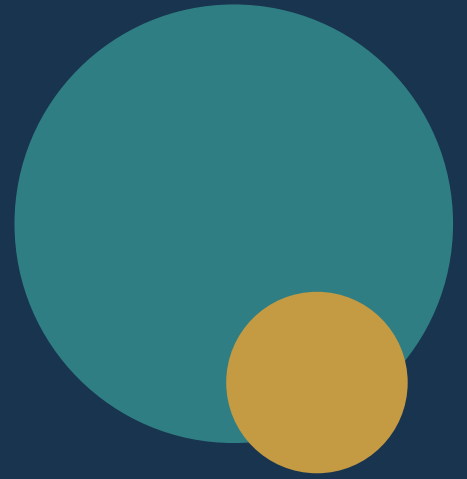


INSTINCT FIELD TRAINING ACADEMY

Certified Manifestation & Potential Coach

Professional Training Programme

Potential | Patterns | Opportunity | Action | Identity | Business



For Daily Living
www.fordailyliving.com

Because you can.

Programme Overview

Train to become an IFTA Certified Manifestation & Potential Coach and help clients move from intention into practical change. The programme uses the Potential Intelligent Flow Systems (PIFS) framework to explore repeated patterns, opportunity recognition, behavioural direction, identity, momentum and real-world action.

Manifestation is taught as a practical process of recognising potential, changing repeated behaviour, acting on opportunities and building patterns that support a chosen life direction.

You will learn to help clients:

- Clarify what they want to create or change.
- Recognise repeated behavioural and environmental loops.
- Identify the actions that keep old outcomes in place.
- Spot potential opportunities and open points.
- Align intention, instinct and behaviour.
- Create new routines and opportunity-generating actions.
- Build momentum through consistency.
- Stabilise new patterns into everyday life.

The Potential Coaching Philosophy

Potential becomes useful when it is converted into behaviour.

The course focuses on the gap between wanting a different outcome and repeatedly living the same pattern. Clients learn to recognise what repeats, interrupt the loop and introduce behaviour that creates a new direction.

- Recognition before change.
- Direction before action.
- Opportunity before assumption.
- Behaviour before outcome.
- Consistency before momentum.
- Environment as part of the coaching process.
- Identity supported by repeated evidence.
- Reflection and adaptation throughout the journey.

The PIFS principle is simple: repeated loops create repeated outcomes. New loops create new possibilities.

Training Modules 1-6

1. Manifestation & Potential Foundations

Defining desired direction, distinguishing wishes from actionable goals and introducing the PIFS model.

2. Recognising Repeating Patterns

Environment, triggers, behaviour, results and reinforcement - identifying the loop before attempting to change it.

3. The Potential Cube

Using the Potential Cube model to map familiar responses, repeated outcomes and where a new pathway can begin.

4. Attention & Awareness

Learning to notice internal distraction, external signals, opportunity points and where attention is being repeatedly placed.

5. Behaviour Activation

Turning intention into deliberate micro-actions, routines, environmental adjustments and measurable movement.

6. Identity Direction

Helping clients align daily evidence, self-concept and future direction through repeated behaviour rather than aspiration alone.

Training Modules 7-12

7. Opportunity Recognition

Recognising social, career, environmental and personal growth opportunities as they emerge.

8. Potential Chains & Opportunity Nodes

Understanding how one useful action can create another possibility, collaboration, responsibility or pathway.

9. The Activation Chain

Recognition, response and expansion - moving from noticing an opportunity to acting on it and developing what follows.

10. Open Points & New Routes

Recognising moments when the environment becomes receptive to a new action, relationship, skill or direction.

11. Flow Momentum

Using consistency to reduce friction, strengthen confidence and allow earlier actions to support later ones.

12. Stabilising the New Loop

Repeating useful behaviour until the new pattern becomes familiar, sustainable and integrated into daily life.

The Seven Life Loops

The course uses the life-loop framework to help clients identify the pattern currently shaping their direction.

- Survival Loop - life dominated by immediate responsibilities and pressure.
- Comfort Loop - stable routines with limited movement or expansion.
- Stress Loop - pressure, reaction, overthinking, fatigue and reduced performance.
- Distraction Loop - fragmented attention, delay and repeated loss of momentum.
- Reaction Loop - behaviour driven mainly by external events and impulsive response.
- Opportunity Loop - action creates progress, which exposes further opportunities.
- Growth Loop - awareness, deliberate behaviour, learning and opportunity reinforce one another.

A coach helps the client recognise the current loop, identify the next useful shift and build evidence for a better pattern.

Practical Coaching Methods

- Life-direction review: define what the client wants to change or create.
- Loop mapping: identify environment, trigger, behaviour, result and reinforcement.
- Potential Cube exercise: map the current structure and identify a point of exit.
- Opportunity scan: identify people, places, skills, conversations and situations that may create movement.
- Activation planning: choose one clear behaviour that converts potential into action.
- Open-point reflection: review moments where a new route became possible.
- Momentum tracker: record repeated useful actions and the opportunities they generate.
- Identity evidence journal: track actions that support the client's chosen future direction.
- Environment adjustment: alter routines, spaces and exposure to support the new loop.
- Weekly review: recognise what changed, what appeared and what should happen next.

The coaching process remains practical: recognise, choose, act, observe, adapt and repeat.

A Manifestation Coaching Session

- 1 Clarify the desired direction
- 2 Identify the current repeating loop
- 3 Recognise emotional, behavioural and environmental barriers
- 4 Locate potential opportunities and open points
- 5 Choose a specific behaviour shift
- 6 Create an immediate activation action
- 7 Plan repetition and environmental support
- 8 Review results, opportunities and next movement

Build a £100k Coaching Business

Turn your qualification into a professional service.

$$\begin{aligned} &\text{£100 x 21 clients x 48 weeks} \\ &= \text{£100,800} \end{aligned}$$

Illustrative gross-revenue example before business costs and tax. Individual results depend on pricing, demand and client volume.

Be your own boss

- Start your own Manifestation & Potential coaching business.
- Choose the hours and working pattern that suit your life.
- Offer online sessions, local sessions, group programmes or workshops.
- Use your IFTA training as the foundation for a clear professional service.
- Develop your coaching skills through practice and continued learning.
- Build your reputation through strong client experiences and consistent delivery.
- Create a recognisable niche around manifestation, potential, behaviour and opportunity.
- Build repeat business, referrals and a growing client base.

From Qualification to Business

Certification gives you the skill framework. Building a successful practice also means learning how to present your service, attract the right clients and deliver a consistently professional experience.

- Define your coaching offer and target client.
- Set session prices and create simple packages.
- Create a professional online presence and booking route.
- Explain clearly what Manifestation & Potential Coaching helps clients work toward.
- Develop ethical boundaries and appropriate client expectations.
- Build testimonials and reputation through genuine client results and service quality.
- Use books, webinars, social content and introductory sessions to build visibility.
- Track enquiries, bookings, retention and referrals.
- Continue developing your skills as your client experience grows.

The goal is to combine professional skills with a sustainable business model - helping clients while creating a flexible career of your own.

Who This Certification Is For

- New coaches looking for a manifestation and potential-development specialism.
- Life, mindset and personal-development coaches.
- Wellness professionals expanding into goal and behaviour coaching.
- Hypnotherapists, breathwork coaches and other IFTA practitioners.
- People interested in opportunity recognition, future direction and personal change.
- People who want to build a flexible coaching service or side business.

Learning & assessment

- Structured video lessons and presentation modules.
- Workbook tasks and reflective exercises.
- Client scenarios and coaching practice.
- Loop-mapping and opportunity-recognition activities.
- Business setup and professional-practice guidance.
- Knowledge checks and course assessment.
- IFTA certificate following successful completion of the programme requirements.

Part of the 8 Pillars for Daily Living

Manifestation & Potential Coaching forms part of the wider For Daily Living ecosystem and draws directly on the Potential / PIFS framework while connecting with other Instinct Field methods.

- Potential Intelligent Flow Systems (PIFS).
- The Attention Clock and attention direction.
- PEP and environmental awareness.
- Subconscious Navigation and emotional processing.
- Breathwork and regulation.
- Instinct awareness and opportunity recognition.
- Identity direction and behavioural stabilisation.
- Professional coaching and business development.

Recognise the pattern. Spot the opportunity. Take the action. Build the new direction.

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