

THE RENEW PROGRAM

KEN D FOSTER'S RELEASE • RENEW • EVOLVE WORKBOOK



Clear your
MIND
!

Ignite your
PASSION
♥

Grow your
INCOME
\$

Make better, healthier choices & increase your energy
Get powerful results in your life and business with less effort
Increased income and cash flow
Less regrets and remorse about mistakes they've made
Experience sustainable peace, happiness, and lasting fulfillment

kendfoster.com

Ken D Foster

THE RENEW PROGRAM

BY

KEN D FOSTER

**KEN D FOSTER'S
RELEASE • RENEW • EVOLVE PROGRAM**

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The information provided should never be used to, nor is it meant to, diagnose, treat, cure, or prevent any health problem or disease. If you have, or suspect that you have, a medical or therapeutic problem, we encourage you to promptly contact a health-care provider.

DEDICATION

This work is dedicated to those who are ready to forgive and let go of the past. To those who are committed to having new understanding, increased awareness, and relief from self-sabotaging beliefs, stuck emotions, or habit-bound issues.

To all the brilliant souls who are choosing to release, renew and evolve. To those who are consciously bringing forth their greatest gifts, talents, and abilities. To those who are generating their greatest dreams and making the world a better place for everyone.



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WELCOME

I would like to personally welcome you! I am so happy that you have made the decision to take renew your life and take it to the next level. Why, because when you change yourself, you have done what needs to be done to help make the world a better place. I have found through my research with clients over many years that the greatest results will be created by taking time to explore all possibilities that are available as you expand your thinking and your life.

Though the Renew Program you will be exploring what is most important to you in key areas of life. You will be taking a journey into your mind to find what you value most, and what you have been tolerating for way too long. You will be setting up a life plan to renew the areas that matter the most to you. You will be exploring mental, emotional, physical, spiritual, and energetic mindsets, along with the practical areas such as setting up specific intentions to accomplish your dreams.

By doing the work, you will be able to further define your values--what is important to you, get clarity on what direction you want to take, and most importantly, what you are going to let go of. The work you do here is what will lay the foundation for your life moving forward. It will not only allow you an opportunity to reflect on what is working and what isn't working in life, but will provide you with valuable information to better understand yourself and how to accelerate your success.

I pray you have much success on your journey. If you have any questions, please feel free contact me at KenDFoster.com/contact. Thank you for putting your trust in me and this program. I look forward to continue to serve you at the highest level.

Sincerely,

Ken D. Foster

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INTRODUCTION

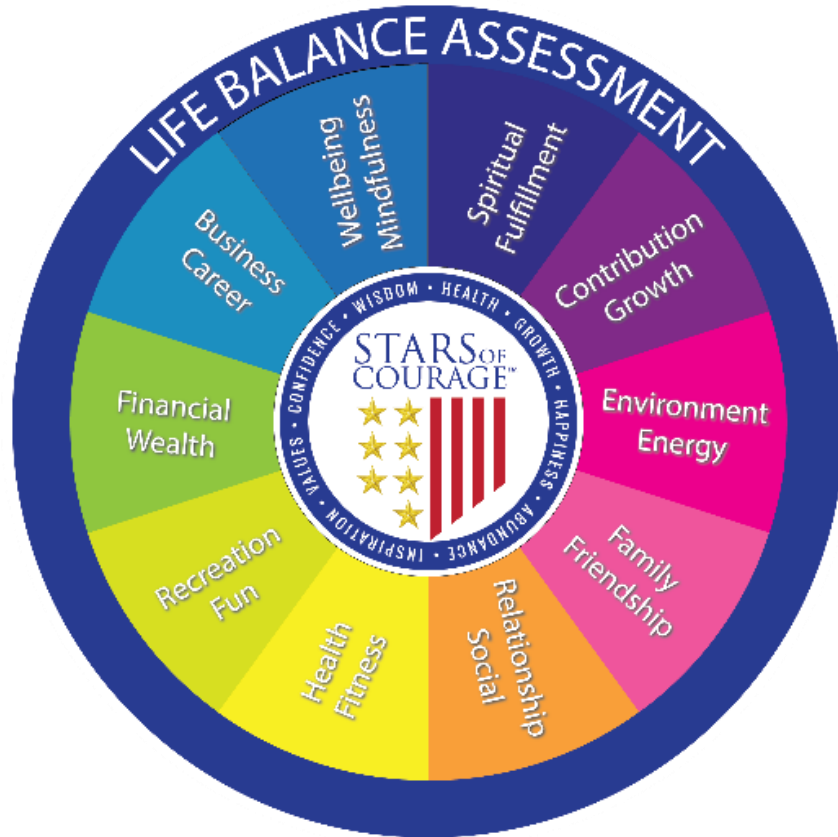
No matter what your level of achievement, if you submerge your mind into delving deep into who you are and what you want your life to be about, you will ultimately live a life that is uncommon to most. The work you are doing with this program will redefine what is possible for you. In fact, as you progress you will attain your natural state of greatness. What is that you may ask?

All of us are called to bring forth greatness in our lives. Greatness is not necessarily rated by how much money you have, nor how many people you have helped. It is a factor of who have you become as a result of doing what it takes to evolve yourself and become the best possible version of yourself.

Greatness isn't achieved overnight, but is accomplished daily by how you show up and use the time you have allotted. Greatness comes with courage, because you can't really achieve anything worth while if you haven't developed courage. It also comes with wisdom, because courage without wisdom will lead you down risky paths that may grow your ego, but your soul will be left behind.

So why am I telling you this? Its because I have taken many courageous journeys in my life and the lives of hundreds of clients and I know this. If you will do the work, no matter how boring or hard it may seem, eventually you will ascend into states of consciousness where you can achieve things that you will wonder how you did them. It all starts with defining what your life will be about and then taking personal responsibility for everything that shows up. The good, the bad and the greatness. You are the master of your destiny. I pray you find the courage to complete this program and then go on to manifest greatness in all areas of your life.

So, block at least a couple of hours to complete this portion of the program and let your imagination go wild. As Einstein said: "Imagination is everything. It is the preview of life's coming attractions." Also, have some fun! This is the time to explore the possibilities of how your life will be in the future.



LIFE BALANCE ASSESSMENT & ENERGETIC RENEWAL PROCESS

STEP 1 LIFE BALANCE ASSESSMENT

Think about each category below in a general way before rating the category. Then, on a scale of 1 to 10, with 1 being *Dismal* and 10 being *Fantastic*, rate the following areas of your life: (note some categories may not apply to you)

- | | | |
|---------------------|----------------------|----------------------|
| ❖ Financial _____ | ❖ Fulfillment _____ | ❖ Relationship _____ |
| ❖ Wealth _____ | ❖ Contribution _____ | ❖ Social _____ |
| ❖ Business _____ | ❖ Growth _____ | ❖ Health _____ |
| ❖ Career _____ | ❖ Environment _____ | ❖ Fitness _____ |
| ❖ Wellbeing _____ | ❖ Energy _____ | ❖ Recreation _____ |
| ❖ Mindfulness _____ | ❖ Family _____ | ❖ Fun _____ |
| ❖ Spiritual _____ | ❖ Friendship _____ | |

STEP 2 LIFE BALANCE ASSESSMENT - TOLERATIONS

Are you ready to make some real changes? When you can acknowledge, what is not working in your life, then you have the power to change it. You cannot change what you do not acknowledge, therefore be vulnerable and very honest with yourself. This exercise will help you acknowledge what you are tolerating or putting up with. You will be assessing each area of life to determine what needs to change. Below is a list of examples.

I am:

- Tolerating not saving money each month
- Tolerating an office, home or backyard that is an eyesore
- Tolerating too much debt
- Tolerating watching too much TV
- Tolerating not exercising on a regular basis
- Tolerating not deepening my spiritual connection
- Tolerating a poor relationship
- Tolerating not having a life plan
- Tolerating not having a coach
- Tolerating not living where I want

Now comes the fun part. In each category below, list what you are tolerating. Remember you can't change what you can't acknowledge, so don't hold back.

Financial (assets, liabilities, income, expenses, investments)

Wealth (material prosperity, financial reserves, security, relationship with money)

STEP 2 LIFE BALANCE ASSESSMENT - TOLERATIONS

Business (entrepreneurial opportunities and growth)

Career (type of work, work environment, opportunities for progress)

Wellbeing (characterized by health, happiness and prosperity)

Mindfulness (being present, conscious and aware)

Spiritual (living your faith, values, principles and morals)

STEP 2 LIFE BALANCE ASSESSMENT - TOLERATIONS

Fulfilment (satisfaction as a result of developing character and living on purpose)

Contribution (to help a cause or facilitate positive change)

Growth (development and maturation of your gifts, talents and skills)

Environment (the surroundings and conditions in which you live)

Energy (vitality required for sustained mental or physical activity)

Family (relationship with member of your family)

Friendship (relationship with friends)

Relationship (connection with spouse or significant other)

Social (socializing with your family, friends and community)

Health (healthy mind, body, and spirit – free from illness and disease)

STEP 2 LIFE BALANCE ASSESSMENT - TOLERATIONS

Fitness (strength, robustness, vigor, athleticism, muscularity)

Recreation (taking time off to take care and recharge yourself)

Fun (enjoyment, amusement, light hearted pleasure)

STEP 3 COURAGEOUS INTENTIONS

Write out one or more specific intentions you will accomplish no matter what challenges you face. Your intention is your goals, target, or aim you will manifest. Do this for each category below. (Note: For intentions to be effective, I suggest writing them in the first person starting with the words “I will” followed by a clear description of your intention. Once this is done, come up with a specific date that you will accomplish it by.

Example: “I will find the courage to lose 25 pounds or more by December 31 or sooner no matter what.”) Remember “**Words Matter**” because when you can feel your intention, there is energy behind it, and that energy becomes the dynamo messages you are giving to your subconscious and eventually the superconscious mind to attract the people, places, and circumstances to bring your intention into reality.

Once you have written out your intention, then tune into the purpose for accomplishing it. A strong purpose will energize your intention. Write your answer in the “Purpose” area.

Financial Intentions

Purpose – Most Important Reasons Why You Will Succeed

Wealth Intentions

Purpose – Most Important Reasons Why You Will Succeed

Business Intentions

Purpose – Most Important Reasons Why You Will Succeed

Career Intentions

Purpose – Most Important Reasons Why You Will Succeed

Wellbeing Intentions

Purpose – Most Important Reasons Why You Will Succeed

STEP 3 COURAGEOUS INTENTIONS

Mindfulness Intentions

Purpose – Most Important Reasons Why You Will Succeed

Spiritual Intentions

Purpose – Most Important Reasons Why You Will Succeed

Fulfillment Intentions

Purpose – Most Important Reasons Why You Will Succeed

STEP 3 COURAGEOUS INTENTIONS

Contribution Intentions

Purpose – Most Important Reasons Why You Will Succeed

Personal Growth Intentions

Purpose – Most Important Reasons Why You Will Succeed

Home Environment Intentions

Purpose – Most Important Reasons Why You Will Succeed

STEP 3 COURAGEOUS INTENTIONS

Energy Intentions

Purpose – Most Important Reasons Why You Will Succeed

Family Intentions

Purpose – Most Important Reasons Why You Will Succeed

Friendship Intentions

Purpose – Most Important Reasons Why You Will Succeed

STEP 3 COURAGEOUS INTENTIONS

Relationship Intentions

Purpose – Most Important Reasons Why You Will Succeed

Social Intentions

Purpose – Most Important Reasons Why You Will Succeed

Health Intentions

Purpose – Most Important Reasons Why You Will Succeed

STEP 3 COURAGEOUS INTENTIONS

Fitness Intentions

Purpose – Most Important Reasons Why You Will Succeed

Recreation Intentions

Purpose – Most Important Reasons Why You Will Succeed

Fun Intentions

Purpose – Most Important Reasons Why You Will Succeed
