along the way because there most certainly will be and we must learn to anticipate them and most importantly prepare for them. However when we embed consistency into our lives to the point that it becomes habit, you begin to embody the **GSD** principle. We **GET STUFF DONE!**



HABITS

Most of us have habits that have been developed from a very young age and they typically don't serve us.

If you were taught to "not talk to strangers," that becomes a bit of an issue as an entrepreneur when all you do all day is focus on getting your message or idea heard!

Alas, there is hope! As you've already learned, we can rewrite our brain circuitry by using THE ONE COMMAND meditation technique. Now we must reinforce that brain circuitry with proper habits that will serve us not derail us.

There are two books I highly recommend you read; The Power of Habit by Charles Duhigg and ATOMIC HABITS by James Clear. I owe so much to Mr. Clear for teaching me some profound habit development strategies. One of them is HABIT TRACKING. In the RESCOURCES section of this workbook, you will see a habit tracker worksheet that you can print off or use as a guide. Many success planners today (like Michael Hyatt's FULL FOCUS PLANNER) also use habit trackers. James Clear states one of the things we must do to create consistency of good habits is to make the habit OBVIOUS. A habit tracker does that. If you had a sheet that had 30 days on it with 6 squares under each day; each square represented 8 ounces of water and after each 8 ounce glass of water, you get to put an X in the box notating that you finished another glass, the reward system baked into the habit tracker sends endorphins throughout your brain and body that you have accomplished something that is good for you. What you feel good about, you will do more of.

James Clear writes, "Research has shown that people who track their progress on goals like losing weight, quitting smoking, and lowering blood pressure are all more likely to improve than those who don't." He goes on to say, "Habit tracking also keeps you honest. Most of us have a distorted view of our own behavior. We think we act better than we do." You can keep a habit tracker for just about anything and I would venture to say if you're tracking it, you're making progress on it. If you aren't, the project is probably stalled.

When we have the evidence of success (or failure) in an area we are less likely to lie to ourselves.



TIME

Time, is often referred to as the great equalizer. One of the most important things we can do as a WOMAN ON FIRE is to understand how to use our time.

Time is a terrible thing to waste and it is the only thing we can't get back. It is not a renewable resource. I've heard people say this life is the real thing, the show is happening as we speak and there are no dress rehearsals! I began to take that seriously and ensured I was using my time more wisely.

We will be teaching you some strategies to better utilize your time and it starts with knowing where you are actually spending your time. Identifying the non-negotiables is key! What are the things you absolutely WILL NOT compromise on. If you follow Tony Robbins as much as I do, you may know that he puts his self care as his #1 priority. Tony schedules in his self care before he schedules in anything else. His motto is if my cup isn't full, I can't begin to fill anybody else's. As women, we give so much to others but it must start with ourselves. It's easier said than done but it's an absolute necessity to live as a WOMAN ON FIRE.

Although time is not necessarily something that we can get more of, it is something that we can more efficiently use and even restructure the ideas around time to get more out of our days.

For example, I used to feel like I wasn't getting much done each day. After further study, I realized it wasn't that I wasn't able to get my essentials tasks complete, I simply had not prioritized properly. Furthermore, I learned a strategy from my coach on how to regain 30 more hours in a month! Imagine what you could do with all that time! That's 360 hours a year! You could take a course, write a book, launch a new business, learn a new skill in 6-12 months.

It's really simple: sleep 1 less hour a night.

That's it. Sleep one less hour a night and there's all the extra time you need to GSD! I've been implementing this strategy and took my beloved 8 hours to 7 hours and with that hour I've prioritized an hour of self care in the morning. Check and check!



TIME



A few other things to note about time.

The world of the quantum does not operate off of our idea of time or even on our timeline. As you begin to exercise the principles of The One Command teaching, you may begin to notice that you start to master time rather than time being the master of you. Here's what I mean.

Time is a man-made thing. We have clocks everywhere to remind us of time. But I know that the Creator is TIMELESS! And if we are made in the image and likeness of that God power, then we can mold time to work for us and not against us.

It may seem like a stretch for your mind right now, but just see how time begins to adjust to your energy and vibration based upon the physiological and emotional changes you make within your own mind and body.

If you've never experienced these types of "time altering experiences" before, keep practicing The One Command, and you're assured to see miracles happen. For example, one day my brother Kurt, who is also trained in The One Command technique, was running late to get to a wedding. No one wants to show up to a wedding late as the bride is about to walk down the aisle so as he was stuck in traffic and finding himself getting frazzled because he was in an unfamiliar part of town, he quieted his mind and quickly did an advanced and accelerated version of The One Command technique. Based on man made time, he was going to be at least ten minutes late if not more. However, after he went to THETA, he felt a sense of peace and certainty come over his whole body and his God intuition kicked in. While before he was feeling lost and unsure of which way the GPS was telling him to go, now all of a sudden he had assurance of the path to the wedding. All I know is when he arrived at the outdoor wedding, he sat down in his chair, and he had a few minutes to spare!

My brother will tell you, on the normal 3D timeline, there is no way he could have made it there "on time." But when you connect to the Unified Field, time becomes your student and not your master. Time will mold itself to you when connected to God's divine intelligence.

WORKSHEET 4

Let's take a quick time out. Where do you know you waste time? List 5 areas that you know are time suckers.

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Where do you struggle most with time? What emotions come up related time?

What could you do, become, have or experience if you learned how to take better control of your time?

WEEK 3 TRAINER

Danielle Hamlett

IMPLEMENTATION EFFECIENCY CONSULTANT



Danielle Hamlett holds a Master's Degree in Human Relations from the University of Oklahoma, a Lean/Six Sigma Black Belt Certification and a Graduate Certificate in Human Resource Diversity and Development from the University of Oklahoma.

Through her expertise in Time Management, Prioritization, Process Generation, Inventory, and Execution, Danielle aims to bring Practical Efficiency to Modern Chaos.



@thedaniellehamlett
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**"You don't have to be
extreme, just consistent."**

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WEEK 4 TRAINER

Dr. Carla Messer

EXECUTIVE COACH | PROFESSOR | SPEAKER



Carla Messer has spent her career helping leaders determine best fit for their organizations. Carla is certified in the Harrison Behavioral Assessment, one of the most advanced predictive analytical tools that helps professionals determine their optimal career path. Carla has extensive experience as an executive coach and works with companies to turn B players into A players. Her clients include P&G, Astra Zeneca, Cincinnati Bell, Luxottica, TriHealth and more.

Carla earned her MBA from The Ohio State University and her PhD from the Union Institute & University in Philosophy and Ethical and Creative Leadership.



@carlamesser
bestwork.us/

"Leadership is the capacity to
translate vision into reality"

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MODULE 3

Relationship is Currency



**"You are the average of the five people you spend the
most time with."**

- Jim Rohn

RELATIONSHIP CURRENCY



"Whether they stem from business or personal situations, our relationships are what support us, connect us, and allow us to progress in all aspects of our lives."

— Michelle Tillis Lederman, 11 Laws of Likability

Often when we think about relationships we automatically think of the romantic kind, but when it comes to business, the value of relationships are often forgotten.

In my experience, building relationships with people through shared experiences are the ultimate game changer. Relationship currency also unlocks the keys to greater wealth and prosperity.

Grant Cardone says, "Who's got my money!" And this is true. Other people have money that can be used in exchange for the value we bring to the marketplace. But not only do people have our money but there are stakeholders who hold the key to the vault of greater abundance and wealth.

One of these stakeholders is YOU. The relationship you have with yourself is so crucial to becoming a WOMAN ON FIRE. How you speak to yourself, treat yourself and feel about yourself is a massive opportunity to create more fulfillment in our lives.

These other stakeholders include the people who can be connectors to information, resources or opportunities that may otherwise be difficult to achieve if it were not for those relationships.

RELATIONSHIP CURRENCY

"You don't build a business. You build people, and people build the business." -Zig Ziglar

All for profit businesses prosper based upon exchanges of products, services or ideas for currency. Even non profits must sell their mission to government entities or donors to raise money to exist and further for vision.

There was a time in my business where I just focused on what I could do. As I grew, I realized it didn't matter how much I did, I had to align with others to make the vision a reality. We've heard that if you want to go fast, go alone but if you want to go far, go with a team.

Ask yourself, "Who's on my team?" You may be in a business where you already have a team but there are layers to this relationship game.

The first layer is the relationship you have with yourself.

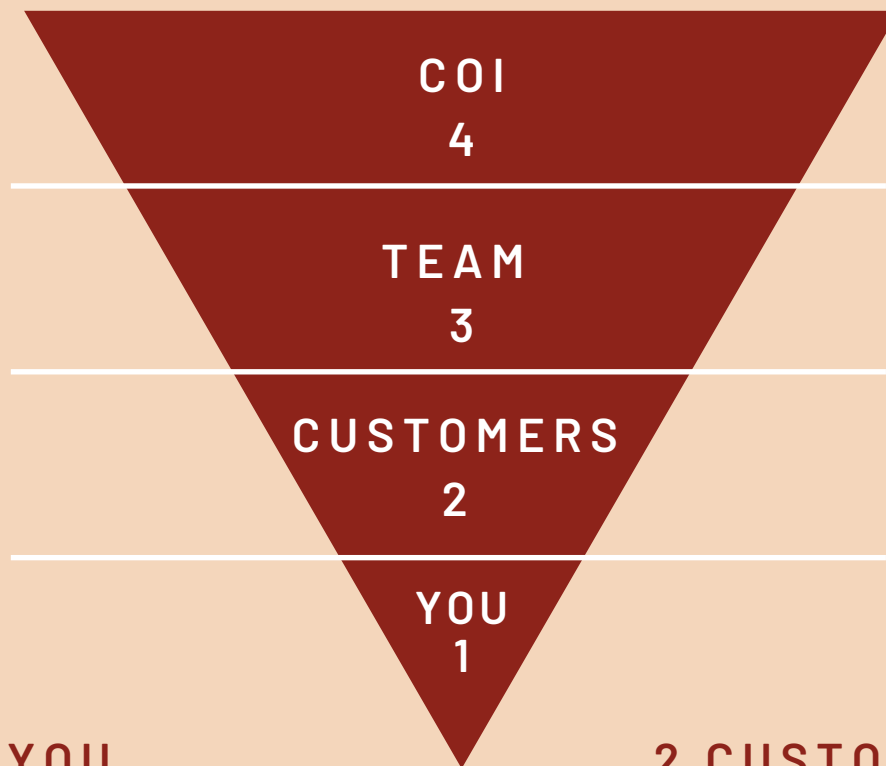
The second layer is with your customers or whomever you seek to do business with.

The third layer is with your team.

The fourth layer is with your centers of influence.



RELATIONSHIP LAYERS



1 YOU

The relationship you have with yourself.

2 CUSTOMERS

The relationship you have with your customers.

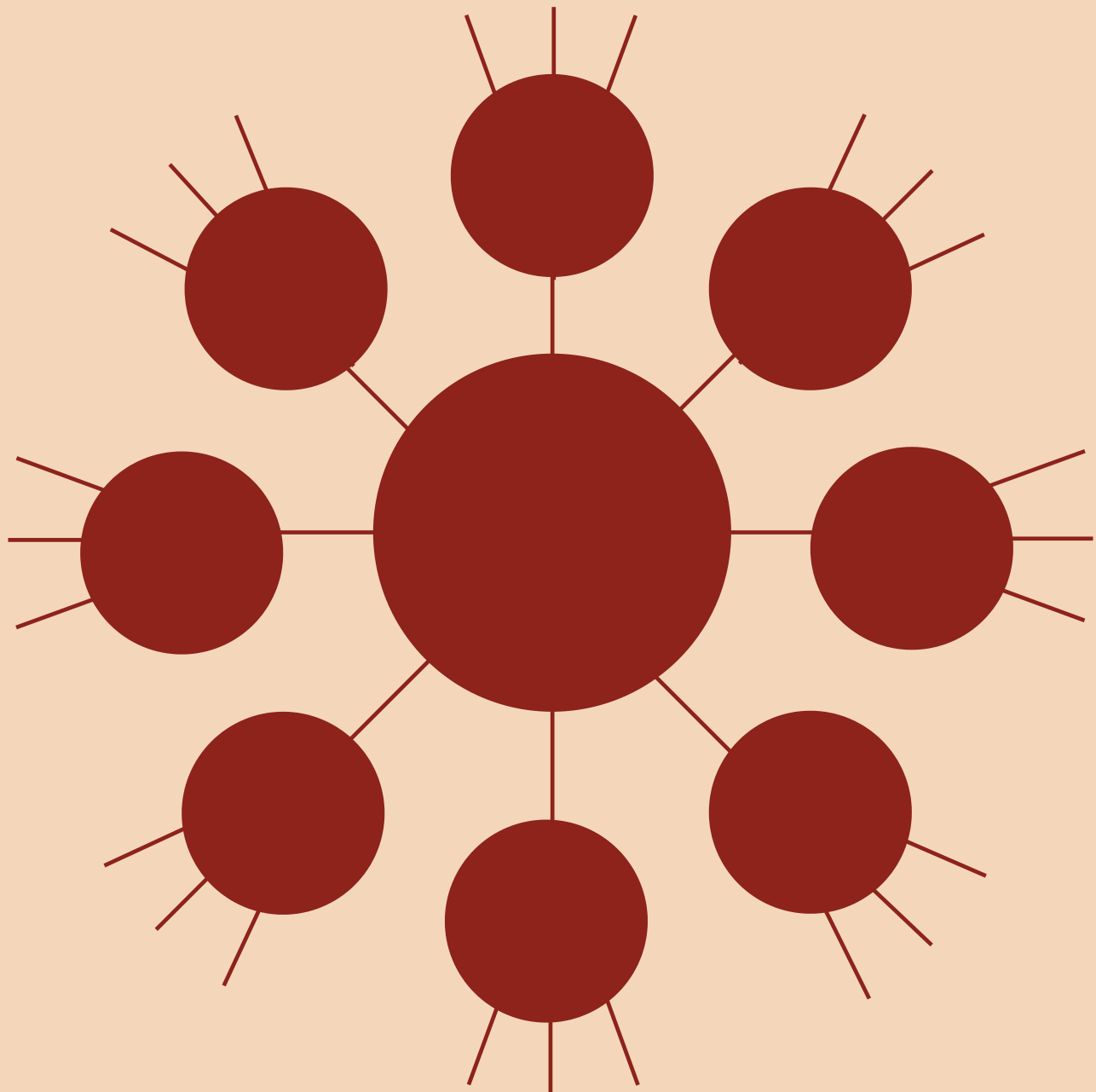
3 TEAM

The relationship you have with your team and inner circle.

4 COI

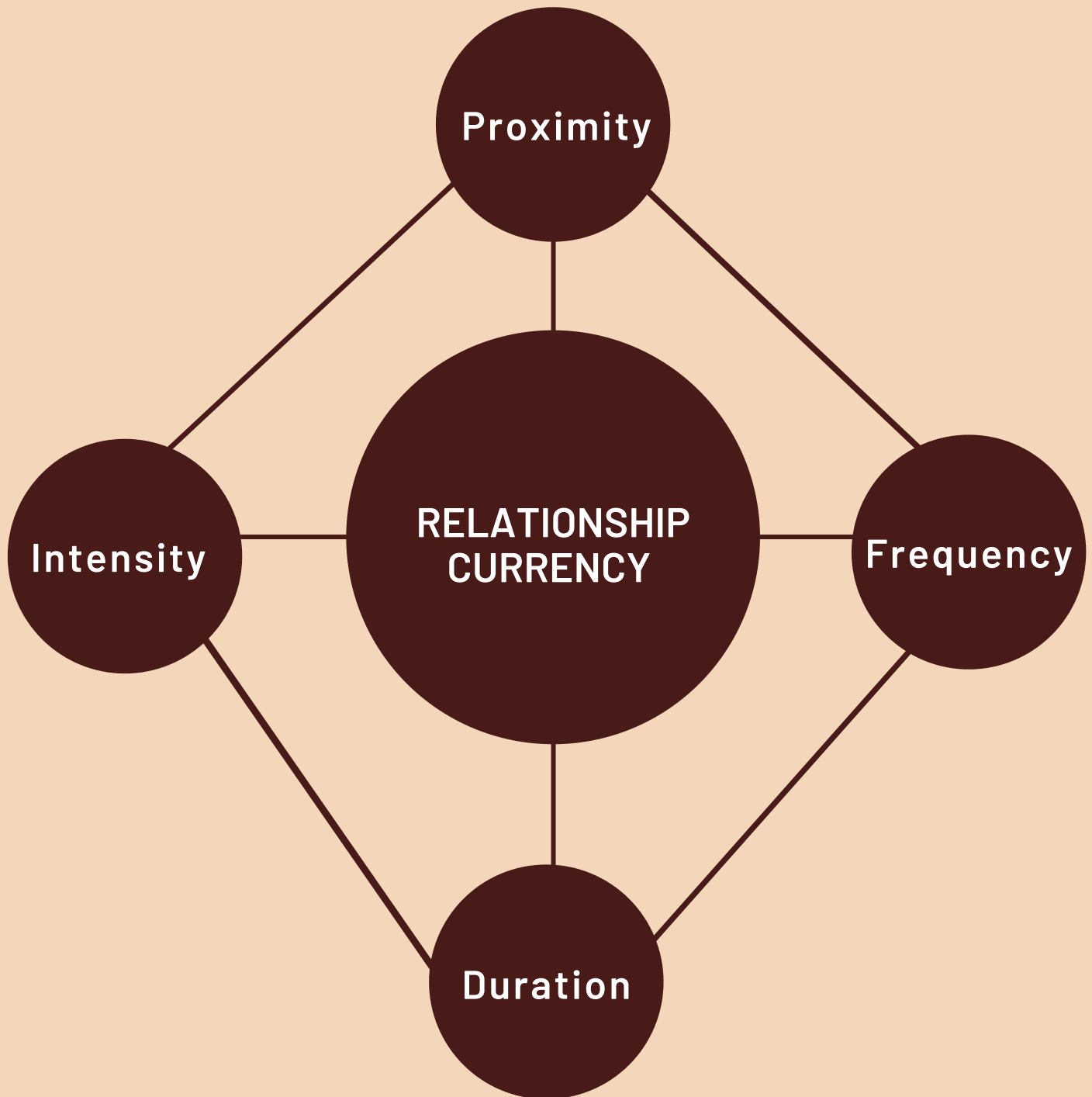
The relationship you have with centers of influence.

RELATIONSHIP MIND MAP



4 LAWS OF RELATIONSHIPS

These laws are based on the principles from the book, THE LIKE SWITCH by Jack Schafer, PhD



WEEK 5 TRAINER

Renee Jefferson



REAL ESTATE DEVELOPER | AUTHOR | ENTREPRENEUR

As founding member of the Unum Investment Group, Renee brings nearly 20 years of real estate experience to include sales, property and project management, design, commercial and residential investments. She has an innate eye for design and seeing the potential in a prospective structure and overall project. Her visionary foresight and can-do attitude helps to propel Unum forward into often uncharted but successful territory.

Renee is also the author of *The Life I've Created* and is passionate about teaching women how to live their ideal life creating passive income from smart real estate investments. Her favorite cash flow engine comes from her AirBNB properties.



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"In the middle of every
difficulty lies opportunity."

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WEEK 6 TRAINER

Lin Schussler Williams

SALES COACH | AUTHOR | ENTREPRENEUR | SPEAKER



As a speaker, coach, author, and producer of networking and empowerment events, Lin teaches a thinking technology that changes perspectives and increases results. She partners with amazing colleagues and clients across multiple industries.

For over 20 years, Lin has worked with individuals, groups, business owners and salespeople, helping them build their dreams, accelerate their results, and create richer, more fulfilling lives. Lin is the author of 9 Little Words to Change Your Results and a contributor to the groundbreaking collaborative work 50 Seeds of Greatness.

In addition to being a certified coach, Lin is a certified conflict resolution trainer and facilitator. Lin is a connector of people to people and people to ideas that move their business forward.



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**"Behind every successful woman
is a tribe of other successful
women who have her back.
Your tribe is here."**

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WEEK 7 TRAINER

Ariel Samone

BRAND STRATEGIST | ENTREPRENEUR | SPEAKER



IAs a consultant with a financial and analytical background that believes without non-profits the world would heavily lack in resources. Without creators and innovators who start for-profits, the service industry would have gaps that remain unfulfilled. I ask myself, "What if we all found a solution to one "problem" and dedicated ourselves to fixing it?". This is my daily mission. I have been able to work with business owners that have diverse challenges, styles and missions. Through our relationship, we have implemented solutions to bring more profit to their business so they can spread their mission to more people.



@arielsamone



"Your Authenticity Is Your Super Power."

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RESOURCES

HABIT TRACKER

Use this tool as a guide to install new habits in your daily life.

RESULTS

Use this document to identify the top RESULTS you seek to achieve.

TO DONE

A way to track things you don't intend to do but the things that **MUST** get **DONE**. GSD!

MY WEEK

Organize your week here before you make it permanent in your calendar.

MY DAY

Organize and prioritize your ideal day here before you make it permanent in your calendar.

TIME LINE

Identify what results you are committed to over the next 6 months and by when.



HABIT TRACKER

Habit 1	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

Habit 2	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

Habit 3	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

Habit 4	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

Habit 5	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

Habit 6	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

RESULTS

RESULT 1:

ACTION STEPS

1.

2.

3.

RESULT 2:

ACTION STEPS

1.

2.

3.

RESULT 3:

ACTION STEPS

1.

2.

3.

TO DONE

PRIORITY TASKS

1.

2.

3.

ACTION STEPS

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MY WEEK

mon

Date:

tue

wed

thu

fri

sat

sun

to do

MY DAY

goals

Date:

to do

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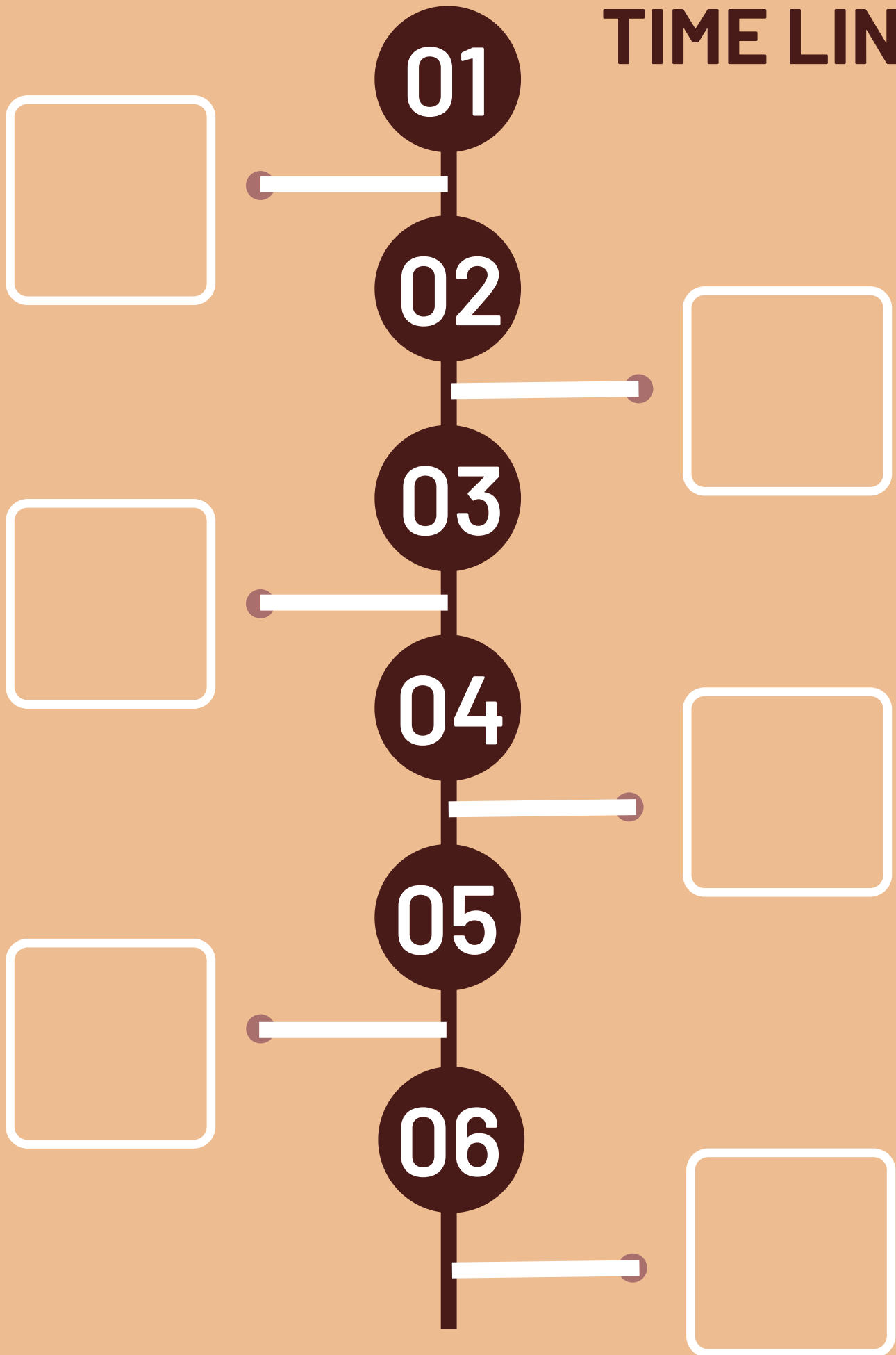
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TIME LINE



30-DAY CHALLENGE

01 TOC Meditation	02 TOC Meditation	03 TOC Meditation	04 TOC Meditation	05 TOC Meditation
06 TOC Meditation	07 TOC Meditation	08 TOC Meditation	09 TOC Meditation	10 TOC Meditation
11 TOC Meditation	12 TOC Meditation	13 TOC Meditation	14 TOC Meditation	15 TOC Meditation
16 TOC Meditation	17 TOC Meditation	18 TOC Meditation	19 TOC Meditation	20 TOC Meditation
21 TOC Meditation	22 TOC Meditation	23 TOC Meditation	24 TOC Meditation	25 TOC Meditation
26 TOC Meditation	27 TOC Meditation	28 TOC Meditation	29 TOC Meditation	30 TOC Meditation

PRIORITY MATRIX

	urgent	not urgent
important	<p>DO it today</p> <div><input type="checkbox"/> _____</div> <div><input type="checkbox"/> _____</div> <div><input type="checkbox"/> _____</div>	<p>SCHEDULE a time to do it</p> <div><input type="checkbox"/> _____</div> <div><input type="checkbox"/> _____</div> <div><input type="checkbox"/> _____</div>
not important	<p>DELEGATE it</p> <div><input type="checkbox"/> _____</div> <div><input type="checkbox"/> _____</div> <div><input type="checkbox"/> _____</div>	<p>ELIMINATE it</p> <div><input type="checkbox"/> _____</div> <div><input type="checkbox"/> _____</div> <div><input type="checkbox"/> _____</div>

NOTES

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**The future belongs to those
who believe in the beauty
of their dreams.**

ELEANOR ROOSEVELT



next steps

Now that you have completed THE BONFIRE Group Coaching Course, we encourage you to stay connected to the community and spread the word to your friends, family and colleagues.

WOMAN ON FIRE is not just a book or an initiative, it is a movement where we seek to inspire women to live their best life, out loud, unapologetically.

As a participant, you will receive a 10% discount on your next WOMAN ON FIRE course.

GROW WITH US
www.GREATLIVESWORK.com





Thank you

"You Don't Have the Desire to Do Anything You're Not Capable Of"

April Hurst

AUTHOR SPEAKER ENTREPRENEUR COACH



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