

BREAKTHROUGH WEEK 1: UNRAVELLING THE PAST

“Fear is the tool of a man-made devil.” -Napoleon Hill

The past holds many tails, many truths and all your desires. The work in front of us is decide which is which. The story of your past holds it all, and you're here to unravel it all.

Week 1 Exercise: Divide and Conquer the Story

1. Write out your Biography. Write about your past, where you were born, what you recall as “cornerstones” of your history. Let the past come to you, what you remember is enough, specifics aren't as important as just being in your past for a bit.
2. What events stick out? What emotions do you remember around these events?
3. What are you still attached to on an emotional level?
4. Separate the story into positive memories and negative memories
5. Which memories are you still holding onto emotionally?

This exercise shouldn't take too long, but give it enough attention so you can access your most powerful feelings that you're still attached to. (Positive and Negative)

MOVING PAST: MAKING POWER

QUESTIONS TO PONDER: What stories from your past are still creating pain in your life today?

1. What part of this pain are you willing to re-write? Have you seen where it's served you?
2. Are you willing to transfer the negative story and allow yourself to forgive and release?
3. Do you see how these past story-lines are holding you back?
4. Can you list all the negative emotions that are still attached to you today?

DECLARE YOUR INTENTION

No amount of “thinking” alone will cause change. The change will only survive with an act of intention. It’s time to declare what you want to change in your life.

Week 1 Writing Prompt: Declaring your intention by writing out every desire you have in you!

What are you called to shift/change in you?

List all your reasons you want to transform YOU?

What are you CHOOSING to let go of, all limiting thoughts and emotions? LIST ALL OF THEM HERE:

Will you write out what you love about you? What you see today as YOU and YOUR WORTH, list ALL your qualities HERE!

Do you commit to YOU? Do YOU say YES to YOU?

Preparing for Week 2:

All your emotions are creating energy. Powerful transformations start by allowing acceptance, forgiveness and love.

When we look at “the story we tell ourselves” we allow flow. This flow is the space in us that connects to judgement and serves as an opportunity to use the mirror effect.

THE MIRROR EFFECT:

The mirror effect is when we are in “awareness “of our judgment of others. We look at what affects us emotionally about others it’s a mirror of us. We see in others that which we see in ourselves.

“She/he is being unreasonable.” – I’m unreasonable

“She/he is being controlling.” – I’m controlling

“She/he is unhappy.” – I’m unhappy

“She/he is self-consciousness.” – I’m self-consciousness

“She/he is insecure.” – I’m insecure

“She/he is disconnected.” – I’m disconnected

This goes for any/all areas where you are aware of others emotions.

This is a powerful tool to use anytime. Notice how you are mirroring your emotions.

This awareness “mirroring” is the key to taking the work deeper. You are now in a position to own what you feel, change how you want to feel. The power is in you, not outside of you.

This exercise will prompt uncomfortable emotions. It’s your opportunity to connect to the story that is attached to it and re-write it. Holding on to the past story will only hold you back for getting out of life what you actually desire to have.

Change the story, change your thoughts, will change your life.

The energy attached to this shift is powerful. Changing negative memories (emotions) to positive is the act of transformational living.