

# 2022!

## THE *decided heart* EFFECT

### Master Class Schedule for Friends with Benefits

Please know that our schedule may change on rare occasions. See our calendar at [www.thedheffect.com](http://www.thedheffect.com) for most updated information.

#### **Jan 5 2022 Vision Casting the Decided Heart Way**

*Let's come together to celebrate the ups, downs and sideways of 2021, and then envision the possibilities of 2022. How will you decide to live your life in 2022 by design, not default? Leave having a decided heart about your 2022 action plans.*

#### **Feb 2 Seeing with a Decided Heart**

*What you speak about yourself and others has the power to create or destroy. Learn how the language of the virtues can help you lift, guide and heal yourself and others.*

#### **Mar 2 Setting Boundaries with a Decided Heart**

*Guilt, shame, blame - when we make mistakes, usually we are hardest on ourselves. Learn to pause and approach mistakes with curiosity and opportunity to learn. Let go of negative self talk and decide to embrace a growth mindset.*

#### **Apr 6 Growing with a Decided Heart**

*Personal boundaries are important to keep us and others physically and emotionally safe. Learning to communicate and maintain them brings you more freedom and joy. We teach others how to treat us, so we first need to be clear on how we want to be treated. We will identify our current boundary "style" and then articulate our personal boundaries.*

#### **May 4 Inspiring Your Decided Heart**

*It is our spirit that simultaneously makes us truly unique and connects us to others. Learn ways to inspire, honor and celebrate the spirit in us all.*

#### **Jun 1 Companionship with a Decided Heart**

*It is so natural to want to fix and rescue those we love. While well-intended, when we become the hero of other people's stories, we leave them feeling unworthy, insecure and victims in their own lives. What if instead we learned to walk alongside others, empowering them to be the heroes in their own story? Not only would they be more confident, we would protect our own energy reserves. Learn our five steps to lead with your H.E.A.R.T.*

#### **Jul 6 Staying True to Your Decided Heart**

*Obstacles and conflict in life are just a given. How we handle it is a decision. Learn the tips and tricks to stay true to your decided heart, even when it is hard.*

#### **Aug 3 Showing Up with a Decided Heart**

*How you start and end your day sets the tone for everything in between! Let's work together to create the morning and night routine that helps you fill up as you want to show up!*

#### **Sep 7 Taking Charge of Your Decided Heart**

*Will you be the victim or the hero of your own story? We will discover the difference between being passive and present in our own lives. Where are we succeeding? Where do we need to move the needle to take charge?*

#### **Oct 5 Trusting Your Decided Heart**

*Assess yourself on the 13 behaviors of trustworthy people. Decide if there are areas you would like to move the needle. When we learn to fully trust ourselves, it is easier for us to extend smart trust to others.*

#### **Nov 2 Belonging with a Decided Heart**

*What separates us from others? What separates us from ourselves? More importantly, what connects us? Learn how to lean in and create belonging in your heart, your family, your work, your community.*

#### **Dec 7 Celebrating Your Decided Heart**

*Let's look at the year in review and celebrate all we have accomplished. Be ready to party like it's 2022!*

#### **CONTACT US!**

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