



# Community CookBook



The GOAL is GROWTH! For 90 Days, you'd be stunned at how much LIGHT, INSIGHT and FORESIGHT will come to you, as you elevate your results, change the game and UPGRADE your LIFE!

We want you to walk this coaching journey with your friends, siblings and coursemates.

Take your Courses together!

**we want you to  
learn and grow  
with your  
besties!**

IMMERSE INNER CIRCLE!

# **this COMMUNITY COOKBOOK will help you set up and run an IMMERSE Inner Circle Learning Hub with your friends**

- SET UP HUB ON WHATSAPP
- MEET WEEKLY TO REVIEW COACHING INSIGHTS FROM DDK AND GUEST MENTORS
- COMMIT TO ACTION
- REWARD NEW THINKING, HABITS AND BEHAVIOUR
- MAKE COMMITMENTS
- HOLD ONE ANOTHER ACCOUNTABLE
- HAVE FUN!



# this is our 5-life growth pathways blueprint

1

**CLEANSE Pathway: emotional healing, soul cleansing and mental resilience**

2

**CLARIFY Pathway: life clarity, identity and self rediscovery**

3

**CREATE Pathway: intentional life design, scheduling and productivity**

4

**CONTRIBUTE Pathway: vision, goal setting and execution**

5

**CATALYZE Pathway: leadership success and multi-influential expressions**



1

**CLEANSE**  
**Pathway:**  
**Emotional**  
**Healing, Soul**  
**Cleansing**  
**and Mental**  
**Resilience**





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# We shared some Learning Hub Activities for CLEANSE Pathway Topics!

- MINDSET MAKEOVER
- THE ART OF SELF-FORGIVENESS!
- TRIUMPH YOURSELF: HOW TO HEAL FROM CHILDHOOD TRAUMA WITH ALEXIA HORSFALL!



# MINDSET MAKEOVER

Review: Moderator sets the tone by sharing the big summary of Mindset Makeover Video Course!

Discuss: What's DDK really teaching us in this course?

Share: What limitation mindsets have you discovered you have and what immediate steps are you planning on taking to lose them?

Reflection: What mindsets and limiting thoughts have you been interacting with; What positive mindsets and thoughts will you be replacing the limiting mindsets with?



# THE ART OF SELF-FORGIVENESS

Review: Moderator sets the tone by sharing the big summary of The Art of Self-Forgiveness.

Discuss: What's DDK really teaching us in this course?

Share: Based on this course, mention three(3) reasons why self-forgiveness is as important as forgiving others on the journey to healing, and self-renewal?

Reflection: What bad decisions have you made in the past that could currently be hurting you, and how can you forgive yourself and let go of them?





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# TRIUMPH YOURSELF: HOW TO HEAL FROM CHILDHOOD TRAUMA

Review: Moderator sets the tone by sharing the big summary of Triumph Yourself: How to Heal from Childhood Trauma.

Discuss: What's Alexia Horsfall really sharing with us in this module?

Share: Mention three tell tale signs that shows that a woman has been negatively impacted by childhood trauma.

Reflection: How can you begin to make a transition from the woman you currently are to a whole, transformed woman you are looking to become based on the insights shared from Alexia's life?



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1

**Yaayyy!!!  
Good job  
with your  
Learning  
Reviews for  
CLEANSE  
PATHWAY!**

**Congratulations!**





**CLARIFY**  
**Pathway:**  
**Life Clarity,**  
**Identity and**  
**Self**  
**Rediscovery**





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# **We shared some Learning Hub Activities for CLARIFY Pathway Topics!**

- Wisdom Wand
- The Identity MasterClass  
by Toyin Poju-Oyemade
- IMMERSE 30-Day  
Transformation  
Challenge



# WISDOM WAND

Review: Moderator sets the tone by sharing the big summary of Wisdom Wand Video Course.

Discuss: What's DDK really teaching us in this course?

Share: What are the things that will begin to happen when you step into a higher level of wisdom?

Reflection: In what ways can you make a daily practice of wisdom? What are you going to be reading, listening to, applying, and appraising in order to make a daily practice of wisdom?

# THE IDENTITY MASTERCLASS BY TOYIN POJU-OYEMADE

Review: Moderator sets the tone by sharing the big summary of The Identity Masterclass by Toyin Poju-Oyemade Video Course.

Discuss: What's Toyin Poju-Oyemade really teaching us in this course?

Share: What are the four things that can help a woman preserve her true identity despite societal pressures?

Reflection: What self-sabotaging actions have you found yourself repeatedly taking? What great habits, growth practices, relationships or action steps are you going to take to replace these self-sabotaging actions in order to achieve greater results your life?

# **IMMERSE 30-Day Transformation Challenge**

In this course, give yourself to this Journey.

Answer the questions, think hard, be honest and interact with every resources shared. Remember to write out your answers to each IMMERSE Question in your Journal, as well as the lessons learnt from articles and videos for each day.



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**Yaaayyy!!!  
Good job  
with your  
Learning  
Reviews for  
CLARIFY  
PATHWAY!**

**Congratulations!**





# 3

## **CREATE Pathway: Intentional Life Design, Scheduling and Productivity**





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# **We shared some Learning Hub Activities for CREATE Pathway Topics!**

- Epic Equilibrium
- Building a Power Circle with Morenike Molehin
- Relationship Code

# EPIC EQUILIBRIUM

Review: Moderator sets the tone by sharing the big summary of Epic Equilibrium Video Course.

Discuss: What's DDK really teaching us in this course?

Share: What is success and what are the few tips that can help you achieve balance in your daily life according to this Course?

Reflection: What is your personal vision, and how can it help you know what you should spend your life doing or not doing?



# **BUILDING A POWER CIRCLE WITH MORENIKE MOLEHIN**

Review: Moderator sets the tone by sharing the big summary of Building a Power Circle with Morenike Molehin Video Course.

Discuss: What's Morenike Molehin really teaching us in this course?

Share: How can a woman rightly position herself for fresh alliances and relationships without seeming like a pest?

Reflection: Have you been intentional about the relationships in your life so far? What steps can you begin to take right now to become more intentional about the kinds of relationships you have?



# RELATIONSHIP CODE

Review: Moderator sets the tone by sharing the big summary of Relationship Code Video Course.

Discuss: What's DDK really teaching us in this course?

Share: What are the ten relationships that are capable of transforming your life as a visionary?

Reflection: What fantastic feedback have your opponents offered you in recent times and how do you plan on working with it to become a healthier, higher version of who you are?



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3

**Yaaayyy!!!  
Good job  
with your  
Learning  
Reviews for  
CREATE  
PATHWAY!**

**Congratulations!**



# 4

## **CONTRIBUTE** **Pathway:** **Vision, Goal** **Setting and** **Execution**





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# **We shared some Learning Hub Activities for CONTRIBUTE Pathway Topics!**

- 90-Day Life Upgrade System
- Manifestation Series



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# 90-DAY LIFE UPGRADE SYSTEM

Review: Moderator sets the tone by sharing the big summary of 90-Day Life Upgrade System Video Course.

Discuss: What's DDK really teaching us in this course?

Share: What's in the power of 90 days? What are core transformational goals?

Reflection: Why has your goals failed in the PAST? Which of the reasons speak the most to you? What would be your 3 core transformationals goals?





# MANIFESTATION SERIES

Review: Moderator sets the tone by sharing the big summary of Manifestation Series Video Course.

Discuss: What's DDK really teaching us in this course?

Share: What are the signs of an idea whose time has come? What is the principle of congruence?

Reflection: What are those things that you do, that makes you feel like you were born for this? What steps would you begin to take in that direction? What obstacles are you currently in the way of achieving your goals? How are you going to overcome them?



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**Yaayyy!!!  
Good job  
with your  
Learning  
Reviews for  
CONTRIBUTE  
PATHWAY!**

**Congratulations!**



A large, white, stylized number "5" centered within a dark red circle.A close-up, vertical photograph of a yellow pencil tip, with other colored pencils (blue, pink, green) blurred in the background.

**CATALYZE  
Pathway:  
Leadership  
Success and  
Multi-Influential  
Expressions**



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# **We shared some Learning Hub Activities for CATALYZE Pathway Topics!**

- **The Power of an  
Exponential Vision  
with Jbums**

# **THE POWER OF AN EXPONENTIAL VISION WITH JBUMS**

Review: Moderator sets the tone by sharing the big summary of The Power of an Exponential Vision with Jbums Video Course.

Discuss: What's Jbums really teaching us in this course?

Share: What is the first thing that a woman who feels like she is moving around in circle needs to do to find a compelling vision for her life?

Reflection: What ideas have you gotten recently? What are you going to do with those ideas, and how can you own those ideas in a way that is original to you?





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**Yaaayyy!!!  
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CATALYZE  
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# CONSCIOUS CHANGE MAKING PROJECT



This project aims at giving

IMMERSE Inner Circle Members

the opportunity to give back to their community.

All projects will be planned and executed by your

community members.

Discussions should be held in your hub/WhatsApp group

for transparency and accountability.

# CONSCIOUS CHANGE MAKING PROJECT (2)

The Change-Making Project Stages  
involve:

- 1** Announce the Conscious Change-Making Project to your Community Group within the first two weeks after commencement.
- 2** Choose your Project Manager, Deputy and Secretary during the third week.  
Fill the Pre-Project form [HERE](#) and get approval (Week 4&5).  
(Please allow 72 hours to get an approval before the commencement of your project).
- 3** Execute your project (This should happen between Week 6-8).
- 4** Fill the Post-Project Form [HERE](#)  
Submit your Final Project Report using the template provided [HERE](#) (Week 9).
- 5** End of Project Recognition and Celebrations (Week 10).
- 6**





YEMI KINGS

**I can't wait to see you in  
class, alongside your  
friends,  
coursemates, and  
siblings!  
EVERYONE, BASICALLY.**



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