

WELCOME TO THE TRIBE

At any time in life we may awaken to our wholeness. We may choose to take responsibility for our lives, for our greatness... for our destiny. NOW is that time. We are born in light and love, with all things possible RIGHT in front of us, but as we grow older we begin to forget our truth as we walk the path of fear and fragmentation. The beauty of this, is that the fear and separation we experience is an illusion; but, we have become so used to it that it feels like our “normal.”

Letting go of what has felt “normal” is not an easy task—but it is a necessary one.

Welcome to the rest of your life. You may have done coaching programs before, or this may be your first one. No matter where you are on your personal journey, these next 12 weeks will bring you closer to HOME. HOME is where you started when you came into this world. HOME is where you know your truth, and aren't afraid to express it. HOME is where you deserve to be.

The Bridge Method will take you on a ride. Some days will feel easier than others, but know that each and every day is strategically placed in the program for YOUR HIGHEST GROWTH. Trust the process and commit to the work. You will get out of it what you put into it- and you may have to get a little “uncomfortable” in order to breakthrough to that next level of living.

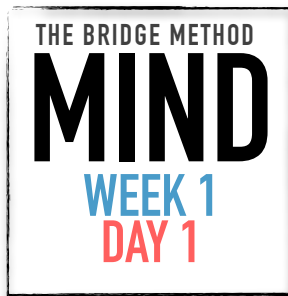
Your journey with us begins with AWARENESS. Like a GPS system in our cars and phones, it must first know our location in order to get us to the right place. So, you will start by getting clear on where you currently are, so that you can get clear on where you need to focus your energy and actions in these next 12 weeks.

The training is an opportunity to live from integrity of your soul. It's the chance to step deeper into awareness so that you can create more powerfully, and with more gratitude + love. It will lead you away from fear-based thinking and push you further into living a life where you are fully alive, and fully responsible for every part of it.

You are THAT powerful.

With Gratitude,

Alexi + Preston

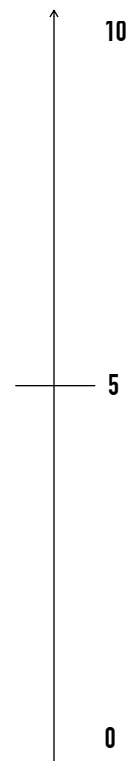


MONEY. This single word alone can conjure up a crazy amount of mixed feelings. You may think it's the root of all evil, a gateway to your success, or just a necessary tool to get you by in life. Regardless of how you feel, money is here to stay. So, it's important that we get to the root of how money shows up for us in our lives. Are we in control of our finances? Or do they control us? Do we feel empowered by currency or disempowered? Start with the scale to the right, and rate where you currently feel you are with your finances. Then, get honest and really dive in to the prompts below.

On a scale of 1-10, (10 being HOLY COW amazingness, 0 being a complete flat line) rate this area of your life, as it occurs for you RIGHT NOW.

BE HONEST.
(We won't tell anyone.)

FINANCES



What three words can describe where you currently are on the scale?

- 1. _____
- 2. _____
- 3. _____

What would a "10" in this area look like for you?

- 1. _____
- 2. _____
- 3. _____

What specific outcomes would you like to accomplish in this area?

- 1. _____
- 2. _____
- 3. _____

Why is it critical that you make a shift in this area? What are you fed up with?

What negative beliefs do you have about this area of your life?

1. _____
2. _____
3. _____

What would you say is the biggest thing standing in your way in this area?

What are the prices you pay for standing in your own way?

1. _____
2. _____
3. _____

Describe a time that you've had success in this area before:

Who were you being when you achieved the success above? (ex: Courageous, Loving, Vulnerable, Dedicated, Risk-Taking, Leader, Committed, etc)

What IMMEDIATE actions could you take to move closer to a "10" in this area?

1. _____
2. _____
3. _____

YOUR STEP OF GREATNESS: Complete ONE of the IMMEDIATE actions listed above in the next 24 hours.

*Money is innocent.
It's the story you attach to it that makes it work for or against you.*