

LIGHTEN UP GLOBAL.COM

For more information about this class, send an email to sparkercan@gmail.com or send a text to Sandy at 254-592-8067

YOUR LIFE SIGNATURE

The world is in such a crazy place right now.
It's easy to feel "a-whirl" in it all.
That's why we're doing this study on your life signature.

You matter.

And it's easy to forget or be unsure of our purpose.
This will help you discover and remember.

Lighten Up Life Signature is a **10-part, self-study**
journey you take in a community of others.

It takes place over 6 weeks from November 13 – December 17, 2020

*It's a look at your Life Signature
~ a mini manifesto for living.*

This entire process is designed to gently guide you towards identifying **the two words** that will become a mini-manifesto for meaningful living. The beauty of these two words is their simplicity. Your Signature will become a constant source of validation, inspiration, and direction.

Identifying these two words is the intention of this program.

How does it work?

The framework is kept minimal on purpose. You apply your own meaning and depth to it. We are providing the structure and it's up to you to bring it to life. Keep your heart and mind wide open, and be prepared to unlock new dimensions of yourself you perhaps never knew existed.

WEEKLY ZOOM MEETINGS FRIDAYS at 1:00 p.m. for 1 hour
DURING OUR MEETINGS YOU PROGRESS THROUGH THE SELF-STUDY
(*expected listening time for each recorded session is noted on the topics of the series*)

FACEBOOK GROUP WHERE WE INTERACT
PDF MATERIALS & RECORDINGS FOR THE 10 PARTS
SUGGESTED JOURNALING PROMPTS

CONVERSATION TOGETHER
ZOOM CLASSES WILL BE RECORDED IF YOU NEED TO MISS A WEEK

Schedule / 1:00 p.m. Fridays

Week 1: November 13

We will get acquainted with our companions and understand the expectations of the series

We will set up structure for Session 1 of program and you will get first archetype

Week 2: November 20

Review Sessions 2 and 3

Week 3: November 27

Review Sessions 4 and 5

Week 4: December 4

Review Sessions 6 and 7

Week 5: December 11

Review Sessions 8 and 9

Week 6: December 17

Review Sessions 10 and Consider the Future

Topics of the Series

Session 1: What is a Life Signature

18:27 + Journaling

Session 2: Discover Your Signature Blend

6:49 + Journaling

Session 3: Your Signature Fears + Excuses

15:39 + Journaling

Session 4: Into the Abyss (forgotten parts of self or avoiding)

15:34 + Journaling

Session 5: Diversions, Distractions and what pulls you away from the truth

15:34 + Journaling

Session 6: Calling, Clues & Childhood Myths

11:38 + Journaling

Session 7: Craft Your Signature

9:37 + Journaling

Session 8: Decode Your Signature

7:22 + Journaling

Session 9: Live your Signature

12:14 + Journaling

Session 10: The Dirty Thirty (and the Big REVEAL)

8:10 + Journaling

Cost of the Class

\$97 for the entire series to Lighten UP

+ \$5 additional fee we will each pay separately on week one

[Click here for \\$97 paypal](#)

For more information about this class, send an email to sparkercan@gmail.com

Or send a text to Sandy at 254-592-8067