



Discovering Your Breakthrough You **13-Week E-Course**

The Mind of a Champion E-Course brings Chris Natzke's 40+ years experience as a martial arts master instructor, former United States national champion and life-leadership coach into one comprehensive, experiential and dynamic coaching program. Sessions include:

- 1) **Creating Your Championship Vision** -Embrace your life purpose and create a purposeful vision for sharing it with the world.
- 2) **Embracing a Champion's Mind Set** -Develop your own championship mindset to achieve the success and happiness your desire and deserve.
- 3) **How to Create a Champion's Focus** - Utilize the "5 D's of Focused Energy" to maximize results while bringing peace to your life.
- 4) **Taking 100% Responsibility** - Learn how the Laws of Resonance and Intention, when used properly, can have a dramatically positive impact on your life.
- 5) **Acceptance and Surrender** -Accepting any undesired situation so you can direct your precious energy to what you what you really want is the foundation of the champion's mindset.
- 6) **How to Create a Championship Day** - Learn the daily rituals that champions use to bring greater happiness, health and abundance to their lives.
- 7) **Championship Service** - A championship mindset of service in both your life and business can lead to greater degrees of impact and personal fulfillment.
- 8) **Moving Through Not To** - The power of conscious persistence can guide you through obstacles to reach your intended targets and desires.

- 9) **Taking Inspired Action** – Take action steps champions take to achieve success and happiness.
- 10) **Overcoming Fear & Worry** – Effectively dealing with fear, anxiety and worry that can assist you in reaching your maximum potential.
- 11) **Championship Communication** – Learn communication skills champions use to inspire themselves and others and create deep and meaningful relationships with those they love.
- 12) **Commitment vs. Interest** – The strategies of daily, conscious commitment that can lead you to your dreams.
- 13) **You are a Champion!** – Anchor the teachings and insure you are focusing on the highest-value activities moving forward and continue to gain benefits from the material for years to come.

Each weekly session includes a 30-minute mp3, lesson plan study guide and action plan worksheet to guide you in implementing the success strategies immediately into your life for only