



for taking this brave step to reclaim your life. Please find your path course "year-at-a-glance" to track your progress and receive the well deserved acknowledgements when graduating.

● WELCOME (Jan. 8, 9)

● 1:1 From Self-Love Deficiency to Self-Love (Jan. 15, 16)

● Class Transition (Introduction of Module 1) (Feb. 26, 27)

● 2:1 From Fear to Self-Love (March 5, 6)

● 2:2 From Brain Washed to Self-Love (March 12, 13)

● 2:3 From Depression to Self-Love (March 19, 20)

● 1:2 From "What is This?" to Self-Love (Jan. 22, 23)

● 1:3 From Fuel Source to Self-Love (Jan. 29, 30)

● 2:4 From Emotional Blur to Self-Love (March 26, 27)

● 2:5 From Confused to Self-Love (April 2, 3)

● 2:6 From Invisible to Self-Love (April 9, 10 - video)

● 2:7 From Narcissistic Fatigue to Self-Love (April 16, 17)

● 1:4 Narcissistic Abuse to Self-Love (Feb. 5, 6)

● 1:5 From Lost to Self-Love (Feb. 12, 13)

● 2:8 From Narcissistic Perfectionism to Self-Love (April 23, 24)

● 2:9 From Blame Game to Self-Love (April 30, May 1)

● 2:10 From Sexual Betrayal to Self-Love (May 7, 8)

● 2:11 From Reactive Anger to Self-Love (May 14, 15)

THE ROAD MAP BREAKDOWN - Understanding Narcissistic Trauma

LOVE & THE NARCISSIST - Breaking the Root Addiction

● Class Transition (Introduction of Module 3) (May 21, 22)

● 3:1 From Wounded Empath to Self-Love (May 28, 29)

● 3:2 From The Discard to Self-Love (June 4, 5)

● 3:3 From Codependence to Self-Love (June 11, 12)

● 3:4 From Love Addiction to Self-Love (June 18, 19)

● 3:5 From Trauma Bonded to Self-Love (June 25, 26)

● 3:6 From Spiritual Ties to Self-Love (July 2, 3)

● 3:7 From Boundryless to Self-Love (July 9, 10)

● 3:8 From Love Bombing to Self-Love (July 16, 17)

● Class Transition (Introduction of Module 4) (July 23, 24)

● 4:1 From CPTSD to Self-Love (July 30, 31)

● 4:2 From Abandonment to Self-Love (August 6, 7)

● 4:3 From Anxiety to Self-Love (Aug. 13, 14)

● 4:4 From Inner Critic to Self-Love (Aug. 20, 21)

● 4:5 From Toxic Shame to Self-Love (August 27, 28 - video)

● 4:6 From Repeat to Self-Love (Sept. 3, 4)

● Class Transition (Introduction to Module 5) (Sept. 10, 11)

● 5:1 From Parentless to Self-Love (Sept. 17, 18)

● 5:2 From Round 2 to Self-Love (Sept. 24, 25)

● 5:3 From Crazy Co-Parenting to Self-Love (Oct. 1, 2)

● 5:4 From Staying to Self-Love (Oct. 8, 9)

● Class Transition (Introduction to Module 6) (Oct. 15, 16)

● 6:1 From Divorced to Self-Love (Oct. 22, 23)

● 6:2 From Smeared to Self-Love (Oct. 29, 30)

● 6:3 From Hopeless to Self-Love (Nov. 5, 6)

● 6:4 From Unforgiveness to Self-Love

● 6:5 From Powerless to Self-Love (Nov. 17, 18)

● NO CLOASS (Nov. 26, 27)

● 6:6 From Holiday Chaos to Self-Love (Dec. 3, 4)

● WIN Party (Dec. 10, 11)

● NO CLASS (Dec. 17, 18)

● NO CLASS (Dec. 24, 25, 31)



MODULE 1



MODULE 2



MODULE 3



MODULE 4



MODULE 5



MODULE 6

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