



THE KEYS TO THE KINGDOM

EVERYTHING YOU NEED TO KNOW IN ORDER TO BE SUCCESSFUL IN THIS PROGRAM

- Every Monday Join The LIVE ON PURPOSE ½ HOUR OF PLANNING AND PRODUCTIVITY POWER 9:30am-10am EST over at [THE PASSION AND PURPOSE PROJECT](#) Facebook Group. Here we get crystal clear on your next steps and plot your success for the week ahead.
- The Passion And Purpose Program is 90 days and 9 coaching calls (45-60 minutes/each). The structure is 3 calls/month for each month. It is your responsibility to book in your coaching sessions using this link: bit.ly/Awesome-Coaching
 - If for whatever reason, you can't find a good time in the booking link, text me: 905-808-3076 and I'll set you up with the appointment

SHOW UP: 90% Of Success Is Showing Up!

What does that mean? Show up for yourself. Show up for others. Show up for our world.

Your unique gifts, strengths, and talents are needed out there in the world right NOW! So let's go already!!

I'm going to ask you to get out on the skinny branches, and don't worry, you're safe. I will catch you if you slip. I will catch you if you fall. Thing is, neither of those will even happen, and what will happen is we get your big beautiful light illuminated out there into the world!

Showing up is about taking 100% accountability. It's no excuses! It's having fear, and taking intentional aligned action anyway! It's becoming aware of our BS beliefs, having compassion, and then taking responsibility and action to transform them into badass beliefs. BAM!!

In this program, there is a very simple formula to success: SHOW UP; ADD VALUE; AND MAKE OFFERS every single day! This is a tried, tested and true formula that works! Don't get distracted with the "busy work" if the above is not done yet for the day.

I am committed to your success, and YOU MUST learn to lean into your greatness, trust your intuition, and take big bold actions every single day.



COACHING

For Coaching Sessions:

1. Please show up on time. During our call choose a low-noise, distraction-free area where you can speak freely.
2. Calls are 45-60 minutes and will end on time, even if you are up to 15 minutes late. Beyond 15 minutes late, our call is considered cancelled.
3. You may reschedule up to 12 hours in advance. You're able to cancel and reschedule with the booking link bit.ly/Awesome-Coaching

General:

1. Your life will look totally unrecognizable in 90 days. Get clear, be badass, and play BIG! If it's in your dreams, it means it lives within your heart, and it's TRUTH. Your dreams will become reality with aligned, consistent and persistent action.
2. 90% of success is showing up. This goes for self-care as well. We are creating a system of sustainable success. Self-care is more than just epsom salt baths, it's creating badass boundaries every second of the day honouring your needs, wants, and desires.
3. Celebrate yo' successes! Create routine and systems to acknowledge yo'self regularly. Don't give your power away, and expect this praise from other people. Praise yourself and praise yourself often! NO NEGATIVITY is allowed in my house! Aggression or negative self-talk will not be tolerated. It's time to honour and respect every ounce of your badass self.

Inspiration from Jenn:

Success is Simple: Follow this recipe to a life full of purpose and passion, and wake up excited each morning and fall asleep fulfilled:

1. Get CLEAR! Get crystal clear on what YOU want. We are all ordering off a different menu. Instead of wondering what other people want, dive into thy self and discover what you truly want! Once you know, set your intention, create your plan, and get going already. More clarity will come in the doing. You're on your way now!
2. Discover your WHY. Our purpose lives in our hearts. Our hearts is our north star, our guider. I believe that we are all conscious being having a human experience. I believe that we've come back with a soul's mission. When we are out of alignment to this, we are in dis-ease. When we're aligned, life gets easy, things get in flow.... and everything is FUNNNNN! Tune into your feels. This is your guide. Our soul's purpose is always aligned with how we can contribute our gifts, strengths and talents to others.

Dive Heart First

COACHING

3. **WALK THE TALK!** Get into action! Show up everyday. Be **CONSISTENT**, add **VALUE**, make **OFFERS** everyday. There is no such thing as failure in life, only learning opportunities. Make a commitment everyday to make a difference using your gifts, strengths and talents.
4. **CHANGE APPROACH UNTIL SUCCESSFUL.** Make success a non-negotiable. Make living an amazing and abundant life a non-negotiable. Life is a marathon, not a sprint. Enjoy the lessons and teachings along the way. If your dreams are not yet your reality it's a **MINDSET** issue. Get **AWARE**, get **KNOWLEDGE** of where it comes from, practice **ACCEPTANCE** and **COMPASSION** for your state, and create a new **BOUNDARY** of **BEHAVIOR!** This is **SELF-LOVE** baby! You desire everything that you are capable of in this **BIG** beautiful life. Don't settle for playing it safe and believing a lie told to you so many years ago. You know better now! Not in your house!!

The Science of Psychology and Questions to Ask Yourself:

1. Systems are not the problem, **FEAR** and **DOUBT** are. Will you allow **FEAR** and **DOUBT** to rob your freedom, confidence, abundance, success and dreams anymore?
2. Success and Failure are **ONLY** and **ALWAYS** a result of habits. The Passion and Purpose Program is lined with success strategies and habits. Will you commit to choosing **SUCCESS HABITS** over **FEAR**?
3. Clarity comes with **ACTION**. Will you commit to being absolutely **BADASS** in the **BIG BEAUTIFUL BOLD ACTIONS** that you take everyday?
4. The difference between successful people and unsuccessful people are two things: **MINDSET** and **HABITS**. Will you take 100% accountability for your mindset and habits in order to make your dreams a reality?
5. Sustainable Success is about three things: **ALIGNED ACTION**, **CONSISTENCY** AND **SHOWING UP**. Will you make showing up, consistently, executing action a non-negotiable in your life?
6. High Performers value well-being. Are you committed to your self-care, setting badass boundaries for your need and wants, and honouring your health and valued relationships?
7. We're never too far off, and when we step back on our path it can be felt. This is living in alignment, and living this way is **EASY**. You're in **FLOW**, at **PEACE**, and it's **ENERGY GENERATING**. Are you ready to live in ease, flow, peace with crazy-good energy?
8. High performers describe the feeling they are after. Emotions are reactions. Feelings are our interpretation of our emotions. We get to choose our interpretations. Emotional mastery is choosing an empowering interpretation of your emotions. Will you choose empowering feelings about what happens in your life and in your business? Will you define the feeling you want in your business and life?

Dive Heart First

COACHING

9. High-performers make “wants” or “should” into a MUST!! Your work is a MUST in this world!! Get out there with your badass self! Will you make your soul purpose work a MUST in this world?
10. Multi-Tasking is the least productive and effective thing you can do. Single-Task things of purpose. Ask “What the ONE thing that I can do, in which by doing it, everything else will become easier or unnecessary.” Establish a Release Tension and Set Intention Technique between tasks. (I enjoy a mini-dance-party between tasks, and then set an intention of awesomeness for the next task). Will you learn priority, productivity-hacks, and effectiveness tools for your business?
11. High-performance state is: FULL ENGAGEMENT; JOY; and CONFIDENCE. Will you take on being fully present and engaged, enjoy the journey and having badass unshakable confidence?
12. Successful Sustainable Success is one step at a time. Will I commit to not becoming overwhelmed and instead focusing and executing on the next 1 to 3 steps only?

This is THE KEYS TO THE KINGDSOM my friend, and if you DO THIS your success is GUARANTEED!!

I can't guarantee YOU WILL DO THE WORK – that is YOUR JOB. I can guarantee that if you follow this proven system, the same system I've used to create the career, wealth, health, and relationships of my dreams, then you WILL get the same results!! BOTH THE UNIVERSE AND I HAVE YOUR BACK.

Now let's do the thing!!

Jenn ☺

Please complete, sign and date this, and take a pic and text it to me: 905-808-3076

I _____ agree to “The Keys To The Kingdom” and commit to myself and Jenn Walker that I will play FULL OUT, and give Jenn Walker the green light to call me out on my BS and Kick My Ass with Kindness to living in my AWESOMENESS 24/7! I will always remember that Jenn Walker has my back, and only wants the best for me, because it's important for me to get out there into the world. I will shine my light bright and help and support others to do the same. I am absolutely BADASS!

Sign and Date