

Welcome to the AIM 4 HOPE course presented by Sprinkled with Hope. Simply having hope is not an action plan; putting the steps outlined in this course into action will create your action plan and will shower your life with hope and an excitement for your future. We believe having hope plays a vital role in creating a meaningful life. We are excited to present a way for you to aim for more hope as you work to improve your life.

Imagine you are the person in the image you are seeing. Picture all the trials, struggles, challenges you have dealt with are represented by the chains around your wrists. Do you see the chain has been broken? By taking this course, you have taken the first step in your journey of creating the life you want. You are now free to do whatever your heart desires as you walk away from the darkness behind you and walk towards the light that will illuminate your life going forward. The choice is up to you how far you want to go or what you want in life. Despite anything going on around you, you have the choice every single day to live the life you want.

“The only impossible journey is the one you never begin.” Tony Robbins

Life is difficult. Life is hard. Life can also be very rewarding and inspiring depending on your choices. We strongly believe the choices we each make dictate the path of our life and if you want to change your path, all you have to do is make a different choice. We have outlined for you the way you can choose to bring more positivity, more hope, and more joy into your life.

Follow these steps and we know you will create a better life for yourself. If done daily, these choices will positively impact your life and create the happiness you desire. This is about you! This is your journey. Like Tony Robbins said, the only impossible journey is the one you never begin and we are excited you have chosen to start your journey, no matter where you are in your life.

You might be wondering what the lemon you are seeing has to do with hope. Before we get into the course, we have a fun exercise we would like you to follow along with that will help show you the power of the mind. This will tie into you having the ability to use your mind to create a beautiful life. You cannot physically touch or taste the lemon, you

can only see it. You might begin to sense the smell of it or your mouth might actually be watering a little at the thought of tasting the juicy lemon.

Now, imagine you have reached through the screen and are holding the lemon in your hand with the peel resting in your palm or fingers. Your mouth might really be watering right now as you imagine tasting it. Begin to picture yourself taking a bite out of the fruit of the lemon. Taste the fruit with your mind. Can you feel the texture of the lemon in your mouth?

By now, you likely have already been sensing the glands in your mouth begin to water as you imagine taking a bite out of the lemon. Tell your mind that you can actually taste the tanginess of the lemon, you can sense the sourness of it in your mouth. Your mouth should be watering quite a bit even though you have yet to actually taste it physically. But your mind is actually telling your mouth you are eating the lemon. You might even be looking forward to really eating a lemon if you like the flavor.

This! This is the power of the mind. Even though you don't physically have a lemon, your mind is telling you that you do and you have tasted it, at least had a mouth watering experience. As you go through this course, envision things you are hearing and seeing happening to you and for you and this will open your eyes and mind to endless possibilities.

We came up with a creative and easy way for you to remember what you are working on as you aim for developing more hope. The aim for hope or A.I.M. 4 H.O.P.E. course starts with the A in A.I.M. which stands for action. We all have knowledge. If that knowledge will lead us to success, why isn't everyone doing what it takes to be successful? We all have access to the same knowledge. That's no secret. But, the ones who get ahead take the knowledge that is available to all of us and **they take action!** The A in AIM stands for action. If you knew you were going to be successful, wouldn't you take the steps to do what you need to be successful? Without action there will not be success. It is taking your first step which will put you into motion. Motion is the ocean of life.

Action can be thought of as “act I on”, or I am taking action to accomplish something. The military trains on the four fundamentals of marksmanship which are:

1. Steady position
2. Aiming
3. Breath control
4. Trigger squeeze

In your action plan, both steady position and aim are taking action. What is the meaning of steady position: To steady something is to make sure it doesn't fall or stays in a straight line. As you think about yourself and what might be going on around you, it is important to steady yourself so your aim, or your desire, is more accurate. One way you can steady yourself is to remove the noise or distractions around you. It is often the noise around us that prevents us from taking action. This noise can be literal noise, outside influences such as people telling us what we can and cannot do, or it can also be the things we tell our minds we cannot do. Any of this noise or distraction will have an impact on the amount of action you take and should be reduced or eliminated so you can begin to be fully in motion. Taking action also doesn't mean that there will not be mistakes or hardships, it simply means that you are moving towards the things you want and desire and no matter how fast or slow you are moving forward, moving forward is progress in the right direction. Don't ever forget taking action and moving forward, no matter your speed, is getting closer to your goals and dreams.

Along with reducing the noise around you, learning how to control your breathing will add to your steady position. A technique we use is the 4 4 4 4 or Box breathing technique. It is a simple technique that a person can do anywhere, including at a work desk or in a cafe. Before starting, you should sit with your back supported in a comfortable chair and your feet on the floor.

Close your eyes.

Breathe in through your nose while counting to four slowly.

Feel the air enter your lungs. Feel your lungs expand with air.

Hold your breath while counting slowly to four.

Do not clamp your mouth or nose shut. Simply avoid inhaling or exhaling for 4 seconds.

Begin to slowly exhale for 4 seconds. Completely release all of the air from your lungs.

Repeat steps 1 to 3 at least three times. Ideally, repeat the three steps for 4 minutes, or until calm returns.

If there is another method or way you learn how to control your breathing use it. You do not have to use this method to control your breathing. We have found it works for us and allows us to center ourselves. The ability to control your breathing will allow you to become more steady in any situation and prepare you to take a more accurate aim at your goals.

Additionally, understanding your fears and working through them goes along with reducing the noise around you and controlling your breathing in order to steady yourself and take better aim. If we do not understand our fears, they will only grow. Take a piece of paper and write down what it is that you want to start doing. Then write down what it is that scares you about doing this. The most common thoughts about fear are fear of failure, fear of success, and fear of people not accepting you for being you. If you see your fear in front of you, you can begin to understand them. An effective way to fight your fears is by taking action. Thinking will not overcome fear but action will. By taking action, you are taking more control of your life and will better understand how fear has held you back in the past and will not be a factor for holding you back in the future.

If there *is* any secret to adopting the successful habits that generate success, it could come down to commitment, accountability, and action; commit to a process, stay true to yourself and don't be a clone of anyone else, and take one step at a time.

The I in AIM represents identify. To identify as something means your thoughts, desires, and appetite to get something are all aligned. For example, if you want to be an author, you would identify as an author and focus on becoming one. If you want to be a successful business owner, you would identify as a successful business owner and turn your attention to becoming one. You will begin to see more frequently things centered around what you want to identify as.

In the case of an author, you may suddenly see more articles about how to write a book, you may meet authors who inspire you, you may find yourself spending a lot of your spare time researching how to write a book or how to effectively write. Your focus will be turned to the thing you want and the energy you put out will come back to you. In time, you will find yourself becoming an author and you will feel amazing!

You will find through this course that simple, small steps moving forward are vital to you becoming the person you want to become. Do all of these things intentionally, with purpose, and effort. A few synonyms, or words with similar meaning to identify are: describe, determine, establish, select, find. As you identify with what you want, keep in mind you will be describing who you are, determining who you want to become, establishing the person you have wanted to be, selecting your path in life, and finding yourself and the great power you have inside you.

There may be times in your life where you change from identifying as an author to something else. This is perfectly acceptable and you should let this happen. Things happen for a reason so based on where you are in life, you will identify with different things. Embrace the change! Become the new version of you and celebrate you. Focus on the progress you are making rather than the bumps in the road, reinforce and appreciate your change.

Don't let anyone else dictate who you are, who you want to become, or slow your momentum. Decide each day what you want and take action to get there. Things may not come easy. It may feel like your goal of becoming an author is too far away. Take it one step at a time and start with identifying as an author or who you want to be. Remember, a step forward is always progress no matter how fast or slow you are going.

Rounding out AIM, M represents masterpiece. You are the painter, the sculptor, the architect of your life. What kind of masterpiece would you like to create? What kind of life do you really want to live? We are not suggesting you begin to paint a masterpiece with paint, we are encouraging you to think of your life as a blank canvas and from now on you will be creating the life you want to live. The masterpiece you create is the actual life you want to live. If there are things in your life you want to change, paint over them and your art will come alive to you. Create the art or the life you want and take responsibility for it.

When you think of creating a painting, you need a canvas, paint and a paintbrush. Without any of these, it would be very difficult to create an art piece. But with all of them, you have the ability to create beautiful art. We came up with a way for you to remember what they symbolize to make it more personal to you. The world is your canvas. You have in front of you a blank canvas and starting today you can make a life you want. Additionally, we ask you to think of your paintbrush as your heart. Your heart is vital to keeping you alive. Take all your passion, your feelings, your desires and use your so-called paintbrush to create the life you have always dreamed of. Keep your paintbrush close to you and do not give anyone else power to color on your canvas.

And finishing the analogy of creating art in your life, the paint you use is your mind. Use your mind to create your art, your life, your ideas, your thoughts, your drive. Anything you think is possible will become achievable with a little action, determination, and drive. Combine your heart and mind in purpose and you will find you are creating a wonderful piece of art. Use color in your painting. Change your painting as often as you want or need. Start over if you must.

The guideline is that you control when, how, and what you paint. Paint one thing at a time. If you were creating an art scene of clouds, trees, mountains, you wouldn't paint any of these at the same time. Take one step at a time. Paint a happy little memory here and a happy little discovery there. You may plan out certain parts of your life or you could jump right in and figure it out as you go. There is no right or wrong, this is your life. Start today to begin to create your painting or life you want.

Going back to the four fundamentals of marksmanship, masterpiece is trigger squeeze. Up to this point, you have learned how to steady yourself, more accurately aim, control your breathing, and now is the time to pull the trigger and take action. Remind yourself you are the artist of your life. You have all the power to make a life you want.

Here are 4 ways to make your life a masterpiece:

1: Mindset: Everything begins in your mind. If your mindset is not where you want it, have a coach or someone you know help you with the shift in mindset.

2: Body: Move your body and move your mind. Exercise or walk or do something that will get you moving.

3: Spirit: Take care of your spirituality. If that for you is praying or meditating, do that. If it is something else, do what is most comfortable for you. Breathwork and connecting with your energy by quieting the noise around you.

4: Care: Do something today for yourself and someone else. A simple smile will make a difference in someone else's life. Take an inventory of your life and see what you can do today to help yourself.

A masterpiece takes time. Have patience with yourself. Take time to refresh yourself and your mind. Be kind to you. Don't give up, keep going one step at a time. Spend the time and energy to create your masterpiece, your beautiful life is ahead of you.

The acronym H O P E starts with the letter H, which we have defined as heart. What does it mean to have heart and how does this relate to gaining more hope?

To have heart or follow your heart is done by listening to your inner GPS, to find your purpose in life and go after it. A good heart leads to positive emotions and feelings of optimism, gratitude, and love, which can lead to better health. If your heart is right and you are following what it is saying, you can see many positive effects it will have on your life.

The heart is one of the energy centers of the body. If you are into yoga the heart Chakra is the very center of the body in the sternum area. The common theme throughout worldwide beliefs is the heart is centered around compassion and love. To have heart means to take care of yourself and others through compassion and love. Having heart is

the true essence of love. Love really needs to start from within and radiate outwards. Knowing that love is an emotion or feeling this would be the energy of the body. It is a strong energy that is released and when you can grasp it that is why it is indescribable.

We also believe having heart is going after goals and aspirations which drive you. The human will is what can help push you to run another mile or work a little harder. Having heart is the motivation to keep going. Be grateful and be in the present moment while listening to what your heart is telling you. If your heart has pure intentions, you will be more real, genuine, authentic, you will be you! Don't compare yourself to others, be who you are and be happy about it. Say daily affirmations, reach out to others, write a gratitude journal, post encouraging notes to yourself and read them often; whatever you choose to do each day, be kind to yourself and your heart will feel better and will help guide you to reach your goals.

How does having heart relate to hope? When you show others the true meaning of having heart, this is hoping for a better future. Courage is an integral part of heart and having hope. Often we mistake or think that having courage is the absence of fear and vulnerability. This is not necessarily the truth. Courage is telling fear and vulnerability to come on the ride anyway because you will push through any fear you might have. This does not mean facing the most challenging thing head on and forgetting the rest. No, it means facing what you can face right now. It means if you can only take a half of a step you are doing what you can.

There is a word in South Africa – Ubuntu – a word that captures the recognition that we are all bound together in ways that are invisible to the eye; that there is a oneness to humanity; we achieve ourselves by sharing ourselves with others, and caring for those around us. Ubuntu has its roots in African philosophy where the idea of community is one of the building blocks of society. It means I am because we are. What a beautiful thought. I am because we are. Your existence is better because we are all focused on each other. To strengthen your heart, your desire, and your passion doesn't just help yourself, it helps those around you.

There are many struggles and trials you have pushed through in your life. Give yourself credit and a pat on the back for being so strong, so resilient, and tough. The O in the H O P E acronym stands for overcome. Booker T Washington once said “Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome”. You should consider yourself a success simply by overcoming all the things you have. This isn’t to say you might not be struggling with something right now, it means if you think back on all the things you have overcome, you have come a long way and should be proud. There will likely be many more things you will overcome because of the things you are learning in this course.

Around 1886, athletes began to see if they could run the mile in under 4 minutes. This had never been done before. It took all the way up to 1954 before Roger Bannister ran the mile in under 4 minutes. A short 46 days later, another athlete accomplished it. 3 years later, 3 runners did it in the same race and since then, about 1,500 runners have done it. Sometimes our limiting factor is our mind and when we tell our mind things are possible, we will see they are and overcome any fear we might have.

Trust you have the ability and skills to handle whatever comes your way. Think about the times in the past you have overcome adversity. Think about the uncomfortable situations you’ve conquered. Think about the butterflies. Think about the dangers and threats. You’ve made it through them all. By acting despite fear, you will prove to yourself that you don’t need it. You will develop courage. Courage will overpower fear. You will become limitless.

What is something you are fearing right now? Are you able to take care of whatever it is without fear? We are confident you are. In fact, it may lead to the most powerful actions you’ve ever taken. You will break free of the limitations which have been holding you back and allow you to realize your true potential. But you shouldn’t just believe us, find out for yourself. Lessons are always more powerful when they are discovered. So let go of fear and take clear, decisive action to overcome anything life throws at you.

Fear is a learned response. To control fear there are a few things you can do:

- 1- Control your breathing. Take a deep breath, you are ok.
- 2- Surround yourself with people who will lift you up and help you when you are down.
- 3- Meditation

Passion is so important. The P in H O P E means passion. How do you find your passion or what you are passionate about? What compels you to want to do something? What can you talk about for hours and never feel like you are talking enough about it? What leaves you thirsty and craving for more? That is your passion. To have passion is to create a fire within you that cannot be extinguished. Have a desire about something and go after it. Live your passion. Make it part of your life. Share with others what your passion is so they know what you are passionate about. Find the time to nurture your passion.

Your passion can and will change. Think back to when you were a child and you may see things you were passionate about then that you are no longer passionate about. That is evolving. That is growing. The key is being passionate about something and taking the time to make it a part of your life. Is your passion right in front of you and with blinders on you can't see it?

"Don't worry about what the world needs. Ask what makes you come alive and do that, because what the world needs is people who have come alive." ~Howard Thurman Do you live within the bounds of your comfort zone? Do you put yourself in positions to cultivate passion? Have you ever thought that your passion may be the tool to motivate and inspire others?

3 ways to find your passion

- 1- Eliminate the noise. Noise is almost always around you. It can be small and simple things that take away your attention. It can be literal noise that is distracting you from doing certain things. By removing any or all of the outside noise around you will provide you with more focus on what you want and allow you to live with more passion.

2- Take the Intern approach. When an intern starts their job, they test things, they take action with little to no planning, they just do. This approach is done by doing something you think you are passionate about. Be like an intern and just do. Don't plan out too much, just take a step.

3- Another way you can find your passion is through persistence. Be persistent and consistent once you find your passion. Do not let it die. It can change but do not go without being passionate about something.

Just in case no one has told you today, you are enough, you are so enough it is unbelievable how enough you really are.

You are worthy of love and kindness

You are worth the same as everyone else

Your life has value and meaning

You are worthy

You are incredible

You are love

You are loved

You are empowered to live the best life for you

You were made to be you, as you are, on purpose

The E in H O P E stands for enough. You are more than enough. You have value. Your value does not diminish because of someone's inability to see your worth. There are two sides to a coin, but it still holds the same value. Your worth and value is like a coin; it does not change. You have always been enough and you will always be enough.

In the masterpiece section we spoke about creating your art. Some may see little to no value in your painting or your life while others see your painting/life as priceless. We know you are enough, no matter what! Why do we base our worth on what other people

think of us? You are the captain of your own ship. Why would you think someone else has more value than you do? It goes back to what do you identify as, do you identify as someone who has value? Do you identify as someone who has the same worth as others?

Tell yourself every day "I am grateful for what I have, and I have worth". Don't stop, just keep saying it every. Single. Day. You need to believe you have worth and are worthy of being loved. The only way to find that is to practice like anything else. Invest time into yourself. If you leave it to someone else it is not going to happen. Someone seeing you differently doesn't mean you need to change your perception of yourself. It doesn't matter if thousands of people believe in you, unless you believe in yourself and see you are enough, you will not reach your true potential.

It is your time to soar, your time to fly. If a 150,000 pound airplane can take off, so can you! But how does an airplane fly through the air? It has to overcome the four forces of flight, which are 1. Lift 2. Weight 3. Thrust 4. Drag. First, an airplane's wing creates the lift, which is the first force necessary to fly and propel it in an upward movement and the second force, its weight, is pulling the airplane in a downward force to the ground. A helicopter is a little different; it uses its spinning blades rather than wings to create the lift it needs to move. As the lift upward becomes a larger force than the weight which is attempting to pull it down, it moves in an upward position or can lift off the ground. The more lift each machine creates, the higher it flies. And the more weight an aircraft has, the more lift it must generate to overcome its weight. With your life, the weight or stress which might be weighing you down, the more lift you will have to create or action you need to take in order to overcome these obstacles.

Along with lift and weight, the other forces are thrust and drag. Thrust is the force needed to overcome the resistance in air, and is produced by the engine power. This is why the bigger the airplane the longer the runway needed to start flying due to more resistance pushing against the aircraft which is drag. The forward thrust must

overcome the drag to carry the airplane off the ground. Have you felt things in life dragging you down?

With a flight there is a destination in mind or an end goal. The crew may plan it out and ensure there is enough fuel to get to the destination. Once they take off, the destination may be too far away to see. The farther away from the destination they steer off course the harder it is to get back on course and the closer they are to the destination the easier it is to stay on course.

Similar to aircraft, you as an individual have to overcome these forces in order to move forward. The force of how much you move must overcome the force that is required to keep you in the same position you are in currently. What if your goal was to lose weight. You may start a program and it gets tough and you encounter resistance or drag and you are applying the same amount of lift and thrust. Thus, you are not able to overcome the forces and you give up on your weight loss program. The same would be true for any other situation which may arise. There will be times where you feel life's forces pushing against you and dragging you down. You may feel the weight of decisions you need to make. You will likely encounter resistance from outside forces. Use the principles in this course to push through those forces and to create your lift!

As you finish this course, our hope and desire is that you will put into practice each of the things we have shared with you. It is your time. You are armed with some tools to help you change your life beginning right now. These simple yet effective techniques will add more hope and a brighter outlook on your life. Remember as you aim for hope you should A, take action, I, identify with who you want to become, M, create your masterpiece, H, focus on your heart, O, see that you have and will overcome so much, P, live life with passion, and E, know that you are more than enough.

This is your path and your action plan to gain more hope. Now it is up to you to decide how much of this course you are going to put into practice. Your world is in your hands. You have all the control and power to do whatever you want. As with anything, we are confident the more action you take, the more results you will see. The more you turn

your focus to these principles, the more hope you will have and your outlook on your life will begin to change in a positive way. Thank you for taking this course and we look forward to hearing your success story.