



*Magnetism*10X

SEPT 17 - OCT 29

6 WEEKS

6 MODULES

5 GROUP
COACHING
SESSIONS

1 ONE-ONE
CHECK-IN
SESSION



WELCOME

Welcome to Magnetism10X!

Now, what I'd say to you is

Congratulations for deciding to commit yourself to this process!

Magnetism10X is my journey as much as it is yours.

I have chronicled all of my learnings on the subjects of Self awareness, Self Trust, Confidence and Attraction into sizable, customizable and actionable processes so you can use them as gems on your life's unique journey.

Gems that brighten your days, make the difference for you and quicken your steps as you journey along your path.

This brochure highlights how the next six weeks will go.

As I always say, be ready to open yourself to new ways of thinking so you can experience newer ways of BE-ing.

My hope is that you permit yourself to receive all that is available to you.

Thank you for choosing me.



YBB

REINVENTION & EVOLUTION CONNOISSEUR



DAILY AFFIRMATION

It's a new day and a new beginning for me.
I am dedicated to living my best life.
Whatever I put my mind to I achieve.
I am creating the life that I desire.
I love the life I live.
I say yes to the right things and no to the wrong things.
I radiate goodness wherever I go.
My heart is open to give and to serve.
I am dedicated to living in alignment with my purpose.
Today, I receive all that is mine.



Yetunde Bankole-Bernard



6 WEEKS ACTIVITY CALENDAR

For each activity per week you will need

- A journal or your laptop
- Dedicated hours a day
- A quiet space
- Reference the “resources” for guidance on each activity.
- You can also reach out to me via mail identitycoach@yetundebernard.com during the course of the week as you go through tasks.

Quick instructions and tasks will be shared on dedicated Whastapp group.

Resources and Bonuses

Get Resources Here

<https://www.yetundebernard.com/magnetism10x-resources>

Get Bonuses Here

<https://yetundebernard.com/mgx-bonus/>

This whatsapp group will also serve as interactive platform for experiences, challenges and learnings on the course.

Tasks will be sent during the course of the week and are to be completed before the weekly Live coaching class.

They range from worksheets to self assessment and instructional videos.

Coaching classes last for 2 hours on Sundays 7pm–9pm WAT and will be held on zoom.

You are advised to attend.

However , should you be unable to, replays will be made available .



Link to Join Zoom Meeting is

<https://us02web.zoom.us/j/89610470690?pwd=ZGJZNkkwNjM0OU1BL3BxdHZrdFdtZz09>

Meeting ID: **896 1047 0690**

Passcode: **404569**



RESOURCES

RESOURCE 1

WEEK 01: SELF ASSESSMENT

Who are you now?

Who do you want to be?

We will work on getting more answers in the weeks to come

NOTE

NOTE



RESOURCE 2

WEEK 02: INDIVIDUAL DEVELOPMENT PLAN TEMPLATE

To be completed in week 2 before our 2nd session .

Focus on our first discussion and the expectations we discussed.

PERSONAL ASSESSMENT AND VISUALIZATION

S/N	WHERE I AM NOW	WHERE DO I WANT TO BE IDEALLY

CREATE A PLAN BASED ON PRIORITIES

S/N	OBJECTIVES: Identify competencies and or areas to develop	ACTION STEPS: Define routines and support required	TIMELINE: Set realistic timeline for completion

RESOURCE 3

GUIDE FOR MEDITATION & VISUALIZATION EXERCISE

In Preparation you should:

1. Practise Deep Personal Reflection

Find any Calming Music - For study or writing

It should preferably be Instrumentals. As long as you're not 'singing along' or 'speaking along'

Just be quiet and intentionally listen to the instrumentation, modulations and your own breathing.

For this; I typically go for Lofi for calmness or sleep...

I'll also recommend instrumentals from Sleeping At Last for music to write to

Find what works for you

Follow these Instructions:

- ✓ Use earphones/headset (Compulsory)
- ✓ Stay in a quiet place where you cannot be disturbed
- ✓ Listen with your eyes shut. Or in a dark room to block out bright light

- ✓ Breathe in and out deeply. Slow your breathing down.
- ✓ As you breathe in and out- Focus completely on the music.
- ✓ Allow yourself to be calm.

The aim is to become comfortable with being still and completely unperturbed about anything happening around you. Just be still in the moment and permit your own creative thoughts to come to you.

Other suggestions

Music By YBB

<https://fanlink.to/YBBialreadyAM>

The Future is Here <https://q.co/kgs/q5Zctj>



DAILY DEVOTIONAL

MONDAY TO FRIDAY; WEEKS 1 - 6

This is a devotional to inspire you to open each day .

Take them as tasks.


You are to share your thoughts for each day's word in the Whatsapp group

WEEK 01 →

DAY 01 FREE

I accept myself
I believe in me
There's no doubt why i am here
I have come to know
What my essence shows
And in being me
I am Free

Yetunde Bankole-Bernard

My thoughts:  _____

DAY 02 FREE *2*

I command myself
To remain in peace
To explore all i can be
On my mountain highs
And my valley lows
I'm complete in ALL
Yes, I am

Yetunde Bankole-Bernard

My thoughts:  _____




DAY 03

You Are Brave

- I am whole.
- I am learning.
- I am letting go.
- I am free.
- I am talented and courageous.
- I am protecting my joy.
- I am brave.
- I am healing.
- I am loving myself.
- Unapologetically.

Alex Elle


My thoughts: 

DAY 04

Respect Yourself

- Learn to be alone without being lonely.
- Learn to admire your beauty without finding fault.
- Learn to love yourself without the love of others.

H.R.D.

My thoughts: 

DAY 05

Live the Life You Always Imagined

- I learned this, at least by my experiment: that if one advances confidently in the direction of his/her dreams, and endeavors to live the life which (s)he has imagined, (s)he will meet with a success unexpected in common hours.

Henry David Thoreau, Walden

My thoughts: 



WEEK 02

DAY 06

Becoming Your Best You

Close your eyes and imagine the best version of you possible. That's who you really are. Let go of any part of you that doesn't believe it.

C. Assaid


My thoughts: 

DAY 07

You're Braver Than You Know

Promise me you'll always remember: you're braver than you believe, and stronger than you seem, and smarter than you think.

Christopher Robin to Pooh, A.A. Milne

My thoughts: 

DAY 08

Know There Is Love in the World

At the center of the universe is a loving heart that continues to beat and that wants the best for every person. Anything we can do to help foster the intellect and spirit and emotional growth of our fellow human beings, that is our job. Those of us who have this particular vision must continue against all odds. Life is for service.

Fred Rogers

My thoughts: 




DAY 09

It's OK to Be Vulnerable

Don't worry, it's going to be OK.
 It's all right, little one, you're safe and loved.
 It's OK to cry, it's OK to be afraid, it's OK to be weak,
 it's OK to be vulnerable, it's OK to be human.
 It's from all these elements that we grow,
 and it's from all these elements that I am born out of you.
 I Love You.
 You're not alone.
 So long as you reach out to others, you're never alone.
 Ask for my help in loaning you the courage you already have.
 It's not that I never give you more than you can handle,
 I am not responsible for the

consequences of your actions, only you are.
 Stay on the path if you're suffering by taking the steps you need to take.
 Hang on and hang in there, because it's now
 that you're growing at light speed.
 You're never going backward, only forward.

Anonymous

My thoughts: 

DAY 10

Try Looking at Things a Different Way

Mindfulness: taking a balanced approach to negative emotions so that feelings are neither suppressed nor exaggerated. We cannot ignore our pain and feel compassion for it at the same time. Mindfulness requires that we not
 "over-identify" with thoughts and feelings so that we are caught up and swept away by negativity.

Brené Brown

My thoughts: 




WEEK 03

DAY 11

Each Day Is a Precious Gift; Use It Well

This is the beginning of a new day.
 I can waste it or use it for good.
 What I do today is important because I
 am exchanging a day of my life for it.
 When tomorrow comes, this day will be
 gone forever,
 leaving in its place something I have
 traded for it.
 I want it to be a gain, not a loss;
 good, not evil;
 success, not failure—
 in order that I shall not regret the price I
 paid for it today.

Jaya Khan


My thoughts: 

DAY 12

Learn the Art of Patience

Patience is waiting.
 Not passively waiting.
 That is laziness.
 But to keep going
 when the going is hard and slow—
 that is patience.

Leo Tolstoy

My thoughts: 

DAY 13

Facing the Future

Every journey begins
 With but a small step.
 And every day is a chance
 For a new, small step
 In the right direction.
 Just follow your Heartsong.

Mattie J. Stepanek

My thoughts: 

WEEK 04

DAY 14

We Are All Reborn

It's okay
if you're burning
with anger
or sadness
or both
it is necessary
for you to collapse
so you can learn
how phoenixes are reborn
when they burn
and rise again
from the ashes of
their existence

Noor Unnihar

My thoughts:



DAY 15

Learn and Grow

Failures are part of life.
If you don't fail,
you don't learn.
If you don't learn,
you'll never change.

Walter Hiram Harmon

My thoughts:



DAY 16

Tell God What You Need

Don't worry about anything,
instead pray about everything.
Tell God what you need,
and thank him for all he has done.
If you do this, you will experience God's
peace,
which is far more wonderful
than the human mind can understand.
His peace will guard your hearts and minds
as you live in Christ Jesus.

Philippians 4:4-7

My thoughts:






DAY 17

Stay on the Bright Side of Life

Let me encourage you to get up every day and focus on what you do have in life.

Be thankful for the blessings of the little things even when you don't get what you expect.

Victoria Osteen

My thoughts:  _____

DAY 18


Mindfulness Practice: Joyful Choices

This is your life; only you can truly control your choices, and choosing thankfulness and happiness is the best way to achieve being a good to yourself as well as the world. Here are some suggestions for how you can ensure simple joy in your life:

- ✓ Be the best you can be by your own standards
- ✓ Surround yourself with people who inspire you and make you feel good
- ✓ Focus on what you have, not what you lack
- ✓ Optimism trumps pessimism every time!
- ✓ Smile often and genuinely
- ✓ Be honest, to yourself and to others
- ✓ Help others
- ✓ Embrace your past, live in the

present, and look forward for what is yet to come.

Becca Anderson

My thoughts:  _____



WEEK 05

DAY 19

You Must Do the Thing You Think You Cannot Do

You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face.

You are able to say to yourself, "I have lived through this horror.

I can take the next thing that comes along."

You must do the thing you think you cannot do.

Eleanor Roosevelt

My thoughts: 

DAY 20

You Shall Overcome

Within ourselves, there are voices that provide us with all the answers that we need to heal our deepest wounds, to transcend our limitations.

My thoughts: 

DAY 21

The Happiness of Your Life

The happiness of your life depends upon the quality of your thoughts; Therefore, guard accordingly, and take care that you entertain no notions unsuitable to virtue and reasonable nature.

Marcus Aurelius

My thoughts: 

DAY 22

Keep Looking for the Open Doors

When one door of happiness closes,
another opens,
but often we look so long at the closed
door that we do not see the one
that has been opened for us.

Helen Keller

My thoughts: 

DAY 23

You Think Therefore You Are

It isn't what you have,
or who you are,
or where you are,
or what you are doing
that makes you happy or unhappy.
It is what you think about.

Dale Carnegie

My thoughts: 

DAY 24

Finding the Treasure Within

Looking behind,
I am filled with gratitude.
Looking forward,
I am filled with vision.
Looking upwards,
I am filled with strength.
Looking within, I discover peace.

Native American Proverb

My thoughts: 



WEEK 06

DAY 25

Welcome Good

Let gratitude be the pillow upon which you kneel to say your nightly prayer. And let faith be the bridge you build to overcome evil and welcome good.

Maya Angelou

My thoughts: 

DAY 26

Remember

Remember that the happiest people are not those getting more, but those giving more.

H. Jackson Brown, Jr.

My thoughts: 

DAY 27

Don't Let Worry Get in the Way of Your Joy

We speculate, dream, strategize, and plan for these "conditions of happiness" we want to have in the future; and we continually chase after that future, even while we sleep.

We may have fears about the future because we don't know how it's going to turn out, and these worries and anxieties keep us from enjoying being here now.

Thích Nhất Hạnh

My thoughts: 



DAY 28

Rejoice in Positive Things

May we practice kindness day and night, forever, not only towards friends, but also to strangers, and especially to the enemy; not only towards human beings, but also to animals and other beings who want happiness and don't want to suffer.

May we constantly enjoy our lives by rejoicing.

May we constantly enjoy happiness by rejoicing in all the positive things that bring benefit to others and to ourselves.

And may we especially rejoice when we see all the good things that happen to others.

May we develop patience to achieve all happiness, temporal and ultimate, and to bring that happiness to others; not

only to our family, but to all sentient beings.

May we develop all the sixteen human qualities, an understanding which makes our lives different.

May we become skilled in not harming sentient beings, and may we become only the source of happiness for sentient beings, like sunshine.

May we practice contentment.

May we learn contentment and satisfaction

May we learn to enjoy contentment,

which brings great freedom into our lives and brings us so much happiness.


May we be an example to the world.

May we practice these good qualities, and when somebody abuses or harms us, may we immediately forgive them.

In daily life, when we make mistakes and harm others, may we immediately ask forgiveness.

May we be able to develop courage to be an inspiring example and to be of benefit in so many ways for the happiness of others, not only for ourselves.

Lama Zopa Rinpoche

My thoughts: 



DAY 29

Enough Is a Gift

Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough.

Oprah Winfrey

My thoughts:



DAY 30

Count Your Blessings. Always.

We tend to forget that happiness doesn't come as a result of getting something we don't have, but rather of recognizing and appreciating what we do have.

Frederick Keonig

My thoughts:





OCTOBER 29, 2023

And so, the day is here.
It's everything you imagined it to be .
I thank you for choosing to spend this time with me.
I can't wait to see you shine in your light.
You are ready.

Step forward!

Step Forward!

Magnetism10X

10X
Magnetism 10X