



**HAVASS**  
Academy & Coaching

## Welcome!

*If we are meeting for the first time, I want to say that I am very happy and excited to meet you!*

If we have met you in the Transformation Program before, I will say that I miss you very much; it will be great to work with you again! You can call me a 'companion' if you want, because my intention is to assist you in the process of discovering the power and potential within you on the way to your goals.

So why are we here? Come on think about it. For example, the excitement you grow for the next year in the last days of each year... New wishes, new excitements in the new year... The same hopes every time we enter the new year:

- *This will be my year!*
- *Yes, this year will definitely be my year.*
- *Ok, it was not last year, but I am sure it will be this year.*
- *This year will bring me all my wishes.*

We love to wish! We wish to have a wonderful relationship, to look good, to be rich, to be loved very much... However, almost before the second month, we forget most of the goals which we set for ourselves when entering the new year. What exactly is happening to those wishes? Why can't we keep any of them real? Why can't we keep running towards these goals? What's happening to us? Where exactly does our invisible bound to our wishes break? There is no harm in asking; you have the right to ask for it. Want it whenever you want! But it's hard to get a positive result unless you want it right. The problem is not asking; it is how you ask it.



*We will do something different with you this time; we will learn to ask correctly!*

How to set the right goal, how to draw a roadmap, how to stick to the plan, how to form a habit, how to cope with persistent and limiting beliefs, how to increase motivation and many more things we are going to experience and learn together. Our requests will not come to us, we will go to them! On this path, we will discover not only the path to the goals, but also our own potential and strength.

## *We have a wonderful journey full of adventure!*



Every day for the next 16 days, I will talk about another topic that needs to be addressed in order to achieve the goal and I will give you a task on the topic I am talking about. The purpose of these tasks is to internalize what you learn and apply it to your life. We will focus on a separate topic in each module, so all three modules have subject integrity within themselves. This will help you to stay focused and internalize more comfortably while working on yourself.

There will also be a study agenda for you to internalize your experiences more strongly. When each module is finished, we will send you the work agenda of the next module. You must print out the agenda before the module starts. The reason we sent the study agenda in three separate parts is to prevent you from looking at the whole program beforehand and continuing in a biased way. And the surprise is in it, isn't it? :)

My goal is not to grab you by the arm and carry you directly to your goals, because without your effort, this is not possible. My aim is to show which path to take, what kind of obstacles you may encounter on this road and how you can overcome these obstacles. As you understand, I will put signposts and lights on your path; running, walking or going back from the road is entirely up to your will.



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***Don't worry, I'll do my best so you won't come back!***

You will not walk this road alone; you will have a lot of companions! With the group we have created through the Telegram application -which you can download to your phone- you can contact everyone involved in this program, share your experiences, and share their journey. Who knows, maybe great friendships are hiding here! :)

- Download the Telegram application to your phone from the App Store or Google Play..
- Register / Login.
- Join the group via the link/button below!
- Before you start, don't forget to download the study agenda and affirmation file from the buttons below!

***Throughout the program, you should pay attention to:***

- You have to do each task day by day, without missing a day in the schedule. This is very, very important. Because the topics follow each other and a task you will do the next day may be the continuation of the previous day. If you miss the day (it would be nice if there is no such thing to get efficiency.) just pick up where you left off. Remember; don't skip the day...
- You absolutely have to print out the work agenda that we will send you in each module; because every day you will work on the charts there. Throughout your journey, the work agent will be your other friend after me. But you will love me the most, promise. :)
- It is very important that you listen to the affirmation audio file which we send you every day. A new neural is formed in the human brain in 21 days. This means that we need at least 21 days before a new belief can be acquired. That's why it's so important to repeat an affirmation every day for at least 21 days. . If you skip the day, you have to start again on day 1. Make sure you listen to the affirmation audio recording before you go to sleep at night for at least 21 day without skipping a day. It's no problem if you fall asleep while listening, subconscious does not sleep.
- We leave the last day of each module blank so that you can digest what you have learned and apply and rest your mind. You don't have to do anything in your spare days. When you start the program, you will get a better understanding of why we are setting break days. Enjoy it.  
:)

If you have any technical problems, you can reach us at any time at [havassacademy.com](http://havassacademy.com). I hope you are as excited as I am.

***Make all your preparations today, tomorrow we are going on a wonderful journey full of discoveries!***



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