

BREAKTHROUGH
to
Overflow



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Welcome Beautiful!

Over the next 12 months we will be on a beautiful journey of breakthrough. Patience, Grace, & ACTION are required as breakthrough happens in micro steps that build upon another.

You can go at your own pace as this is self-study with guided support. If at any point you feel "stuck" or have questions; you can submit your questions via email to hello@roseparma.com

**If you desire additional 1:1 support (beyond audio support) you can always upgrade and add on 1:1 Coaching Calls to BTO Membership.
Email hello@roseparma.com*

The flow of this membership is broken down into 8 modules with a special bonus at the end to focus on your dreams and goals.

It is an honor to have you in **Breakthrough to Overflow Membership**. This is the beginning of sailing waves of breakthrough together.

Blessings,

Rose Parma
Your Breakthrough Mentor



www.RoseParma.com
hello@roseparma.com

12 Month Guided Experience

MODULE 1

- 1. Setting Intentions for BTO
- 2. Deep Dive Evaluation
- 3. Journal Prompts/ Prayer
- 4. Breakthrough Celebration

MODULE 2

- 1. Un-Block the Road
- 2. Getting to the Roots
- 3. Journal Prompts/ Prayer
- 4. Breakthrough Celebration

MODULE 3

- 1. Flip the Script
- 2. Self Sabotage Breakthrough
- 3. Journal Prompts/ Prayer
- 4. Breakthrough Celebration

MODULE 4

- 1. The Shift
- 2. Daughter of the King
- 3. Journal Prompts/ Prayer
- 4. Breakthrough Celebration

MODULE 5

- 1. Reflection
- 2. Hyper-Focus on Gratitude
- 3. Journal Prompts/ Prayer
- 4. Breakthrough Celebration

MODULE 6

- 1. Dreams Begin to Flow
- 2. Dream Expansion
- 3. Journal Prompts/ Prayer
- 4. Breakthrough Celebration

MODULE 7

- 1. Breakthrough Board
- 2. Gathering the Celebrations
- 3. Word Picture
- 4. Journal Prompts/ Prayer

MODULE 8

- 1. Intentional Living
- 2. The Discovery Process
- 3. Align Daily
- 4. Journal Prompts/ Prayer

BONUS

Goal Driven JESUS FOCUSED

MODULE ONE

Setting Intentions

Deep Dive

Breakthrough to Overflow

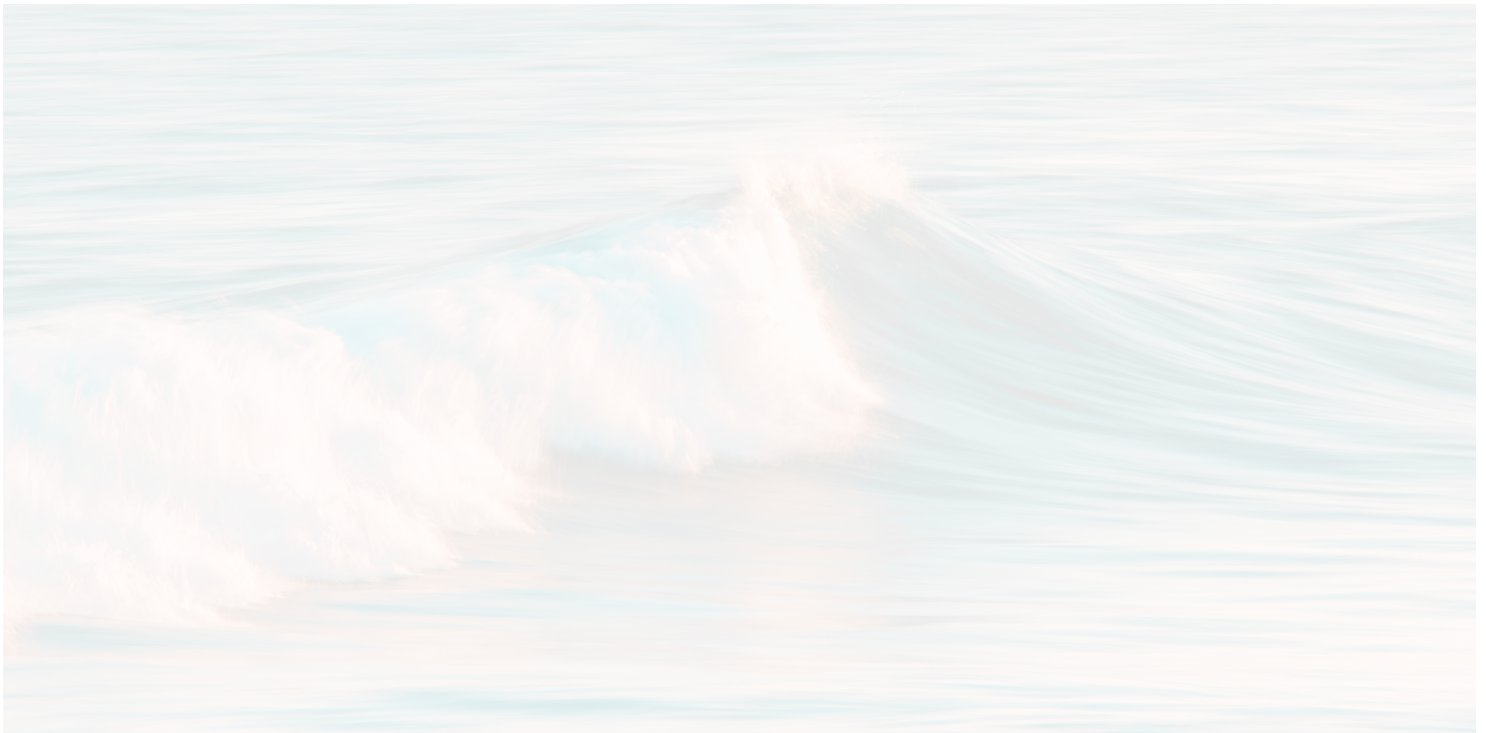
Setting my Intentions for BTO

What do you desire from Breakthrough to Overflow?
How will you show up for your personal Breakthroughs?
(Mentally, Physically, Spiritually, and Emotionally)
*Be as detailed as you can here.



Breakthrough is Important to me because...

You are here on purpose. This is a season of growth and expansion for you as you lead yourself in showing up. Take a moment to get very clear on WHY Breakthrough is important to you.



Deep Dive Evaluation

brain dump

Let's take a deep dive into what your life currently looks like. Break it down into four categories of Physically, Mentally, Spiritually, and Emotionally.

physically

Self image, living conditions, job, business

mentally

thought process, self talk, stressors

Deep Dive Evaluation Continued

brain dump

spiritually

faith, relationship with Christ, prayer life, reading
& understanding the bible, ministry

emotionally

How do you process through emotions?
Do you shove down your emotions?

Journal Prompts & Prayer

This is not a race.
There is no competition.
I am here to discover who I truly am as a Daughter of the Mighty King.
It's time to let go of what has been holding me back.
This marks a new season in my life. I am ready for Breakthrough.
Lord, please give me the strength & motivation to do the work to
break the walls down.
Strengthen the desire within me to become all whom you have created me to be.
I am ready to let go of the excuses. I am ready to move past the fear.
Thank you for being my strength.
In Jesus Name,
Amen

Journal Prompts:

Letting go of negative mindsets, negative self-talk, and lack of self-care to keep your cup overflowing to discover a new freedom.
What are you excited to let go of?
What are some new behaviors, practices, beliefs that you will be aligning to? (big or small)

Breakthrough Board:

What does it mean to be a **Daughter of the Mighty King**?
Make a list of words that come to mind.
Feel into each word.

Highlight & Circle ONLY 3 words that light you up.

***These 3 words will be a part of your Breakthrough Board in Module 8**

Celebration

M O D U L E T W O

Un-Block the Road

Getting to the Roots

Breakthrough to Overflow



Un-Block the Road- Brain Dump

The honest truth is that WE ALL have roadblocks.

Let's break them down into 4 categories over these next 4 pages.

Take some time to list any negative thoughts, perceptions, or fears you may have around living a life that truly makes you happy. What are your fears about business?

What are your fears about ministering to others? Having successful relationships?

Get detailed and let it all out. You can use the back of the paper if you need more room.

Are there skills/ talents you feel you are lacking to reach success?

You may begin to see an overlapping pattern amongst each category.

Family/ Relationships



Un-Block the Road- Brain Dump

the Blocks continued

Business/ Job/ Daily Obligations



Un-Block the Road- Brain Dump

the Blocks continued

Ministry/ Ministering to others



Un-Block the Road- Brain Dump

the Blocks continued

Stepping further into your Purpose

Getting to the *Root* of each *Block*

①

reflect & condense

Look at each category of "Blocks."
-Family/ Relationships
-Business/ Job
-Ministry/ Ministering
-Stepping into Your Purpose

Is there anything that really stands out to you?

Are there any similarities that can be grouped together?
Any blocks that showed up in multiple areas?

②

uncover the root

Where is this belief or behavior coming from?

Was this something spoken over me that I molded to over time?

Is this behavior I learned by the immediate influence in my life?

Does this stem from my childhood?

What memory does this bring me back to?

③

release the stronghold

The Blocks that have been keeping you feeling stuck get to be released.

As we move through this process, it is vital to make a conscious decision to **RELEASE** what is no longer serving you and where the Lord is taking you in this next season.

"I release these strongholds today. They no longer have authority over my mind, body, and spirit."

uncover the root tools:

WHY x 5

Asking WHY 5 layers deep can uncover the root & can lead to additional clarity.

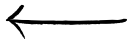
Why does that bother me?

Why....?

Why....?

Why....?

Why....?



This is getting to the root!

Utilize this acronym to stimulate a deeper thought process & open up your mindset.

Physically- Mentally- Spiritually- Emotionally

Additional Questions to ask yourself:

Who comes to mind?

What memory does this take me back to?

When was the first time I remember experiencing this?

Where did that memory take place?

Why did it leave me feeling _____ emotionally?

Getting to the *Root* of each *Block*

Reflect & Condense... write the uncovered root in each category.

Family/ Relationships

Business/ Job/ Daily Obligations



Ministry/ Ministering to others

Stepping further into your Purpose

Journal Prompts & Prayer

Proverbs 3:5-6

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.

1 Corinthians 14:33

For God is not a God of disorder but of peace.

Father, may your renewing spirit fall upon me today. As I do the work to step into a new season, I give you the glory and all of the honor. You are so worthy of all the praise. I sit here in your presence... in awe of thy faithfulness. Thank you for never leaving me. Thank you for your continuous love.

I rest in your loving embrace.

Amen

Journal Prompts:

Release... This word has such deep meaning. What are you excited to release today? Physically, mentally, spiritually, and emotionally?

**"I release these strongholds today.
They no longer have authority over my mind, body, and spirit."**

Breakthrough Board:

As we begin to shift into a new beautiful season, spend some time in prayer and ask the Lord to give you a **Scripture or Rhema word** that is the bridge to where you are headed.

Write the scripture or Rhema word below.

***This will be a part of your Breakthrough Board in Module 8**



MODULE TWO

Celebration

MODULE THREE

Flip the Script

Self Sabotage Breakthrough

Breakthrough to Overflow

Flip the Script aligning to the Word of God

We are taking the "Root from each Block" from Module TWO and will make a conscious effort to FLIP the belief to align to the word of God.

Roots from Blocks

Flipped



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Roots from Blocks

Flipped

[Empty box for writing "Roots from Blocks"]

[Empty box for writing "Flipped"]



Flip the Script aligning to the word of God

We are taking the "Root from each Block" from Module TWO and will make a conscious effort to FLIP the belief to align to the word of God.

Roots from Blocks

Flipped





Recognizing Self Sabotage

It is important to recognize Self Sabotage and not confuse this with a physical block in your life.

freeze

FREEZE MODE

Don't show up
Feeling overwhelmed, exhausted,
confused,
Lack of drive/ Lack of Motivation

Lots & lots of excuses
all that seem logical to you

run away

RUN AWAY MODE

Run from your purpose
Run away from your problems
Run away from your feelings
Run away from your emotions

by-pass

BY-PASS MODE

"I'm good!"
"I don't need to do the mindset work."
"I don't need to do the breakthrough
work."
(however you are feeling blocked
or stuck)

need vs. desire

OPERATING OUT OF NEED VS. DESIRE

Feeling like your "back is against the wall"
Feeling like your "drowning"
Operating out of Lack in every area

Thoughts to process through:

Journal Prompts & Prayer

Release letter to God:

Sometimes the best thing we could do is PAUSE... & let it all out!
Let out all the frustrations, all the emotions, all the hurts, all the needs, all the lack mindsets, all the negativity.
Once it is cleared out, we get to move to a space of feeling deep gratitude.

Dear God,

This is how I am feeling...

(Lay it all out- frustrations/ negativity/ pain... all of it)

This is not the time to hold back.

Once it is alllll out...

Draw a line _____

I AM SURRENDERING IT ALL TO YOU.

I thank you and am grateful for ...

Today I make the decision to live a life of intention by:

Love,

Breakthrough Board:

LIVING A LIFE OF INTENTION:

What does this represent to you?

Living intentional starts with an intimate relationship with the Lord.

How can you press in more to connect with the Lord?

It's not about finding the time... it's about making the time.

Describe a picture of how you will build a deeper relationship with the Lord in this new season of breakthrough.

***We will add this to your Breakthrough Board in Module 8**

MODULE THREE

Celebration

MODULE FOUR

The Shift

Daughter of the King

Breakthrough to Overflow

The Shift

The Power of our Words Language Shift

The language we speak out of our mouth eventually embeds in our hearts and consumes our mind. It will manifest in our actions as well.

Refer back to "FLIP THE SCRIPT" in Module 3.

Be intentional with the words you speak.
Make a quick list of phrases using the following prompts to refer back to often.

I used to _____ and now I _____.

I was _____ now I am _____.



The Shift

Emotion vs. Physical Truth **STUCK**

It is easy to mix what is an emotional experience vs. what is physical truth. The main reason for this is that emotions can cause a physical response within our body...causing tension, stomach issues, headaches.. and so on.

When you are "feeling STUCK" take some time to dive deep into what you are truly experiencing.

Ask the following questions:

Is this how I am feeling or is this my physical truth?

How can I get in motion right now?

What simple action step can I take to move through?



The Shift

Micro Steps to Macro Breakthroughs Progress Over Perfection

Completing tasks, projects & quests are very important to your sub-conscious mind. When we bring things to completion, we are promoting a winning mindset.

Make a list of all un-completed tasks, projects & quests. Ask yourself if any of them are to release... they do not add value to your life or your purpose. (These get to be closed)

For the tasks, projects & quests that add value... ask yourself
WHAT IS THE SIMPLEST WAY TO GET IT DONE?

WHAT IS THE SIMPLEST & MOST EFFECTIVE WAY TO BRING IT TO COMPLETION?



The Shift

What you focus on; Expands The Ripple Effect

Use wisdom with what you focus on. It can be easy to focus on the things we are lacking in life... physically, mentally, spiritually, and emotionally. This will keep us in bondage of Lack the more we spend time talking and thinking about it.

Shift your focus to an abundant mindset.
Gratitude will take you to the depths of your dreams.

What can you focus on that brings you to a state of complete gratitude?

What actions have you been taking that you can celebrate?

What accomplishments big or small, can you celebrate?

Grab your last experienced Miracle as proof to hold on to that Miracles DO HAPPEN to you and for you. Write about that miracle below.



The Shift

Prayers & Beliefs Alignment

Do you ever find yourself praying to the Miracle Way Maker, giving Him all the glory and asking for healing, blessings, or a miracle? Then... returning back to daily life and find yourself operating in doubt or getting caught up in your current situation, left feeling down.

When we pray in authority; speak blessings, healing, and miracles over our lives by speaking the living word out of our mouth... it is equally important to believe what we are praying.

Bringing our prayers and beliefs into one accord; into alignment is crucial.

What are you currently praying for?

What are a few scriptures you can speak out loud daily to proclaim God's truth over your situation/ life/ circumstances?



Daughter of the Mighty King

When we take the time to dive deep into the intricate meaning of being a Daughter of The Mighty King, we can quickly become overwhelmed with the details.

It is an honor. It is a way of living. It is a responsibility. It is a blessing. It all starts with an intimate relationship with Christ. As we build our relationship, our purpose is revealed with clarity.. piece by piece... step by step.

Let's get connected with WHO SHE IS & HOW She shows up in the world daily by thinking through and answering the following questions:

How does She pray and study the Living word daily?

How does She act? How does She respond?

How does She treat herself and how does she treat others?

How does She show up for herself and how does She show up for others?



Journal Prompts & Prayer

Miracles Happen

Delay does not always mean denial.

In the middle of life circumstances, it is hard for us to see the full picture of what God sees. This is when our faith needs to be fully activated. Often, God will present a miracle, big or small, to remind us that He is in full control. God wants us to lean in, listen, and be open to what He is speaking to us.

Today spend some time in prayer asking for wisdom. Allow the Lord's perfect peace to come upon you as you listen to Him.

Journal Prompts:

More of you God... and Less of me.

Breakthrough Board:

Time to adjust your crown, Daughter of The Mighty King.

What does Your Crown look like?

You can use words to describe it, you can draw it below, or find a picture to print and tape on this page. (a crown of jewels, of flowers, of beads, of greenery...)

***This will be added to your Breakthrough Board in Module 8**

MODULE FOUR

Celebration

MODULE FIVE

Reflection

Hyper-Focus on Gratitude

Breakthrough to Overflow

Celebrating how far I have come & all of my Breakthroughs

reflection & transformation

physically

mentally

Celebrating how far I have come & all of my Breakthroughs

reflection & transformation

spiritually

emotionally



Hyper Focus on Gratitude

(Allowing deep gratitude to flow through every cell in my body) Full-Circle Moment

Take the time to write down the experiences you recently had in each category that you are grateful for.

family + relationships

business - job - daily duties

ministry - ministering to others

stepping further into my purpose

Thoughts to process through:



Hyper Focus on Gratitude



Allowing deep gratitude to flow through every cell in my body-----
Activating your body and mind simultaneously is the quickest way to get into a deep state of gratitude.
Try the following ideas and implement the ones that feel best to you.

going for a walk

listening to worship music, allowing the words to fill you up
as you move your arms and legs.

stretch your body facing the sun

go outside to soak up the sun and stretch your body as you imagine
gratitude flowing through your cells... close your eyes and smile.

go for a swim or take a shower

as the water hits your body imagine a full cleansing experience
happening as all the negativity is washing off and only gratitude gets to
shine bright in your mind and heart.

journal it out

let every emotion of joy, peace, love, happiness, gratitude to flow through
your words you are writing out

dance to celebrate

put on your happy music and move every bit of your body while you
dance to the rhythm of gratitude

Journal Prompts & Prayer

Ephesians 1:3-14 MSG

The God of Glory

3-6 How blessed is God! And what a blessing he is! He's the Father of our Master, Jesus Christ, and takes us to the high places of blessing in him. Long before he laid down earth's foundations, he had us in mind, had settled on us as the focus of his love, to be made whole and holy by his love. Long, long ago he decided to adopt us into his family through Jesus Christ. (What pleasure he took in planning this!) He wanted us to enter into the celebration of his lavish gift-giving by the hand of his beloved Son.

7-10 Because of the sacrifice of the Messiah, his blood poured out on the altar of the Cross, we're a free people—free of penalties and punishments chalked up by all our misdeeds. And not just barely free, either. Abundantly free! He thought of everything, provided for everything we could possibly need, letting us in on the plans he took such delight in making. He set it all out before us in Christ, a long-range plan in which everything would be brought together and summed up in him, everything in deepest heaven, everything on planet earth.

11-12 It's in Christ that we find out who we are and what we are living for. Long before we first heard of Christ and got our hopes up, he had his eye on us, had designs on us for glorious living, part of the overall purpose he is working out in everything and everyone.

13-14 It's in Christ that you, once you heard the truth and believed it (this Message of your salvation), found yourselves home free—signed, sealed, and delivered by the Holy Spirit. This down payment from God is the first installment on what's coming, a reminder that we'll get everything God has planned for us, a praising and glorious life.

Ephesians 1:3-23 NIV

Praise for spiritual blessings in Christ

Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ. For he chose us in him before the creation of the world to be holy and blameless in his sight. In love he predestined us for adoption to sonship through Jesus Christ, in accordance with his pleasure and will – to the praise of his glorious grace, which he has freely given us in the One he loves. In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace that he lavished on us. With all wisdom and understanding, he made known to us the mystery of his will according to his good pleasure, which he purposed in Christ, to be put into effect when the times reach their fulfillment – to bring unity to all things in heaven and on earth under Christ.

In him we were also chosen, having been predestined according to the plan of him who works out everything in conformity with the purpose of his will, in order that we, who were the first to put our hope in Christ, might be for the praise of his glory. And you also were included in Christ when you heard the message of truth, the gospel of your salvation. When you believed, you were marked in him with a seal, the promised Holy Spirit, who is a deposit guaranteeing our inheritance until the redemption of those who are God's possession – to the praise of his glory.

Thanksgiving and prayer

For this reason, ever since I heard about your faith in the Lord Jesus and your love for all God's people, I have not stopped giving thanks for you, remembering you in my prayers. I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better. I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, and his incomparably great power for us who believe. That power is the same as the mighty strength he exerted when he raised Christ from the dead and seated him at his right hand in the heavenly realms, far above all rule and authority, power and dominion, and every name that is invoked, not only in the present age but also in the one to come. And God placed all things under his feet and appointed him to be head over everything for the church, which is his body, the fullness of him who fills everything in every way.

Journal Prompts & Prayer

Journal Prompts:

I'm expanding my capacity to receive...
to receive more things to be grateful for, simply because I am worthy to receive.
I am open to receiving...

Breakthrough Board:

Let's discover 3 things that you can focus on daily to keep you in flow and feeling like you are being intentional PMSE.

What are those 3 things for you? You may already be doing them or they may be things you would like to add to your day.

If you can spend intentional time each day (even if it is a few mins a day) to implement these 3 things in your life, you will feel more in tune and in flow.

List the 3 things below:

***We will add this to your Breakthrough Board in Module 8**

Celebration

MODULE SIX

Dreams Begin to Flow
Dream Expansion

Breakthrough to Overflow

Experiences & traveling

Hobbies Passions Ministry

Relationships

Home & Vehicles

Experiences & traveling

Hobbies Passions Ministry

Relationships

Home & Vehicles

Journal Prompts & Prayer

In order to receive the blessings the Lord has in store for us... we have to be intentional to not block the blessing. This includes being intentional with our thoughts, words, and how we react physically when we are dreaming.

Journal Prompts:

I am worthy to dream big.

If there are any negative feelings or thoughts that have come up during the dreaming process... let them go here.

Write the negative thought out and FLIP THE SCRIPT.

Breakthrough Board:

Spend some time reflecting over each dream category.
Feel into the story... allow your mind to experience what it would be like to be immersed into that dream.
Take a moment to celebrate the shift of being open to receiving & open to dreaming big.

Celebration

MODULE SEVEN

Breakthrough Board

Gathering the
Celebrations

Word Picture

Breakthrough to Overflow

Stepping into Overflow



Breakthrough Board
Months of tears,
breakthroughs, letting go,
discovering and embracing
your new identity... all of this in
the last several months. Take a
moment to breathe it all in.
Be proud of the work and
effort that you showed up for.
Every bit of it matters.

Gathering the Celebrations

Each breakthrough is a
celebration. As you stay focused
and aligned with the process of:

Breakthrough

Celebration

Overflow

you will continue to stay in
momentum living a life full of
intention.



Word Picture



the beauty is in the process

Bringing the dream to life with pictures

This is an intentional process that gets to be fun and exciting while activating every cell of your body.

You have spent months doing the breakthrough work to get you to the dreaming process.

Putting together your Breakthrough Board is far greater than any surface level vision board.

This is a collective of chains being broken, intentional celebrations, aligning to the word of God & stepping deeper into your purpose.

Take your time and don't skip through the process. The beauty is in the process.

spend time in prayer

for each dream category ask the Lord to give you a visualization.
(Experiences & Travel, Hobbies/ Passions/ Ministry, Relationships,
and Home/ Vehicles)

find the pic that lights you up

take some time looking on pinterest, google images, and instagram to find a picture for each dream category that speaks to you... a picture that you can imagine yourself in... a picture that represents all of the deep thought and writing you have done to write the vision so clear.

avoid lots of words

keep words to a very minimum
scripture addresses/ activation words (no more that 3 total)

Journal Prompts & Prayer

Journal Prompts:

Make a bullet point list of the breakthroughs that you have experienced throughout the last several months during BTO.

There are many so be sure to take the time to reflect.

What is one thing you would say to the next woman who is nervous about investing in herself by joining BTO?

MODULE EIGHT

Intentional Living
The Discovery Process
Align Daily

Breakthrough to Overflow

How does it feel to be spending time on YOU?
How has your mentality & perspective on life shifted?
How are others being blessed by your breakthroughs and how you show up.
Take a moment to re-commit to YOU again.

Tools & Breakthrough Strategies

PMSE

Progress over Perfection

The Beauty is in the Process

Flip the Script

Trigger to Activation

**Don't get Stuck
(Micro steps of action)**

Yahweh vs. My way

Trigger to Activation

**CELEBRATION is CRUCIAL
to stay in overflow**

Keep Dreaming & Believing



The Discovery Process

purpose & calling



gifts skills talents

A large, empty, light beige rectangular box for writing.

topics that light you up

A large, empty, light beige rectangular box for writing.

super passion

A large, empty, light beige rectangular box for writing.

**hard experiences you have overcome*

A large, empty, light beige rectangular box for writing.

Thoughts to process through:





Align Daily

1

Breakthrough

Utilize the tools & strategies you have learned in BTO to stay in forward motion. Negativity and "stuck" is not a destination; it is a mindset that needs to be adjusted.

2

Celebrate

Continue to celebrate your every day progress in the journey of life. Don't wait for others to do it for you. As you celebrate each breakthrough; frame it as a way of giving God the glory.

3

Overflow

Remember that when you focus on being your healthiest (PMSE) others will also be blessed by the overflow. You will also be able to receive without blocking your blessings in overflow.

Choosing to live a life in *Overflow*

I am made new! My vision is clear and on purpose!

I will not be stuck any longer!

I have what it takes to make this my new reality.

Matthew 21:22 And all things, whatsoever you shall ask in prayer, believing, you shall receive.

Mark 11:24 Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.

Matthew 7:7 Ask, and it shall be given to you; seek, and you shall find; knock, and it shall be opened unto you.

Luke 17:21 The Kingdom of Heaven is within.

Mark 9:23 If thou can believe, all things are possible, to him that believeth.

Philippians 4:13 I can do ALL things through Christ who strengthens me.

Proverbs 23:7 As a man thinks in his heart, so is he.

Romans 12:2 Do not conform to the pattern of this world, but be transformed, by the renewing of your mind.

What's Next...

Staying in Momentum is crucial to living out your God-Given Purpose.



**Twelve Month Mentorship
Fully Operating in Your God-Given Purpose
with Complete Intention & Passion**

**1:1 Monthly Intentional Strategy Calls to
Expand your Business/ Ministry & discovering a
Flow that works BEST FOR YOU.**

**Mastermind Monthly Zoom with Intentional
Actions to Apply to your Business/ Ministry
that will move the Needle Forward.**

**Weekly Activation Assignments to keep you in
Momentum**

Weekly Audio Support with Mentor Rose

**Mastermind Support Group Chat to ask
Questions & Keep Each other in Flow**



Coaching & Mentor Certification

**Fully Focused on Application of Kingdom
Principles**

1:1 Monthly Mentorship

Mapping out Courses & Coaching Offers

Marketing Strategy

**Ongoing Support to Enhance your Client's
Coaching Experience.**



**1:1 High Level Mentorship
Expansion Strategy with full support
Transforming your Mission into a Movement**

**Taking your dreams to the next level of
growth & mastery in business,
ministry & life's work**

**Effective & Efficient roadmap for
expansion & ascension in your leadership
in current and uncharted territories**

**Equip you with leadership skills, and
practical tools partnered with expanded
faith that transcend industries**

**Operating with flow & ease as you elevate
to Next Levels of impact with authority and
self-assurance in your Kingdom Assignment**



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Purpose blooms in the soil of *Intentional Living*.

Don't let your purpose get buried in
the hustle of life.

Be the Woman who takes Empowered Action to
fully understand & step into her purpose.

I look forward to linking arms with you on the
next step of your journey.

Rose Parma
Your Breakthrough Mentor

