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

Welcome to The Five Institute, where Ancient Wisdom Provides The Secret To Modern Success

And if you haven't guessed already, Kindness rules.

This Vital Life has been designed around the Five Energies to support you in various 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.

WEEK 1 | 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.

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.

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.

WEEK 4/5 | CHEEKY CHECK IN

This is when we have our social time, and 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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THE FIVE PILLARS

The **Five Pillars** are the best way to illustrate what you'll achieve and experience as part of This Vital Life. Each pillar has a specific function and a corresponding method of supporting you on your life's journey. However, it is the combination and strength of all five that ultimately allows you to love living as you are and have a life well-lived.

Throughout the month, we'll strengthen each pillar, but perhaps ask yourself... Is there a specific pillar you'd like to focus on this month?



PILLAR 1 | ENCOURAGEMENT

This pillar is all about you learning to be your own cheerleader. Of course, you'll have the rest of the This Vital Life Crew cheering you on, but encouragement has to start as an internal action. That's Pillar 1: Encouragement

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PILLAR 2 | ENLIGHTENMENT

Right from the start, you'll begin to see the world in a new light, which is what we do brilliantly. The Enlightenment Pillar is you deepening that knowledge, and as a result, you'll start to shine even more brightly in the world.



PILLAR 3 | ELEVATION

The Elevation Pillar is when you start to rise up and meet the highest version of you. And if life throws you a curveball, you're able to lift yourself when you're down. This is the central part of your journey as part of This Vital Life.



PILLAR 4 | EMPOWERMENT

This is when you start to feel fully empowered by all that you've learnt and experienced. You'll start to recognise a new confidence in your ability to handle and tackle anything. At this stage, people often want to empower others.



PILLAR 5 | EMBODIMENT

The Embodiment pillar is a crucial part of This Vital Life. We want you to be the embodiment of everything you've learnt and the embodiment of all you were born to be. To Love Living As You. This Vital Life is as practical as it is inspiring.

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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 4/5: The last Wednesday of the month at 6pm UK

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



ACCESSING YOUR CONTENT

01 The Membership Area

Here's the URL for our membership area.

https://courses.fiveinstitute.com/this-vital-life/home/

Login with the magic link you were sent after you joined This Vital Life.

02 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

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.

THE NEW YEAR MASTERCLASS

This hugely popular annual event is an ideal way to start the year. The 2025 New Year Masterclass **"The Wood Snake"** is now available.

You will be given free access in Month 2 if you are a Monthly Member. Yearly and Five Yearly Members have instant free access.

CONFIDENCE, FLOW AND FINDING YOU

This premium quest is priced at $494. As part of This Vital Life, you have a $247 discount voucher reducing the price to $247. Click Here for details.

THE ANSWER: A CONSCIOUS QUESTIONS MASTERCLASS

You will be given free access in **Month 3** if you are a Monthly Member. Yearly and Five Yearly Members have instant free access. I've included details in your welcome email. Click Here to read about The Answer,

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You can take as many of the free courses as you like!

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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 and still love it.

Can I cancel my Membership at any time?
Yes, but we'll miss you. Email us, and we'll sort it for you.

So that you know, and to be clear, access to the content within This Vital Life is based on an active membership.

Can I get a receipt for my payments?
Yes, each time you make a subscription payment you'll automatically get a receipt from Stripe our payment processor. You can also see them here
billing.stripe.com/p/login/eVqbJ07l70q7adCfu69Ve00

Can I update or change my Credit Card?
Yes, go to to our Customer Portal Link
billing.stripe.com/p/login/eVqbJ07l70q7adCfu69Ve00

Click Here For This Vital Life Terms of Service

NEED SOME HELP?

Use any options below if you need help or support.

Email Nick: nick@fiveinstitute.com

Email The Support Desk: yoursupportdesk@fiveinstitute.com

Ask on one of our live zoom calls

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