

GET UNSTUCK

And back on track to design a life you LOVE!



3 STEPS TO DESIGN A LIFESTYLE YOU LOVE!

Well-being is an inside job. Joy, prosperity, and love are meant to be the blueprint of your life. You don't have to keep feeling overwhelmed or frustrated by your life. It's time reclaim your power and take action

1

BE MINDFUL

Transformation starts with being aware of how you're thinking and feeling

2

LET GO

It's ok to let heavy feeling go. Keeping them inside keeps you feeling overwhelmed.

3

TRANSFORM

Your thoughts shape your reality. Transform what you're thinking to transform your life



RISE



AWAKEN



TRANSCEND

now to complete the three steps to get unstuck and back on track to design a life you love.

Becoming more mindful of yourself is an opportunity for the go-getting entrepreneur or visionary to explore who you truly are, align with the essence of your being, and transcend into a whole new you!



BE MINDFUL OF YOUR FEELINGS EXERCISE:

- Take a deep breath and exhale out.
- ASK YOURSELF:
 - How have I been feeling lately?
 - What have I been saying to myself?
 - Jot down your experiences.
- Repeat 1-2 x daily

LET HEAVY FEELINGS GO

“The truth is, unless you let go, unless you forgive yourself, unless you forgive the situation, unless you realize that the situation is over, you cannot move forward.”
- Steve Maraboli



- When angry, sad or stressed find a quiet place to sit and close your eyes.
- With your eyes closed, inhale deeply for the count of four; exhale for the count of four. Repeat 3x.
- At the end of your third round of breath proclaim: *“I have the power To choose how I want to feel. I am letting my feelings come up and out of my body right now.”*

TRANSFORM YOUR THOUGHTS

- Being mindful of your feelings and letting them go is crucial in cultivating long lasting health and well-being. If you're unaware of how you're feeling, you give power to your emotions by letting them influence your thoughts. As feelings of anxiety, anger, worry or stress build they create unhealthy stories about who we are.
- When feelings are bottled in for too long these stories become beliefs. Beliefs are the driving force behind behavior. When you're not believing something healthy about yourself, you don't behave very healthy with yourself. To transform you thoughts and you life, you must get to the source of your heavy feelings from a soul level, let go, and create a new way of understanding yourself and the world you live.
- I am ready to be a champion in your corner. I am ready to share my unique ability to hear, see, and communicate with spirit to provide you with a permanent solution to your life challenges today. I am ready to help you put an end to feeling like you want to walk away from your life and instead create a lifestyle where you love what you do, do what you love and live life by your design!

VISIT: WWW.ELIZABETHTRIPP.COM to book your **Discovery Call** today.