



How highly intuitive
entrepreneurs and executives
can reach their...
maximum potential,
go to the next level and
stay ahead of the game...
by becoming their true superhero self

YOUR WEBINAR WORKBOOK
WITH JUDITH HOEZEN

WELCOME TO YOUR WORKBOOK

8 Tips to Get the Most Out of This Webinar

1. Print this workbook before the Webinar so you can take notes as you listen. You can also download and type directly in the workbook to save paper.
2. Review the contents of this workbook before the Webinar so you know what to expect. Make sure you've set aside private time for this session, so you'll be able to focus and fully receive the benefits of the session.
3. Think of how you can quickly implement the secrets revealed in this session.
4. During the Webinar, write down ALL interesting new ideas and inspirations you get while listening - that way you won't lose the most relevant information to you.
5. Make sure you are in a quiet place where nothing and no-one can distract you and that you are not driving a car or any other vehicle. Be in a comfortable position so you are not distracted or anxious.
6. Get yourself a cup of tea or coffee. Drinking it promotes increased activity of the anterior cingulate gyrus in the specific area of the brain that are involved in planning, attention, monitoring and concentration.
7. Stretch your muscles before starting the Webinar. Stretching loosens the muscles and tendons allowing you to sit more comfortably. Additionally, stretching starts the process of 'going inward' and brings added focus to the body.
8. You can use candles and other spiritual tools in the room to further help you feel at ease.

WHAT TO EXPECT

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- The right question can spur your unconscious mind to feed you the right answers.

PRE-WEBINAR EXERCISE

Start with Intention

Write down and set your positive intentions here. What are your intentions for joining this Webinar? What do you hope to leave with?

SELF-ASSESSMENT QUIZ

Assess your current levels with this self-assessment.
How true are these statements to you?

Rate yourself on these statements on a scale from 0 to 10. (0 - least true; 10 - most true)	Rate 1-10
1. I am happy with my current life.	
2. I live the life true to myself.	
3. I feel that both my loved ones, and my business/work are happy with me.	
4. I have the skills and talent to provide great value to others.	
5. I feel supported on my path to go to the next level.	
6. I have a step-by-step action plan to reach my maximum potential?	
7. I can have massive impact and still have balance & freedom in my life.	
8. I am making more money yearly as I grow in my career or business.	
9. I use all my (intuitive) gifts.	
10. I don't worry about the competition. I know how to stay ahead of the game.	
11. I've already reached my maximum potential, I am satisfied with my performance.	
12. Business growth or climbing the corporate ladder has brought me closer to my true self.	
13. I feel I belong here.	
14. I play the big role I'm meant to be playing.	
15. I achieve my goals faster than ever.	
16. I am completely accepted for who I truly am.	
17. I feel all the power I have inside of me and I use this power effectively.	
18. I know what to do with my intuitive wisdom.	
19. I sleep well and I never worry.	
20. I'm living in flow and everything goes smooth, taking hardly any time/effort.	
21. I keep my own high energy and don't allow others to negatively affect it.	
22. I don't have any 'unconscious' blocks keeping me from reaching my maximum potential.	
23. I feel that both my loved ones, and my business/work are happy with me.	

REACH YOUR MAXIMUM POTENTIAL

Follow along the Webinar and fill in the blanks. You may use the free space below for additional notes.

SECTION 1: Now is the time

In the last century _____ has been rediscovered and _____ were reopened.

This is no woo-woo stuff, it's actually confirmed _____ that there are energy portals here on Earth.

Synchronicity is the _____ in such a way as to appear _____. These happenings are unexpected, improbable, and when viewed from a larger perspective, prove to be _____ that fit perfectly into one's _____. When you experience synchronistic events, it is a _____ that you are on the _____ and that, you're open to the potential of anything occurring in your life.

Notes:

SECTION 2: To take action

If you want to _____ now is the time to take action.

Because if you don't... others that already _____ and that know _____ and _____ will take over.

They already know that the sky is the limit, they already create abundance and they are successful and go to the next level _____.

It's easy to feel like a champion when you _____ in the National League.

But, your competition _____.

We all know the young ones who already know what they want and go for it.

If you align with the _____, know how to use _____ and _____ things will get easier, effortless.

I believe that there will be always be a next level. But why not go for the maximum obtainable level at this moment?

Notes:

SECTION 3: The 4 shifts

Shift #1: _____ to _____

If you are born in _____ you may find it more _____ and to really _____ You might also observe that youngsters _____ much faster.

People born in the _____ already have the competitive advantage of _____ the fast transformative _____.

Connecting with the Earth's resonance is _____. There are _____ and _____ frequencies. The Earth vibrates in a _____ frequency, but a lot of things around us have _____ frequencies. If you fail to pay proper attention to this, you start to _____ frequency that is _____.

If you do align with the frequency of the Earth, you don't only benefit from the healing effects. You also start _____. Which will help you _____ instead of paddling your boat against the tide.

1. Let go of _____.
2. Step _____.
3. _____.
4. And _____ new _____ and to the _____ e.g. by _____ an _____ so you can transform much faster and _____ of _____.

Notes:

Shift #2: _____ & _____

If you don't fully _____ who you are, how can you expect others _____.
And how can you expect _____ if you feel that you _____ on Earth?
When you feel you don't belong here, you probably have _____ and
_____ making it impossible to properly _____ and to truly feel that you
belong here.

Focus on _____, you are a successful entrepreneur or you keep climbing the
corporate ladder. But are you _____?

Let me ask you, are you _____ your light?

You _____ the things you _____.
It's your _____ to reclaim the _____.

We all have an _____.
When we focus on _____, we can expand _____ our human body.

Energy vibrates on a certain _____. High energy _____ high energy.
Expand your _____ to _____ your frequency.

1. Live in the _____ and _____.
2. Shine you _____.
3. Connect to _____. The more _____, the more you will
_____ all you want.
4. _____ yourself properly. To _____, visualise roots growing out of
the soles of your feet, running deep into the ground. Visualize the roots intertwining &
firmly anchoring you into the earth. Maintaining that connection, bring your focus to
the trunk. Be proud & tall. Grow upwards long & strong while maintaining your roots in
the ground.
5. Stop and _____. This is how to do this exercise: Stop what you're doing and
_____ three times. Do this a couple of times a day.
6. Eat healthy, sleep well, _____.

Notes:

Shift #3: _____ (your) _____

You're _____ after meeting certain people. _____ that stop you from reaching your goal. The _____ tells you that you can do much more. You have drops of _____, but what to do with this?

Everything around us _____. All _____ be influenced by _____. _____ can also be influenced. We are also influenced by _____ and _____.

1. Clear your _____, the _____ home, your partner, your children, daily.
2. 'Burn' all _____ and _____ by doing systemic work or hypnotherapy.
3. _____ from the non-supportive energies around you.
4. All this will help you _____ the blocks that prevent you from having the life you desire.
5. It will also help you _____.
6. Listen to your _____.
7. Learn to use _____.
8. And by listening we learn how we can transform the energy. E.g. how you can prepare your space (e.g. a meeting or conference room) energetically, raise your vibration (energy frequency, so you're able to manifest faster), change your own energy, give the right energy to a project and so on.
9. I use my own _____ superhero toolkit to _____ on a daily basis!
10. Imagine sailing on a _____!

Notes:

Shift #4: Use _____ & _____

To use _____ you need to combine two forces a _____, _____ force and a _____, _____ one. Every creation starts with this _____ to conceive and to receive, _____. This _____ also consists of what in quantum mechanics is called, zero-point energy.

The _____ is a force of mind that is stronger than matter. You can boost its power and thus _____ with your thoughts. The process is hampered by _____ and _____. To effectively create all you desire, you should deal with your _____ limiting beliefs, patterns etc.

Creation starts with an idea or dream and then you give it time _____ of you. When you feel it's ready to be released you're going to take action to actually realise its form, _____. And that's when you need, _____, to take action.

Focus on yourself. Find the _____ energies inside of you. And visualise both sides. Sense which one is dominant. _____, by doing activities to _____.

1. _____.
2. Be conscious about the _____ of your creation process.
3. Sense what is happening in _____.
4. Know what _____ and connect yourself to _____.
5. _____ that suit _____ and make sure they _____.
6. _____.

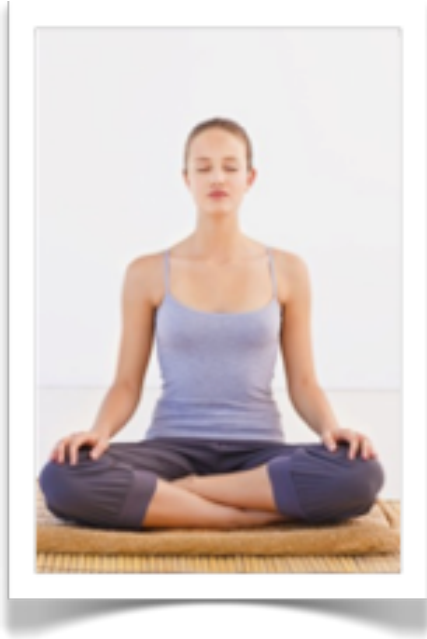
_____ means taking aligned action from a place of _____. When things are flowing smoothly, those are signs that we're on the right track. When we co-create with the universe, it will take care _____ but we must decide _____.

1. _____.
2. Work less and _____. Or do more in less time.
3. Use your _____ by tapping into _____.
4. _____ with ease & grace, have more abundance, freedom & impact than ever.

Notes:

SECTION 4: Visualisation - The essence of the true you

Preparation Tips Visualisation:



- Make sure you are undisturbed. Be in a comfortable position so you can fully take part in the guided visualisation.
- Stretch your muscles before starting the visualisation. Stretching loosens the muscles and tendons allowing you to sit (or lie) more comfortably. Additionally, stretching starts the process of “going inward” and brings added focus to the body.
- Take a deep breath. Breathing deeply slows the heart rate and relaxes the muscles to help you have a comfortable experience during the guided meditation.

You're done for now!
Put this guide aside and enjoy the rest of the Webinar.

4. TEST YOUR KNOWLEDGE

Complete this quiz after the Webinar to solidify your learning.

1. Judith mentioned three reasons why it is time to take action. Can you identify these three?

1. _____

2. _____

3. _____

2. Name the 4 shifts to become your true superhero self and reach your maximum potential

1. _____

2. _____

3. _____

4. _____

5. REFLECTION

The right questions can spur your unconscious mind to feed you the right answers. So ask yourself... (Use an extra piece of paper if you need to).

1. When I see myself 3 months from now, how would I show up for myself, my clients and my team differently?
2. How will my life be like if I would live in flow?
3. How will my life change once I remove the fears and limitations so I can really live the life true to myself?
4. Imagine – What would my life be like if I cleared all my unconscious blocks and if I freed myself from negative energies?
5. How can I contribute more to my family, relationships, myself, and community if I enhanced my ability to create my own life?
6. How will I feel after reaching my maximum potential and going to the next level?
7. What is the one thing I can do right now to demonstrate I am dedicated to reaching my maximum potential to go to the next level?

THANK YOU for joining Judith Hoezen's Webinar!

