



## What People are Saying about Why Wait?! Live Your Ultimate Potentials (UPs) Course

### 1. What did you find most useful out of this course?

*Lots of information to facilitate change*

*Reinforcing my inner self*

*The only thing getting in my way is me!!  
No more!*

*How to set your intentions for every  
situation, how to use the 4 pillars to  
face your every day challenges*

*Facing my fear and speaking out*

*How to see the world better and to  
respond rather than react to it*

*I can share what I learned with my  
family*

*Releasing my fear*

*Identifying my values and beliefs*

*Reviewing my pillars*

### 2. What did you think of the facilitator's presentation?

*Fantastic! Wonderful! Very  
knowledgeable, very encouraging!*

*Very, very good, I very much enjoyed it!*

*Energetic, not boring, relates to real life*

*Very powerful, positive and uplifting*

*Excellent! I could have stayed longer,  
not boring, she is very lively!*

*Very fast paced*

*I recommend this course to others*

*Very well done, very active and alive,  
kept you on your toes!*

*Very strong/energetic presentation, but  
not too overpowering, great!*

*Awesome-kept me engaged!*