



# TRANSFORMATION CHECKLIST

---

## CONTACT LANCE

C: 214.886.6858

E: [LANCERDEWBRE@GMAIL.COM](mailto:LANCERDEWBRE@GMAIL.COM)



# CONGRATULATIONS!

On taking the first steps toward living a more empowered life

**Do You Ever Feel...**

**STUCK? FRUSTRATED? STRESSED OUT? UNFULFILLED?**

**Have you been struggling with this for a while?**

**Desiring a more fulfilling life but lost on the next steps to take?**

I Totally Understand – I was there myself, diligently searching for answers and still feeling there was something missing. Once I discovered this extraordinary system that actually helps you understand the root of your issues, I was so impressed by the results that I became a teacher and trainer. I've been doing this foundational work for over a decade and have accumulated thousands of hours in specialized training. I am passionate about sharing this patented process with you **BECAUSE IT WORKS !!**

**The most rewarding investment you will ever make is an investment in yourself.**

**Introducing: The Transformation Checklist!**

A simple and powerful four-step process creating lasting change.

As an **EXTRA BONUS**, I've also created a **FREE short 5-minute video** to offer a greater understanding of these four crucial steps.

After you've watched the video, I encourage you to reach out to me personally at [Lancerdewbre@gmail.com](mailto:Lancerdewbre@gmail.com) with any questions or to share which step you find most challenging.

- Uncertain about where to start? **I am here to help...**
- New to the idea of release work? **I have been helping people for over a decade...**
- Worried about how to measure your progress? **I have tools for this...**

**Your Journey to a more fulfilled and balanced life begins NOW!!**



# THE TRANSFORMATION CHECKLIST

## 4 Essential Steps for Creating Lasting Change



### 1. Release Work

Discover the origin of your values and belief systems.

Make the decision to let go of what no longer serves you, creating space for growth and empowerment.



### 2. Set Meaningful Goals

Now that your mind is free from clutter, it's time to design a future that aligns with your true, authentic self.

Build a life that reflects your deepest values and desires.



### 3. Take Purposeful Action

Break free from autopilot by recognizing and interrupting unproductive patterns.

Practice the behaviors of the person you aspire to be, ensuring each action moves you closer to your goals.



### 4. Maintain Focus

Focus is your superpower, keeping you fully present, grounded and calm.

It reconnects you with your original purpose, fueling progress and guiding you toward what truly matters.

# 1. RELEASE WORK

## The Foundation of Your Transformation

A powerful, transformative experience designed to create profound and lasting change in a short amount of time. Taking this crucial first step allows you to achieve your desired results with significantly less effort and energy.

### Discover

A true and honest search to uncover the **ROOT CAUSES** of unnecessary stress, limiting beliefs, unhealthy emotional patterns, unresolved past experiences and hidden obstacles.

### Release

Experience the power of **LETTING GO** – freeing yourself from anything that no longer serves your highest purpose or aligns with the person you are meant to become.

### Receive

Gain **CLARITY** to view life from a fresh, healthier perspective and acquire **TOOLS** and **TECHNIQUES** to navigate your journey from a place of greater empowerment.

## Imagine



*If you were going to plant a garden, you would begin by clearing out the weeds and preparing the soil to ensure your seeds will flourish.*






*Our minds need the same care. Removing mental clutter before setting goals and taking action allows our efforts to be more focused and effective, paving the way for true growth.*

## 2. SET MEANINGFUL GOALS

Live Life With Clarity - Design Your Future for Maximum Impact

After release work, You gain **CLARITY** about what truly matters to you.  
From this empowered state, you shape a destiny that resonates deeply with your mind, heart and soul.

### Create SMART goals

-  **Specific** | Be specific about what you want to achieve
-  **Measurable** | Make sure that you can measure your success
-  **Achievable** | Ensure your goal is realistic and achievable
-  **Relevant** | Set goals that are relevant to you
-  **Time-bound** | Assign a start and end date to your goal

At Clarity Coaching, we believe goal setting should center on who you want to become, as well as what you want to achieve.

Goals based on who you want to become serve a higher purpose and originate from a deeper, more meaningful place, guiding you to design a future aligned with your true self.

Your consistent victories build momentum and create a compounding effect as you steadily progress toward your future self.

## Imagine



*You've experienced a transformation through release work and gained clarity about who you want to become and what you want to achieve. This deep understanding puts you in a powerful position to set meaningful goals.*

*Your life's path becomes more purposeful and fulfilling. You gain greater control over your daily experiences and steadily progress toward a future that reflects your deepest desires and values.*

# 3. TAKE PURPOSEFUL ACTION

## Strategic Steps that Turn Your Dreams Into Reality

Once release work and goal setting are completed, it's time to start taking action. Purposeful Action bridges the gap between goals and results.

### Benefits of Purposeful Action

- By taking action, you gain control over your destiny, rather than leaving it to chance
- The results you achieve will be directly related to the action you decide to take
- As you practice redirecting your attention and learn to center your thoughts on what matters most, your emotions no longer control you. You are now managing your emotions
- Every small step you take builds momentum and increases confidence and resilience, making it easier to overcome obstacles, turning uncertainty into clarity
- You live in peace each day, feeling successful and proud of yourself as you consistently and purposefully build the life you want and can now achieve

## Imagine



*What you will feel when you have completed the release work and freed yourself from emotional burdens that were holding you back. From this place of clarity, you have set goals that align with who you want to be and what you want to accomplish.*

*You are no longer just “going through the motions”. You feel empowered knowing you are taking actions that have meaning and purpose.*

*You are now able to enjoy the journey, not just the destination.*

# 4. MAINTAIN FOCUS

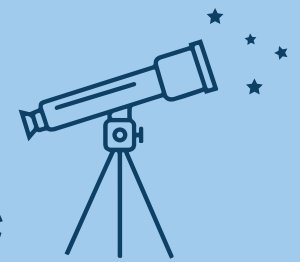
## Your North Star – Minimize Distractions and Maximize Potential

When two of the richest men in the world (Bill Gates and Warren Buffett) were asked separately why they were so successful  
They both gave the same answer - FOCUS

### Why Focus is Your Greatest Asset

- Serves as the fundamental WHY behind your actions
- Promotes Personal Growth and Development
- Continually directs your attention back to the outcome you aspire to achieve
- Cultivates mindfulness helping you remain fully present and at peace
- Grounds you in your purpose, values, and the desired impact on those you aim to influence
- Steady progress towards your desired destination encourages you to appreciate the journey along the way

## Imagine



*How incredible it will feel five years from now to reflect on your life and realize that you've lived exactly as you've designed. A life rich with purpose and meaning, focused on your core values. Every decision has contributed to your overall happiness and fulfillment.*

*With the wisdom and tools you've gathered, you face life with confidence.*

*Growing ever stronger and wiser, appreciating the beautiful, purposeful life you've created.*





## NEXT STEPS

# CONGRATULATIONS

On reading through the Transformation Checklist!

If you haven't already, please make sure to watch this **FREE short 5-minute video** that walks you through these 4 steps so you can implement meaningful changes starting today.

I am excited to work with people who are serious about making positive, lasting changes in their lives

**We are SO CONFIDENT in this process,  
WE OFFER 100% Money Back GUARANTEE**

- You will discover hidden problems and find solutions
- You will feel a profound shift as you progress through this journey

*P.S. Whenever you're ready to commit to transforming your life ..... I'll be here to personally guide and support you in mastering the process.*

*Working Together significantly speeds up your results, allowing you to reach your goals faster and more efficiently than trying to do it on your own.*

*Reserve your complimentary one on one call now so we can outline a strategy to create your tailor-made program.*

[CLICK HERE](#)

C: 214.886.6858

E: [LANCERDEWBRE@GMAIL.COM](mailto:LANCERDEWBRE@GMAIL.COM)

