

The Breakthrough Brief

Changing lives through BREAKTHROUGH — Saving lives through HUMANITARIAN RESCUE

A MESSAGE FROM OUR FOUNDER

Each new year, we are encouraged to create resolutions but most of those goals are forgotten by February. How do we create lasting change in our lives? In his bestselling book, *Atomic Habits*, James Clear encourages us to make habits – the little things we do each day – obvious, attractive, easy, and satisfying.

- Make a habit obvious – a bowl of fruit on your counter instead of cookies.
- Make a habit attractive – a nightly tradition of connecting with your family over dessert.

- Make a habit easy – put a full water bottle next to your bed to drink when you wake up.
- Make a habit satisfying – get a fancy toothbrush so we actually want to brush our teeth.

Each of these habits seems small but can massively improve your quality of life.

There has been one habit in the past 20 years that has changed my life more than any other – the habit of daily Breakthrough. Even more than real estate or business, Breakthrough has made me who I am and has made my health, wealth, personal power, and connection to my loved ones skyrocket.

Each morning, you can set the tone for your day. You have the power to author your own destiny – and it starts with Belief Breakthrough. If you really want to create lasting change that will bring massive success, make Belief Breakthrough a habit in your daily life.

I believe success is your birthright. Take it.



Kris Krohn
Krohn Breakthrough Foundation
Founder/ CEO

2023

EVENT SCHEDULE

FEBRUARY 1-4
UNLEASH YOUR FINANCIAL DESTINY:
Free Breakthrough Sessions

MARCH 9-11
LIMITLESS:
Breakthrough for At-Risk Youth and Their Parents

APRIL 23-30
SAVE LIVES MISSION:
Resilience in Ukraine

JUNE 5-9
TRAINING MISSION:
Breakthrough Bootcamp Retreat in Utah

OCTOBER 13-21
SAVE LIVES MISSION:
Rebuild Haiti

BREAKTHROUGH TESTIMONIAL

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I've been able to look at my past, see what happened, and frame it in a way that allows me to move forward and break the chain of emotional and sexual abuse that has existed in my family for generations. I am whole, I am kind, and I am loving! I'm able to give more of myself to those I love because I'm creating a new me and healing myself.

– APRIL P.

COME SEE US AT OUR UFD EVENT

Each quarter, the Krohn Breakthrough Foundation provides free Breakthrough sessions with certified coaches during **Unleash Your Financial Destiny** events hosted at the Experience Event Center in Provo, Utah.

The most important topic is **mindset**: How to cultivate a growth mindset, face limiting beliefs about yourself and your relationships, and change the script that runs in your mind every day.

We will provide free Breakthrough sessions for those in attendance. **If you're interested in receiving a session, find us in the lobby.**

If you would like to become certified to guide people through Belief Breakthrough, talk to one of our coaches or our Director of Programming Heather Berry at the event, or email us at:

certification@kriskrohn.com

WHAT IS BREAKTHROUGH CERTIFICATION?

Belief Breakthrough Certification was created to teach Belief Breakthrough in several stages:

1. BELIEF BREAKTHROUGH BASICS

This teaches you how to do Breakthroughs on yourself. We encourage consistent, daily Breakthrough time.

2. BELIEF BREAKTHROUGH INTERMEDIATE

This teaches you how to facilitate a Breakthrough with someone else. The importance of allowing the experience to be for THEM and to not direct, but allow them to experience it. At the end of the intermediate training, you may be invited to join the foundation at an event for in-person training.

3. BELIEF BREAKTHROUGH MASTERY

This involves more mentoring, education on how the brain works, how to address trauma, and also a project within the foundation or your community to bring Belief Breakthrough to the world. A select few individuals will be invited to intern at the foundation, to teach lower-level courses and work on other projects, such as the Limitless event for youths, and more.

For more information, contact us at: certification@kriskrohn.com

LIMITLESS: MARCH 9-11 BREAKTHROUGH FOR AT-RISK YOUTH AND THEIR PARENTS



We are hosting our very first Limitless Breakthrough event, created for youths 11-17 years old and their parents. You will learn how to harness limiting beliefs, create new, empowering beliefs, and to teach Breakthrough to encourage growth. We have several speakers, including Kris Krohn. We'll have a full lineup soon - please watch our social media and emails for updates. To sign up or for more information, please email us at:

foundation.events@kriskrohn.com

SAVE LIVES MISSION: APRIL 23-30

RESILIENCE IN UKRAINE

The Krohn Breakthrough Foundation is returning to Ukraine for a 3rd life-saving humanitarian rescue mission. We will conduct more humanitarian aid supply runs and extraction operations to take those who are on the front lines to safety. Our goal is to raise \$3 million by April for our most impactful mission yet.



For more information,
[CLICK HERE.](#)

HOW TO GIVE

By joining us, you can be sure your contribution will make it to the most impacted areas and to those in greatest need. To make a difference, you can:

- **DONATE** online here
- **TEXT** "KBF Give" to 385-855-1812 for easy mobile giving
- And you can **FUNDRAISE** for us!

The Krohn Breakthrough Foundation is a 501(c)(3) nonprofit, and all donations are tax-deductible. To discuss levels of giving or how to fundraise for us, please contact our Development Director (caitlin.oponski@kriskrohn.com).

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[@KROHNBREAKTHROUGH](https://www.instagram.com/krohnbreakthrough)

www.krohnbreakthrough.org

We **change lives** through Breakthrough mindset coaching and **save lives** through humanitarian rescue.

Please reply to breakthrough@kriskrohn.com if you would like to opt out of these emails.