



Go to “File” in the upper left hand corner of this page.

Click “Make a Copy”.

Then change the Title of YOUR Copy in the upper left corner to:

“{Your Name} Portal 7: Create Freedom Play Sheet”.

Go through the playsheet, completing each practice.

Click the checkbox once you have completed each practice.

Go to the SHARE button in the upper right corner,

Click “Anyone with the link”,

COPY the link,

Go to our [FB Group](#) and share your link,

With a comment on how these practices worked for you,
what came up for you, any challenges you faced, any breakthroughs that you had.

- ☐ 1- Activation 1: Leadership with Confidence
- ☐ 2 - Activation 2: The 4 Keys to Empowerment
- ☐ 3 - Share Your Insights From the Exercises in the [FB Group](#)
- ☐ 4 - Activation 3: Life of My Dreams Manifesto
 - ☐ 5 - Reflective Journaling
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Leadership with Confidence

- Embrace the opportunities to lead by example and inspire others on their awakening journeys.
- Utilize the insights gained from discovering your dharma through the Ikigai to clarify your leadership role.

What did the that process bring up for you?

How can your passions and mission contribute to guiding and inspiring others?

What qualities and values do you want to embody?

What are your core values? What do you stand for?



What are your strengths?

What areas can you use improvement on?

How do your challenges help you show up for others you are leading?

How can you foster a supportive environment?

What are some of the tools, modalities, practices you would like to learn to share?

Ask yourself, how can I serve better?
Then, write this down.





The 4 Keys to Empowerment

Key 1: Self Awareness Exercise

Understanding your true self.

What are your guiding principles?

What are your beliefs about yourself and your life?

How can these guiding principles guide you on your empowerment path?

Mindfulness Practices:

What mindfulness practices do you have?

How often do you do them?

How do they make you feel?

Make a new commitment to yourself and your mindfulness practices.





Key 2: Self Confidence Exercise

Setting and achieving goals

What goals did you set for yourself to accomplish by the end of this program?

Did you reach them yet?

What new goals are you aiming for beyond this container?

How do you plan to reach them?

Celebrating Achievements

How often do you celebrate yourself?

What rewards have you given yourself for reaching a goal?

What will you do in the future to celebrate yourself?





Key 3: Self-Empowerment Exercise:

Taking responsibility

How do you respond or react to stressful situations now?

Do you see/ feel a difference from when you first started this program?

How will you continue to take responsibility for your actions and choices in the future?

Setting and Keeping Boundaries

Have you been setting and keeping your boundaries?

What do you do when someone crosses them repeatedly?

Are you willing to recommit to your boundaries? How will you express them to others?





Key 4: Continuous Learning and Growth Exercise:

Embracing change

How well do you embrace change?

Have you felt improvements in how you perceive change? What feels different now?

Are you willing to continue to push out of your comfort zone and explore more growth opportunities? How will you do this?

Investing in Personal Development

You invested by joining this program, how would you like to continue to invest in yourself? Do you feel called to continue to be supported by the 11.11 Ascension University community, as we grow together? Are you willing to step into an apprenticeship role for our next round?

What other tools, books, documentaries, trainings interest you?





Life of My Dreams Manifesto

Where do you want to feel ultimate freedom in your life?

What will make you feel totally fulfilled and happy?

What are your BIGGEST Dreams?
GLOW for it- don't hold back anything, write it all down!





Reflective Journaling:

~Gratitude Reflection: Begin by reflecting on aspects of your current life that you are grateful for. Write down at least three things you appreciate about your present.

~Future Visioning: Close your eyes and envision your ideal life in the future. Imagine every detail—your surroundings, relationships, career, and personal growth. Let your imagination run wild. Write it out.



Manifesto Creation:

~Identify Core Values: List your core values—qualities and principles that are non-negotiable in your dream life. What are the guiding principles you are following as you WOMANifest this dream life into reality?

~Crafting Affirmations: Turn your core values into powerful statements.

For example, if "freedom" is a core value, your statement could be,

"I am free to live life on my own terms."



~*Manifesto Composition:* Use your core value/ guiding principle statements to compose your "Life of my Dreams" Manifesto. Write it in the first person as if you are already living this life. Make it personal and specific.





Reverse Engineering:

~Breaking Down Goals: Review your Manifesto and break down each statement into actionable goals. For instance, if "adventure" is part of your manifesto, a goal could be planning a yearly travel adventure.

~Timeline Creation: Create a timeline for achieving these goals. Assign realistic time frames for each goal, whether short-term or long-term. Get creative here on how you will represent the goals and timeline.

Now create your “Life of my Dreams” Board and share it with the group!



The Radical Truth Teller

Write a short description of your experience with Portal 7. How do you see these tools helping you Create Freedom in your life?

What was your biggest AHA moment?

How do you feel now that you have completed the entire program?





Portal 7 Resources

[Course Dashboard](#)

[Portal 7: Create Freedom Playsheet](#)

[Book: Path of Empowerment by Barbara Marciniak](#)

[Asking Empowering Questions with Michael Beckwith](#)

[Watch the REPLAY of my masterclass:](#)

[“Reclaim Your Power:](#)

[3-Keys to Embody Confidence”](#)

[High Performance Habits by Brendon Burchard](#)

