

# FLIP THE SWITCH

## Transforming Your Self-Talk

Flip the switch, slow down, ask for guidance, and trust what shows up.

Have you ever caught yourself stuck in a loop, focusing on what you don't have instead of what you do? Or have you been stuck in a cycle where you compare and second guess yourself?

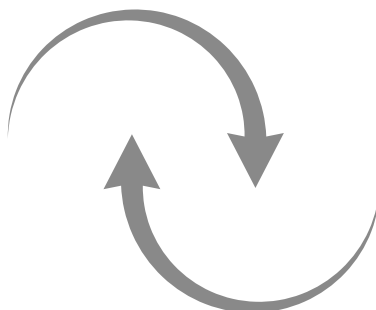
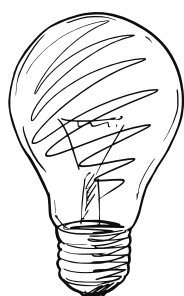
Here's the good news—we have the power to change that. This is where the **Flip the Switch** method comes in.

Not too long ago, I found myself experiencing deep feelings of guilt and grief. In the hopes that I would find support on how to move through these emotions, I sat on my meditation pillow, closed my eyes, and asked, "how can I transform these feelings?" Almost instantly, **I heard the words, "flip the switch."** The message was clear - "shift grief and guilt into faith and love".

It was like magic!

My energy shifted, my body calmed, and my heart opened again.

So now I'm offering this practice to you. If you feel stuck in a feeling that is not serving you, try flipping the switch.



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Here are some common life situations where you may feel lacking.  
The Flip the Switch method can help transform your feelings.

## **Feeling overwhelmed by work**

Flip the switch:

*"I have the strength to navigate this."*

*"I have the resources to ask for support when needed."*

## **Struggling with body image or health**

Flip the switch:

*"I have a body that moves and serves me."*

*"I have the power to nurture and care for myself."*

## **Financial worries**

Flip the switch:

*"I have enough for today."*

*"I have the ability to create more in the future."*

## **Feeling disconnected from relationships**

Flip the switch:

*"I have love in my life."*

*"I have the ability to deepen connections."*

## **Parenting challenges**

Flip the switch:

*"I have the tools to guide my children with love."*

*"I have the wisdom to support them through tough moments."*

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**There is one more step:** I invite you to create two hand gestures to go with your "flip the switch" statement. This will help you transmute the emotional energy you don't want to feel into feelings that you do.

For example, if you are feeling overwhelmed at work, create a hand gesture for what overwhelm could look like. The gesture could be your hands cradling your face.

Then create a second gesture to match how you want to feel. Your hands may move from your face up to the sky with an openness that allows you to feel strong.

Repeat and move between both gestures several times. By doing this you are showing yourself compassion which sends a message to the brain that you are safe and puts your body at ease.

☐ I am feeling overwhelmed by work

**I have** the strength to navigate this.

**I have** the resources to ask for support when needed.

**Gesture:** head in hands



hands at side head up high

☐ I am struggling with body image or health

**I have** a body that moves and serves me.

**I have** the power to nurture and care for myself.

**Gesture:** hands over eyes



wrapping both arms around myself

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Flip the switch, slow down, ask for guidance, and trust what shows up.

☐ I am... \_\_\_\_\_ I have.... \_\_\_\_\_

**Gesture:** \_\_\_\_\_



☐ I am... \_\_\_\_\_ I have.... \_\_\_\_\_

**Gesture:** \_\_\_\_\_



☐ I am... \_\_\_\_\_ I have.... \_\_\_\_\_

**Gesture:** \_\_\_\_\_



☐ I am... \_\_\_\_\_ I have.... \_\_\_\_\_

**Gesture:** \_\_\_\_\_



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☐ I am... \_\_\_\_\_ I have.... \_\_\_\_\_

**Gesture:** \_\_\_\_\_



☐ I am... \_\_\_\_\_ I have.... \_\_\_\_\_

**Gesture:** \_\_\_\_\_



☐ I am... \_\_\_\_\_ I have.... \_\_\_\_\_

**Gesture:** \_\_\_\_\_



☐ I am... \_\_\_\_\_ I have.... \_\_\_\_\_

**Gesture:** \_\_\_\_\_

