

SOULVANA

masterclass

WORKBOOK

Secrets To An Unsinkable Life

Sonia Ricotti

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Masterclass
with Sonia Ricotti

YOUR OFFICIAL ONLINE TRAINING GUIDEBOOK

4 Simple Tips To Get The Most Out of This Class:

1. Print out this workbook before the class starts so you can write down your notes as you listen.
2. Review the topic outline so you know what to listen out for. Make sure you've set aside private time for this session so you'll be able to focus and fully receive the benefits of the session.
3. During the event, write down ALL the interesting and new ideas and inspirations you get while listening — that way you won't lose the information most relevant to you.
4. Think of how you can quickly implement the secrets revealed in this session.

Preparation Tips:

- Make sure you are in a quiet place where nothing can distract you, and that you are not driving a car or any other vehicle. Be in a comfortable position so you can fully take part in any guided meditation and visualization exercises that may be a part of the class.
- 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 any guided meditations or visualizations that may happen during the class.
- You can use candles and other spiritual tools in the room to further help you feel at ease.

Thank you for joining our online class. We hope you enjoy it!

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The next part is for you to take notes while you listen to the masterclass. Fill in the blanks as you progress. These will be the important takeaway points for this session.

1. You can't stop but you can help
2. You can't hold on to
3. It doesn't mean you are not going to get any kind of valley but it doesn't matter because you will have to be able
4. When did you have your "aha!" moment?
5. Are you living your life on your own terms?
6. You need to find your but also not to how people react to your decisions.
7. If you have a dream of living your greatest life, you need to find your
8. Law of attraction is always What is important to realize is
9. Surrender doesn't mean give up, it means

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STEP 1: Reprogram Your Conscious Mind

1. Suffering only occurs..... or, never.....
2. You can't change anything until....., the way it is and the way it isn't.
3. Surrender....., let go..... and have faith.....
4. We rarely live our lives in.....
5. What problems do you have in this present moment? Not 2 seconds ago. Not 2 seconds from now.
6. Reprogram your conscious mind is really becoming
7. You have a situation outside of you, and then there is how you feel, and then in between there is something. You have about what's going on outside your life.
8. You have the and you have the
9. Hurt people,
10. Nothing has meaning until, become

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STEP 2: Reprogram Your Sub-conscious Mind

1. Which area of your life that is not working right now? What are your thoughts about that area? Now.....

STEP 3: Elevate Your Vibration to a Super-High Level

1. Like energy,

2. What you focus on What you resist

.....

3. Calibrated scale of energy is

4. Anyone who was in a state of love, peace, joy and gratitude were vibrating

.....

Few techniques to elevate your vibration

5. Let go of the past

6. Have an attitude for

7. Connect to your

8. Stop staring at

9. Surround yourself with a

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Live a Maverick Life

1. Think, Live and Step

2. The definition of insanity is and expecting.....

.....

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Use this space for any additional notes you have:

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SUCCESS STORIES

“The Unsinkable system took me from crisis to calm in 7 days!”

“My family and friends say I am more balanced, fun and that I am inspiring them! Your system (Unsinkable) is changing the lives of everyone I touch — my son, my family, friends, the children I teach and my clients. This has and will continue to make a difference in my life. Thank you a thousand times Sonia!”

~ *Sheila A. Schaaf, M.A. Director of Education, Hope Family Services of MI*

“I feel more focused, I can work with my mind more and complete projects.”

“Worrisome thoughts about my health, the state of my finances, and the realization that I was no closer to my dreams, had me feeling depressed and disillusioned. The negative emotions, made me feel unmotivated to search for solutions, which increased these feelings. These feeling intensified until I was desperate for some relief.

So I searched for solutions on YouTube and came across Sonia Ricotta thanks to Bob Proctor. Since getting this system, my life has changed for the better — I am not so hard on myself anymore. I learned through this program that many people have trouble completing goals, and that there are reasons why our minds work the way they do.

I have more clarity through working this system. I feel more focused, I can work with my mind more and complete projects. I actually see the Law of Attraction working for me. I feel more motivated and focused than ever before. My finances and career prospects have improved and the future looks bright. I have since found part-time employment to help with some bills, but my primary focus is on a home business and I am working with an online group.

I would definitely recommend this program to anyone struggling with painful emotions or life events. It is targeted for people going through anguishing challenges despite what those challenges are. Our situations may be unique, but we all experience the same negative emotions fear, anger, etc. The program shows you how to effectively control your mind to overcome any situation.”

~ *L. Helen Mye*

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SELF-REFLECTION

The right questions can spur your subconscious to feed you the right answers. So ask yourself. . .

What is your declaration? That will shift your life around and that will help you bounce back higher than ever.

What is your definition of happiness?

When you feel angry, sad or any negative emotion ask yourself what am I thinking right now that's making me feel this way?



To sign up for the ***Unsinkable Bounce Back Program***, Sonia Ricotti's new course offer from Soulvana, please visit <http://bit.ly/SoniaR>. But wait until **November 24** to sign up for the course. Near the end of the masterclass, her new course will be offered at a special price as a thank-you gift for class attendees.