

# LION'S GATE CACAO\* JOURNAL CIRCLE



ZOOM - 8TH AUGUST 4:30 PM



# WELCOME!

*Hi There!*

Hello awesome human!

I'm so excited to share this special time with you, Please take a few moments to read this before we meet.

We will begin the circle at 4:30 pm BST on Thursday 8th August.

## Circle Preparation

There are a few things that will help you to prepare and make the most of the circle:

- Make sure to have your cacao ready (or other drink of choice).
- Please have this journal book as you will need it for prompts, and something to write on if necessary.
- Try to find a quiet space away from curious other humans or creatures! You may want to enhance your space by lighting a candle, or incense or adding other meaningful items.
- You're also invited to wear your boldest, most beautiful clothes and accessories. Take up ALL the space and be your most outrageous self, or wear whatever makes you feel awesome!

Please note - you do NOT need to have cacao to participate. Make your favourite drink and enjoy that instead. The power lies in the shared intention and connection.

If you are drinking cacao it's recommended to not eat food or have caffeine four hours beforehand. Please read the instructions on your cacao for more information and any contraindications.

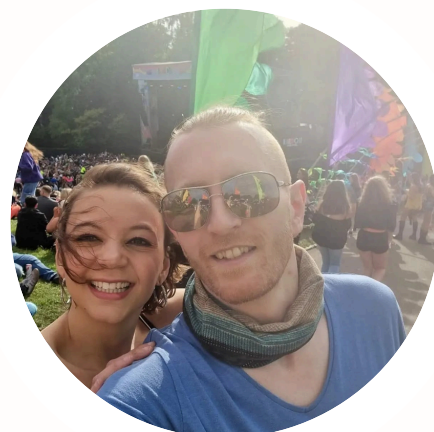
If you have any other questions, please drop me a message. I can't wait to see you there!

*Ali*

## ABOUT US

👋 Hi! We're Ali & Neil, Mindset & Accountability Coaches from **The One Life School**.

We specialise in working with creatives & solopreneurs to help you take action on your boldest goals & enjoy the journey and yourself(!) even more! 🥰



# DARING DESIRE

1) If there were no limits (time, money, resources), what one daring desire would you dream about coming true? Why is it important to you?



2) How would achieving/receiving this desire change your life and the lives of those around you for the better? Describe it in vivid detail and the emotions you would feel.



# OVERCOMING FEARS

3) What fears or doubts do you have about pursuing your daring desire? How can you reframe these fears into opportunities for courage?



4) Write about a time when you overcame a significant fear or challenge. How can this experience inspire you to go after your current daring desire?



# EMPOWERED ACTION

5) Imagine you could take one unbelievably fun and enjoyable action right now that would magically lead to achieving/receiving your daring desire. What would this fantasy action be?



6) What is one small, actionable step you can take TODAY? Perhaps you want to think about making it playful or daring - either way, how will you hold yourself accountable for taking this action?



# SUPPORT AND RESOURCES

7) Who are the people, mentors, or resources that can support you? What is one ask you could make to someone for help and support?



8) What strengths and skills do you already possess that will help you? How can you leverage these?



# LIVING IN ABUNDANCE

9) In what areas of your life do you feel abundant and fulfilled already?



10) How can you start cultivating the emotions that you want to feel (that you described in Q2) in your daily life now? What would you need to start or stop doing?



# SPACE FOR ADDITIONAL INSIGHTS





# NEXT STEPS

*Congratulations!!*

Give yourself a huge pat on the back for making this time for yourself, for daring to dream bigger and for taking one step closer to blowing your own mind with your sheer fabulousness of being. 🌟

WAY. TO. GO! 🙌

The best way to stay in touch and not miss a future event is to get your name pride of place on our mailing list --> <https://bit.ly/onelifenewsletter>

If you are looking for more **personalised 1:1 support and accountability** to keep taking action and move forward with your daring desire, then I'd love to schedule a chat to see if I can help you.

I work with clients to help them achieve their goals at varying levels of intensity - whether weekly, fortnightly or monthly - but always using the same principles of

- **Prioritise** - identify what matters most
- **Plan** - Establish realistic actions and habits
- **Review** - Reflect on action execution, goal progress and outcomes
- **Learn and adjust** - Continuously improve and feed this back into the plan
- **Celebrate!** - All the wins, no matter how big or small 🎉

If any of this resonates with you, I can tailor a package that meets your needs and budget based on around £99/hour (including WhatsApp support).

Email me at [hello@theoneliveschool.com](mailto:hello@theoneliveschool.com) and let's chat!

Wishing you a bold and daring rest of the year!

*Ali xxx*

*"Only those who will risk going too far can possibly find out how far one can go."  
T.S. Elliot*