

LET GO OF YOUR OLD NARRATIVE!

HERE ARE 3 WAYS TO MAKE YOUR NEW STORY A REALITY



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What is standing in the way of your achievements?

The reason we may not be accomplishing our dreams & goals likely comes down to the stories you tell yourself about your abilities. Stories you actually have the power to change.

GET TO KNOW YOUR STORY

We all have stories about what happened to us & why it happened. We tend to carry them around like baggage. Pay attention to your daily conversation, what are the recurring topics & events that you keep talking about.

CHOOSE A NEW STORY

Old stories cost us this energy to hold on to it, but once we let it go, beautifully we got all this energy so we can put it into a new story.

MAKE YOUR NEW STORY A REALITY

"Meditation movies" when waking and before going to sleep, create movies in your mind of the things that you want to become, feel, etc. "Clear thought + Elevated Energy"

reflections:

Are there dreams or goals you're not achieving?

What is standing in your way?

What are the stories that are holding you back?

What are new stories you can create?

How will you make your new story a reality?

Notes: