

Mastering Excellence

Harnessing the Power within You



Mastery Program Journal
Level 1

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Mastering Excellence

Mastery Program Level 1

Weekly Journal

With

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Introduction

‘To know and not to do is not to know at all’

This is the perfect quote to launch you into Mastering Excellence. It is wonderful to watch and listen to all the weekly videos, but it is another thing to take the necessary action to embed within yourself the information shared. Completing this journal following each weekly session will ensure that you are moving towards mastering self and mastering life.

Journaling your thoughts, reactions, and ongoing practical action steps, not only brings clarity to your mind and heart, but it also sends very clear signals to the Universe that you are on a mission to grow your awareness with regards to finding Truth. In response to this call, the Universe will take immediate action and begin to move answers, solutions, and perfect outcomes towards you.

As you follow the guidance within this journal, a whole wealth of knowledge and understanding will begin to rise up from within you. This in turn will enable you and your life to blossom in miraculous ways.

Each week you will be asked to:

- Journal in response to a number of questions posed – these will be both simple and of a practical nature
- Write down any idea that ‘jumped’ out at you or seemed to be speaking to you at a personal level – these are often what are needed to ensure you take the necessary steps to create change
- Write out any ‘aha’ moments you may have experienced whilst watching the video – these can also be described as ‘light-bulb moments’. Those times when we can finally say, ‘I get it!’
- Journal your personal response to what you have discovered about self. Make sure you include both the positive and negative aspects so as to bring clarity to your unique circumstances. This will open up to you a clear pathway moving forward.

Always take your time when completing your journal tasks – contemplate your responses before putting pen to paper. In doing so, I promise you will discover that beautiful Divine essence that flows in abundance in and through you. You will finally begin to recognise who you really are, and the power you have to create all of your heart’s desires.

Mastery Program: Level 1 – Insider information

Week 1 – Raising your level of consciousness

1. Journal questions:

- Which type of consciousness do I need to grow & why?

- How will this change my life?

- Which level of consciousness has dominated my daily living and how?

2. Write down any idea that 'spoke' to you on a personal level, and what it was telling you?

3. Write out any 'aha' moments

4. Journal your personal response to what you have discovered about self

Week 2 – The Truth about time

1. Journal questions:

- What have you discovered about the way you currently view time, and what time is it right now?

- In what situations do you forget the illusion of time?

- What will you now do to remind yourself of the Truth about time?

2. Write down any idea that 'spoke' to you on a personal level, and what it was telling you?

3. Write out any 'aha' moments

4. Journal your personal response to what you have discovered about self

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Week 4 – Self: the greatest part of you

1. Journal questions:

- Which part of you have you chosen to express?

- What impact has this had on your life?

- What will you now choose to express in this new season of your life?

2. Write down any idea that 'spoke' to you on a personal level, and what it was telling you?

3. Write out any 'aha' moments

4. Journal your personal response to what you have discovered about self

2. Write down any idea that 'spoke' to you on a personal level, and what it was telling you?

3. Write out any 'aha' moments

4. Journal your personal response to what you have discovered about self

Week 6 – The Heart

1. Journal questions:

- When was the last time you listened to your heart and what did it say to you?

- What is your greatest heart's desire?

- What action steps are you going to take to ensure you start listening to your heart?

2. Write down any idea that 'spoke' to you on a personal level, and what it was telling you?

3. Write out any 'aha' moments

4. Journal your personal response to what you have discovered about self

2. Write down any idea that 'spoke' to you on a personal level, and what it was telling you?

3. Write out any 'aha' moments

4. Journal your personal response to what you have discovered about self

Week 8 – Meditation

1. Journal questions:

- What do you find difficult about meditation and why?

- What technique do you feel is best for you and why?

- Where and when will you meditate?

2. Write down any idea that 'spoke' to you on a personal level, and what it was telling you?

3. Write out any 'aha' moments

4. Journal your personal response to what you have discovered about self

Week 9 – Your Purpose

1. Journal questions:

- Why did I come to Planet Earth this time around?

- What makes my heart sing?

- Does my purpose serve others and how?

2. Write down any idea that 'spoke' to you on a personal level, and what it was telling you?

3. Write out any 'aha' moments

4. Journal your personal response to what you have discovered about self

Week 10 – Purpose continued & Review

1. Journal questions:

- What have been my 'Walk-On-Water' moments?

- What areas still need my attention?

- Have I written out my purpose?

2. Write down any idea that 'spoke' to you on a personal level, and what it was telling you?

3. Write out any 'aha' moments

4. Journal your personal response to what you have discovered about self