

**CHANGE**

**CHAMPION**



**02****SELF-GUIDED E-COURSE****Change Champion //**

Do you want change in your life, but don't know where to start? Do you have half a plan for a big future, but no idea how to get there? The Change Champion e-course is an excellent starting point!

**NEW BEGINNINGS**

**What would you like to have found out by the end of the 12 sessions on the Change Champion e-course?**

# 03

## HOW IT ALL WORKS?

### What's the commitment?

We will keep it easy peasy. You decide when and where you work on the suggested exercises. Pace yourself here. One session per week is a great pace!

### Suggestions

- + Read one session per week and try the suggested exercises.
- + Try setting the goal to complete all sessions in 12 weeks.
- + Do all of the sessions twice a year and fine-tune your plan.

That's it!

**This e-book is truly only a summary of all the online sessions and we've kept the information in this e-book very brief.** For the full sessions + exercises, tips, tricks, insights & explanations please go online and do the e-course sessions there. You might otherwise miss out on a lot of interesting insights, and this e-book is simply only a reminder of the exercises once you've done them all.

Feel free to tell others about *Super Change Champion* and in case they wish to learn what you're learning, **please guide them back to the source** and let them purchase the e-course(s) so they too get access to all of the materials + updates. By doing so, the team and I, marianne also get financially supported and all of the people we support through charity as well.

**Ready? Turn the page and let's begin!**

# 04

## A FEW TIPS BEFORE YOU START!

Dear you!

You are about to start the Change Champion Course and we would like to share a few tips with you before you start.

**One. Get yourself a nice paper notebook.**

**Two. Take notes (online).**

**Three. Allow yourself to focus.**

**Four. Do the course in the provided order.**

**Five. No sweat.**

**Six. Online you can easily navigate through the e-course pages.**

**Seven. Connect with us when needed.**

**Eight. Easy peasy!**

**Last, but not least.** Do not hesitate to connect with us in case you have any questions about the Change Champion Course. You can contact us at [info@superchangechampion.com](mailto:info@superchangechampion.com) and we will do our best to get back to you as soon as we can.

We look forward to hearing from you and do champion on!

With love and care,

*Marianne de Kuyper (Founder + Course Author) + Brenda Hofman (Editor)*

Team Superchangechampion.com

# 05

## CHANGE CHAMPION STEPS

**We will guide you through 12 steps.** Each step has questions which will invoke what is important to you, so that you can invite changes into your life to start living more authentically. We ask that you journal these answers, your personal story in all of these sessions by completing the self-inquiry exercises.

### **Change Champion Steps**

You will take 12 steps with us on this course to becoming a Change Champion.

- You are here now!
- It is all about you!
- Superpowers.
- Needs and wishes.
- Energy givers and takers.
- Power statements.
- Gratitude journal.
- Dreaming Big.
- Get on your soapbox.
- Plan your dream life.
- Doubts and hurdles.
- Keep on flowing.

- + Round-It-All-Up!
- + A few more things.
- + Sources.

# 06

## WHAT DOES CHANGE MEAN TO YOU?

**Take some time to answer the following questions, sit with them, listen to the answers. Let them flow out of you. There is no right or wrong.**

- What are the reasons you are doing this course?
- What does change mean to you? Feel free to look up the definition or define it yourself.
- What do you feel when you think about change?
- What do you struggle with when it comes to the topic of change?
- Is it about changing a situation, a feeling, a thought or maybe a habit or behaviour?
- What are you hoping to get out of the course?
- How much time are you willing to spend on the course per week?
- Can you dedicate time in your agenda for this course? Perhaps plan it, so you keep staying on track. It is also advisable to do at least one session per week.

**Remember too, it is a process and it is never completely finished.** It is therefore essential to keep on revisiting your goals and also the role you wish to play in reaching them during this process of change. Here are a few more questions to ask yourself:

- How would I like to move forward in the long-run?
- How can others also benefit from this in the future?
- To what extent am I dedicated to reach my goals?