

# *Your Beliefs Overhaul*

Removing the 'Weeds' and Planting New Seeds



# Your Beliefs (Self-Image) Garden



- ★ STEP 1: Pull the 'Weeds' (Old limiting beliefs, drama)
- ★ STEP 2: Lay down fertile soil for new Self-Image to Grow
- ★ STEP 3: Plant New Seeds (New Beliefs + Inner Compass)
- ★ **THIS VIDEO = STEPS 1 + 2**

*Step 1:  
Become Aware of Weeds*

# Start Here: Which Bitch? (Bitch Detector)



- ★ It's all about awareness
- ★ Take the assessment
- ★ Identify your 'Bitches'
- ★ Start becoming hyper-aware of the 'Drama'

# Data vs. Drama

## THE DATA

(What ACTUALLY Happened)

I ate a cookie

I walked into the room, and that woman looked at me

My daughter got a C on her test.

"I'm feeling a little bit 'off' today"

## THE DRAMA

(What got added, what you say about it)

"That was 'bad'! What's wrong with me? I ruined everything!"

"She was looking at the fat rolls hanging over my jeans and judging me!"

"I'm a bad mom! Why didn't I help her study more? It's MY fault!"

"OMG! This isn't working?!?!"



# *Start Identifying Your Drama!*

(We must start here.)

- ★ Notice the DRAMA
- ★ Bring yourself back to the DATA
- ★ Start engraining this as a HABIT!

Step 2:  
Lay Down Fertile Soil



*Warning:*

*Do not underestimate the power of what I am  
about to share with you!*



# Your New Daily Ritual:

(5-10 mins per day)



- ★ Get yourself a journal.
- ★ Start from the front: Gratitude
- ★ Start from the back: Brag!

# *State Change: Gratitude*

- ★ Start at the past
- ★ Work to the present
- ★ Move to the future (be grateful in advance)

# *State Change: Celebration (Brag!)*

- ★ Start at the past
- ★ Work to the present
- ★ Move to the future (brag in advance)

A black and white photograph of two dogs, one black and one white, looking at each other. The word "Again!" is written in red cursive in the center. At the bottom, there is a white cursive quote.

*Again!*

*Do not underestimate the power of doing this  
small task every single day.*

A close-up photograph of two hands held palm-up against a dark, blurred background. The left hand holds a small, round, brown nut. The right hand holds a single, dried, brown leaf. The hands are wearing yellow, ribbed sleeves. The text is overlaid in a white and teal cursive font.

*It will transform your life (and  
your brain) if you allow it to.*

*Step 1:*  
*Become Aware of Weeds*

(Bitch Detector + Drama/Data)

# Start Here: Which Bitch? (Bitch Detector)



- ★ It's all about awareness
- ★ Take the assessment
- ★ Identify your 'Bitches'
- ★ Start becoming hyper-aware of the 'Drama'



# Start Identifying Your Drama!

(We must start here.)

- ★ Notice the DRAMA
- ★ Bring yourself back to the DATA
- ★ Start engraining this as a HABIT!



*Step 2:*  
*Lay Down Fertile Soil*  
(Daily Gratitude + Brag)

# Your New Daily Ritual:

(5-10 mins per day)



- ★ Get yourself a journal.
- ★ Start from the front: Gratitude
- ★ Start from the back: Brag!

A black and white photograph of two dogs, one black and one white, looking at each other. The black dog is on the left, and the white dog is on the right. They are both looking towards the center of the frame. The background is a soft, out-of-focus light gray.

*Again!*

*Do not underestimate the power of doing this  
small task every single day.*



*That's It!*