



Program III: Doors of Desire (Pursue Your Truth)

I. Program Details

Meeting Time and Location: Zoom, Thursdays, Bi-weekly, 7:00-8:30 PM Eastern
OR Zoom, Mondays, Bi-weekly, 9:00-10:30 AM Eastern

Program Description: This program guides clients through a process designed to help them articulate and pursue their passions and aspirations with clarity and confidence. Over six inspiring weeks, participants will embark on a transformative journey to discover what they truly want in life and develop actionable strategies to make those desires a reality.

II. Coach

Karen Caig

WhatsApp: 1-501-215-7356 (U.S.) / 593-095-889-8357 (Ecuador)

E-mail: karencaig@gmail.com

III. Text and Required Supplies

- *Aspire to Acquire: A Fun Guide to Fulfilling Your Desires*
- Human Design Report by Jovian Archive
- Journal (notebook or preferred format)
- Pen or pencil
- Desktop, laptop, or phone for meetings and guided meditations
- Art supplies for vision board creation (magazines, scissors, glue, etc.)
- Quiet space for reflection and focus

IV. Program Objectives

Upon completion of the program, the client will be able to:

- A. Articulate their personal desires and aspirations clearly
- B. Identify and prioritize goals that align with their values
- C. Create actionable plans to pursue their desires
- D. Develop a vision board to visualize their future
- E. Cultivate a mindset of abundance and possibility
- F. Establish accountability connections with peers to support their journeys

V. Program Outline

- Week 1: Introduce Course; Share Human Design Type, Strategy, and Authority; The Role of Values in Desire—Questions; Topic for next week: Prioritizing Goals
- Week 2: Share SMART Goals; Questions; Topic for Next Week: Power of Visualization
- Week 3: Share Vision Boards; Challenges/Questions; Topic for Next Week: Understanding Abundance Mindset vs. Scarcity Mindset
- Week 4: Share Limiting Beliefs ; Challenges/Questions; Topic for Next Week: Action Plans for SMART Goals
- Week 5: Share Action Plans; Challenges/Questions; Topic for Next Week: Accountability Partners and Commitment Statements
- Week 6: Share accomplishments, breakthroughs, and lessons learned throughout the program; Share commitment statements; Challenges/Questions; Next Steps: Additional Coaching/Personal Development Opportunities

VI. Attendance Requirements

Regular attendance and participation are essential for successful completion of this program. However, sessions will be recorded so clients can review later.

VII. Supplemental References (Bibliography for Suggested Reading)

1. *The Desire Map: A Guide to Creating Goals with Soul* by Danielle LaPorte
2. *Daring Greatly* by Brené Brown
3. *The 7 Habits of Highly Effective People* by Stephen R. Covey
4. *Start with Why: How Great Leaders Inspire Everyone to Take Action* by Simon Sinek
5. *You Are a Badass: How to Stop Doubting Your Greatness and Start Living an Awesome Life* by Jen Sincero
6. *The Alchemist* by Paulo Coelho
7. *Braving the Wilderness: The Quest for True Belonging and the Courage to Stand Alone* by Brené Brown
8. *Lean In: Women, Work, and the Will to Lead* by Sheryl Sandberg
9. *Big Magic: Creative Living Beyond Fear* by Elizabeth Gilbert
10. *The Artist's Way: A Spiritual Path to Higher Creativity* by Julia Cameron