

# SIX STEPS TO ENLIGHTENMENT

WITH *Visionary* LISA THELEN



6

**CELEBRATE THE LEARNING EXPERIENCE & NEW STATE!**  
**WHOO-HOOO ... YOU DID IT! CELEBRATE IT!**  
**HAVE GRATITUDE FOR THE LEARNING EXPERIENCE.**

5

**STEP AWAY**  
**THE PAST STATE IS HISTORY.**  
**YOU LEARNED THE LESSON AND CREATED AN OUTCOME.**

4

**STEP INTO THE SOLUTION AND DO IT**  
**GO AHEAD .... YOU GOT THIS!**

*Visionary* LISA THELEN

3

**CHOOSE A SOLUTION TO THE SITUATION**  
**ALLOW YOURSELF TO CHOOSE AN EMPOWERED STATE.**  
**YOU HAVE TWO CHOICES: LOVE OR FEAR**

2

**LOOK AT THE SITUATION WITHOUT EMOTIONS**  
**ENERGY BEGINS WITH A THOUGHT.**  
**YOUR EMOTIONS WILL AMPLIFY THE THOUGHT.**

1

**PAUSE AND TAKE A FEW DEEP BREATHS**  
**THIS ALLOWS YOU TO COME INTO THE PRESENT**  
**MOMENT WHERE YOU HAVE POWER.**