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)
- \star 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'

Nota 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?!?!"



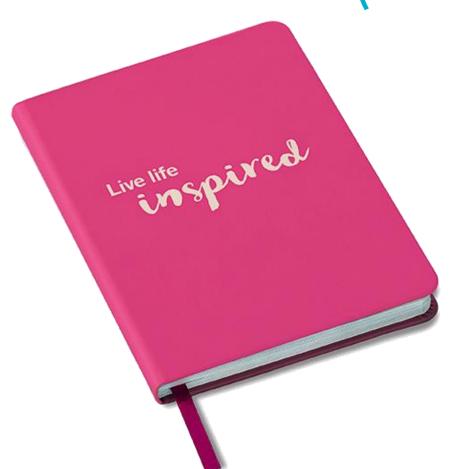
Start Identifying Your Nrama! (We must start here.)

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

Step 2: Lay Nown Fertile Soil



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)





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'

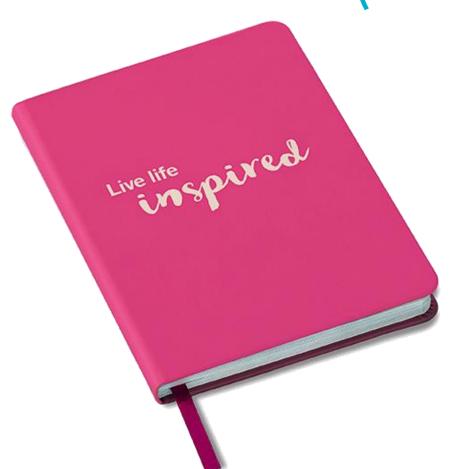


Start Identifying Your Nrama! (We must start here.)

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

Step 2: Lay Noun 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!



That's It!