The 5 Essential Elements of True Transformation

**Element 4 – Implementation & Increasing Risk Tolerance**

**to Actualize What You Desire**

Further Action Guide

Transformation Intention: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Please list your Pro-active, Authentic Intentioned Action Steps (PAIAS) here:
2. Identify the true passion under the Transformation Intention:
3. List out your strategies to bolster your experience of failure (examples – support group, coach, therapist, reading inspiring failure stories, community, self-care, resourcing, etc)

True Transformation Sequential Workshops

 If a Ranch guest elects to do the 5 workshops sequentially, they will build each day on the day before to be poised and ready for the experience of a **true transformation.** Yet each individual workshop can stand alone to provide participants with new knowledge, an experiential process and clear homework “exercises” to deepen that element of inner fitness.

Dr. Julie Lopez Bio: Dr Julie’s relatable style inspires transformation of every type through her professional speaking, trainings and writings. She is the founder and CEO of Viva Partnership, a mental health inspired healing service offering virtual and in person coaching across 9 states. She is an award-winning entrepreneur and trauma expert, frequently sought by the media for her expertise in trauma, addictions and how to rework the “invisible” aspects of the human experience. Her book Live Empowered outlines the important role of Implicit Memory in true transformation.