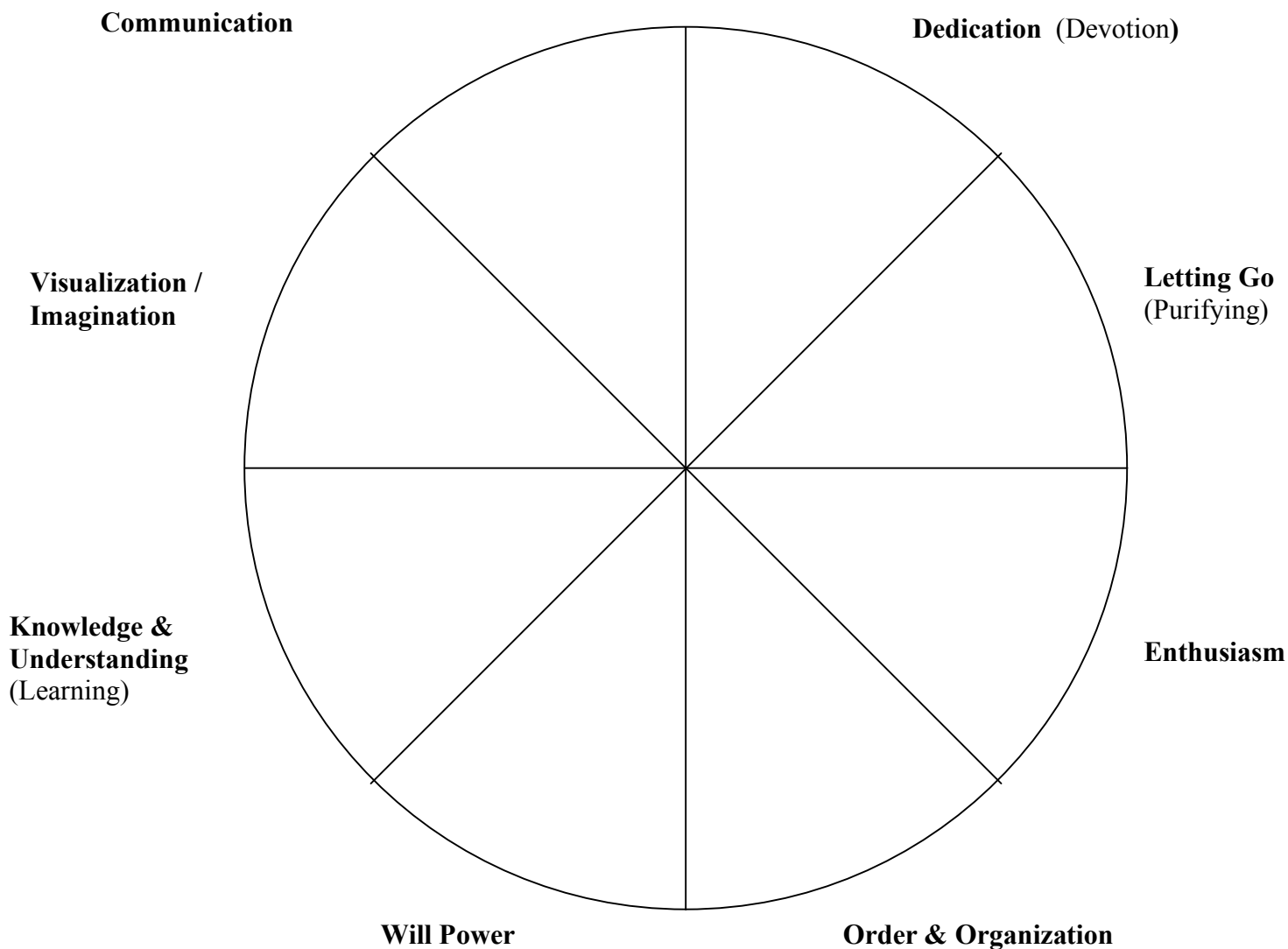




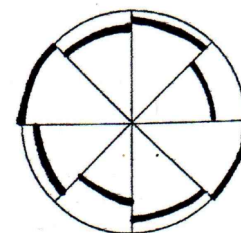
# COLIN HILLSTROM

## Transformation Coaching & Workshops

### 3cFlow Solutions: Your 8 Creative Powers



**It's All About Your Energy™** - The Eight Powers are described in my book *Transformational Living, Book 1*. Learning, purifying, and devotion are the three fundamental activities for aligning our mind with higher consciousness (see *Transformational Living, Book 2*). **Step 1:** Choose an area on one of the coaching wheels (Life-energy, Healthy Aging, or Business-Energy). Regarding the centre of the Creative Power Wheel as 0 and the outer edge as 10, begin by rating your level of self-confidence and effectiveness for each power on a scale of 1-10. **Step 2:** Take note of and act on your three greatest insights. (Use the Insights & Ideas page)



example