

Awake Living - Curriculum

Beginner Tools

- Unearth Your Bigger Dream
  - Trading Up
  - Raga: Activate Yearning
  - Dvesha: Activate Regret
  - Diksha : Upper Limiting
- 7 Capacities/7 Chakras
  - Your Presence Grounder
  - Your Desire Connector
  - Your Personal Empowerer
  - Your Care Expander
  - Your Vibrant Communicator
  - Your Vision Leader
  - Your Dharma Conduit
- Values of Awake Living
  - Orient towards thrive
  - View from the cosmos
  - Evolve your identity
  - Heed the Cycles
  - Raise Your Own Bar
  - Think Big, Test Small, Fail Fast, Learn Always
  - Invest in Yourself
  - Embrace a Solid B-
  - Trust Your Desire
  - Leverage your Strengths
  - Learn, Master, Mentor, Co-Create
  - Shift from Consumer to Collaborator
- Codify Your Values
  - Identify Your Core Peeps
  - Write your Sutras
  - Codify Your Clan's Code
  - Lead your Weekly Meetings
- Become a Habit Evolution Genie
  - Know your Edges
  - Play The Long Game
  - Design for Exponential Growth
  - Grow Structure before Evolution
- Cultivate Your Conversation
  - Voicing Desires
  - Guidelines for Sparkling Conversations
  - Ripening Your Candor + Care
  - Phasing the Outdated
  - Evolving Your Feedback Loops

Intermediate Tools

- Awaken Ether
  - Shape Space
    - Raising the Resonance
    - Your Stuff + Your Values
    - Your Attention + Attending to Stuff
    - Your Inner + Outer Space
    - Your Future Self Selects Your Stuff
    - A Place for Every Thing
    - The Set Point for Exponential Growth
- Awaken Air
  - Bend Time
    - Bringing Goals to Life
    - Chunking Time into Chapters
    - Living Your Ideal Calendar
    - 80/20 + Force Functioning
    - Blocking Your Time
    - Accounting Your Time
- Awaken Fire
  - Define Dharma
    - Igniting Clairvoyance
    - Dividing Dharma into the Doable
    - Hitting Goals on Target
    - Scoring Your Progress
    - Taking Dharma into the Exponential
- Awaken Water
  - Activate Flow
    - Aligning Life to Your Pace
    - Upleveling Capacity for Flow
    - Activating Ease
    - Following the Money Flow
- Awaken Earth
  - Radiant Longevity
    - Intermittent Fasting
    - Biohacking with Ayurveda
    - Optimizing Curve Balls
    - Grounding the next Chapter of Dharma

Advanced Tools

- Entering Collective Evolution
  - Dynamic Groups
  - Mentoring
  - Next Level Collaboration
  - Trusting the Collective Impulse
  - Ego-less Feedback