

Your Passport to Growth

Follow these simple steps to create your own pathway to personal growth.

1. **Set up a journal** – a simple notebook or binder or a word file on your computer.
2. **Identify your greatest need or interest** from the topics in column 1.
3. Pick the format to best meet your lifestyle:
 - **Want in-depth work in only one hour?** Choose Insights on One Page.
 - **Want to explore the topic in depth?** Choose a workbook. Each workbook comes with at least 30 days of email support.
 - **Want to have quick insights over time?** Choose an email series.
4. Click on the program(s) you want, to download the material or start the email series.
5. Print this page for your records and check off the programs as you complete them.

For maximum impact, please address only one or two topics at one time. It takes focus and time to change our thinking and behaviour. Don't hesitate to repeat a program for deeper understanding. You can take programs as many times as you want.

Unsure about where to start? We recommend Know Yourself and Healing Life Challenges.

If you want more resources, consult the [Needs Directory](#).

Questions? Email [**john@higherawareness.com**](mailto:john@higherawareness.com).

Higher Awareness Passport

Name _____

| FOCUS | INSIGHTS ON ONE PAGE | ✓ | WORKBOOKS | ✓ | EMAIL SERIES | ✓ |
|--|---|--|--|--|--|--|
| Know Yourself – a foundation for growth | Life Map Reveal Subconscious Shadows Awareness Tracking Insights | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | Know Yourself Write your Life Story Journaling | <input type="radio"/> <input type="radio"/> <input type="radio"/> | Awareness Journey Maintaining Balance Smart Questions | <input type="radio"/> <input type="radio"/> <input type="radio"/> |
| Revealing and healing life challenges | Reveal Subconscious Shadows Healing Awareness | <input type="radio"/> <input type="radio"/> <input type="radio"/> | Block Busting workbook | <input type="radio"/> | Taming Emotions Smart Questions | <input type="radio"/> |
| Getting control of your life | Life Map Time Management Setting Goals Commitment Motivation Manifesting Goals | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | Time Management Goal Setting Track your Growth | <input type="radio"/> <input type="radio"/> <input type="radio"/> | Get Control Smart Questions Goals for One Year | <input type="radio"/> <input type="radio"/> |
| Developing mind | Creativity | <input type="radio"/> | Creativity | <input type="radio"/> | Developing Mind Smart Questions | <input type="radio"/> |
| Developing spiritually | Know Your Soul Life Purpose Manifesting Goals | <input type="radio"/> <input type="radio"/> <input type="radio"/> | Know your Soul Grow Yourself Life Purpose Intuition | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | Meditation Part 1 Meditation Part 2 Daily Spiritual Tips Activating Joy Opening to the Divine Smart Questions | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> |
| Improving relationships | | | | | Relationships Smart Questions | <input type="radio"/> |
| Manifesting money and abundance | Manifesting Goals | <input type="radio"/> | Money and Abundance | <input type="radio"/> | Manifesting Abundance Smart Questions | <input type="radio"/> |
| FOCUS | INSIGHTS ON ONE PAGE | ✓ | WORKBOOKS | ✓ | EMAIL SERIES | ✓ |