



A. Awareness

- **What is my NOW reality?**
Feeling (1-10 rating)

- Is this serving me?

B. Belief Check

- **Belief Busting – severing/releasing/rewriting old neural pathways**
Stories that are responsible for creating unwanted NOW reality

- **Belief Building – creating/anchoring new neural pathways**
Stories that will create my desired future reality

C. Choice Point

- **Choice points offer opportunity for conscious changes to NOW habit/patterns**
Shift in the now

- **Reprogramming neural pathways offers opportunity for elevating subconscious**
Elevate internal self-talk and core beliefs