



THE POWER OF
**SPIRITUAL
FITNESS**

YOUR PRIVATE ACTION GUIDE
WITH JEFFREY ALLEN

WELCOME TO YOUR PRIVATE ACTION GUIDE

5 Tips to Get the Most Out of This Masterclass

1. Print this guide before the Masterclass so you can take notes as you listen. You can also download and type directly in the guide to save paper.
2. Review the contents of this guide before the Masterclass so you know what to expect, and you can best set aside private time before, during, and after the Masterclass to complete the activities.
3. You can pause the Masterclass video to take notes or fill in the blanks by clicking on the video screen during the Masterclass.
4. Think of how you can quickly implement the secrets revealed in this session to improve your communication and impact.
5. During the Masterclass, use the dedicated space on the right side to write down **ALL** interesting new ideas and inspirations you get while listening - that way you won't lose the most relevant information to **you**.

“There is no limit to your expansion!”

- Jeffrey Allen

WHAT TO EXPECT

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- Set your intentions before the Masterclass.

PART 2: SPIRITUAL FITNESS SELF-ASSESSMENT

- Assess your current spiritual fitness level before the Masterclass.

PART 3: 12 AREAS OF AWARENESS

- Discover the 12 areas of awareness that make up _____ .

PART 4: RESPONSIBILITY MEDITATION

- Learn how to differentiate between what is and isn't your _____ in a guided meditation with Jeffery.

PART 5: REFLECTION

- The right question can spur your unconscious mind to feed you the right answers.

PART 6: TESTIMONIALS & STUDENT STORIES

- Read what other people have to say about Jeffrey Allen.

PART 1: PRE-MASTERCLASS EXERCISE

Start with Intention

Write down and set your positive intentions here. What are your intentions for joining this Masterclass? What do you hope to leave with?

“Any problem you have – it’s your energy.”

- Jeffrey Allen

PART 2: SPIRITUAL FITNESS SELF-ASSESSMENT

Assess your current spiritual fitness level with this self-assessment. How true are these statements to you?

On a scale of 1-10, rate how much are these statements true to you? (1 - not very true; 10 - very true)	Self-rating (1-10)
1. I can genuinely express myself without fear or hesitation.	
2. I easily know what steps to take to get me closer to my life goals.	
3. I am making a positive impact in this world.	
4. I am living my dream and not somebody else's dream.	
5. I do not feel pressured to please other people.	
6. I regularly listen to and trust my intuitive guidance.	
7. I go to bed every night satisfied and happy with how the day unfolded.	
8. My life is so full of synchronicity that things go their way for me.	

You may use the space below to take notes during the Masterclass:

PART 3: 12 AREAS OF FITNESS

Follow along the Masterclass and fill in the blanks regarding information on the 12 types of awarenesses that make up spiritual fitness. **You can pause the video to write down your answers or take notes on the right. Click on the video to pause.** But pay attention, because you cannot rewind!

1. Location Awareness

- When it's high: present, observe experiences, and _____.
- When it's low: _____, difficult to focus and repeat the same experiences .

2. Time Awareness

- When it's high: calm, _____, focused in the moment and attractive to other people and opportunities.
- When it's low: depressed, stuck and _____.

3. Physical Awareness

- When it's high: athletic, _____ and more accepting of others.
- When it's low: less _____ and more judgmental of self and others.

4. Energy Awareness

- When it's high: living abundantly and _____ occur frequently.
- When it's low: stuck in _____ and life is full of effort.

5. Mental Awareness

- When it's high: think clearly and _____ .
- When it's low: stuck in rumination and easily _____.

6. Listening Awareness

- When it's high: move through life _____.
- When it's low: missed _____.

7. Intuition Awareness

- When it's high: relaxed decisions, quick progress, synchronicity and _____.
- When it's low: stressed around decision making, mistakes and slow _____.

8. Spiritual Connection

- When it's high: feel connected, peaceful and _____.
- When it's low: feel lonely, separate and _____.

9. Emotional Awareness

- When it's high: honest, non-judgmental and feel _____.
- When it's low: recurring _____ and emotional drama.

10. Empathetic Awareness

- When it's high: feeling expressive, compassion and _____.
- When it's low: overwhelmed, misunderstood, or _____.

11. Personal Impact

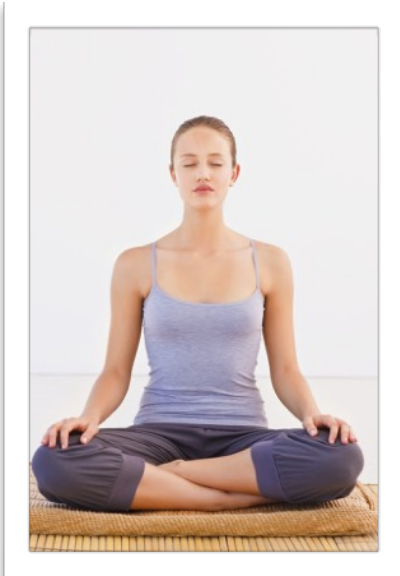
- When it's high: fulfilling a sense of creating _____ in others.
- When it's low: feel _____ and _____.

12. Global Impact

- When it's high: able to _____ the world easily.
- When it's low: feel overwhelmed, competitive and _____.

PART 4: RESPONSIBILITY MEDITATION

Preparation Tips: PAUSE the Masterclass by clicking on the video screen to prepare for Jeffrey's guided meditation on responsibility.



- Make sure you are in a quiet place where nothing can distract you, and that you are not driving any vehicle. Be in a comfortable position so you can fully take part in the guided meditation.
- Stretch your muscles before starting the class. Stretching loosens the muscles and tendons allowing you to sit (or lie) more comfortably. Additionally, stretching starts the process of “going inward” and brings added focus to the body.
- Take a deep breath. Breathing deeply slows the heart rate and relaxes the muscles to help you have a comfortable experience during the guided meditation.
- You can use candles and other spiritual tools in the room to further help you feel at ease.

RESPONSIBILITY EXERCISE STEPS

After the meditation, follow along the Masterclass and fill in the blanks of the complete summary of steps for the responsibility exercise.

- Ask yourself: Is this _____ even mine?
- Only be responsible for your _____ .
- Connect with your true source of _____ .
- Only take action on your _____ .
- Enjoy!
- _____ every part of yourself.

PART 5: REFLECTION

The right questions can spur your unconscious mind to feed you the right answers. So ask yourself... (Use an extra piece of paper if you need to).

1. What would your life look like if you were to high in all 12 areas of awareness?
2. How can you contribute more to your family, relationships, yourself, and community if you enhanced your spiritual fitness?
3. How will your life change once synchronicity and flow start working your life ?
4. What is the one thing you can do right now to demonstrate you are dedicated to elevating your areas of awareness and spiritual fitness?

THANK YOU for joining Jeffrey Allen's Masterclass!



Enroll in Jeffrey's remarkable program of ***Unlocking Transcendence*** to take your spiritual fitness to the next level. For more info, visit: <http://bit.ly/2rIhWTO>

To unlock a special reduced price, watch through until the end of the class (a thank you to Masterclass participants)!

ADDITIONAL NOTES

PART 6: TESTIMONIALS & STUDENT STORIES

"The course unlocks deeper aspects of self."



"One of the beautiful aspects of Unlocking Transcendence is that it pointed me to multi-dimensional aspects of my being."

~ Eddie

"I've been doing a lot of different meditations for several years, also traveled out of my body, but this is different."



"Unlocking Transcendence program has helped me to reach my awareness of consciousness even deeper. I've been doing a lot of different meditations for several years, also traveled out of my body, but this is different."

~ Anya
Sweden

"Jeffrey Allen's courses are all about furnishing the participants with "tools" that they can continue to use."



"I tend to find that the "Jeffrey" courses I have done creep quietly into my everyday practices and experiences. I often re-visit parts that I feel would be helpful in certain circumstances."

~Jane
United Kingdom

"Loved it. I am hoping to go back and go through it again."



"I have made positive changes in my life. I had recently left a position which was no longer serving my needs or allowing me to share the best of myself with others. I believe that Jeffrey's story and his program gave me the inspiration to start my blog. His own story helped me see that I had something to give."

~ Laura
United States

"My life seems to be getting better and better, and a lot more flowing."



"The tools in Unlocking Transcendence are with me on a daily basis, always there to help me out in whatever situation I find myself in. [The tools] have helped me have peace of mind... get clarity... know myself better, and so much more."

~Michele

For more info about the ***Unlocking Transcendence*** Quest, visit: <http://bit.ly/2rIhWTO>