

Inner Freedom Method™ Play Sheet

Coaching Partner Call Agenda – Sessions 1-4

After Session 1: The Power to Manifest

Help each other fill in the Inner Freedom Playsheet more completely. Continue to explore for inner resistance.

After Session 2: Replay the Critical Moment

Practice replaying Critical Moments

After Session 3: Feel the Energy In Your Body

Practice feeling the energy in your body. Be patient with yourself and each other. This step really takes some practice.

After Session 4: Make Your Mind Your Ally – Find the Core Intention

Practice with each other doing steps 3, 4 and 5; Feel the energy, explore the memory pop and find the core intention. Take your time doing this; it takes practice but leads to huge breakthroughs.