

## Phil Evans

**Courses Designed  
& delivered by  
Phil Evans**  
Based on personal  
life experiences  
and personal  
success.

Also based heavily  
on **The Law of  
Attraction** - and  
how significant it  
is in our lives!

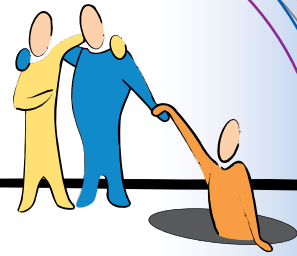
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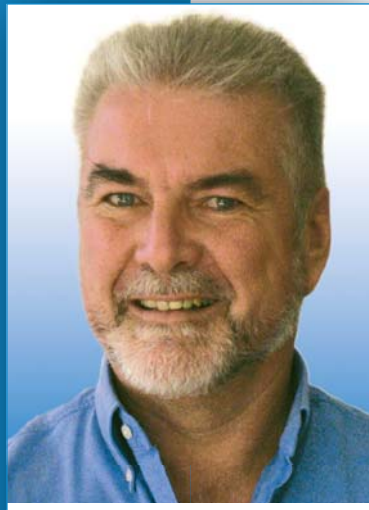
# people stuff



## Creating The New YOU! (No more Excuses - Learn the Art of Being You!)

This is run as an 12 week program (2hrs ea week) or Weekend Workshop, and is focused on creating Personal Empowerment for all participants. All courses or workshops begin with one important question, "If you could change one thing in your life, right now, what would you change" ??

- ▶ **Module 1: What would you like to change in your life right now?**
- ▶ **Module 2: What moulded you into who and what you are today?**
  - The attitudes of the significant people in our lives when we were young were expressed in their words, actions, and opinions about life, and towards us.
  - We absorbed all of their stuff because we thought it was reality. But it was only their reality. It does not have to be ours! Does it?
  - What can we do about it right now, right here, today?
- ▶ **Module 3: The importance of our everyday thoughts.**
  - How they really affect our lives, and what we can achieve by changing them.
  - How thoughts lead to actions, and ultimately our success, or not.
- ▶ **Module 4: Self Esteem: what it really means!**
  - Strategies to deal with low self esteem.
  - Strategies to employ when we feel like our time's running out, when we've achieved nothing in particular, when we are feeling hopeless.
- ▶ **Module 5: Identifying Belief Systems, Paradigms, Mindsets.**
  - What are belief systems, and how are they holding you back?
  - Which one's are adversely affecting you?
  - What to do, and how to do it.
- ▶ **Module 6: Identifying Fears (also known as your thieves of success).**
  - What fears are holding you back from achieving your true potential?
  - What to do, and how to do it.
- ▶ **Module 7: What do you really want to do with your life?**
  - Not what others want you to do. What do YOU want to do?



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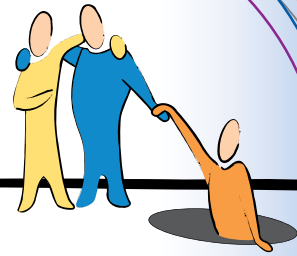
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- ▶ **Module 8: The importance of our Conscious Language.**
  - The words we speak every day affect the speaker (us) not just the listener !!
  - How our daily words control the outcomes in every area of our lives.
- ▶ **Module 9: The Law of Attraction: What we focus on every day (in our minds) will expand in our lives.**
  - How to turn your don't wants into wants.
- ▶ **Module 10: Learning what to ask for (from life) and those around us.**
  - How to focus on creating successful outcomes in life, and realising when you've actually done it, because sometimes the differences are subtle and almost un-noticeable.
  - Acceptance of good things really happening and believing that you deserve it.
  - Goal setting in a different way: With crystal-clear definitions!
- ▶ **Module 11: Metaphysics: the Mind/Body/Spirit relationship.**
  - Understanding what this relationship means.
  - How to take notice of our bodies. They have actually got a lot to say.
- ▶ **Module 12: Taking responsibility and owning our own stuff.**
  - It's time to stop blaming anyone else or anything else for where we're at right now.
  - Where to now? There are many choices now. It's all up to YOU !!

**FOOTNOTE: The only thing we can truly change is ourselves,  
and the best place to start is to learn to change your thoughts.**

**"To be yourself - in a world that is constantly trying to make  
you something else - is the greatest accomplishment."**

**Ralph Waldo Emerson (1803-1882), Poet and Essayist**