A guide for stepping into a Life Totally Transformed

The Life Transformation Toolkit

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Hey There!

It is wonderful to connect with YOU!

Let me start off by saying, congratulations! If the topic of Life Transformation and Abundant Living caught your attention, that means you know deep down in your heart you were created for more and God has so much more instore for you and your life! You and I are not connected by accident!

I believe Heaven-Sent Appointments drew us together and new beginnings are right in front of you!

It is my intention to help you take the first step of faith towards all that Heaven has for you!

Invite others. And, Let's get this party started!

XO, Amanda

Get the full Life Class @ amandafrey.com

Remember

Listen to the Entire Audio

Invite an Accountability Buddy

Share with 5 Others

LIFE TRANSFORMATION

PROCESS

BELIEF → ABUNDANCE

TRUST → WHOLENESS

FAITH → HEALING

Breath of Life

Life Transformation

What is it?
Write the Definition below

What are the three key steps towards a Life totally Transformed?

1.

2.

3.

General Notes

Important Mindshifts

Pause & Reflect

What represents the theif in your life?

When you think of a Life totally Transformed what comes to mind?

What 's stopping you from taking the first step of faith towards Life Transformation

To live life is one thing, but to LIVE LIFE ABUNDANTLY is something completely different

Amanda Frey

Step One

General Notes

1.

Pause & Reflect

What areas in your life have caused you hurt + heartbreak?

It's TIME for your New Beginning.

2.

General Notes

Pause & Reflect

What would it look like to walk in wholeness in all four areas of your life?

You are

Worthy.

Step Three

General Notes

3.

Pause & Reflect

What does living a life of abundance mean to you?

More Mindshifts & Notes

Recap

Next Steps

1. Write down what you desire to see change in your life

2. Invite at least one accountability partner

after going through the life class once alone, invite at least one other person you can go through the class again with and share your reflections + takeawys

3. Share this with 5 others you want to see elevate

listthe names of your 5 people

4. Take one action in the next 24 hours

what one action will you commit to do or implement that will put you one step closer to your life transformation?

YOU deserve Healing, Wholeness, Abundance

Amanda Frey

Access more Life Transformation Trainings @ amandafrey.com