



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 classmates.

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 a Learning Hub with your friends

- SET UP HUB ON WHATSAPP
- GIVE YOUR HUB A NAME
- USE YOUR CUSTOMIZED MEMBER GROWTH MAP
- 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 ON YOUR 90DAY GOALS
- 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!



2

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?



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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 in your life?



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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!



A large, solid red circle containing the white number "4" in a bold, sans-serif font.A woman with dark hair and eyes, wearing a large white straw hat, a colorful patterned shawl, and multiple necklaces of beads and turquoise stones. She is looking slightly to the side with a neutral expression.

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

Congratulations!



A large, white, stylized number "5" centered within a dark red circular background.A close-up, vertical photograph of a yellow pencil tip, with other colored pencils (blue, red, 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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5

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

Congratulations!





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CONSCIOUS CHANGE MAKING PROJECT




The CCM Project aims at providing members of IMMERSE Inner Circle the opportunity to reach out and give back to their society. All projects will be planned and executed by your community members in the same Growth Pathway and Membership Plan. Discussions should be held in your hub/WhatsApp group for transparency and accountability. Ensure adherence to the set timelines and follow plan strictly. If you would love to carry out the CCM Project as an Accountability group, please reach out via email to supportcoaching@immerseinnercircle.com.

CONSCIOUS CHANGE MAKING PROJECT

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.
- 3** 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).
- 4** Execute your project (This should happen between Week 6-8).
- 5** Fill the Post-Project Form [HERE](#)
Submit your Final Project Report using the link shared with the Project Team (Week 10).
- 6** End of Project Recognition and Celebrations
(Week 12).



YEMI KINGS

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



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