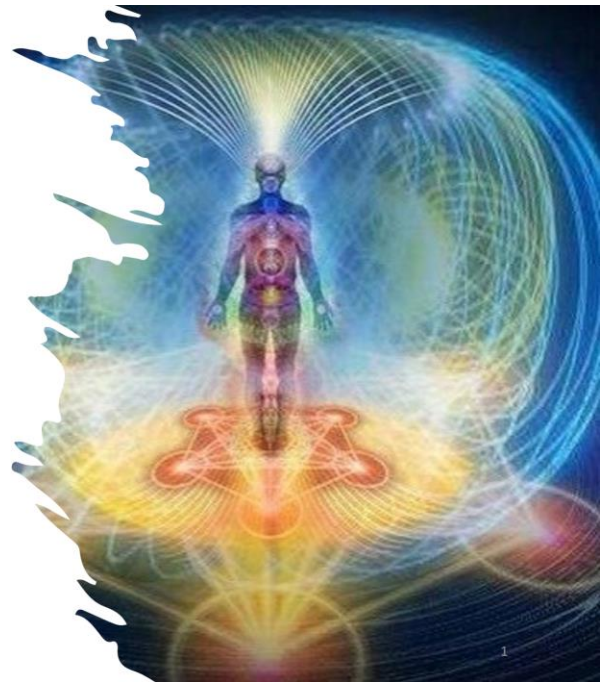




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EXECUTIVE & LIFE COACH

Blueprint of the Authentic You

Part 2 – Aligning with your Authentic Self
by Jasrin Singh



Course Outline

1. Understanding your Inner Child
2. Emotional Purification
3. Forgiveness and Resolution
4. Unconditional Self Love
5. Unconditional Responsibility and Effective Decision Making
6. Discipline vs Habit & Resistance
7. Desire and Purpose





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1. Your Inner Child

Part I

- Defining the inner child
- Inner child and the unconscious
- Nature of the inner child
- Childhood experiences and the inner child

Part II

- Inner child and the energetic home
- Inner child, the ego and defence systems
- Inner child's unmet needs
- Stepping into adulthood

Part III

- Building a relationship with your inner child
- A client story

Part IV

- Reparenting the inner child
- Understanding and meeting the unmet needs
- Talking and building a relationship with your inner child
- Inner child and the authentic self



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2. Emotional Purification

Part I

- What is Consciousness?
- Our 4 bodies

Part II

- Emotions and levels of consciousness

Part III

- Emotions and our energetic home
- Why systems of success fail

Part IV

- Emotional Hygiene
- Ego and Emotions
- Repression and Suppression



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3. Forgiveness and Resolution

Part I

- Understanding free will
- Resolving past and current relationships
- Why we had painful experiences
- The pain of betrayal

Part II

- A personal story of forgiveness
- Taking responsibility
- Forgiving others vs forgiving yourself
- Forgiveness and compassion
- Boundaries and painful experiences

Part III

- Why forgive
- Creating space for new and joyful experiences
- Compassion towards others and self

4. Unconditional Self Love

Part I

- Introducing the three trees of unconditional love

Part II

- Self love, self esteem and self confidence
- A funny story about self love
- Giving ourselves permission to be less than perfect
- Expectation based love vs unconditional love
- Loving your body, mind and spirit

Part III

- Self acknowledgment and empowerment
- Making self acknowledgement a habit

Part IV

- A client story about self compassion
- Perfectionism and self compassion
- Accepting vulnerability
- Balancing ambition and self compassion



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5. Unconditional Responsibility and Effective Decision Making

Part I

- Why decision making is hard
- Taking responsibility for life decisions
- Courage needed to make decisions
- Challenges of effective decision making

Part II

- Being unabashedly you
- Moving from victimhood to empowerment
- Not making a decision is a decision
- How successful people make decisions
- Framing decision-making with the authentic self

Part III

- 6 Modes of decision making
- Inspiration based decision – a personal example



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7. Desire and Purpose

Part I

- Is desire good or bad?
- What constitutes an ego desire?
- How does our ego operate via desire

Part II

- The difference between ego and soul desires
- Transformation from ego to soul desires
- What our soul desires
- How desire leads to enlightenment

Part III

- Why seeking purpose can be difficult and confusing
- Authentic self and purpose
- On the wrong pathway

Part IV

- Why don't we follow the right pathway from the start
- Being still and awaiting direction
- Detaching from ego desires
- Signs you found your purpose

Part V

- Strengths and purpose
- Values, personality and purpose
- Your history and purpose



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