



Awakening

A JOURNEY TO THE REBIRTH

KNOW YOURSELF | LOVE YOURSELF | EMBRACE YOURSELF

RECRUITING ZONE



We know that this event will be very exciting, however during this event we want you to drop your recruiting posture and focus on being a student, NOT a recruiter.

This is the time for you to focus on your skills, your mindset, and what will help you take your life & business to the next level. We are all here to learn, not to prospect each other.

EVENT RULES

This is a NO PROSPECTING ZONE and a SAFE PLACE for everyone no matter what your company/product affiliation. Not only did you invest your money, but more importantly your time. The goal is to get the most of this experience. Please respect and honor others by:

- - Removing all company ranks, pins, buttons, badges
 - Not displaying any company logos or gear like shirts, hats, bags, etc.
 - Intentionally consuming or using your products in public
- Please keep your products and companies out of conversations
If you are approached by someone it's up to you to keep them in check

Remember today is about you and becoming the highest and best version of yourself.



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GIRL HOLD MY HAND

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The logo for 'The Awakening: Girl Hold My Hand' is centered at the top of the page. It features the word 'the' in a yellow, cursive font, followed by 'AWAKENING' in large, white, outlined, sans-serif capital letters. Below this, the phrase 'GIRL HOLD MY HAND' is written in smaller, white, outlined, sans-serif capital letters. The background of the logo is a purple-tinted photograph of palm trees and a multi-story building.

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GIRL HOLD MY HAND

HOW TO GET THE MOST OUT OF THIS EVENT

1. **MAKE A COMMITMENT** to play full out. This is your time to learn and grow by immersing yourself completely in all the training sessions. You never know what speaker will make the impact.
2. **SHOW UP EARLY & RESTED** for every session so you may stay to the very end.
3. **BRING HIGH-ENERGY AND BE ENGAGED** don't just be an audience member. Don't sit back and just expect to be entertained. This event will sharpen your mindset while you are learning new skills to grow both your business and personal life.
4. **ELIMINATE DISTRACTIONS** to be distracted. In other words, close down your social media accounts, don't open up your email, or better yet completely turn off your mobile device so you can turn your mind on while you are in the room.
5. **TAKE NOTES ON EVERYTHING** over the course of this event you're going to be presented with a lot of information, and at some point you may become mentally exhausted. This is the time when you need to keep writing. Even when your mind is tired you're still going to be able to capture great ideas and strategies that you can review later.
6. **CONNECT & COLLABORATE** meet at least 5 new people. Remember you are in a safe place surrounded by other like-minded men and women from all over the world. Some of these people may be the key to your success, or even accountability partners. Always sit next to someone new.

YOUR NEW JOURNEY STARTS HERE

Congratulations for making the right decision to take your personal life and business to the next level. Welcome to "The Awakening".

At this event, I intend for you to experience every emotion and to awaken you on a subconscious level. In other words, to awaken the sleeping giant within.

I want you to play full out in order to achieve your personal desired results. My true intention is to help you understand why you feel and behave the way that you do, as well as give you strategies and tools that will allow you to get out of your head and into your life. You will get real strategies, the same strategies that have allowed me to live a quality of life.

These strategies will serve as tools to align everything and to create more happiness, more freedom, more joy, more love, more passion, more success and overall fulfillment.



STORMY'S OFFICE

The life that you desire and deserve awaits. Whether you are looking to improve your career, your relationships, your finances, your health, or your entire life. I want you to know that this all starts with a foundation, and the foundation is you.

You see, I used to be broke, busted, and disgusted until the day I got M.A.D. (Made A Decision) I Made A Decision that I would not die without knowing and living my full potential. Once you reach that breaking point, a decision has to be made: win or perish. Think deep today, for all your decisions will shape your life. Destiny is decision.

Decide rhymes with homicide, which means something has to die in order for you to awaken. Friends, once a decision is made, it's now up to you. "If it's meant to be, it's up to me." Repeat right now, "If it's meant to be, it's up to me." No one has control over your life but you, and today we get back into the driver's seat of our destiny. The Awakening will provide you with not only inspiration, but tools for your application.

My desire is to be one of the most impactful women to have ever lived. Close your eyes, close your book, and open your heart. It is now that we take control of our subconscious mind. It is now that we take control of our feelings, which create our actions, and our actions create our results.

Be ready to grow, and congratulations. Let's celebrate. A whole new life awaits us. Get excited!

With love and gratitude,

Stormy Wellington



STORMY WELLINGTON

BEST-SELLING AUTHOR | SPEAKER | WEALTH COACH

 @COACHSTORMY

 @COACHSTORMY

In business and in life, Coach Stormy Wellington had humble beginnings, and though she was born with a burning desire to succeed, she had yet to find the vehicle to take her to the heights she was destined to achieve.

A genuine product of Miami, Florida, Coach Stormy has literally traveled the world helping thousands resonate inner peace and wealth.

Her mother wanted to abort her, and she was even named “Stormy” because her mother felt that it captured the essence of her pregnancy. What a way to begin. But, as it has been said, “it is not how start, but how you finish.”

Incredible as it may seem, Stormy was raised mostly by her brothers, family and friends, while her mother took care of her business in the streets. It didn't seem like Stormy had any kind of path to success. For a while, she found herself caught up in the life of hustling and drug dealing, scheming and stripping. But even during that life, Stormy had a dream. Inside, she knew she would rise above it all. She was determined not to be a product of that environment.

Stormy Wellington is a mark of distinction and extraordinary of her time. Stormy's upbringing taught her strength, resilience, and fight. In 2008, Stormy decided that failure was not an option. She decided to uproot her family and relocate to Atlanta, GA with only \$135.00 worth of loose change. Wellington realized starting over wouldn't be easy. She ended up accepting a job that only paid \$13 an hour, and that is when the struggle really began.

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WHY ARE YOU HERE?

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WHAT DO YOU WANT?

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WHAT DO YOU REALLY WANT?



“Know yourself,
Love yourself, Embrace
yourself.”

STORMY WELLINGTON



STORMY'S FOUR B'S TO SUCCESS

BUSINESS BOOT CAMP

*Build Your Business, Brand,
& Bank Account While
Being Yourself...*



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LOVE YOURSELF

WHAT DO YOU LOVE ABOUT YOURSELF?

EMBRACE YOURSELF

WHAT ARE YOUR TOP 3 INSECURITIES?

(Circle all that apply to you and put a star next to your top 3)

- | | |
|--|--|
| <ul style="list-style-type: none">• Weight• Age• Your Height• Public Speaking• Career• Love Life• Education• Skills• Fear• Anxiousness• Networking | <ul style="list-style-type: none">• Finances• Relationships• Failure• Jealousy• Support• People Opinions• Anger• Rejection• Appearance• _____• _____ |
|--|--|

THE TRUTH IS...

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EMBRACE YOURSELF

TRUTH IS...

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I AM GOOD ENOUGH

(Circle your top 3)

Alive Love Strong Positive Motivated Persistent Awake Integrity Wealthy Truth Good Joy Humble Victorious	Impactful One with God Grateful Aware Dynamic Abundant Unlimited Prosperous A Money Magnet Energy Light Ambitious Inspired Worthy	Kindness Insightful All I Desire Champion Thin Master of my Destiny Calm Peace Free Mother Friend Resourceful Healthy Pure
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I had to realize that many of my thoughts were fear, failure, scarcity, and negativity. After reading several books on success, I learned that your thoughts create your world.

The Bible speaks about thoughts hundreds of times, how important it is to control them. One of my favorite scriptures is Romans 12:2, "Do not be conformed to this world but be transformed by the renewing of your mind."

"In order for things to change, YOU must change"
 -Jim Rohn

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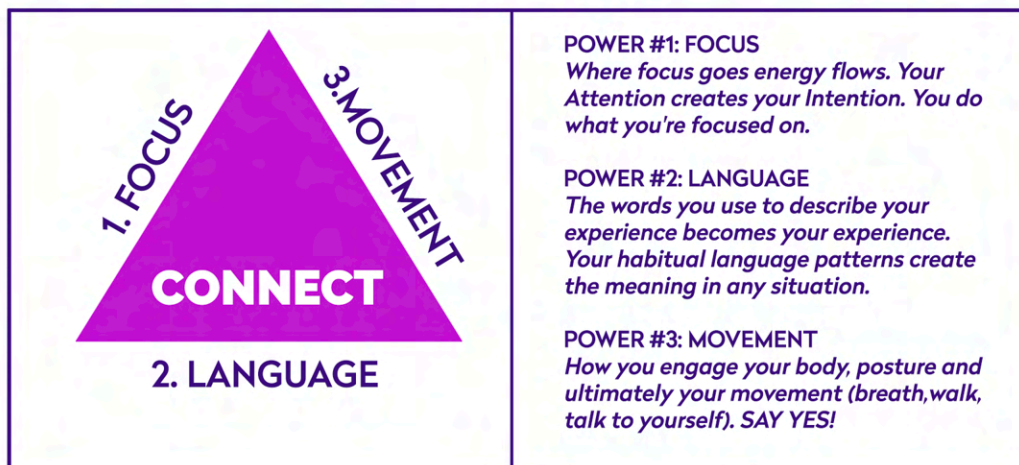
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WHATEVER YOU CAN'T DO YOU MUST DO

Your view of the world is a powerful tool for understanding why you think, feel, behave and act the way you do. So, how is it possible that you can have a view that supports you overall, but still have moments where everything seems to fall apart? The answer is in your mind: at any moment in time, the meaning you give to a situation is shaped by your mind. The mind you currently embody creates the meaning. The meaning fires off the emotion.

MY MIND IS MY BOSS & MY BODY IS MY WORKER

"I Am Self Employed"



REMEMBER: Your Mind & Heart is the Tipping Point because it becomes a filter for what emotions you desire.

The secret is to learn to not only be aware of your current mindset but to be able to direct it in any given moment to change what you were feeling. The quickest way out of pain and into pleasure is by changing the connection you are experiencing in the moment. Regardless of the situation, if you shift your mind powerfully enough, you will transform.

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MISSION STATEMENT

The purpose of my life is to be _____
_____, Enjoy _____
and do, _____ for myself and others.

YOUR MISSION STATEMENT MUST:

1. Be in a positive state
2. Must move you into action daily
3. Include yourself & others
4. Speak it everyday
5. Be direct
6. Memorize it
7. Use Impactful words
8. Make you happy...Really happy!

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M.O.V.E

Motivate Originate Visualize Elevate

Think back on a time when you didn't move & procrastinated.

The Truth is...

Knowing what you know now...

The Truth is...

SIMPLE INCANTATIONS

**All that I want to become
I became therefore I AM!**

**Everything always
works out for me.**

**I am complete and one
with the divine energy.**

**I am in a constant state of attracting all the
good that I deserve and I desire**

**I live in a state of abundance, because
everything I touch turns to gold**

**What doesn't kill me, makes
me stronger.**

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I WILL HEAR THE VOICE OF THE HOLY SPIRIT WITHIN.
I WILL LEAD AND NOT FOLLOW.
I WILL CREATE AND NOT DESTROY.
I AM A FORCE FOR GOOD.
I DEFY THE ODDS.
I SET NEW STANDARDS.
I AM A LEADER.
I AM THE HEAD AND NOT THE TAIL.
I AM ABOVE AND NOT BENEATH.
THE LENDER AND NOT THE BORROWER.

I AM LOVED BY GOD.
I AM CHOSEN BY GOD.
I AM PROTECTED BY GOD.

NO WEAPON FORMED AGAINST ME
SHALL PROSPER.

EVERY TONGUE THAT RISES
AGAINST ME IN JUDGEMENT
SHALL BE CONDEMNED.
I AM A CHAMPION.

EVERYTHING I TOUCH TURNS TO GOLD.
IT'S MY SEASON.
IT'S MY TURN.
I AM HUMBLE.
I AM HAPPY.
I AM WEALTHY.
I AM STRONG.

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W.I.N

What's Important NOW?



STORMY WELLINGTON'S

AWAKENING

Intimate

REBIRTH CELEBRATION



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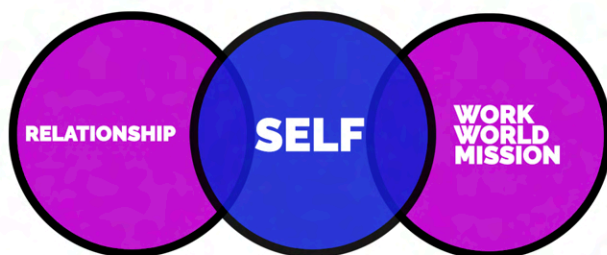
LIVE AT THE AWAKENING

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BALANCE VS. BOUNDARIES

We all have three spheres of influence. We all tend to value them differently, depending on our stages in life. The question is, what order do these spheres need to be placed in for you to be fulfilled? Why? There's no right or wrong answer. What is the ideal balance for you? What is important to know is that there will be advantages and disadvantages, often in the form of problems that occur, depending on your primary focus. Below are examples of how people can prioritize these spheres differently.



PEOPLE SEE THEIR LIVES THROUGH 3 FILTERS

#1 RELATIONSHIPS: Intimate, family, (mother, father, brother, sister, kids, etc) friends etc.

#2 SELF: The nurturing and development of oneself.

#3 WORLD/WORK/MISSION: The culture a person lives in and their focus on their work or their life mission.



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TOLERANCE THRESHOLD

1. _____

2. _____

3. _____

4. _____

5. _____

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VALUES & STANDARDS

TOWARDS: _____

AWAY: _____

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6 HUMAN NEEDS

Psychology provides an answer to the age-old question, “Why do human beings do the things they do?” How is it that one human being will sacrifice his own life for another, while another person will murder a stranger for sheer pleasure.

What creates a Charles Manson or Nelson Mandela? A Jeffrey Dahmer or a John F. Kennedy? A unit bomber or a Martin Luther King?. What is the force that drives and shapes all of our emotions, actions, qualities of life and ultimately destinies?

CERTAINTY

Certainty you can avoid pain and gain pleasure.

UNCERTAINTY/VARIETY

The need for unknown, change, and new stimuli.

SIGNIFICANCE

Feeling unique, important, special or needed.

CONNECTION/LOVE

A strong feeling or closeness or union with someone or something .

GROWTH

Expansion of capacity, capability and/or understanding.

CONTRIBUTION

A sense of service and focus on helping, giving and supporting others. While most of us acknowledge that each human being is a unique and special soul, we also share a nervous system that functions in the same way. Every human being, whether a migrant worker or wealthy, has the same fundamental makeup.

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SUMMARY: THE SIX (6) HUMAN NEEDS

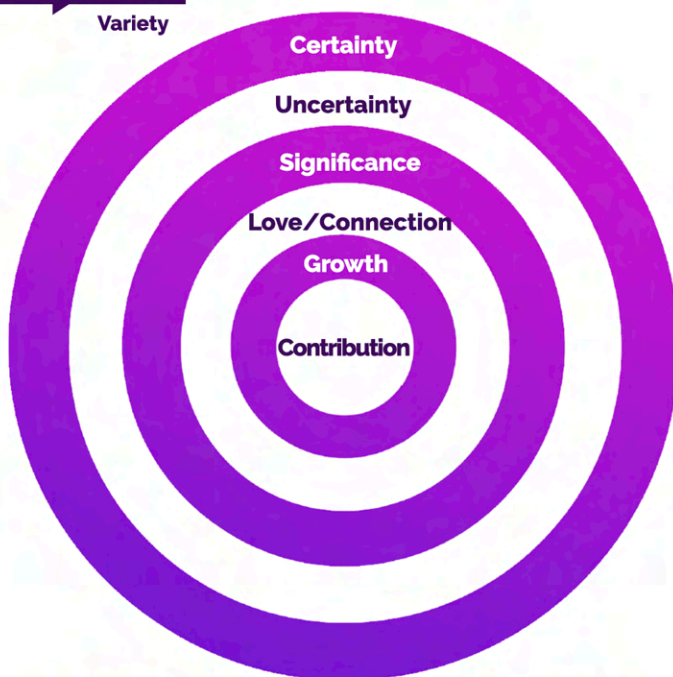
THE FOUR (4) NEEDS OF PERSONALITY

NEED 1: Connections
← Paradox → **NEED 2:** Significance

NEED 3: Certainty
← Paradox → **NEED 4:** Variety

THE TWO (2) NEEDS OF PERSONALITY

NEED 5: Growth
NEED 6: Contribution



People find ways to meet these needs in positive, negative, or neutral ways, but every person finds a way to meet them in some way.

Any activity, action, or emotion that fulfills at least three needs at a high level becomes, in effect, an addiction. Likewise, people have positive, negative, and neutral addictions.

There is always a way to fulfill a need; the goal is to find ways that work for you AKA the formula. This is a skill that you must learn for sustainable happiness, joy and peace. The focus should always be pleasure vs pain.

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SIX (6) HUMAN NEEDS SUMMARY

**You can meet these needs by destructive, neutral, or constructive means.
POTENTIAL VEHICLES FOR EACH NEED ARE:**

<u>Connection/Love</u>	<u>Significance</u>	<u>Certainty/ Comfort</u>	<u>Uncertainty/ Variety</u>
<ul style="list-style-type: none"> ● Sympathy via sickness/injury ● Negative behavior (<i>crime, drugs, smoking, gangs</i>) ● Get others to comply with your requests (<i>acceptance</i>) Relationships (<i>family, friends, intimate, sexual</i>) ● Spirituality ● Be in natural surroundings ("in nature") ● Join team/club ● Self-sacrifice ● Beauty/art ● Pets 	<ul style="list-style-type: none"> ● "Tear" others down ● Violence ● Negative identity: disease/disorder Material possessions Accomplishments (e.g., degrees) ● Style ● Development of new knowledge and skills ● Growing levels of caring or extraordinary compassion Scarcity (<i>as a criteria for creating a feeling of uniqueness or importance</i>) 	<ul style="list-style-type: none"> ● <u>Control</u> ● <u>Consistency</u> ● <u>Food</u> ● <u>Learned helplessness Identity or negative Identity</u> ● <u>Completion</u> ● <u>Faith/belief in guidance</u> 	<ul style="list-style-type: none"> ● Alcohol ● Drugs ● "Sabotage" or pick a fight, etc. ● New relationship ● New job ● New location ● Stimulating conversation Take on new challenges Learn! ● Change your focus/tempo of focus

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WRITE DOWN 6 HUMAN NEEDS IN ORDER

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

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**INCANTATIONS/MANTRAS
AFFIRMATIONS/AFFORMATIONS**

THE CONSEQUENCES OF INCANTATIONS

The consequences of incantations are more powerful than belief systems, because incantations are an active use of neurology and physiology, whereas beliefs are a passive-resident memory.

Beliefs are stored information, while incantations are active, physiological events.

TIP: You can't get rid of an incantation. You **MUST** replace them

Different types of Incantations/Mantras/Affirmations

1. I am happy and grateful _____
2. I allow myself to take (specific action) to achieve a (desired outcome), then if I like it I'll keep going.
3. What would make it inevitable for me to _____
4. What would make it possible that _____
5. Why am I _____ ? (Afformations*)
6. Why do I enjoy _____ ? (Afformations*)
7. Why am I so healthy and wealthy? (Afformations*)
8. Why does everyone I talk to want to do business with me?
9. I am totally done with _____ and accept _____

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**INCANTATIONS/MANTRAS/
AFFIRMATIONS/AFFORMATIONS**
Fundamental Laws

The Law of Rhythm and Patterning

The world moves in cycles: Spring follows winter; day follows night; sunshine follows rain; wakefulness follows sleep; and so on. Rhythm is an integral part of life. Thus, you want to make your incantation a part of the natural rhythm of your life.

Speak, declare, and embody your incantation in a form that may model a tribal rhythm or song arhythm that once engaged, cannot be escaped. Think of it as a song you continually sing that strengthens, empowers, and uplifts you. For example, if you want to enjoy exercising, you might want to invoke the natural rhythm of the following incantation, "I'm a lean, mean, triathlete. I swim, bike, and run to the beat!"

- How often?
- When and Where?
- Embody them
- Play your favorite music, dance to them
- Say them differently

You don't have to check in with them

Analogy:

If you order something on the internet, you don't track it every day or hour to see where it is. You just order it and expect to receive it. In other words, you speak and believe, then receive it.

* The purpose of The Affirmations® Method is to change your disempowering questions to empowering questions. This will give you conscious control of the thought-seeds you're planting, which will, through The Law of Attraction, change your life. Author: Noah St. John



INCANTATIONS/MANTRAS/ AFFIRMATIONS/AFFORMATIONS

The Law of Synergy

The more you can consistently use all five of your senses as you declare, experience, feel, and own this new belief (incantation), the more rapidly you will integrate it as your constant belief, emotion, and identity. The visualization of the impact of your incantation, as well as the use of inspirational music, imagery, art, and even smells will embed this new truth within you with ever-increasing power. Utilize any external stimuli that increase your emotional intensity and stimulate your nervous system in pleasurable and powerful ways.

The Law of Reward

Reward yourself! Remember, incantations are the gift you give to yourself - the source that can create an extraordinary quality of life. Have fun with them and remember ...

What are your NEW Incantations/
Mantras/Affirmations?



Goal-Setting Workshop

It's time to create a compelling future.

Pretend it's Christmas Day or any other holiday that you may celebrate in the same way. Brainstorm a list of everything that you would like to achieve, create, give, have, do or experience in the next 5 years:

PERSONAL GOALS

BUSINESS GOALS

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THE POWER OF MASTERING YOUR MONEY

"What To Do With A Dollar"

SELF % _____

TITHE/OFFERING % _____

IRS % _____

REINVEST % _____

HOUSEHOLD % _____

SAVE % _____

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IT FACTOR

The “IT” Factor in business is the ability to find a way to add intangible value--value that goes beyond what anybody can really measure. It’s the ability to find a way to do more for your customers than absolutely anybody else and to consistently maintain that standard.

What is your “IT” Factor?

What are the three things that can hold you back?

1. Failure to _____ the road ahead.
2. Lack of _____ and _____.
3. Your own _____ / _____.

“Your IT Factor should drive you.”
- *Stormy Wellington*

JOIN GIRL HOLD MY HAND
**BUSINESS
DIRECTORY**



+ DO YOU OWN
A BUSINESS ?

+ WOULD YO
LIKE TO
COLLABORATE
WITH COACH
STORMY?

+ DO YOU NEED
MORE
MARKETING
FOR YOUR
BUSINESS ?





Girl
HOLD MY HAND
FOUNDATION



GIRL HOLD MY HAND
FOUNDATION

SCAN THE QR CODE TO FIND OUT MORE

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STORMY'S NEW RULES

1. My energy attracts my income and I put my money to work for me!
 2. Always choose higher over comfort!
 3. Always choose higher over familiar!
 4. Always choose higher over evil!
 5. Never be afraid to go alone!
 6. Always choose standards over sex!
 7. No more doubting myself!
 8. No more putting myself last!
9. Say what you mean and mean what you say!
 10. I will set new boundaries for myself!
11. I will treat people how I want to be treated in spite of how they treat me if not I will leave the relationship!
12. Where there is no mutual reciprocity there can be no relationship!
 13. If our visions are not aligned, then now is not the time!
 14. Me first!
 15. When the disrespect starts... Leave!
 16. I will not doubt myself!
17. If there is a role you are playing in my life and you stop, you have to go!
 18. If you can't respect my presence my absence will be felt!
 19. I decided to release everyone that makes me question myself!
 20. I have a lot to do, take care of me and I'll take care of you!
21. I don't care what I tolerated before, I'm not tolerating it no more!
 22. Don't bring yesterday's drama into today's peace!
 23. What I overcome will save me, what I don't will destroy me!
 24. If it disturbs my peace, I have to release!
25. Don't get attached to nothing that is not attached to you!
 26. Gratitude is a attitude!
 27. I am that I am and I am thankful for her/him!
 28. Happiness is my right and my responsibility!
 29. Whatever I believe is what will be achieved!
 30. Nobody knows what you need but you!
 31. Put yourself where you see yourself, Act like the person you want to be now!



JOIN MY
COACHING
COMMUNITY

"KNOW YOURSELF, LOVE YOURSELF,
EMBRACE YOURSELF".

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THE
rebirth