



**HAVASS**  
Academy & Coaching

## Welcome !

*Before we begin, I want to say how happy and excited I am to meet you!*

You can call me 'companion' if you want. Because I intend to be your companion in these four weeks to help you discover the power and potential within you. There is such a power and potential in you that I am looking forward to reminding you of this. I say 'remind you' because each of us was born as magnificent beings with incredible powers.

Over time, we have dulled our inner power with the value judgments of the society, the bending of our environment, what we tell ourselves, our learned helplessness, and many other external factors. As you understand, we lost the manual...

*You will rediscover who you really are, remember that magnificent potential you have, and take control of your life and your own power with this program.*

Yes I know everyone is telling you WHAT you have to do to be confident. As if it was so easy! This program will show you WHY you have to do, and more importantly, HOW to do. I don't want to scare you, but I have to warn you by expressing the seriousness of the situation; you are about to start a very busy schedule; I cannot say it will be very easy. But I can tell you what it will bring you...

*We have a wonderful 4-week journey with full of adventure!*

Each day we will talk about another topic that will help you to remember the power of yourself and give you a task on the current topic. The purpose of these tasks will be internalizing what you have learned and applying it to your life. We will focus on a different topic each week, so all four weeks have a topic in itself. This will help you to stay focused and internalize more comfortably while working on yourself.

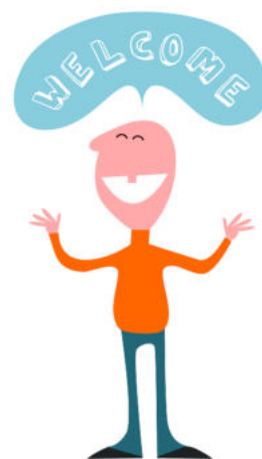
There will also be a study agenda so that you can focus better on yourself and internalize your experiences more strongly. On the last day of each week (7th, 14th and 21st days) we will send you the next week's work agenda.

Before the week begins, you should definitely print out the agenda. (After clicking the link given to you, you can download it by the DOWNLOAD button in the upper right corner.) The reason we send the work agenda on a weekly basis is to prevent you from looking over the entire schedule in advance and continuing in a biased way. After all, the surprise is this, right? :)

*You will not walk this road alone; you will have a lot of companions!*

With the groups we have created through the Telegram application -which you can download to your phone- you can communicate with 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 opened by clicking the button below!
- Download the audio file for your affirmation



*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 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 agenda 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 that we send you every day. A new neuronal 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 days 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.
- It is very important that you read in the mornings, as you will be doing your tasks throughout the day. I will guide you, don't worry.



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