



HEALTH AND WEALTH IMPROVEMENT PROGRAM

12-Session Self-Applied Digital Participant Workbook PRE-PURCHASE PROGRAM OUTLINE

A professionally structured educational and personal-development program supporting confidence, self-esteem, character development, self-awareness, personal growth and positive change.

ONLINE PURCHASE - WIX DIGITAL PRODUCT

Complete 12-session self-applied digital participant workbook

AUD \$39.95

One-time purchase | Digital PDF | Individual participant licence

This pre-purchase outline provides prospective participants with a clear overview of the Health and Wealth Improvement Program, its 12-session learning pathway, workbook inclusions and Wix purchase information while protecting the complete paid participant exercises, diary activities, worksheets and response templates.



Program Overview

The Health and Wealth Improvement Program is a structured 12-session self-applied digital participant workbook designed to support individuals in developing greater confidence through a character-building process and working toward their personal potential within the program's spiritual basis of living.

The program focuses on strengthening self-esteem, increasing awareness of social, security and sexual instincts, developing an individual action and diary plan, understanding the difference between healthy confidence and overconfidence, practising character-building change, maintaining growth and examining thinking connected with security.

The later sessions introduce self-realisation and self-actualisation, consolidate learning from the earlier sessions and guide participants in developing an individual exit and forward-planning strategy for continued self-discovery and improvement in their health and wealth.

Program Purpose

The purpose of the workbook is to provide a structured educational and reflective framework through which participants can build confidence, examine personal beliefs and patterns, develop character and self-awareness, create practical action strategies and support continued personal growth.

12-Session Program Framework

Session 1 - Identification of the Problem and Strategies

Identify the presenting concern, clarify the relationship between the problem and possible solutions, and begin developing practical strategies for change.

Session 2 - Understanding Self-Esteem

Explore the meaning of self-esteem, consider different expressions or types of self-esteem and reflect on how self-esteem may influence everyday choices and behaviour.

Session 3 - Basic Instincts of Self

Explore the program's concepts of social, security and sexual instincts and consider how these areas may influence personal thinking, behaviour and relationships.

Session 4 - Review and Personal Learning

Review the first three sessions and reflect on what has been learned about oneself, including emerging strengths, patterns and areas for further development.

Session 5 - Individual Action and Diary Plan

Develop an individual action plan supported by a daily diary process focused on practical health and wealth improvements in everyday life.

Session 6 - Confidence and Overconfidence

Explore the difference between healthy confidence and what the source program describes as 'cock-sureness', with emphasis on balanced self-belief, humility and responsible behaviour.





12-Session Program Framework - Continued

Session 7 - Character Building and Practising Change

Explore the meaning of character building and identify practical ways of applying constructive change to daily life.

Session 8 - Moving Forward and Maintaining Growth

Consider strategies for maintaining progress, strengthening positive habits and continuing personal development over time.

Session 9 - Thinking and the Security Instinct

Reflect on current thinking in relation to the security instinct and consider how security-related beliefs may influence choices, confidence and personal growth.

Session 10 - Self-Realisation and Self-Actualisation

Explore the concepts of self-realisation and self-actualisation and consider how they may relate to recognising personal potential and continued development.

Session 11 - Consolidation

Bring together the learning, strategies and personal insights developed throughout Sessions 1-10 and identify the approaches that are most useful moving forward.

Session 12 - Exit Planning and Continuing the Journey

Develop an individual exit and forward-planning strategy, consider what is needed to continue improving health and wealth, support ongoing self-discovery, monitor negative self-talk and complete the participant feedback questionnaire.

What Participants Receive After Purchase

The complete Health and Wealth Improvement digital participant workbook expands the 12-session framework into a guided self-applied program. The purchased workbook includes:

- Twelve structured participant sessions
- Guided education and personal reflection activities
- Self-esteem and personal-awareness exercises
- Reflection on social, security and sexual instincts
- Individual action planning and daily diary activities
- Confidence and character-building reflection
- Growth-maintenance, self-realisation and self-actualisation activities
- Consolidation, exit planning, negative self-talk monitoring and participant feedback

Pre-purchase protection: Detailed participant exercises, diary templates, worksheets, response areas and complete session activities are supplied only within the purchased workbook.



Who is This Workbook For?

This self-applied workbook is intended for adults seeking a structured educational and personal-development resource to strengthen confidence, self-esteem, character, self-awareness and practical forward planning.

- Individuals wanting to develop healthier confidence and self-esteem
- Participants interested in examining personal instincts, beliefs and thinking patterns
- Individuals wanting a structured action plan and daily reflection process
- Participants seeking to understand character building and practise positive change
- Individuals wanting to maintain growth and explore personal potential
- Participants seeking a structured process for consolidation, self-discovery and forward planning

Workbook Information

Product	Health and Wealth Improvement Program - 12-Session Self-Applied Digital Participant Workbook
Format	Digital PDF participant workbook
Program Length	12 sessions
Participation	Self-applied / independent
Primary Focus	Confidence, self-esteem, character building, reflection and personal growth
Delivery	Digital product via Wix
Licence	Individual participant use
Price	AUD \$39.95

Wix Product Listing

Suggested Wix Product Name

Health and Wealth Improvement Program - 12-Session Self-Applied Digital Participant Workbook

Short Wix Product Description

A professionally structured 12-session self-applied digital participant workbook designed to support confidence, self-esteem, character development and personal growth through guided education, reflection, action planning, daily diary activities, consolidation and forward planning.

Suggested Wix Product Category

Digital Workbooks | Personal Development & Wellbeing Programs



Wix Purchase Options

Option 1 - Purchase Digital Workbook

AUD \$39.95 - One-Time Purchase

Purchase the complete 12-session Health and Wealth Improvement digital participant workbook for individual participant use.

PURCHASE DIGITAL WORKBOOK - AUD \$39.95

Option 2 - Buy Now

Use a direct Wix Buy Now option for customers who are ready to proceed immediately to checkout. After successful payment, the customer receives digital access according to the Wix store delivery settings.

BUY NOW - DIGITAL WORKBOOK

Suggested Wix Checkout Note

Digital Product - Please Read Before Purchasing

This is a digital PDF product. No physical workbook will be posted. Please ensure the email address entered at checkout is correct and securely save your workbook after purchase.

Individual Participant Licence

Purchase provides a licence for one individual participant to use the workbook for personal educational and self-development purposes. The workbook must not be copied, shared, distributed, uploaded, resold, republished or supplied to another person or organisation without prior written permission from Divine Living Solutions.

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Important Program Disclaimer

This workbook is an educational, health-promotion and personal-development resource. References to 'health and wealth' relate to the program's personal-development framework and do not constitute medical, financial, investment or financial-planning advice, nor do they guarantee financial, health or other outcomes. The workbook is not a diagnostic or treatment service and does not replace medical care, professional counselling, psychological treatment, financial advice or emergency assistance. Participants should obtain appropriate qualified professional advice where their circumstances require individual assessment or specialised support.