

SELF-HEALING SYSTEM MAP

P1 | RELEASE - (START HERE)

Average Time: 2 Weeks

- Watch all the videos from Witalij
- Download/Print PDF Program Journal

- Integration Journal
- 1st Daily Practice
- Integration Journal

- Integration Journal
- Witality Breakthrough Session 1
- Integration Journal

- Integration Journal
- 2nd Daily Practice
- The Energy Detox Homework

- Integration Journal
- Witality Breakthrough Session No.2
- Integration Journal

- Attend Group Coaching Call

- Integration Journal
- 3rd Daily Practice
- Integration Journal

- Integration Journal
- Witality Breakthrough Session No.3
- Integration Journal

- Integration Journal
- 4th Daily Practice
- Integration Journal

- Integration Journal
- Witality Breakthrough Session No.4
- Integration Journal

- Attend Group Coaching Call

- INTEGRATION CHECKPOINT 1

P2 | RAISE

Average Time: 3 Weeks

- The Science of Raising Vibration™

- The Prime Process™
 - Repeat Daily Moving Forward

- The Interviewing Emotion Method™
- The I.E.M. Integration Process™

- Attend Group Coaching Call

- Complete 3x I.E.M. Sessions
 - Session 1
 - Session 2
 - Session 3

- The I.E.M. Integration Process™

- Attend Group Coaching Call

- INTEGRATION CHECKPOINT 2

- Rest 3-Days

P3 | REWIRE

Average Time: 3 Weeks

- The Nervous System Reset™

- Complete 3 Weeks of N.S.R.
 - Week 1
 - Week 2
 - Week 3

Note: Continue P3 Training While Using N.S.R. for Maximum Results

- The Ego Puppy Training™

- The Cold Plunge Therapy System™

- Tuning The Heart + Head Radio™

- The More Human Method™

- INTEGRATION CHECKPOINT 3

- Rest 3-Days

P4 | SUSTAIN

Average Time: 1 Week

- The Sustainable Healing Plan™

- INTEGRATION CHECKPOINT 4

- What's Next?™