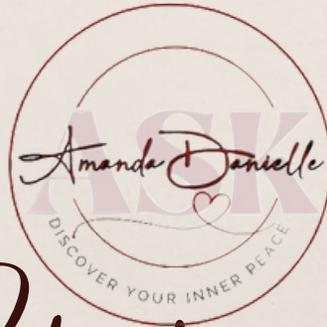




7 Secret ✨ ✨
MINDSET ✨ ✨
BUSTING BARRIERS

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7 Secret VIP MINDSET BUSTING BARRIER



Shift Your Mind Slay your Goals

7 steps to Stress Release

Unwind Your Mind

To BUST through to greatness you've gotta know what is in the way and holding you back from your Badass & Awesomeness.

STEP ONE - DIG IN

Dig Deep List The First 10 Obstacles in Your Life. (Past and Present)

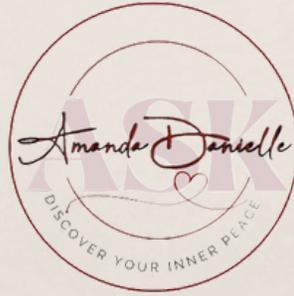
STEP TWO - BECOME AWARE

GET out your own BULLSHIT be honest and get CLEAR what you REALLY want and deserve in LIFE! Allow yourself to be SELFISH HOW do you want to feel, WHO do you want in your life? WHAT do you want more of in your life?

STEP THREE - VULNERABLE

WHAT truly is the hold up? What do you really tell yourself?

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STEP FOUR - AWARENESS

What is the REAL truth to the lies in step 3 you tell yourself?

STEP FIVE - DECISION TIME

How much longer are you going to allow this to be your REALITY?

10 positive affirmations

STEP SIX - CREATE BOUNDARIES

PEOPLE / TIME / ENERGY

Create BOUNDARIES around all areas in your life to add the value and abundance you DESERVE for your SUCCESS!

STEP SEVEN - GAME TIME

When you know the obstacles, you can make a game plan! Create a PLAN

DAILY ROUTINE 10 before 10

GOAL SETTING - 30/60/90 days 1/3/5 Years