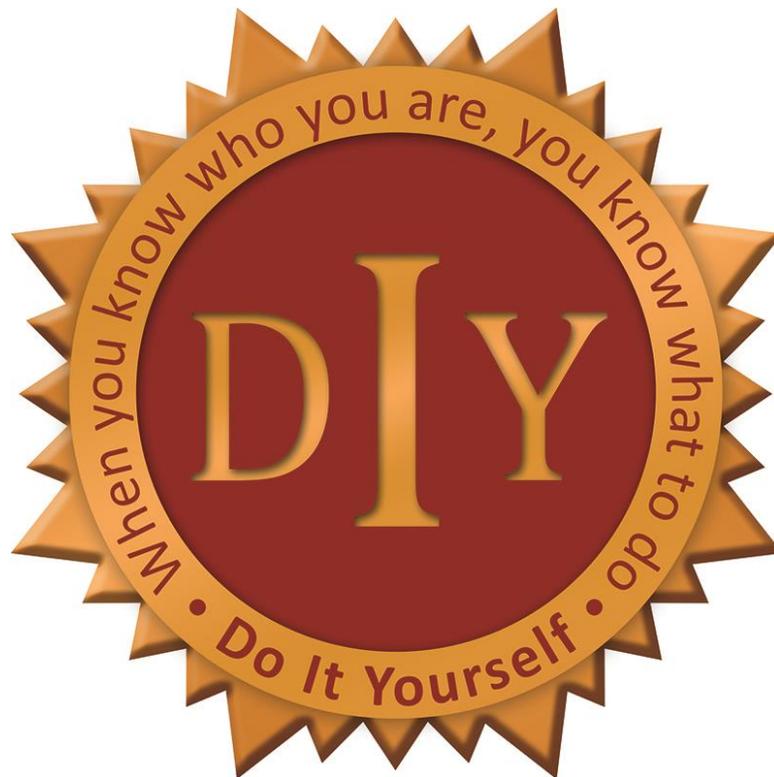




Intentional 2016

The Art & Science of creating your future



The Adventure begins. . .



Intentional 2016

The Art & Science of creating your future

Module 1

1st Key – *Discover . . . unlocks the door to AWARENESS*



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Why was this program created?

Welcome to Core Passion® Intentional 2016

Watch Module 1 Video - Welcome

Our intention for you this year is to learn the art and science of manifesting. 2016 is the universal year to make decisions about what to hang on to and what to let go of. You will access and use the *power* of your Core Passion® Codes. You will learn the value of creating your vision, connecting with your personal timing chart, and developing your actions and activities to manifest your desired results.

Last year learning the knowledge and skills of manifesting was focused on connecting to your purpose and your power to produce results. This year, your innate manifesting skills will continue to enhance your abilities to produce solutions to your vision by discerning what to hang on to and what to let of.

Several years ago Lori and I had a strong burning desire to create our future with a balanced lifestyle. We studied, researched, and applied many creative secrets and alchemical practices of the Masters. Today we have become very successful in creating the balanced lifestyle we desire.

Feeling confident with our abilities to create the lifestyle we dreamed of; we became passionate to share this magical art and science with others. We developed and started teaching our Core Passion® Intentional classes in 2007 and the results have been outstanding for our participants. Each year has a very unique energy and theme using the practice of Numerology to set the timing and the focus. We know we can successfully pass this wisdom and these skills on to people using our Core Passion® system.

This year, the vibrational energy of 2016 is prompting you to become continually aware that you really are co-creators of your future. The energy of this year's focus will be about accepting your *role* of being a co-creator, accessing your creative energy to *release* what no longer serves you, *reform* your thoughts and behaviors and *refocus* on your future. If you are ready, if you are committed, and if you are able to invest the energy . . . now is the perfect time to learn the deeper secrets of who you are and what you want. It's time for you to create your 2016 future. We know you will enjoy the journey!

The Adventure begins. . .

- Lori & Wes



Lori Palm, CEO of Core Passion Inc, is a modern-day muse inspiring passion, purpose and possibilities. An entrepreneur for over 40 years, she sees the unseen personal and business opportunities everywhere. **Wes Hamilton** is a master numerologist, professional mediator, a national teacher of personal growth programs, and a successful Real Estate Broker. Together they created the Core Passion® Assessment and training programs. They use a magical process connecting people to their passion and creating a space for them to discover who they truly are and what they want.

Where do I start?

1st Key - *Discover* . . . unlocks the door to **AWARENESS**

Objective: *To facilitate change and create something new, first we have to discover who we are and where we are at. It's like being lost in a mall; you have to go to the directory to find out where you are. Once you know where you're at, you can make plans for where you want to go. Awareness starts with asking a question. Questions can be dangerous. They require tremendous courage to ask because new questions lead to new ways of perceiving. All new and original thought begins with a question, which leads to an exploration – an adventure. **Watch Module 1 Video: 1st Key - Discover***



The Core Passion® Keys teach us a systematic plan of action for the integration and application of the knowledge and skills of creation. The Intentional 2016 program is organized in four modules corresponding to the four keys. The 1st Key, **Discover**, unlocks the door to **AWARENESS**.

Begin here - become aware! The secret to personal Awareness starts with two questions. Who are you? *and* What do you want? Now you have a place to focus. If you haven't taken the Core Passion® Assessment yet, start by completing the on-line assessment and printing out your 21 page report. The Core Passion® Assessment is a companion and pre-requisite to the Intentional 2016 program.

Discovery of who you are and having words for your unique identity becomes a source for your personal power. Discovering what energy is driving your desires of what you are wanting gives you clarity to focus and ask for your needs to be met. We will explore and build new perspectives *around the underlying principles, ideas, and Core Passion® Codes that are driving your life. The Core Passion® System provides the Codes, Keys and a Process for Success. You will begin to learn how to integrate and apply the knowledge and skills of building your life from the inside out.*

<u>Knowledge/ Integration</u>	<u>Skills/ Application</u>
Discover	AWARENESS
Believe	ACCEPTANCE
Create	ACTUALIZATION
Live	AUTHENTICITY





The Vibrational Energy of 2016

Objective & Background: *Pythagoras, the Greek philosopher often referred to as the father of math, is given credit to creating the Pythagorean system of Numerology used by many Numerologists today to implement the number and alphabet systems of the 21st century. Numerology creates an awareness that information is available to better understand the timing of what is happening naturally in the world every year and every month.*

*We believe it is important for you to know there is an Order to the Universe. This order can be interpreted and applied using math for personal and professional planning in a timely manner. It's like "being in the right place at the right time". We will use the Numerology system to create the Action Plans to implement your Vision. **Watch Module 1 Video – Vibrational Energy of 2016***

Release, Reform, Refocus

This year will offer you many opportunities throughout the year to *release, reform* and *refocus* with several of the energetic contracts you have been working on the last 8 years. Numerology explains the vibrational energy 2016 is a 9-year. You are wrapping up and completing things that you started in 2008. It's time to celebrate what you have learned more about the gifts of your insights, your abilities and your progress of learning more about who you really are as you do what you do.

Here is a look back at my 9 year forecast I wrote back in 2007. Read through the timelines and see if you can recall how you have worked and grown to become who you are today. This was published in the Edge Magazine in 2007.

In 2008 - (1) a one year. You will sense a strong need for new ideas, new commitments, new projects. You are ready to begin your new 9 year journey with new "eyes and a new vision"

In 2009 – (2) a two year. You will become more aware of your relationships, to yourselves, your Passion, and your Purpose) you will need to be mindful of your time lines.

In 2010 - (3) a three year. You will become aware how your environment becomes your laboratory and your playground to create the life you choose to have.

In 2011 – (4) a four year. You will begin to build and develop your new dreams and plans into practical applications for living the life you have chosen to create.

In 2012 – (5) a five year. You will enter into the energy of chaos, everything outgrows its form, you are in the energy of expansion beyond your comfort.

In 2013 – (6) a six year. You will search for balance in your life. New growth has challenged your family, your friends, and your boundaries. You will become more aware of your responsibilities.

In 2014 – (7) a seven year. You are feeling the urge to research your intentions, dreams and desires.) You are perfecting yourselves through your inner awareness of your exterior results.

In 2015 – (8) an eight year. You will find yourself wanting to force things into results. This will become a joyful or frustrating year depending on what you have learned.

In 2016 – (9) a nine year. You will celebrate your abundance. It's time to discard old ideas and things that you no longer need. You are becoming aware of how the art and science of manifesting works for you.

~Wes Hamilton
December 2007

This year (2016) is all about what you will hang on to and what you will let go of in your personal and professional life. This will cover many aspects of your career, your relationships, your health, and your spiritual beliefs and practices.

According to numerology, you and the world are completing a major 9 year cycle. In the overall picture of life, you are being influenced and challenged to survive or thrive. You have been experiencing the gifts, challenges, benefits and rewards of people using the power of money, management, and manipulation to achieve their desired goals. (Remember the global financial meltdown?)

In 2016, it becomes important for you to step back and look at the bigger picture of who you are, where you are headed, what you want, and why you want it. It is time for you to *release* out-worn relationships with people, places, and things that no longer fulfill your desires.

This year you will be given “time out” opportunities to *reform* your old default patterns of the ways you have been responding and performing in your personal and professional life. This year you will sense a strong desire to amend or change the ways you have been responding to situations. This restructuring will happen when you no longer feel responsible to show up and fix things as you have in the past. You are learning to observe, experience, and detach yourself when necessary.

Take the opportunity to step back and look at your life from the “balcony” this year. I believe you will be inspired to *refocus* your dreams of what you want your life to be about. You will have several opportunities in 2016 to do this restructuring as you *reform* your intentions and your vision to better suit the lifestyle you desire. You will begin to see where you can restructure, modify, and transform the many ways you can creatively manifest the peace, abundance and joy you really crave.

This 9-year energy is like a graduation and celebration from the last 8 years of learning about who you are. You have been navigating through many lessons and experiences while you were practicing the art and science of manifesting your dreams in 2015. As you celebrate and graduate this year, you will want to *release* everything that continues to block you from manifesting with ease. You will want to *reform* and *refocus* your understanding of knowing who you are. You will need to create a clear vision of what you want. You will become empowered when you use your unique energy matrix of passion to become the co-creator of your life.

When you know WHO you are, you know WHAT to do.

Remember, your greatness lies within your uniqueness.

Let's look at the Core Passion® FOCUS 4. Everything you are connected to and everything you do is connected to these 4 quadrants of your life. The energy of 2016 will influence you over the next 12 months as you *release* your past, *reform* your present, and *refocus* your future!

Career: You may find yourself looking at the greater purpose of your life. Begin reflecting to see if your career path provides you with fulfillment. You may be drawn to foreign travel and look for ways to have a career that supports your desire. You may explore ways to volunteer your time helping others improve their lifestyle. You may decide to sell your company and look for ways to improve your work life balance. You may look at opportunities to take your products and services to the world. You may study a foreign language or partner with a foreigner or a foreign country.

Relationships: You may explore the bigger picture of where the world is moving with foreign countries and people from those countries. You may study the history of human cultures, how they evolve, and how they thrive. As you look at several of your own relationships, you may decide it is time to only be with people you really enjoy. You may decide to end several long-term relationships that no longer feel right for you. You may decide to take a trip to foreign countries. You may decide to sell your home. You may have a desire to do a major purging with things in your car, your home and your office.

Health: You may decide to explore the benefits of living a balanced lifestyle of work/play, busy/quiet, early/late, more/less. You may decide it is time to join a health club and commit to a routine exercise program. You might look in the mirror and commit to losing a few pounds and tightening up a few loose areas of your body. You may buy a "Fit Bit" bracelet to keep track of what you feed your body and how many steps you actually take in your day. You might look at the benefits of eating organic food, drinking more water, and eating more fresh fruits and vegetables. You may read books and articles about living a longer, healthier, happier lifestyle.

Spiritual: You may accept there really is a higher power that provides many opportunities for you create the lifestyle you desire. You may be drawn to explore the truths and hidden mysteries of life - architecture, sacred places, symbols, designs, stories, rituals, and ceremonies that our forefathers left for you to discover.

You may explore the inner- self-benefits of yoga, meditation, Ti Chi, walking in nature, and journaling. You may even explore the meaning of life after death, and the journey of the soul. The unseen world is filled with answers and information for you to explore. You need to have the courage to ask for insights and guidance by asking really good questions. Then let the adventure begin. . .

2016 is going to provide you with many opportunities to *release*, *reform*, and *refocus* as you prepare yourself to begin your next 9 year cycle in 2017 to become even more of who you are.

~ Wes Hamilton, Master Numerologist

How will I create?

Elements of the Core Passion® Intentional Program

Objective: To create an awareness of all the elements that are needed to create a successful future. This provides a place for you to focus and process your actions – the art & science of creating your future. The Core Passion® System includes Codes, Keys, the Passion Vision Action™ Process, and the Focus 4. Numerology provides the science of mathematics to understand the timing and actions to be taken to achieve success. Core Passion® is the art of who you are – inspiration, clarity, and direction. Numerology is the science of what to do when. Together, they provide the elements needed to create your future in 2016.

Watch Module 1 Video – Elements of the Core Passion Intentional Program

Core Passion® Codes

Unlock who you are (*Inspiration*)

Core Passion® Codes are the source of energy that drives our passion. This matrix of energy acknowledges our gifts and makes us aware of our challenges. It always awakens us to our lessons of why we do what we do. These 12 Codes are given to us at birth. Everyone has them. We all use them. The Core Passion® Assessment and report is a companion and pre-requisite for this program.



 RECOGNITION I have the ability to see things as they are, not as I wish them to be.	 PARTNERSHIP I have the ability to work with others to achieve a common goal.	 CREATIVITY I have the ability to think outside the box and come up with new ideas.	 FORM I have the ability to create something out of nothing.
 CHANGE I have the ability to adapt to new circumstances and overcome challenges.	 SERVICE I have the ability to help others and make a difference in their lives.	 RESEARCH I have the ability to explore new ideas and discover new truths.	 POWER I have the ability to influence others and achieve my goals.
 ENLIGHTENMENT I have the ability to see the bigger picture and understand the meaning of life.	 INSPIRATION I have the ability to be inspired by others and to inspire others.	 MASTERY I have the ability to become an expert in my field and to teach others.	 COMPASSION I have the ability to feel for others and to help them in their time of need.



Core Passion® Keys

Unlock what to do (*Clarity*)

The Core Passion® Keys teach us a systematic plan of action for the integration and application of the knowledge and skills of creating. Each key is an integral part of success. They all must be used and completed in the order that they are given. You will find yourself going back and forth between the keys which are a natural process of trial and error. Eventually you will realize that each key had to be completed before you can fully use the next key.

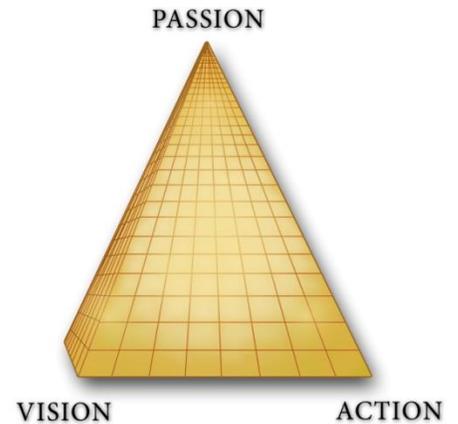
- 1st key – Discover – unlocks the door to Awareness
- 2nd key – Believe – unlocks the door to Acceptance
- 3rd Key – Create – unlocks the door to Actualization
- 4th Key – Live – unlocks the door to Authenticity



Core Passion® Process: Passion Vision Action™

A series of unique activities to integrate and apply the Core Passion® Codes and Keys to achieve powerful results (Direction)

The Passion Vision Action™ triangle is an energetic form to create success. Each point of the triangle must be utilized with equal attention and energy. To skip or overlook the intent of any point of the triangle, will restrict the flow of energy and inhibit the flow of success. We will be using this triangle throughout these four Modules.



Core Passion® Focus 4

Everything we are connected to, and everything we do is bridged to these 4 quadrants of our life.

Focus 4 is a template for balance. When any of these areas of our life is out of balance (either too much or too little), it affects the other 3 quadrants. Such as, if your work life is over balanced and over stressed, it affects your health, your relationships and your connection to your spirit.



Numerology

Numerology is a 10,000-year-old system of measuring vibrational energy to forecast the timing of events in our lives.

Numerology has proven to be a valuable tool to understand the complexities of what our life is about. Using the name on your birth certificate and your date of birth, Numerology can give us the knowledge to better understand ourselves as we do what we do.



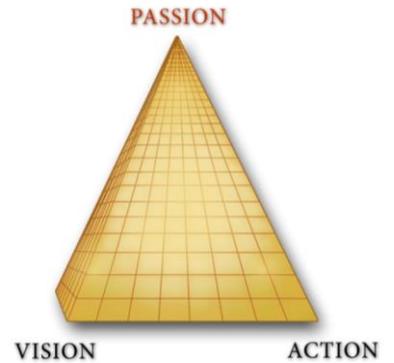
Core Passion® Quick Study – for reference, print out an extra copy of your bar chart and place it before this page.

Passion	Essence	Gift	Challenge	Lesson
Recognition Leader, Warrior Adventurer	Independent	-Confidence -Creativity -Independent Spirit	-Self-consciousness -Lack of Self-esteem -Overwhelm, -Victimized	-Develop a strong inner sense of confidence and knowingness
Partnership Peacemaker Partner, Diplomat	Partnership	-Sensitivity & Understanding -Seek the perfect balance -Sense of timing, rhythm & harmony	-Indecisiveness -Extreme sensitivity -Worry, doubt	-Be true to yourself -Speak up for yourself -Respect yourself
Creativity Joy Bringer, Artist Cheerleader	Creativity	-Happy spirit -Enthusiasm for life -Lucky in money and opportunity	-Find appropriate channels for creativity -Keep the spirit of the inner child -Stay focused	-Stay in the moment -Not scatter your energy -Walk the middle road
Form Builder, Manager Worker	Builder	-Endurance, dedication and discipline -Bring order to chaos	-Change -Rigid instead of resilient -Insensitive to the feelings of others	-Be flexible, -Take a risk -Look outside the box -Release beliefs
Change Rebel, Risk Taker Free Spirit	Freedom	-Curious mind -Magnetism -Wit, quick creative mind	-Live in harmony -Energy becomes lost, -Get sidetracked -Addictive	-Constructive use of freedom -Moderation -Establishing structure
Service Counselor, Teacher Caregiver	Balance	-Wisdom & Guidance from the heart -Take on great responsibility -Nurture, give, serve, comfort	-Long-suffering martyrdom -Sacrifice -Judgmental, -Rigid & stubborn	-Learn to give and receive -Create balance -Create healthy boundaries
Research Wizard, Seeker Scientist	Mystical	-Higher knowledge, understand the mystery of life, Analytical, intuitive -Connection to the unseen world	-Silent and aloof -Unorthodox viewpoints -Loneliness and isolation	-Stay balanced -Find love, affection and tenderness -Letting the world touch you
Power C.E.O., General Authority	Power	-Strength & courage to undertake large project, -Weave universal principles with everyday life	-Resist being consumed by acquisition of wealth, -Ordering, intimidating and dominating people	-Claiming and utilizing gift of power -Personal power w/o dominance or intimation, -Working with compassion
Enlightenment Healer, Philanthropist Humanitarian	Humanitarian	-Power to create and regenerate -Magnetism, power to influence others, -Ability to create alchemy	-Love unconditionally with an open heart -Intolerant, possessive, unsympathetic, selfish, greedy	-Learning ebb and flow -Release and letting go in order to receive, -Detach and open heart to all
Inspiration Visionary Light to the World	Master Inspirer	-Get intuitive information -Activate passion to inspire others -Turn challenges into opportunities	-Overcoming self-doubt -Overloaded with information -Frustrated within, impatient	-Acceptance of highly attuned intuitive skills, -Trust information you're receiving is truth
Mastership Visionary Master Architect	Master Builder	-Ability to connect with many dimensions of knowingness -Provide logic and form to visions	-Overly sensitive to criticism or judgments, -Stubborn and slow to respond, -Fantasy of grandiose realms	Weave ancient wisdom with modern technology to create a usable form in the present moment, Build big projects
Compassion Teacher of Teachers Master of Healing	Master Teacher	-Love personified -Speaking from the heart -Unaffected by power	-Detachment -Set healthy boundaries -Stay balanced, -Judgmental	-Mental, emotional, spiritual detachment -Express integrity in all -Love without judgment

What drives me?

Core Passion[®] Codes

Objective: Now we're going to start at the top point of the triangle – Passion. This exercise is designed to bring awareness to the top driving energies that show up day after day in everything we do. **Review your Core Passion[®] profile and report.** Look at your top five Codes and write them in the space provided. We want you to begin to understand the language of the Codes - write a few words or phrases about each Code that resonant and feel like you. **Focus on your gifts!**



My top 5 Core Passion[®] Codes and the words/phrases I connect with are:

Example: Recognition – confident, independent, creative

1.

2.

3.

4.

5.

“Know thyself and you know everything.”
~ Pythagoras

Words That Describe Each Power Number

One: Decisive, courageous, leader, honest, active, dynamic, witty, impatient, innovative, independent, assertive, original, quick, inventive, mental, strong, principled

Two: Cooperative, tactful, patient, self-effacing, collector, understanding, timid, indecisive, sensitive, supportive, unassuming, diplomatic, quiet, listener

Three: expressive, social, charming, visionary, friendly, joyful, scattered, easygoing, joking, pleasure loving, artistic, optimistic, imaginative, gregarious, fun loving, persuasive, dramatic, generous

Four: traditional, conservative, reliable, focused, disciplined, quiet, cautious, quiet, systematic, stubborn, practical, sensible, rational, honest, realistic, loyal, hardworking, serious

Five: nonconforming, active, versatile, flirtatious, speedy, clever, gregarious, enthusiastic, magnetic, impulsive, competitive, affectionate, adventurous, quick, different, charismatic, persuasive, sexual, impulsive

Six: domestic, nurturing, teacher, counselor, conventional, moral, consistent, generous, loyal, determined, compromising, judgmental, responsible, care giver, friendly, dependable, loving, practical, traditional

Seven: serious, specialist, perfectionist, elegant, superior, knowledgeable, thinker, aloof, solitary, eccentric, secretive, skeptic, wizard, magician, quiet, refined, intellectual, studious, cautious, analytical, deep, selective

Eight: Strong, forceful, money minded, decisive, authoritative, professional, blunt, masterful, problem solver, spiritual, demanding, powerful, ambitious, conservative, confident, efficient, formal, discerning, reliable

Nine: philosophical, wise, dramatic, religious, lover, tolerant, resourceful, intuitive, powerful, aloof, detached, fortunate, humanitarian, dreamer, poetic, generous, universal, dynamic, evolved, impressionable, global, distant

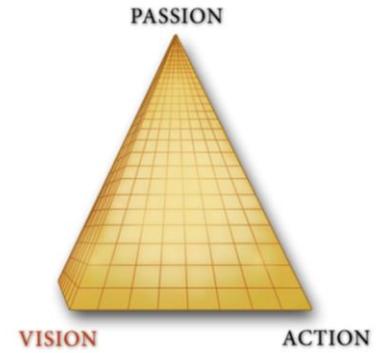


What's my dream?

Vision of My Future

Objective: To access your creative right brain that has the ability to use imagination as a process to create and bring into form what it desires. This is part of our Discovery process to know what we could have. Module 2 will work with skills to believe that you can actually create this.

Get comfortable. You are going on a short guided meditation to connect to the energy of your future. This is a fun experiential dream like imaginative meditation. Have fun, play and make it up. When it is complete, write a few brief words about what you felt and saw. **Listen to Module 1 Audio – Vision of My Future**



The Symbol

The Feelings

The Word

The Person

The Advice

The Clothes

"First see the fire, then strike the match."

~ Merlin

How do I integrate and apply the Awareness?

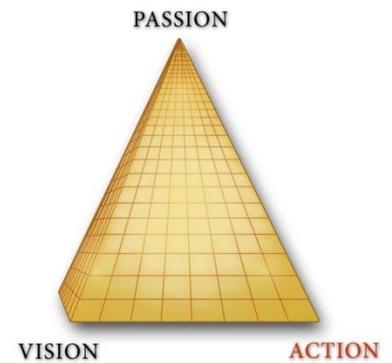
Discover and Apply

Objective: *To take ownership and master something, we need to develop a practice of using the new knowledge we have **discovered** and **apply** it to our self and our life.*

We need to connect to the vibrational energies of our new discoveries and align our self and our daily living in order to develop a synergistic harmony with our vision.

We want you to experience the new knowledge you have discovered about your Core Passion® Codes and how that energy is driving you to do what you do.

We want you to be aware of your top 5 Core Passion® Codes and how they influence your life and your Vision.



This next week your practice will be to *start or end your day* looking at your top 5 Core Passion® Codes and become aware of yourself, your day, and your life. Make a journal note about what you are observing as you experience how these energies drive you throughout the day.

Were you in the Gift, the Challenge or perhaps the Lesson during this day? Refer to your Core Passion® report for the insights and the words to use for these notes! Remember: Observe and experience as you apply and integrate your new awareness.

Congratulations! You're ready to continue. Print out Module 2.

The Adventure continues. . .

*"The world is full of obvious things
which nobody by any chance ever
observes."*

~ Arthur Conan Doble

What's my daily practice?

Journal

Objective: *Journaling each day develops a practice of becoming more aware of who you are as you do what you do. It causes you to experience the present moment. When you are present you are more powerful.*

Day 1

- Core Passion® Codes used:
- Gift/Challenges experienced:
- Lessons learned:

Day 2

- Core Passion® Codes used:
- Gift/Challenges experienced:
- Lessons learned:

Day 3

- Core Passion® Codes used:
- Gift/Challenges experienced:
- Lessons learned:

Day 4

- Core Passion® Codes used:
- Gift/Challenges experienced:
- Lessons learned:

Day 5

- Core Passion® Codes used:
- Gift/Challenges experienced:
- Lessons learned:

Day 6

- Core Passion® Codes used:
- Gift/Challenges experienced:
- Lessons learned:

Day 7

- Core Passion® Codes used:
- Gift/Challenges experienced:
- Lessons learned: