




20+

PIVOTAL  
QUESTIONS TO  
FRAME YOUR  
PATH



*We are spiritual beings having a  
human experience.*

To create the life we desire, we must clear the  
DEBRIS of our humanness.

We must raise our vibration, heal our limiting beliefs  
and come back to our true purpose - be love.

Know yourself and be who you chose to be, have,  
express to the world.

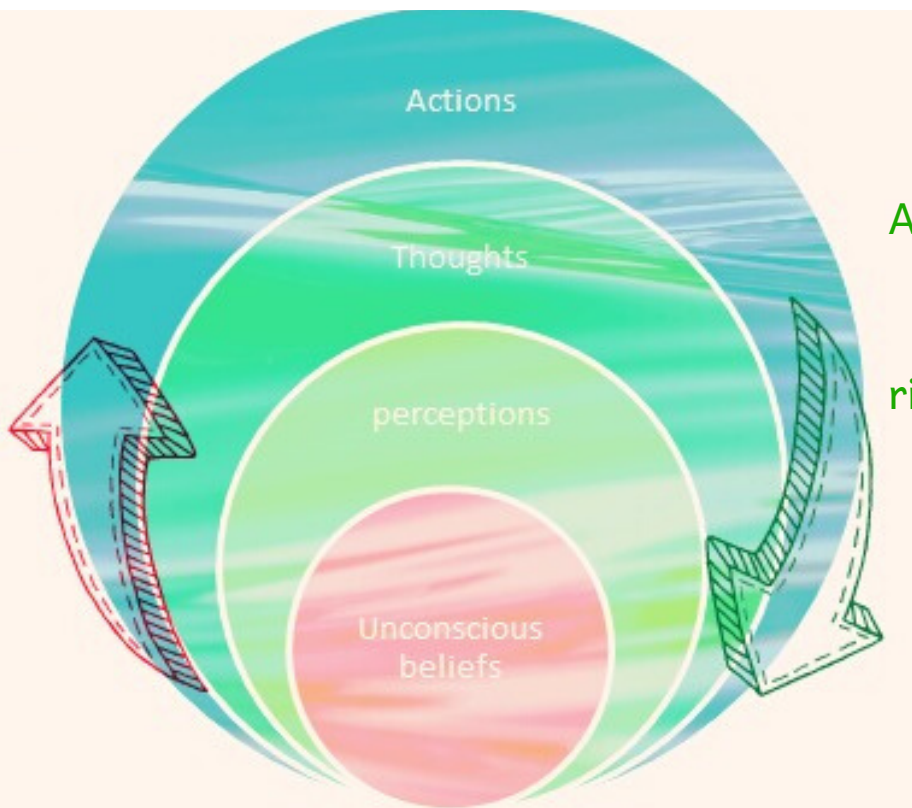
But, how?

# *Start with the end in Mind*

*Stephen Covey*

What is it you want to have, do, and above be?

When we become clear in this, the universe conspires with us to create the reality we are dreaming about.



Awareness is the first step,  
clarity the second,  
action the third,,  
rinse and repeat the fourth.

BUT

Yes, there is a but!! To move forward easier, letting go and healing past limiting beliefs is the next level key.

Letting go, forgiveness and healing is the central component because....

our beliefs are the major creators of our vibration, thoughts, actions, habits etc.

Our vibration or E-motion is what goes out into the world and attracts back to us what we believe to be real about ourselves.

Our beliefs create our reality.

*Who do you want to become to have the life you want?*

# Ask Quality Questions

*Such as:*

- “Who am I?”
- “What are my biggest strengths?”
- “What do I LOVE to do most?”
- “What does ‘Living the Dream’ mean to me?”
- “How much money do I want? How will I spend it?”
- “How do I want to be remembered?”
- “What’s most important to me?”
- “What really, truly & deeply makes me happy?”
- “How do I want to give back?”
- “What’s even better than all this...?”

When developing your clarity, you need to know  
YOU..

## *Define Your Dreams*

Describe yourself in Three Words.

Describe your IDEAL job and income .

What do you do? Who do you help?

How much do you get paid? (Yes, even if you are attracting employment, you can define your pay)

What are your biggest strengths, skills and passions?

What do you love to do so much you would do for free?

What is most important to you in life; what are your top values?

What is your 1 goal or intention for the next 12 months?

Why is it important to achieve it?

How do you want to be seen by your family, peers, clients, mentors etc?

What else do you want to manifest?

*Now that your eyes are open, your fears are being triggered.*

*This is a good thing!*

*Now, you have a choice - stay as you are or learn tools of change.*

*What tools?*

*Counseling,*

*EFT,*

*Reframing,*

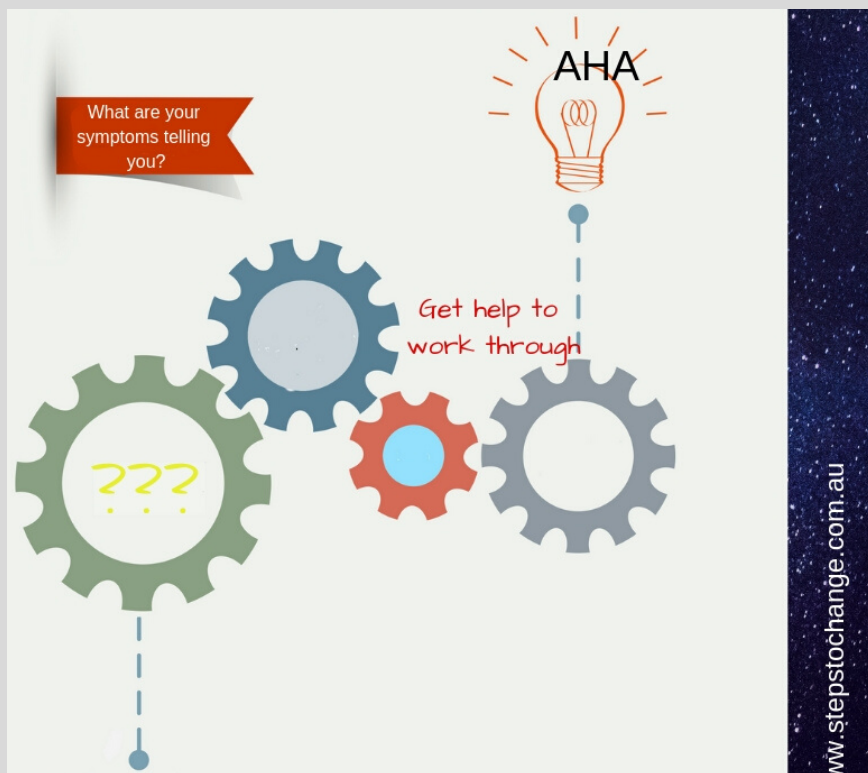
*Forgiveness Prayer,*

*Journaling,*

*Hypnotic release &*

*Guided Meditations.*

*Declarations of your truth!!*



## My Why

I see it all the time with clients...  
They want things to be different, to feel different, look  
different, be different.

For a little while they make changes :  
Food,  
Exercise,  
Journal Writing,  
Talking with people of influence.  
Walking away when needed etc.

BUT!!!

Their inner world - thoughts, beliefs fears just don't  
change fast enough, and so many drift back to their  
former habits, thoughts, beliefs, expectations,  
tolerances etc. They just don't achieve the result they  
want.

Why? Because it is safe, familiar and it takes a lot of  
courage to move away from familiar experiences.

I relate, I understand I have been there more times  
than I would like.

The inner world - your beliefs and vibe dictates what  
your life looks, feels, and is like. To change your  
health, life, and experiences, changing your limiting  
beliefs first makes the Law of Attraction, work so  
much faster.

If you have come this far, you possibly are ready to  
make the biggest challenge, yet rewarding journey in  
your life - making it your own. Not your parents',  
partner's, siblings', work etc, but all yours!!

## *A bit about me..*

For many, writing the dream can be easy, unless like me the idea of dreams was removed very early in life. I needed to learn that it is ok to desire things to be different, better, easier, loving, enjoyable, etc.

Once I accepted the idea that I too could have a different life to my story at the time; however, change just didn't happen. LOA alone didn't work and so the next level of research started.

The result?  
Learning many different mind and belief transforming modalities that make change and transitions easier, faster and certainly more pleasant.

The next step was to create change programs to support others.. Years of self exploration, learning, healing, letting go, forgiveness and above all transforming limiting beliefs into loving ones has led to

4 books being written,  
What the Mind Sees the Body Feels, Creates & Attracts  
Awareness & Accountability Journal  
What you need to Know about Gluten  
Ditch the Weight & Gain Your Life.

The ReclaimME! Program series created to support you where you are on your change/growth journey.

Change support available:

- ReclaimME! Strategy Session
- ReclaimME! Nutrition
- ReclaimME! Transformation
- ReclaimME! VIP

*Reclaim Your Life so you  
Create it on Your Terms?*