



Fast-track to  
Fulfillment

WORKBOOK:  
MODULE ONE

a  
Hidden Moments Lifestyle Course  
with  
Samantha Conway

Oh my goodness gorgeous soul, I am so excited to be on this journey with you!

A lot is going to take place in this course over the next 12 weeks, so get ready for some major transformations!

I am SO proud of you for taking this incredible step and truly owning your journey; that is a truly beautiful thing and I cannot wait to get started!

Now, here's the deal on the workbook: each week there's going to be some little assignments for you where you can apply your learning from the trainings and write down any questions that you want addressed at our weekly live calls.

This workbook is specifically and carefully designed to go along with the weekly modules to help you apply and integrate your learning into your own life and it is going to be your BFF during this program.

So, have fun and let's jump in!

*Samantha Ko*

# The 3 Pillars of the Self

1. The Mind: how do you strive to grow? What thoughts are you fuelling? What story do you repeat?

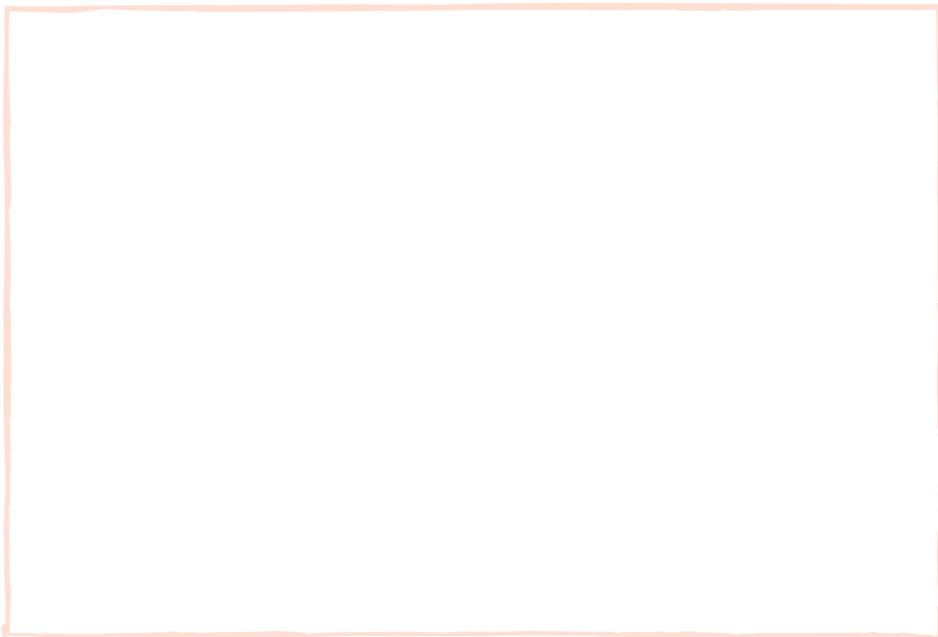
2. The Body: how you care for your "home": how do you move your body? How do you strengthen and connect with your body? How do you nourish your body?

3. The Soul : your true soul's purpose, your true inner self, your spiritual practice. How do you satisfy your true calling? Are you energetically aligned?

To achieve true abundance and joy, all three must be accounted for and in alignment

## REFLECT IN THE SPACE BELOW:

In what ways are the three pillars aligned in your life and where could you use some TLC?



# Change and the NP model

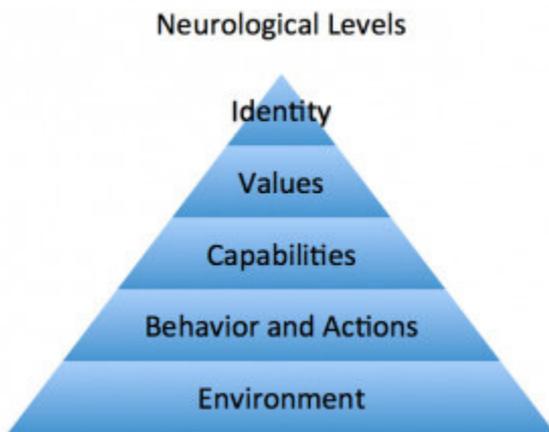
When we try to make change in our life, there are a number of ways to do so; some more effective than others.

There is an important distinction in HOW we influence change and at what level. I will go into more detail in our training this week, but one thing we always want to keep in mind when we create a plan to create change in our life (i.e. when we set goals) is at what level are we going to influence this change?

The most impactful level to create change is the top of the pyramid: identity. But, most programs and most people focus exclusively on the bottom two levels, because they are easy targets.

While you have to address the bottom levels as well, I believe in the importance of addressing all of the levels to make LASTING change. So, this program has been created in a way that balances each level of the pyramid, with special emphasis on the top two very powerful levels.

Therefore, you will notice that the workbooks, exercises and sessions are about going deep and often focus on the big picture; there is method to the madness.



# Questions for this week's call:

## REFLECT IN THE SPACE BELOW

What questions come up for you during this week's training?

Where do you still need support?

What do you need to be able to apply this in your life?

What are the pain points for you?

What a-ha moments did you have?

A large empty rectangular box with an orange border, intended for reflection.