

# ReCode

REWIRING THE MIND. REGULATING THE BODY.  
RECONNECTING TO PURPOSE.

A concise public overview of the 12-week personal development journey



CONDENSED PROGRAM GUIDE

## 12-Week Curriculum

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# The ReCode Framework

Awareness creates choice. Choice creates change.

## WHAT IS RECODE?

ReCode is a 12-week personal development and transformational guidance methodology developed by Laura El through more than 30 years of personal healing, intuitive guidance, and client work. It combines evidence-informed concepts from habit formation, emotional regulation, mindfulness, behavior change, and reflective practice with Laura's lived experience and intuitive approach.

The purpose: help participants recognize limiting beliefs, regulate emotional responses, strengthen self-awareness, and take intentional action aligned with their values.

**People are not broken. They are often living from patterns they never consciously chose.**

## The 5F Compass

A whole-life framework for seeing where attention, balance, and intentional change are needed.

### F FAITH

Purpose, meaning, values, intuition, and connection to something greater.

### F FAMILY

Relationships that shape, support, challenge, and teach you.

### F FINANCES

Your relationship with money, security, value, receiving, and abundance.

### F FITNESS

How you care for your body, energy, habits, and overall well-being.

### F FUN

Creativity, curiosity, joy, play, rest, and the experiences that make life meaningful.

## Who ReCode Serves

ReCode is designed for people who feel stuck repeating the same cycle and are ready to create something different. The framework can be adapted for:

INDIVIDUALS

GROUPS

ENTREPRENEURS

BUSINESS LEADERS

CORPORATE WELLNESS

COMMUNITY ORGANIZATIONS

EDUCATIONAL SETTINGS

# Weeks 1-6: Awareness and Direction

The first half of ReCode builds presence, self-awareness, identity, vision, and supportive habits.

## The ReCode Process

### 1 ARRIVE

Become present.

### 2 BECOME AWARE

Identify the pattern.

### 3 QUESTION

Examine the story.

### 4 CHOOSE

Select a new perspective.

### 5 PRACTICE

Repeat intentional choices.

### 6 INTEGRATE

Make it your new normal.

### 1 Arrival

Focus: Slow down, become present, observe thoughts without judgment, and establish a personal baseline.

**Key tools:** Guided meditation, word dump, daily reflection, 5F Compass

### 2 Self-Dialogue / The Story You Are Living

Focus: Recognize recurring thoughts, limiting beliefs, and the inner dialogue shaping emotions and behavior.

**Key tools:** Self-dialogue exercises, journaling, reflection, discussion

### 3 Language Reprogramming / Identity by Design

Focus: Examine identity beyond labels and past experiences, release outdated beliefs, and choose intentional language.

**Key tools:** Affirmations, the 3-question check, journaling

### 4 Mental Rehearsal / Vision Creates Direction

Focus: Clarify personal goals, create a meaningful vision, and connect daily actions with long-term purpose.

**Key tools:** Visualization, Re-Vision exercises, 30-day vivid vision plan

### 5 Conscious Input / Expanding Perspective

Focus: Challenge assumptions, explore new perspectives, and develop a consistent personal-growth routine.

**Key tools:** Books, audio, podcasts, social media diet

### 6 Move the Energy

Focus: Understand the connection between movement, energy, mindset, and emotional well-being.

**Key tools:** Movement, breath work, habit tracking

# Weeks 7-12: Integration and Self-Leadership

The second half strengthens intentional thinking, discernment, self-trust, creativity, and sustainable change.

## 7 The Thought Equation

Focus: Understand how repeated thoughts influence emotions, behavior, identity, and outcomes, then practice interrupting automatic reactions.

**Key tools:** Thought Equation worksheet, reflection, discussion, journaling

## 8 Energy Audit

Focus: Identify what creates or drains energy, evaluate relationships and environments, and build healthier boundaries.

**Key tools:** Energy checklist, reflection, journaling, discussion

## 9 Creativity and Possibility

Focus: Reconnect with curiosity and possibility, step outside familiar patterns, and shift from survival mode toward intentional creation.

**Key tools:** Creative exercises, reflection, journaling

## 10 Discernment

Focus: Pause before reacting, clarify personal values, and make decisions that align with who you are becoming.

**Key tools:** Case studies, reflection, discussion, journaling

## 11 Inner Wisdom and Self-Trust

Focus: Build confidence in personal insight while keeping choices grounded in values, reflection, and intentional action.

**Key tools:** Guided reflection, visualization, journaling, discussion

## 12 Integration

Focus: Review progress, bring the full curriculum together, and create a sustainable plan for continued growth.

**Key tools:** Personal reflection, 5F Compass review, goal planning, celebration

**The goal is not temporary motivation. It is a practiced framework participants can keep using.**

# What Participants Take Forward

Practical tools, stronger self-awareness, and a personalized approach to continued growth.

## PROGRAM OUTCOMES

- Increased self-awareness
- Greater confidence in decision-making
- Healthier daily habits and routines
- Stronger communication skills
- Improved personal accountability
- Greater balance across the 5F Compass
- Practical tools for continued growth

## THE LEARNING EXPERIENCE

Across twelve guided sessions, participants use reflection, discussion, journaling, visualization, movement, mindfulness, and practical exercises to turn awareness into intentional action.

Every session builds on the previous one. Participants practice between sessions so the work becomes part of everyday life rather than information that is quickly forgotten.

ReCode is adaptable. The methodology can support individuals, groups, entrepreneurs, business leaders, organizations, and personal development workshops.

"You cannot change what you do not recognize. ReCode creates the awareness to choose a different story - and the practice to live it."

THE RECODE PHILOSOPHY

## Ready to Learn More?

Explore the full program details or submit an application for the next ReCode cohort.

[RECODEEVOLUTION.COM](https://RECODEEVOLUTION.COM)

*This condensed guide is a public overview. The full facilitator curriculum includes detailed exercises, worksheets, and session materials.  
ReCode is an educational personal-development program and is not a substitute for medical care, mental-health treatment, or licensed therapy.*