



Awareness

- What is my NOW reality?
Feeling (1-10 rating)
- Is this serving me?



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



Choice Point

- 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