

# Adam BOTHA

BALANCE BOUNDARIES AND MEANING

*presents*

## THE APPRECIATION WORKSHOP

**IWALKAWAKE**

Your Meaningful Step

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### WELCOME TO THE APPRECIATION WORKSHOP

Going slow and steady and appreciating each step can be as good as reaching the summit.  
Witnessing ourselves and each other with sensitivity and a caring spirit is one of our greatest privileges.

*This course serves as a blueprint with tools and practices that will take the level of your appreciation deeper for you to live into your best relationships, improved health, authentic career and increased abundance.*

Are you ready to take your understanding and creating of balance, boundaries and meaning in your life to the next level? You've come to the right place.

Smile and expect great things :)  
Yours in full faith,



Adam Botha  
Personal | Professional | Purpose Coach  
Owner of IWalkAwake

# COURSE CONTENTS AND OBJECTIVES

Module 01:

**Appreciation Practice**  
**Becoming Present**  
**Creating Balance**

Module 02:

**Increasing Your Energy**  
**Establishing Boundaries**  
**Gratitude, Intention and Affirmation**

Module 03:

**Defining Your Living Values**  
**Your Passion. Purpose. Path**  
**Pulling vs Pushing Yourself**

Module 04:

**A Compelling Vision**  
**Your Personal Strategy**  
**Living Your Passion Purpose Path @ Work**

The outline and objectives of each module of *The Appreciation Workshop* are:

Module 01:

- **Feel appreciated and appreciation** for all that is in your life.
- **Become present** to and score all 4 aspects of your being.
- Be able to see what **real balance** looks like.

Module 02:

- Increase your **overall energy** through select practices.
- Know your No's to **build resilience**.
- Be able to **create your day** before it starts.

Module 03:

- Define the **living values** that drive and inspire you.
- Know what your **passion purpose and path** are.
- Learn how to **pull yourself forward** instead of being pushed.

Module 04:

- Create your **compelling vision**.
- Outline a simple, punchy and **powerful personal strategy** for the future you.
- Be able to **bring all of yourself to work** that really matters.