

# WELCOME!

## **I'm so happy you're here!**

First of all, I'm thrilled that you have joined This Vital Life Monthly Membership.

We'll do our best to make this a wonderful experience for however long you stay and beyond. This Vital Life has some fantastic souls within it, so I'm sure you'll fit right in.

Over the following few pages, I'll explain how This Vital Life runs and what to expect.

If anything isn't clear, all our contact details are on the final page of this welcome pack. So ask, and we'll support you.

Best wishes, and thank you for joining us.

*Nick*

# This Vital Life

## INTRODUCTION

At the Five Institute, we're all about Internal & External Cultures. How you live with yourself and how we live together.

And if you haven't guessed already, Kindness.

This Vital Life has been designed around the Five Energies to help in many areas of your life. It centres around our relationship with ourselves, others and our ability to shine in the world.

Our top priority when we designed This Vital Life was to ensure you make consistent progress and at the same time, you're not overwhelmed or swamped by too much content. We want you to love living as you and not feel this is one more thing to do.

So, everything we do is delivered in super simple bite-size chunks to stop overwhelm and to keep you consistently moving and improving. It's also different from any other content available.

On a month to month basis, we have a rolling program when the same thing happens each week.

On the next two pages, I've outlined the rolling program.



# THIS VITAL LIFE

## OUR ROLLING PROGRAM



### **WEEK 1 | ENERGY WAVES**

We start by looking at the energy of the coming month, what's ahead, what to watch out for and what you need to do to stay in flow and happy. Energy Waves delivered live with a private Q&A. Recordings available.

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### **WEEK 2 | MIND SCHOOL & CONSCIOUS QUESTIONS**

In week two, I share some content, plus a powerful set of Conscious Questions specifically designed to support you during this month. This content is either delivered live or as a video and includes a Q&A session.

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### **WEEK 3 | HIGH FIVE (NO LIVE SESSION THIS WEEK)**

In week three, I take the five most popular questions and answer them in a series of short videos. High Five is all about clearing blocks, making sure that life is flowing smoothly and having your questions answered.

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### **WEEK 4 | CHEEKY CHECK IN**

This is when we have our social, tap into what's been happening, recognise our stretches and celebrate our successes. Plus a few cheeky things I've got planned for us on this live Zoom call.

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### **THROUGH OUT THE MONTH | STEP IN & STEP UP**

Each month we focus on embodying and learning about one of the Five Energies. You'll learn how to consciously step into the highest version of that Energy just when you need its superpower and wisdom.

# This Vital Life

## TIMES AND DATES

The majority of the live events (Week 1, 2 and 4) occur on a Wednesday at 6 pm UK time. These are recorded, and many people only listen to the recordings. So don't worry if you can't make it to the live event.

Plus, we have plans for additional times.

[Click Here](#) to convert 6 pm UK to your local time.

Week 1: The 1st Wednesday of the month at 6pm UK

Week 2: The 2nd Wednesday of the month at 6pm UK

Week 3: No Live Event

Week 4: The 4th Wednesday of the month at 6pm UK

If there is a 5th Wednesday in the month nothing happens.

**In addition to our three Wednesday calls we have a call on the 1st Thursday of the Month at 6 pm UK for anyone who wants to join in with Step In & Step Up aspect of This Vital Life.**

On the next page, you'll find out how to access your content and join the online meetings.



# ACCESSING YOUR CONTENT

## 01 The Facebook Group

At the moment we use Facebook to connect and share the content. [Click Here to join](#). If Facebook isn't your thing all the content is also in the Five Institute Membership Area & Learning Zone.

## 02 The Membership Area

Here's the URL for our membership area. Login with the email you used to register for This Vital Life.  
<https://thisvitallife.com/login-5/>

If you can't remember, or don't know your password, there is a password retriever. [Click Here](#)

## 03 Online Events & Meet Ups

We use the same Zoom link for all the online calls and meetings. You'll be sent email reminders before each call along with a link for your local time.

### **ZOOM LINK**

[https://us02web.zoom.us/j/82479823704?  
pwd=REoyaGt6cVM1OXM5ZG9Jd0VQaXBkZz09](https://us02web.zoom.us/j/82479823704?pwd=REoyaGt6cVM1OXM5ZG9Jd0VQaXBkZz09)

If Zoom asks for a password use: TVL



# THIS VITAL LIFE

## FREE ACCESS TO OTHER PROGRAMS

As long as you are a member of This Vital Life, you get access to many of our best events and courses for free.

We're proud to have made This Vital Life practical, innovative, life-changing, fun, inclusive and of incredible value.



### **THE FIVE DAY MINDSET MAKEOVER**

People love this course so much they often go on it multiple times. Priced between \$45 & \$95. Yours for free.

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### **THE NEW YEAR MASTERCLASS**

This hugely popular annual event is an ideal way to start the year. Normally priced between \$155 & \$225. Yours for free.

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### **NEW\* DEALING WITH INTERNAL CONTRADICTIONS**

This new course has been requested by many people and looks at how we can resolve inner conflicts and limiting beliefs. Date to be confirmed priced between \$85 & \$125. Yours for free!

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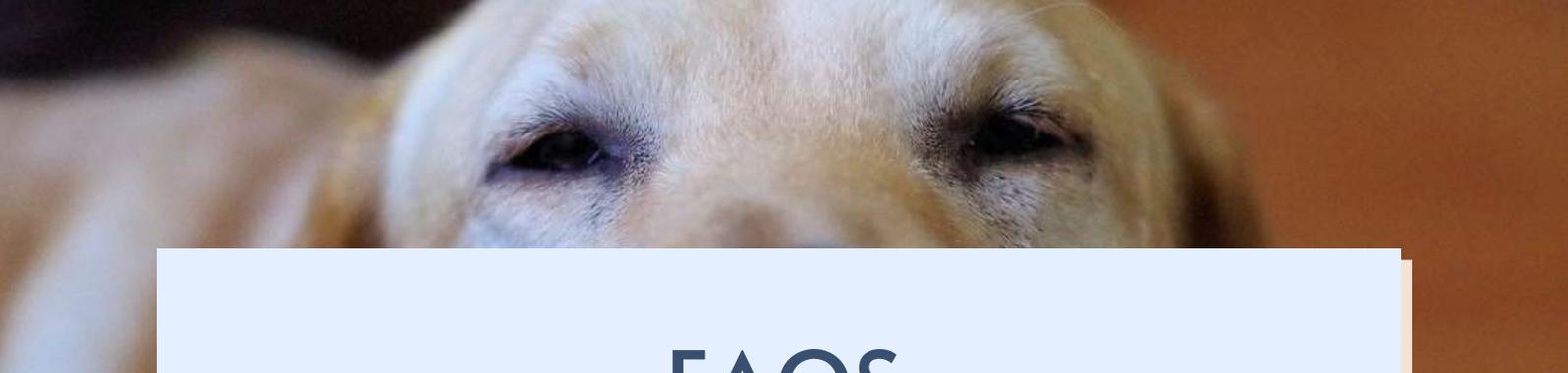


### **NEW\* THE CONSCIOUS QUESTIONS MASTERCLASS**

In this new event, we explore and enhance your ability to use and develop Conscious Questions. This has been designed to be practical and enlightening. Date and price to be confirmed. Yours for free!

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You can take as many of these courses as you like!



# FAQS

## **What if I lose my way or get behind?**

You can't. This Vital Life is designed for you to go at your own pace, so you can never get behind. Plus, it's been designed as a simple path to follow, so you can't lose your way. And if you think you have... there's the Q&A and community to support you.

## **What if I can't make it to the live session?**

Don't worry. Every session, conversation and interaction will be recorded for you and put in your private membership area. So if you can't make it or need to re-listen, it's there waiting for you. Also, the live sessions are optional. Lots of people are part of This Vital Life and never come to live calls or events.

## **Can I cancel my Membership at any time?**

Yes, but we'll miss you. Go to **Your Account** in the Membership Area (Top Menu) and in the Billing Section you can cancel your membership. Or email us and we'll sort it for you.

## **Can I get a receipt for my payments?**

Yes, go to to **Your Account** in the Membership Area (Top Menu) and in the Billing Section you'll see your reiciepts.

## **Can I update or change my Credit Card?**

Yes, go to to **Your Account** in the Membership Area (Top Menu) and in the Billing Section you can update your card etc.



# LOOKING TOWARDS THE FUTURE

## Tech and Tools



This Vital Life content and interaction is delivered via a Facebook Group, email, Zoom, and a neat Membership Site. We are in the process of building out an app for your phone. Bear with us as we get that side sorted, it'll be worth it!

[CLICK HERE TO SHARE YOUR IDEAS](#)

# NEED SOME HELP?

Use any options below if you need help or support.

Email Nick: [nick@fiveinstitute.com](mailto:nick@fiveinstitute.com)

The Helpdesk: [yourhelpdesk@fiveinstitute.com](mailto:yourhelpdesk@fiveinstitute.com)

[Ask In Our Facebook Group](#)

[Ask on one of our live zoom calls](#)

If you don't know your password for the Membership Area & Learning Zone, ask our password retriever.

<https://thisvitallife.com/forgot-password-3/>

*And finally, thank you again for being part of  
This Vital Life.*