

Focusing on Your Personal Success Providing the Scaffolding for you to Build Your Dreams!

Personal Discovery

The biggest challenge for many individuals is they do not know how to move past the old stories that keep them in the same rut. "Just let it go" is not particularly helpful advice.

The Personal Discovery program of Learn It – LIVE IT! Is designed for you to move forward at your own pace, while insuring you don't derail yourself.

To make positive changes in your life you need the support of a community that cares, and is committed to supporting you in achieving your goals, dreams and desires. If you are not where you want to be in your life – in your relationships, in your career, in your health, in your finances, in your state of mind – you are in the right place!

All learning must be reinforced, and to create a habit, attention must be directed to it Daily, Weekly, Monthly, and Annually.

Stay open and commit to taking action within this community of individuals who are passionate about creating a kinder and more positive world with our step-by-step system – and you will experience dramatic positive change in ALL areas of your life.

Why Do We Do This?

Because we've experienced self-doubt, fear, and frustration with the way things have always been, and we know the perspective on anything can be re-patterned.

We practice Belief Re-patterning ourselves – in fact it has become "A Way of BE-ing" in the world for us, and we are committed to supporting anyone who chooses to learn to live in a more positive way.

We LOVE watching the transformation that occurs when participants in our system step into "Who they really are" and develop the courage to live authentically.

Is it time for you to claim who you really are?

You will be encouraged to shift your perspective and create new supportive life skills and habits. Creating different results requires change. Open your mind, participate full on and explore in this creative, accepting environment – and then move it into your daily way of being.

The *Learn It – LIVE IT!* Commitment

1. We provide solid education that is based in Learning Theory and psychological research into how your mind works.
2. We translate that research and theory into practical tools and activities you can easily understand and implement immediately into your current daily routines.
3. We provide a learning environment that meets your needs, integrating easily into full lifestyles and busy schedules.
4. Our community consists of caring, compassionate, and aware like-minded individuals of all ages, backgrounds, spiritual and religious beliefs, and lifestyles. What our diverse community shares is a commitment to being our "best selves" in any given situation – and supporting you to do the same.
5. Our focus is building a kinder and more positive world - and giving you the support you need – individually and in groups.
6. Our proprietary Learn It – LIVE IT! 7 step System will enable you to "be the change you wish to see" in your world.

Disclaimer: Results vary depending on each individual person and their personal commitment to the Learn It – LIVE IT! Program. Achieving the transformation we promise is up to you. We provide the structure, the suggested pathways, we "shine the light" and will walk with you – but the specific steps, choices and decisions are yours. Your part is to show up, be present to "What-is", fully participate in all the seminars, laser coaching and live events of Learn It – LIVE IT! and follow through with your learning by implementation and action.



Learn It – LIVE IT! 403-286-9380 www.beliefrestructuring.com