

# 90-Day Transformation Workbook



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# Introduction

Welcome to the 90-Day Program! You are about to embark on a unique experience, specifically designed to help you take back your health and create a life that you love.

As much as we all want to change our health and create healthy habits, sometimes it's just not a matter of applying what we know or are told. For some people, knowing is not enough because there is something that holds people back from taking the action that they know they need to do.

This is called their "ecology". To explain this, I want to use an analogy: Imagine your brain is sectioned off into 3 different areas from top to bottom- At the bottom part of the brain, around the brain stem, this is the survival part of the brain. It's main job is our survival- it's always asking, "Will this kill me?" or "Can I survive this?"

Most of this is formed from your experiences. For instance, if you have someone who was physically abused as a child, and they survived it, that becomes their normal. Having any experience outside of that feels strange to them because they know they can survive being abused, but they are not sure about a non-abusive relationship.

Anything that challenges love, safety or belonging, will challenge this part of the brain, and it will try to keep you from doing it.

Then there is the middle part of your brain with your emotions, feelings, and we will talk about this in a minute.

The 3rd part of the brain is the frontal cortex, or higher brain. This is the curious part of the brain that says, "I wonder what it would be like if I weren't being hit?" "I wonder what it would be like if I was in a relationship that wasn't abusive?" This is the part of you that wants to be better, that wants to be evolved, that wants to do more, and it's the reason that your clients come in your door. But it's their ecology that's challenged by your recommendations and can make them fall back and not make lasting changes that would benefit their health.

The middle part of the brain that I already mentioned, is where your emotions and feelings are and will go with whatever part of your brain is winning at the moment. For example, you may get all excited after your appointment and this middle part of your brain will say, "I'm gonna do this! I am ready to change my diet and take supplements so I can feel better!" But then your ecology will be challenged as the survival part of the brain starts thinking, "But nobody in my family eats like that, and if I eat like that I will be all alone." Or maybe your spouse is not able to do it with you, and that survival part of your brain thinks, "What if he won't love me if I start eating like this?" "I won't belong with my family if I start this new way of eating". This is the feeling of tug of war in your mind and it's the thing that makes you fail. It's important to be aware of this so that when it happens you can do something about it.

# So, how do you change your ecology?

My favorite analogy is this: I had a client, who when she turned 40 years old, wanted to bungee jump to celebrate. But when she gets on the platform to do it, her ecology caused her brain to say, "Wait a minute! I could die, this thing could snap, and 40 might be the last birthday I see!!" So, she got down off of the platform and decided not to do it.

Then a week later, she went back because all of her friends were holding her accountable and she wanted to do it. She got back up on the platform and made a decision in her mind that she was going to be terrified, but do it anyway. And she jumped. She survived. Then she decided to do it again, but her brain was screaming just as loud the second time as the first time. And she was afraid but did it anyway. So, she taught her ecology that she could survive this. By the third time, her ecology was no longer in control. You can only teach your ecology through your experience. You have to be afraid and do it anyway. If you want to change your life, you have to change your mind. You have to be afraid and do it anyway.

# Session #1

**My goals for the next 3 months are:**

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**Action Steps This Week:**

**Letters:** You are to hand-write 3 letters to the following people:

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**Affirmations:** (These 3 statements are meant to be spoken out loud while looking in your own eyes, in a mirror. Do this everyday for 30 days.)

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P.S. You might feel silly doing these, but that's totally normal. Trust the process.

**Morning Journaling Exercise:** Keep a notebook next to your bed for a morning brain dump. When you wake up and are still in a quiet, sleepy place, begin to write down anything from your dreams, followed by anything that you are grateful for from the day before, and finally free flowing consciousness writing. Literally write down anything that comes to mind, uncensored.

# Session #2

## Mind/Body Connection

What lets me know that I'm hungry?

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What lets me know that I'm full?

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## Action Steps This Week:

**The Breakfast Connection:** It's important that you establish a connection between what you eat and how it makes you feel both physically and emotionally. Try to explore eating a different breakfast every day for a week. Write down what you eat and how you feel, both right after eating and again 2 hours later.

Pause, and pay attention to how you are feeling. How is your energy? How is your mood? Are you aware of any physical symptoms that are affected by the food you just ate?

Here is a suggestion for what to eat each day:

- Day 1: Eggs only
- Day 2: Meat only
- Day 3: Oatmeal or another grain
- Day 4: Boxed breakfast cereal
- Day 5: Muffin, pastry, or donut
- Day 6: Fresh fruit or a smoothie
- Day 7: Fresh vegetables (salad, veggie juice, etc...)

Write down your experience on this chart below.

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# The Breakfast Connection

Enter your foods and how you feel in the chart below.

Day	What I Ate	How I Feel Immediately After Eating	How I Feel 2 Hours After Eating
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			

# 10 Tips To Slow Down

## 1. Begin your day with positive intention.

By focusing on the good in your life and not anything negative, you have the opportunity to create your day! What are you grateful for? Let that be your focus. Write it in a journal, or share it with the people you love... make it the screen saver on your laptop. What beautiful things do you want to accomplish?

## 2. Put the phone down.

Seriously...just stop scrolling and put it down. Facebook, Instagram, Pinterest... there is a never ending plethora of social networks, emails, blogs, and websites to pull your attention away from the real life that is going on around you all the time. Try to cut your internet time in half. Instead use the time to explore new hobbies, exercise or pray.

## 3. Go outside.

Take a walk, hike, bike, whatever....just get out of the house! Even taking a quick 5-10 minute break from your work can clear your head and connect you to the beauty of nature.

## 4. Chew chew chew.

Stop inhaling your food! No matter how busy you may be, by not pausing to really chew your food, you are missing the chance to appreciate different textures and flavors. Start to chew softer foods 5-10 times, and more dense foods (meats/vegetables) up to 30 times before swallowing.

## 5. Connect with people...like in REAL life.

We all try to make contact through text, email, Facebook, and so on...but when was the last time you had a dinner or just face to face conversation with your friends and family? You know, time to share stories, and laugh with no distractions, catching up while truly listening and connecting? Put away the cell phones and steer clear of noisy environments. Connect on a deeper level.

## 6. Get to know YOU.

When's the last time you spent quality time by yourself? It's so easy for us to make time for family, friends, work, church, etc. But we tend to feel selfish when we put ourselves first. The truth is though, you can't pour from an empty cup! Fill your cup before you try to fill someone else's. Take the time to find a new book, watch a favorite movie, or cook a new recipe. Take care of YOU!

## 7. De-Clutter your space!

Who doesn't have that one junk drawer that makes them crazy every time they see it, or that table or counter top that collects things throughout the week? Taking the time to de clutter a drawer, a closet, a counter can really help us de clutter our minds. What about your email inbox, or your schedule? Look for all the areas of your life that could stand to be cleaned out.

## 8. Slow down behind the wheel.

Next time you're driving plan to leave earlier than normal. Bring along healthy snack so you're less likely to be tempted by junky food. Listen to music, a podcast, or an audio book that will give you positive energy. Traffic alone can stress us out, but combine that with being in a hurry and you have a recipe for disaster!

## 9. Breathe.

Yep...it's that simple. Pause, and just breathe. Try to focus on lengthening your exhale to be longer than your inhale. This can slow down your heartrate, increase the function of your metabolism, and simply make you feel BETTER. Try this several times throughout the day for at least 2 minutes per session.

## 10. Make sleep a priority.

Every evening try to create a routine for your sleep time. At least 1 hour prior to your desired bedtime, turn off ALL televisions, phones, iPads, & anything digital, to get your head clear. Maybe try an essential oil like lavender to help you relax. Turn off the lights and start to count your breaths. Sleep is one of those things that can make or break the speed that you operate in the next day.

# Session #3

## Stress & It's Effects: The Art of Slowing Down

Your central nervous system, and how understanding it can help your health! Look at this diagram and you will see how staying in a stressful state is harming your body.

## Adrenal Fatigue and How To Recognize It

### Symptoms of Adrenal Fatigue:

- Difficulty waking (even after sleep) or hard to fall asleep at night
- High levels of fatigue (you feel wired but tired)
- Inability to handle stress (physical or emotional)
- Craving salty foods
- More energy in the evenings
- Weakened immune system
- Low sex drive
- Weight gain around abdomen

How did you feel after the conscious breathing exercise?

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What are some situations in my life where this exercise can benefit me?

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# Session #4

## Cravings: Physical & Emotional

What foods do you tend to crave most of all:

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What is it you are wanting to feel when you crave those things?

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Since doing the Breakfast Connection, you've probably started to be more aware that some foods give you energy, while others are definitely more draining. It's important to continue to listen to your body.

I highly encourage you to keep a food journal. Just get a small notebook you can keep with you to write down what you eat and how you feel afterwards. If you are more tech savvy, you can use apps like MySymptoms Food and Symptoms tracker made by Skygazer Labs, or the app TwoGrand. You can track your food by taking a picture of it....how easy is that?

## Action Steps This Week:

1. On the following page, write down some ideas for your Wild Child and Pamper Me lists.
2. Pay attention to high/low foods with a food journal or app.
3. Write down what you REALLY want when you crave something. Ask yourself, "What am I missing?"

# Session #5

## Movement

Today, we are going to talk about the importance of movement. Now you might notice that I call it movement and not exercise....let me tell you why. When I hear the word exercise, I imaging exorcising demons....there were days trying to motivate myself and that's pretty much what it felt like. But movement....I love that word...it sounds like something I was going to do anyway. Something I would enjoy.

What are some of the reasons you do or don't "exercise"?

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What are some of the ways you liked to move as a kid, before someone told you how to move?

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What would it feel like for you to be successful in the area of movement?

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What would it take for you to ENJOY movement?

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## Action Steps This Week:

1. Commitment to 2-3 days of movement
2. Continue previous action steps
3. Affirmations: Write your OWN affirmations this week. The way to do this is to ask yourself what lies you have been telling yourself, and what is the positive statement that opposes that lie? Write at least 3 of them and say them in the mirror out loud everyday for the next 30 days. These can replace the original affirmations you were given.

# Session #6

## Halfway Check-In & Self Sabotage

What are you celebrating since beginning the program?

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What are some of the positive ways people around you are being affected as a result?

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In regards to your goals when you began this program, what good could come from you getting exactly what you want?

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Who could benefit or be heard from you getting exactly what you want?

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What could be bad about you getting exactly what you want? Or who could be affected? What could you lose?

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## Action Steps This Week:

**Create your own action steps:** What are the 3 things you can do this week that will move you closer to your goal?

# Session #7

## Spirituality

What are the spiritual practices you were taught or raised with in your family?  
What is your spiritual story?

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What, if any current spiritual practices do you have?

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Do the spiritual practices you were taught in your family growing up still ring true to what you believe now? How are they the same and how are they different?

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# Session #8

# Relationships & Communication

Today we are going to talk about relationships. Now when I say relationships, I don't just mean boyfriend/partner/spouse kinds of relationships, but every relationship. We all are connected in one way or another, so strengthening your understanding of healthy communication will serve you well in every area of your life.

One of the biggest helps in work I do with clients was learning about the 5 love languages. Originally a book by Gary Chapman, the concept is that there are five primary ways in which we prefer to give and receive love. The five love languages are: time, words of affirmation, physical touch, acts of service, and receiving gifts. The great thing about understand not only what your own love language is, but the languages of those you share life with, is that communication and understanding in general will become clearer. I want you, and I to go through the questionnaire and have you tell me which answer you are more drawn to. Listen to your gut.

# Love Languages Quiz

Dr. Gary Chapman wrote The Five Love Languages Book, if you've never read it you should put it on your short list. It is helpful if you want to increase your knowledge of human interactions. Not everyone communicates love in the same way, and likewise, people have different ways they prefer to receive love.

Below you will see 30 paired statements. Please circle the letter next to the statement that best defines what is most meaningful to you in your relationships with others. Both statements may (or may not) sound like they fit your situation, but please choose the statement that captures the essence of what is most meaningful to you, the majority of the time. Allow 10 to 15 minutes to complete the profile. Take it when you are relaxed, and try not to rush through it.

- 1.** It's more meaningful to me when...

  - A) someone I love sends me a loving note/text/email for no special reason.
  - E) I hug someone I love.
  
- 2.** It's more meaningful to me when...

  - B) I can spend alone time with someone I love - just us.
  - D) someone I love does something practical to help me out.
  
- 3.** It's more meaningful to me when...

  - C) someone I love gives me a little gift as a token of our love of concern for each other.
  - B) I get to spend uninterrupted leisure time with those I love.
  
- 4.** It's more meaningful to me when...

  - D) someone I love does something unexpected for me to help me with a project.
  - E) I can share an innocent touch with someone I love.
  
- 5.** It's more meaningful to me when...

  - E) someone I love puts their arm around me in public.
  - C) someone I love surprises me with a gift.
  
- 6.** It's more meaningful to me when...

  - B) I'm around someone I love, even if we're not really doing anything.
  - E) I can be comfortable holding hands, high-fiving, or putting my arm around someone I love.

# Love Languages Quiz

7. It's more meaningful to me when...  
C) I receive a gift from someone I love.  
A) I hear from someone I love that they love me.

8. It's more meaningful to me when...  
E) I sit close to someone I love.  
A) I am complimented by someone I love for no apparent reason.

9. It's more meaningful to me when...  
B) I get the chance to just "hang out" with someone I love.  
C) I unexpectedly get small gifts from someone I love.

10. It's more meaningful to me when...  
A) I hear someone I love tell me, "I'm proud of you."  
D) someone I love helps me with a task.

11. It's more meaningful to me when...  
B) I get to do things with someone I love.  
A) I hear supportive words from someone I love.

12. It's more meaningful to me when...  
D) someone I love does things for me instead of just talking about doing nice things.  
E) I feel connected to someone I love through a hug.

13. It's more meaningful to me when...  
A) I hear praise from someone I love.  
C) someone I love gives me something that shows they were really thinking about me.

14. It's more meaningful to me when...  
B) I'm able to just be around someone I love.  
E) I get a back rub from someone I love.

# Love Languages Quiz

**15.** It's more meaningful to me when...  
A) someone I love reacts positively to something I've accomplished.  
D) someone I love does something for me that I know they don't particularly enjoy.

**16.** It's more meaningful to me when...  
E) I'm able to be in close physical proximity to someone I love.  
B) I sense someone I love showing interest in the things I care about.

**17.** It's more meaningful to me when...  
D) someone I love works on special projects with me that I have to complete.  
C) someone I love gives me an exciting gift.

**18.** It's more meaningful to me when...  
A) I'm complimented by someone I love on my appearance.  
B) someone I love takes the time to listen to me and really understand my feelings.

**19.** It's more meaningful to me when...  
E) I can share a meaningful touch in public with someone I love.  
D) someone I love offers to run errands for me.

**20.** It's more meaningful to me when...  
D) someone I love does something special for me to help me out.  
C) I get a gift that someone I love put thought into choosing.

**21.** It's more meaningful to me when...  
B) someone I love doesn't check their phone while we're talking with each other.  
D) someone I love goes out of their way to do something that relieves pressure on me.

**22.** C) I can look forward to a holiday because I'll probably get a gift from someone I love.  
A) I hear the words, "I appreciate you" from someone I love.

# Love Languages Quiz

**23.**

It's more meaningful to me when...

- C) someone I love and haven't seen in a while thinks enough of me to give me a little gift.
- D) someone I love takes care of something I'm responsible to do that I feel too stressed to do at the time.

**24.**

It's more meaningful to me when...

- B) someone I love doesn't interrupt me while I'm talking.
- C) gift giving is an important part of the relationship with someone I love.

**25.**

It's more meaningful to me when...

- D) someone I love helps me out when they know I'm already tired.
- B) I get to go somewhere while spending time with someone I love.

**26.**

It's more meaningful to me when...

- E) someone I love touches my arm or shoulder to show their care or concern.
- C) someone I love gives me a little gift that they picked up in the course of their normal day.

**27.**

It's more meaningful to me when...

- A) someone I love says something encouraging to me.
- B) I get to spend time in a shared activity or hobby with someone I love.

**28.**

It's more meaningful to me when...

- C) someone I love surprises me with a small token of their appreciation.
- E) I'm touching someone I love frequently to express our friendship.

**29**

It's more meaningful to me when...

- D) someone I love helps me out - especially if I know they're already busy.
- A) I hear someone I love tell me that they appreciate me.

# Love Languages Quiz

30.

It's more meaningful to me when...

- E) I get a hug from someone whom I haven't seen in a while.
- A) I hear someone I love tell me how much I mean to him/her.

Now go back and count the number of times you circled each individual letter and write that number in the appropriate blank below. Which is the highest? That is your primary love language.

A

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WORDS OF AFFIRMATION

C

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RECEIVING GIFTS

B

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QUALITY TIME

D

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ACTS OF SERVICE

E

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PHYSICAL TOUCH

# Love Languages Quiz

What was your top love language? Or top 2?

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What, if anything, surprised you about the results?

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How do you think knowing this information could affect your relationships?

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So, I want to ask you to think about the last fight or disagreement you had with someone important to you. Think about how you expressed yourself at that time. Did you yell? Did they? Did you feel heard, respected, and understood?

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What does it feel like for you to ask for help, or to ask for what you need?

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# Love Languages Quiz

Today I want to share with you a unique way of asking for what you want in a way where everyone wins! It's a sort of three steps to communication and getting your needs met, while playing to the strengths of others (this is especially helpful in the male/ female dynamic).

For this example, let's imagine the problem you need help with is feel overwhelmed by the housework, and you need your partners help. You could just say, hey...I need your help with the chores around the house, I can't do it all by myself. Now that is honest and straightforward, but flawed in the sense that you feel bossy, or guilty...and your partner may feel like they are just obeying orders, right?!

This simple way of shifting your communication will eliminate that! It starts with the premise, that within all of us is the need to be needed or be the hero.

It works like this:

**Step 1 - Compliment them!** Now I don't mean something superficial, but a sincere, thought out compliment. (Example: Hey honey...I was thinking today about all the single moms out there, and how grateful I am to share this life with someone like you, I mean...when I imagine raising the kids alone, I just shutter. I just wanted you to know that I appreciate you.)

**Step 2 - Tell them you have a problem and need their help.** Sounds simple right? It should be! Now it's all about the how. (Example: Babe, I have a problem, and I wanted to run it by you. I value your opinion, and I just don't know who else better to talk to.) when I said that everyone likes to be needed or be the hero? This is especially true for men, who are most often naturally wired to be a protector and provider. Your partner should be leaned in by now. A big key in this step is to realize you may already have an answer/solution to your problem, but you want to give them a chance to speak into it. (Example: I just feel so overwhelmed at home...between work and the kids, I feel spread thin when it comes time for dinner, dishes, and laundry...I feel like I'm failing and not able to give my best to you or the kids.) how I didn't blame them or ask them to fix it. I want the solution to come from them.

**Step 3 - Thank them when they give good solutions or feedback and ESPECIALLY if they act on it!!!** This is honestly the most important step of the three. (Example: the solution they give is for them to help more, to take a load off. Only instead of you telling them to, they offer! When/if they do, thank them for their idea, and thank them DOUBLE when they follow through!) these three steps, both parties are heard, and come away feeling like winners. Is this something you feel like you could implement in your relationships?

## Action Steps This Week:

1. Take home the 5 Love Languages Steps and share with spouse and loved ones.
2. Try the 3 step communication technique

# Session #9

## Outside Influence

Today we are going to talk about outside influence. It's amazing how people underestimate how much this can affect your health and well-being. The truth is, so many people around us are influencing us every day.

Who are the 5 people you spend the most time with regularly?

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What are some of the things that give you a sense of belonging within that group?

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What are some current influences within that group that do not align with your current goals?

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## Action Steps This Week:

Take a look at what movies, music, books, etc, you are exposing yourself to regularly. What does it look like compared to how you want to feel? Adjust accordingly. (Is it negative or positive? Notice what you are feeding your mind and spirit.)

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# Session #10

## Celebration & Acknowledgement

What are some of the feelings you have with the program coming to an end soon?

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What are some of the things that make you feel celebrated?

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What are some ways you can celebrate your accomplishments at the end of this program?

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Who are 5 people in your life that you are grateful for? (Anyone that has done something that has made an impact in your life, big or small.)

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What are some ways you can celebrate your accomplishments at the end of this program?

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# Action Steps This Week:

This is the best part about the gratitude lesson. It's time for you to think about how you want to acknowledge those five people that you thought of. There's so many ways to do this. The easiest way is to tell them face-to-face, that they mean so much to you, and how they had an impact on your life. It can be done in written form, a letter, or a card sent to them. It

# Session #11

## Moving Forward

Today we will go through an exercise intended to launch you into your next goals, and what you really want for your future. Get ready (nice and comfortable with no outside distractions), take some deep cleansing breaths while thinking of what you want your future to look like, and trust where your heart is leading you.

What did you feel after the exercise?

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What did you learn about yourself?

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What fears could be holding you back from what you really want in your bravest possible state?

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Moving forward, what will you do to face those fears? What will you choose to believe?

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## Action Steps This Week:

Take the time to step into your power this week when you feel the need to feel brave. Also, it's time to write your OWN affirmations again. I want you to think of three lies that you are currently telling yourself, what are some empowering statements that you can make that oppose those lies? Write at least 3 and say them aloud in the mirror while looking into your own eyes.

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# Session #12

## Congratulations!!!

You did it!!! Here we are in the last session and you've come SO far! Don't worry if you have a fear of the program and all of its support ending. That's normal for all of our clients. But I assure you this is not the end. Together, we can help launch you into the direction of your dreams.

How did you feel that this program worked for you?

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What were some of your biggest takeaways?

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How would you describe your experience in this program?

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## Notes:

# About The Authors



Ben is a licensed clinical mental health counselor with diverse experience spanning crisis intervention, neurofeedback, and counseling across multiple states. His background includes roles in military, law enforcement, and various other fields, shaping his empathetic and holistic approach to therapy. He customizes counseling to meet individual needs, addressing a wide range of mental health and family issues, believing in the interconnectedness of body, mind, emotions, and spirituality for optimal client outcomes.



With a background in Health Science and Nanotechnology, Martina struggled for years with undiagnosed health issues until a suicide attempt in 2021 prompted her to seek outside help. With her partner Ben, a mental health therapist, she underwent a transformative month-long program focusing on mental, physical, and spiritual healing. This experience ignited her passion to help others overcome similar health challenges.