



"This is My Summer to Pivot"

Session One - July 15

"Setting the Framework for Transformation"

This week anchors the foundational frameworks of conscious evolution, mental alignment, and communal support. Transformation requires structural alignment in your leadership, prayer practice, network, and understanding that metaphysics operate as a unified field.

Weekly Reading: The Pivot Year – Day 196

"It takes a lot of heart to be who you are. It takes a lot of courage to show your truest self to the world and be okay with not being received by everyone, with not being seen. It takes a lot of self-trust to stop adapting to tides that come and go, but to stand firmly in who you know you are. It takes a lot, and it matters a lot, because our self-concept is the foundation of every single experience you have while alive. It is the filter through which you come to know it all. When you are firm within your truth, you may lose some approval, but what will you gain? That is immeasurable. Infinite. That is what it has always been about." ~Brianna Wiest

INTENTION and ATTENTION

When we understand the relationship between intention and attention, Brianna Wiest's words in Day 196 of *The Pivot Year* take on even greater depth. It takes heart and courage to become who we truly are because the world is constantly inviting us to place our attention somewhere else—on other people's opinions, on the need for approval, on comparison, performance, and belonging at the expense of authenticity. Every day, we are presented with a choice: Will I intend to live from my deepest truth, or will I attend to the shifting expectations of others? Our attention will always follow something. If it follows fear, fear grows. If it follows approval, approval becomes our master. But when our attention faithfully returns to our deepest intention—to embody our authentic Self—we strengthen the consciousness from which we live.

This is why Wiest reminds us that our self-concept is the foundation of every experience we have while alive. Our self-concept is the pattern impressed upon the Creative Law. It becomes the lens through which we interpret life and the blueprint from which life responds. The courage to stand firmly in who we know ourselves to be is really the courage to keep our attention aligned with our spiritual intention.



Session One Activities

Activity 1 — Setting Your Intention Reflection Question

What is the one/first area of my life that I choose to pivot? And
“Why”?

Activity 2 — Setting My Intention and Focusing My Attention

My Intention for participating in Summer School’26 is...

I commit to keeping my attention on my intention by...

One thing that could stop me from my intention is:

Signature_____ Date _____



Homework – Session One

Read and respond below declaring the degree of pivot you are committed to make during SS'26 – “My Summer to Pivot”

☐

1 – A SLIGHT PIVOT

☐

2 – A HALF-PIVOT

☐

3 – A FULL PIVOT

The Pivot Year, Day 196

“It takes a lot of heart to be who you are. It takes a lot of courage to show your truest self to the world and be okay with not being received by everyone, with not being seen. It takes a lot of self-trust to stop adapting to tides that come and go, but to stand firmly in who you know you are. It takes a lot, and it matters a lot, because our self-concept is the foundation of every single experience you have while alive. It is the filter through which you come to know it all. When you are firm within your truth, you may lose some approval, but what will you gain? That is immeasurable. Infinite. That is what it has always been about.”

~Brianna Wiest

Our “My Summer to Pivot” Daily Practice:

Begin **each** morning, during SS'26, by completing these four sentences:

1. Today I **intend** to...
2. Today I **choose** to embody...
3. Today I **focus** my attention on...
4. Should I lose my center, I will gently **return** to...



Session One Assignments

1 – A Slight Pivot

Daily **INTENTION** setting (see above)

Weekly **READING** (see above)

+ Write a weekly affirmation: **My affirmation for this week is...**

2 – A Half Pivot

Daily INTENTION setting

Daily **READING** in The Pivot Year

+ **Commit to show up next week**

+ **Complete sentence stem:** Should I find myself falling below the line, here's what I will do to keep my attention on my intention ...

+ **Write a supporting daily affirmation:** My affirmation for **today** is...

3 – A Full Pivot

All of the above (daily intention, daily reading, complete sentence stems & write daily affirmations, commit to show-up consistently)

+ **Sign covenant**

+ **Subscribe*** to Daily Worksheet (QR code to access ava. 7/22)

+ **Meditate**

+ **Complete Daily worksheet** (includes Ernest Holmes' meditations to go even deeper)

**Subscription generates Daily Worksheets*