

Matt Showky Wells

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PROMPTINGS HQ - SOUTH JORDAN, UTAH



promptings

SEMINAR

WORKBOOK

LEVEL ONE TRAINING

OF THE PROMPTINGS ACADEMY™ EDUCATION CURRICULUM

PRESENTED BY



&

KODY BATEMAN

Founder & Master Certified Promptings Coach

2 KINDS OF PROMPTINGS

Inner Promptings

- REPRESENTS -

Who you are,

Outer Promptings

- REPRESENTS -

What we do with

who we

are

Appreciation is the #1 way you can contribute to your fellow human

Purpose

People

Find out who you are so you can give yourself away.

By acting on your

Promptings

you are creating a

~~Rhythm~~ Rhythm ~~of~~ Positive Energy
Rhythm

ENERGY & LAWS OF ATTRACTION

What you send out in life is what you get back.

- If you send out negative, you get negative results.
- If you send out positive, you get positive results.

THE CHALLENGE

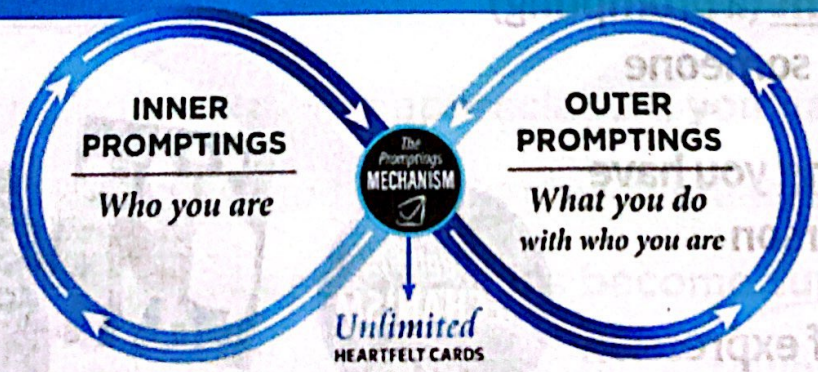
87% of everything you are exposed to is negative.

THE SOLUTION

Every single day:

1. Flush the negative out.
2. Replace with positive in.
3. Send out the positive to the world.
4. Receive what you send out 10 fold.

THE BEST WAY TO DO IT



- By acting on your Outer Prompting promptings you activate your Inner Promptings promptings and they guide you to who you are.
- When you nurish your Inner Promptings you manifest who you are meant to be.



EVERYTHING IN LIFE IS ABOUT ENERGY

There are 5 ways that you send & receive energy.

- 1) Thoughts.
- 2) Feelings.
- 3) Words.
- 4) Images.
- 5) Deed (Action).

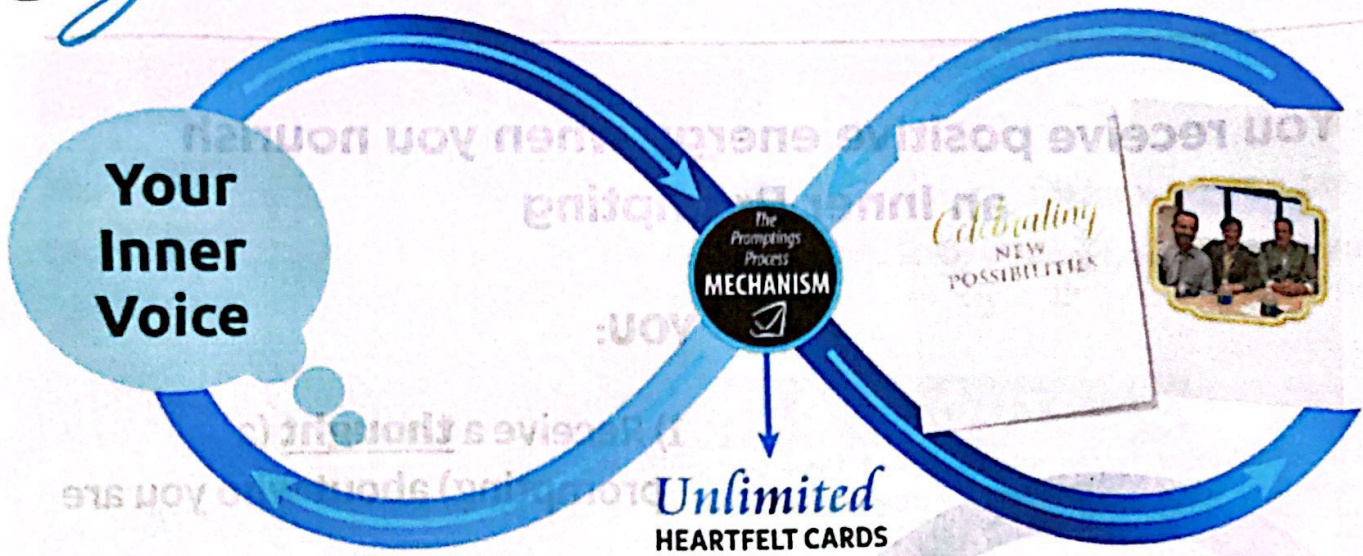
“It’s not what you say or do, it’s how you make people feel, that matters.
 people = yourself & others.

You send positive energy when you act on an Outer Prompting

YOU:

- 1) Take a **thought** (a prompting) to appreciate someone
- 2) Put the **feeling** you have about that person
- 3) Into **words** of expression
- 4) Add **pictures** to bring it to life
- 5) Perform the **deed** by pushing the send button





This creates **appreciation energy** that comes back to you, the
sender.

The more you do it the more energy you create!
act

That energy activates your Inner-Voice which gives you more
outer promptings to reach out and connect with others and
more Inner Promptings to reach in and connect with you.

When your energy is flowing with appreciation, you naturally
appreciate the greatness that is in you. It creates an
environment where your inner promptings become super active.
You can hear and feel your Inner Prompting telling you who
you are and what you should do.

Your inner promptings are positive and more in tune with
your Passion and your Purpose.

FINDING YOU...

Your thoughts, feelings, beliefs & habits make who you are. They also determine what you can accomplish. Everything begins with your thoughts. SO...

WHAT ARE YOU THINKING ABOUT?

* Your dominant thoughts and how they make you feel is what you become. What you are thinking about & how it makes you feel is what you become.

You can have off-purpose thoughts that lead to negative beliefs and habits, or you can have on-purpose thoughts that lead to **POSITIVE** beliefs and habits. Your imagination will amplify the process in either direction.

- Off purpose thoughts come from our world environment where 87% of everything you are exposed to is negative.
- On-purpose thoughts come from YOU & the environment you choose.
- Off-Purpose thoughts tell you what you can't do.
- On-Purpose thoughts tell you what you can, should, & will do.

HOW DO YOU CREATE POSITIVE THOUGHTS?

You start by creating I Am Statements. These are simple, positive statements of things you desire. You want to begin these statements with the words "I Am".

We do this because our subconscious mind does not know the difference between what is real and what is imagined. If you send out a message in present-tense (I Am) your subconscious mind believes it, acts upon it and delivers whatever you send it.

Your goal is to create your I Am Statements and make them more dominant

in your life than your Off-Purpose Statements. You end up living your most dominant statements whether you believe you do or not.

Prompts are always positive

Subconscious mind does not think, it feels