



CONNECTED: THE 8 WEEK BOOTCAMP

Working with your 4 Internal Empires;
Soulset, Heartset, Mindset and Healthset

WORKBOOK

MODULE THREE: MINDSET



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A NOTE FROM ADRIANA

Welcome - I am so excited for you to be here. Congrats for making it half way!
I invite you to take exactly what you need from this and leave what it is that does not resonate. Come back to your own unique centre. I am so excited for sharing all this with you, because I truly love what I do. My mission here is to show you your true potential and raise vibration to enhance your unique human experience. Let's do this!

You are here because you are ready, worthy and open to the next level of growth.



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VIDEO ONE
PERSONAL DEVELOPMENT

SUMMARY

In this video we talk about setting you up for success, without setting up our foundations we can't truly retain and embody what we learn. We look at what we need to clean up to create the highest version of you, from who you are to who you ideally want to be. I know these simple steps can lead you there.



ACTIVITY ONE.

STEP ONE: HABITS AND FOUNDATIONS

Reminder: We are what we habitually do. We can stack habits, add habits one at time.

In this space please write your 3 new non negotiables:

You are going to practice these daily.

Pro Tips:

Set this up to make the cue attractive

Easy & Effortless

We are unlearning wiring in our system from our entire life

Understand the payoff, what do you get out of this new habit/non negotiable

Start where you are

I highly recommend mediation DAILY being a key non negotiable

ACTIVITY ONE.

STEP TWO: CLEAN UP THE MESS

Reminder: These are open loops, things going on your life that you need to do that are taking away your ENERGY

Write a List of 20 Open Loops in your life right now:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

Pro Tip:

Close a few per week

We want to clean up so we can be in CREATION

These open loops are taking away our energy

To get the most out of this have all 20 closed by end of course

ACTIVITY ONE.

STEP THREE: FORGIVENESS

Reminder: Forgiveness is the most powerful way to enlightenment and connection to self

Pro Tip:

Write this letter directed to yourself

Free flow, allow judgement to pass

You are safe

Feel the anger, feel the pain

There is no right or wrong way to do this

This process can be really heavy and confronting

Let it go

Questions you can ask yourself:

1. How could I write out a story on what I perceived happened or what went on?
2. How were my needs not met?
3. What judgements have I placed around myself or others?
4. How can I be compassionate towards myself?

CREATIVE SPACE



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CREATIVE SPACE



Amazing babe! You have set up your foundations to create a life you love.



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VIDEO TWO
CLARITY & THE GAP

SUMMARY

In this video we talk about gaining you clarity and bridging the gap. We also want to check in on what we've learnt the last few weeks and bringing it all in together. What is clarity? It is being able to say in a few sentences the answer to something. We dive deep into who you want to be in 3 months time. We gain you clarity to who you are now to who you want to be, and the action steps in the middle to get you there. Reverse engineer the process, we want to create sizeable chunks!

• 8 WEEKS
• 4 INTERNAL PILLARS
• 8 WEEKS
• SOULSET - HEARTSET - MINDSET - HEARTSET
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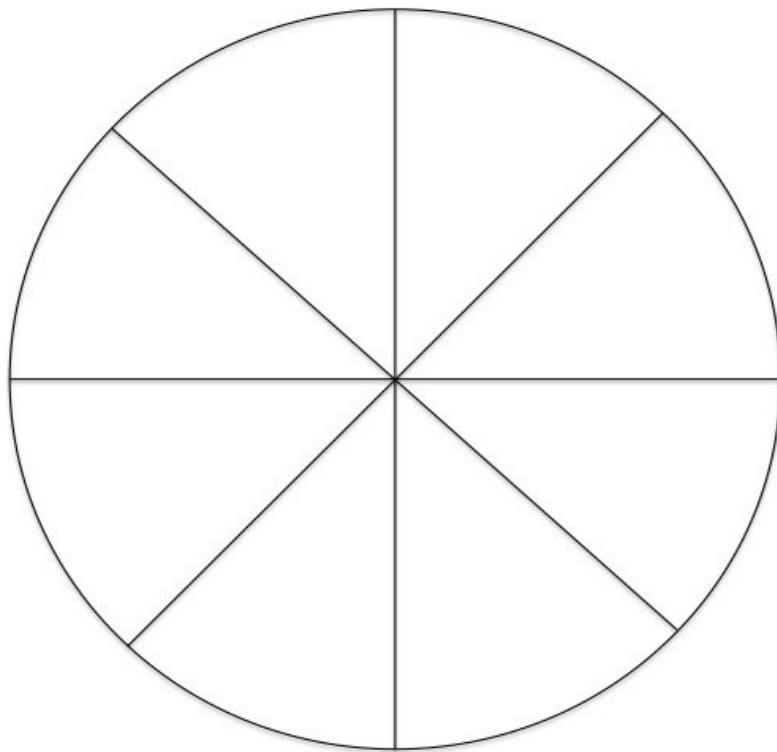
ACTIVITY ONE.

STEP ONE: WHEEL OF LIFE

FILL IT IN

Reminder: We want to fill this in from the heart, don't overthink it, fill it in as what comes up

1. Personal Development
2. Fun & Recreation
3. Love & Relationships
4. Friends & Family
5. Career & Business
6. Contribution
7. Finances
8. Health & Fitness



ACTIVITY ONE.

STEP TWO

Pick your two lowest scoring pillars (If they are equal, pick two pillars to focus on)

1. _____
2. _____

STEP THREE

Pick 3 tasks in each Pillar.

Reminder: We want to see how this pillar can begin to grow in our lives. These 3 steps can be actioned

- Focus Pillar 1: _____
Focus Pillar 2: _____
Focus Pillar 3: _____

Pro Tip:

Use the Formula: Mantra, Tangible, Action

Pick the 3 tasks using this formula if you wish

Mantra or Anchoring Statement: A statement that brings us to the moment and reminds us of our why

Tangible: Something we can DO, touch, feel, see

Actionable: Where, how we are doing it on our life

Use this if applicable or create your own 3 action items

Everything touches everything

ACTIVITY ONE.

STEP FOUR

3 months time vision statement

Write out a powerful statement of who you want to be, feel, do in 3 months time

Pro tip:

Write it in a powerful voice

Right it as if it's you right now, present tense

Think about the key pillars of your life

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ACTIVITY ONE.

STEP FIVE

Take 3 key points from this statement

Reminder: You are thinking about the ideal version of you, who do you want to become. Who do you need to become/embody to be this person? Act as though it is already you or already yours.

1. -----
2. -----
3. -----

Pro Tip:

These are dot points only

You may start to realise these habit and actionable are starting overlap and that's great, this is showing us where we need to focus to grow

We are going to be using these in the next video

Our mind is designed to keep us safe, so if you are feeling some resistance remind yourself of this

Bringing awareness, not judgement

VIDEO THREE
ACTION & ACCOUNTABILITY

SUMMARY

This video is a fun one!! This module is all about the video and we aren't filling it in this workbook. This video is all about action, life doesn't move unless we move. We are all going to keep each other accountable here.

Challenge accepted.

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ACTIVITY ONE.

Reminders:

I want you to look at those 3 key items from your 3 month statement
Pick one item you want to shift and change the most
Start to think about how
The key here is we want to turn this step into small bite size actionable steps
We want to reverse engineer this process
There is no right or wrong here
Make it stretch goal

Example:

I want to make \$100,000 in this financial year
What is an action item from this?
I am going to post and show up more consistently on social media
To me this means: IG TV, consistently, database, posting three times per week
Impact as many lives as possible
Be really clear on how you actioning this, it's not enough to say we are going to do something we need to know how
My why is delivering value and impact

STEP ONE:

Jump in the Facebook group; SHARE what yours is
In a live, a video, or type it

STEP TWO:

Interact on each others
Share the love, cheer each other on, interact

STEP THREE:

Share every day for 7 days
We want to share how we are actioning this stretch goal daily
Share how you are actioned this goal TODAY
Share what is coming us for us, is their limiting beliefs, judgements, chatter etc
Is it shifting as days go by?

Reminder: You deserve all of this, and more.

**VIDEO FOUR
WEALTH**

SUMMARY

This video is all about WEALTH. We are in motion right now but we want to really be sure we have done the work before this step. I love this segment because we are leading ourselves to freedom. Knowing that freedom can ultimately come from inside us. Wealth is one other pillar that can get us where we need to go.

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ACTIVITY ONE.

STEP ONE:

Write out your Money Story

Reminders:

What is your money story?

Do you believe it's dirty? Abundant source from the universe?

Greedy?

Do you not want to trade your service for money?

Write it here:

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ACTIVITY ONE.



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ACTIVITY ONE.

STEP TWO:

Where did this story come from?

Write it here:

Pro Tip:

Do you see how this is effecting what you are creating today?

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ACTIVITY ONE.



ACTIVITY ONE.

STEP THREE:

What do you want to create? (with this income)

Reminder:

This will allow you to understand why this income is important to you

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ACTIVITY ONE.

BONUS STEP:

What is your NEW outlook on money?



ACTIVITY ONE.

STEP FOUR: GRATITUDE

Open your bank account and give it thanks
Being grateful for what we already have
Do this on regular basis

STEP FIVE: MONEY MANTRA

Pro Tip:

Look at something you are struggling with money
Flip it to an empowering statement
This can be a great way to create your mantra

BONUS TIP:

Use the catch and flip technique on any disempowering thoughts
Ask yourself: is this thought useful?
Our thoughts create our reality

Write it here:

ACTIVITY ONE.

STEP SIX: STRUCTURE

Reminder: Money loves structure
Book mentioned; Barefoot Investor

Set up Folders in your account:
Everyday Account
Investment
Splurge
Travel

Excel Sheet:
This sheet will look different to everyone
See attachment for this version of mine
Edit to your current circumstances
Reverse engineer: understand the minimum of what we need and then
welcome in more

STEP SEVEN: TANGIBLE

Is there something tangible we need to do?

Go and do it!

CONCLUSION.

Sending you so much love & light.
As we connect to ourselves and our inner beings we can heal together, as
a collective.

You have the Power.
One step at a time,

Here if you need anything - Peace x

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GUARANTEE

Guarantee Policy: Like anything in life, you will get out of this what you put into it. This experience will be different for everyone. I don't guarantee or warrant results or any change of circumstance. But I can say that this will be a transformational experience and you will leave a different person than you were when you came into it. And if you commit to the practices outlined, you will start to be in control of your own shifts and thought processes. That should always be the goal. How well this works for you is dependent on how much you allow it to.

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IT IS NOT WHAT YOU SHOUT OUT TO THE
WORLD THAT DETERMINES YOUR LIFE...
IT IS WHAT YOU WHISPER TO YOURSELF THAT
HAS THE MOST POWER.

- ABIGAIL HORNE



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