

self SABOTAGE

Thank you for letting me show you your money truth last week.

**Last week you made a declaration to get to the
NEXT LEVEL with MONEY**

**Today you're going to learn *why* you get stuck at
the different levels.**

**IF emotion stops us then what happens when we're not emotional
what happens when we're just disconnected? Or in cruise mode?**

**Are we manifesting when we're idle, sleepy or content or what
happens when we're not worried or focused on something
negative, what happens if it's just apathy?**

WHAT HAPPENS IS NOTHING!

IF YOU ASK FOR *nothing* YOU GET *nothing*

IF YOU ASK FOR *enough* YOU GET *enough*

IF YOU ASK FOR *more* YOU GET *more*

**IF YOU ADD EQUAL EXCHANGE OF VALUE
AND YOU EMBODY YOUR SELF VALUE,
YOU INCREASE VALUE ALL AROUND YOU**

mindset:

CONNECTION

SELF SABOTAGE

SELF AWARENESS

what is **HOLDING YOU BACK?**

what is **SELF BELIEF?**

**I AM ABOUT TO GET YOU TO START
ASKING FOR MORE.**

but first...

**LET'S CHECK TO SEE IF YOU
BELIEVE YOU'RE WORTH MORE?**

IF you can only go as far as your emotional self so that means I have to nurture my emotional self, but if emotions are just a response to my thoughts and I can change my thoughts then how does this emotion stop me from moving forward:

IT BECOMES A BELIEF

You've created your own limiting beliefs about yourself

TODAY YOU'RE GOING TO SMASH THEM.

**PEOPLE have always asked me:
This CONNECTION, this heart activation I speak of
WHAT EXACTLY IS IT?**

I have unlocked each level of my life in increments of value

**HOW I did that was I focused on
WHO I REALLY AM and WHAT I REALLY WANTED
and I learned to get into a full alignment and
hold that focus with intention.**

I FOCUSED ON

who I really am

AND

what I really wanted

I MASTERED my mind. I learned how to process the emotions I would get stuck on and return to ALIGNMENT.

I LEARNED HOW TO PROCESS MY EMOTIONS.

I didn't say I mastered my emotions. I also won't say I mastered my thoughts. I learned to listen to them and not believe them.

I LEARNED TO QUESTION THEM.

This is the first level of emotional intelligence it's

SELF AWARENESS

I MASTERED MY MIND

I LEARNED HOW TO PROCESS MY EMOTIONS

I LEARNED TO QUESTION MY THOUGHTS

THIS IS THE FIRST LEVEL OF EMOTIONAL INTELLIGENCE, IT'S
self awareness

**I coach people building businesses,
I give them quantifiable steps then I watch where they get
STUCK**

That's the point of teaching in next steps, but

**EVERY PERSON THAT GETS STUCK IN THE
BEGINNING IS IN THEIR OWN HEAD!**

EVERY PERSON THAT GETS *stuck*
IN THE BEGINNING IS *in their own head!*

BECAUSE YOU CAN ONLY GO *as far*
AS YOUR *emotional self*

people don't *know* their worth.

how do you know if you're
good enough?

YOU COMPARE

getting
STUCK
in the
LOOP
of chronic thought

COMPARISON

fear of rejection

STRESS

negative self talk

EGO FLARES

self doubt

RESENTMENT

envy

OLD STORIES OF SHAME

**Stuck in a rat wheel of bad thoughts, old stories, drama, poor me,
I'm better than them, resentment - blame. It's not fair.**

Why do they have that!

You start seeing evidence that

YOU'RE STUCK

These loops make us believe we're disconnected and STUCK

because you are stuck *in your mind*

I call it the LOOP in the loop is FEAR STRESS SELF HATE

INFLATED EGO ENVY COMPARISON, SELF DOUBT and

a huge amount of resentment.

competition
IS THE OPPOSITE TO
creation

You are in competition! You are stuck in a mind loop. You cannot attract anything good here. Because you're focused on WHAT YOU DON'T HAVE AND WHAT YOU DON'T WANT.

COMPETITION is the opposite to CREATION

CREATION is manifesting. COMPETITION is competing for what is already created and never measuring up.

Being stuck in a loop means you are attracting whatever you've focused on.

WHAT IS THE CORRELATION TO

your patterns

your self worth

and creating a successful business?

you **ARE THE BRAND**

HOW YOU DO *anything*

IS HOW YOUR BRAND WILL DO *everything!*

Your outer self, especially for women, will take a self-bashing when you're building a personal brand because the first step in building this brand is IDENTITY

**Most women believe their identities are their bodies and it's not.
Most men believe their identities are their networth and it's not.**

You've just been taught that people get value this way and affirming that you don't measure up.

If you derive all your value and attention from having a hot body or lots of money what will you do when you don't have these things?

MOST WOMEN BELIEVE THEIR
IDENTITIES ARE THEIR BODIES
and it's not.

MOST MEN BELIEVE THEIR
IDENTITIES ARE THEIR NETWORTH
and it's not.

**IF YOU DERIVE ALL YOUR VALUE AND ATTENTION FROM HAVING A HOT BODY OR
LOTS OF MONEY, WHAT WILL YOU DO WHEN YOU DON'T HAVE THESE THINGS?**

being self employed is a

DREAM

NO ONE TELLS YOU ABOUT THE STRESS OF BECOMING MORE..

THE STRESS OF *money*

THE STRESS OF *putting yourself out there*

THE STRESS OF *living up to others' expectations*

THE STRESS OF *competing with everyone online in your mind*

THE STRESS OF *mastering your craft and learning to value yourself*

THE STRESS OF *learning to sell and ask for money*

THE STRESS OF *managing money*

NO ONE TELLS YOU ABOUT THE STRESS OF BECOMING MORE...

**The stress of Money | until you learn your value LEARN \$ Learn
how to value it, ask for it, manage it, accumulate it, give it
direction, grow it**

**The stress of putting yourself out there | until you get confidence
and find your voice and realize the whole time you were the one
holding you back.**

**The stress of living up to others expectations | disappears when
you start walking your own path then you
realize you're a trail blazer.**

The stress of competing with everyone online in your mind | just goes away when you stop looking at people online to compare yourself too (This is an avoidance behavior) Go get that life you want, go mind that business.

The stress of mastering your craft and learning to value yourself | becomes joyful TRUST ME a MASTER who is content is truly a master

The stress of learning to sell and ask for money | gone when you know and feel your worth. Focus on the service and the gratitude you feel that someone has made this exchange of value with you and watch your sales x10

The stress of managing money and learning taxes and systems upon systems upon systems | but then THEY WORK the systems bring confidence and momentum of \$ through your business.

FIRST 3 SYSTEMS

- 1: START WITH A BOOKING SYSTEM TO GET CLIENTS IN
- 2: THEN A SALES SYSTEM SO YOU CAN GET PAID
- 3: THEN BUILD A LIST AND NURTURE THAT LIST

the stress of marketing (*what do I say*)

BECOMES A VOICE OF CLARITY

the stress of managing client expectations and customer support

BECOME PART OF THE ONGOING NETWORK AND CONNECTIONS YOU MAKE

the stress of struggling and not making ends meet

ARE REPLACED BY THRIVING AND EQUAL EXCHANGE

**STRESS IS A CRY FOR HELP AND THE CALL IS COMING
FROM INSIDE THE HOUSE.**

**The stress in these areas are so you grow to the next level in
your business and income sometimes these steps are
difficult but you don't have to see it that way**

STRESS

IS A CRY FOR HELP AND THE CALL IS COMING FROM
inside the house

HOW
YOU MANAGE THE STRESS IS
up to you

**Building a 6 figure business was so stressful,
7 double the stress, 8 ...**

**I WANTED TO BE AN ARTIST well at 14 I said that and now finally
38 years later I can say I finally live in a world where I can be an
artist and a self employed solopreneur and I can make good
money doing it**

***You will become as successful as the amount of pain you are
willing to endure.***

**But the pain doesn't sustain they are growing pains and each
level you unlock the next challenge.**

BUSINESS WILL BRING

competition + comparison

money stress

self doubt

big fear

loads of criticism

others' limited beliefs

ego inflation

naysayers

dream killers

more STRESS

STOP

STOP RIGHT NOW

YOU are not building a business for everyone else

BUILD IT FOR YOU

I wish someone had just slowed me down

YOU CAN

break the loop

WITH

PLEASURE /
AVOIDANCE

so HOW do you currently
STRESS RELIEF?

WE GET STRESS RELIEF (DOPAMINE) FROM
EATING • DRUGS • ALCOHOL • SPENDING
GOSSIP • GAMBLING • SMOKING • PORN

NOTE:

these all come with a good feeling and they also become our problems, secrets, lies and our coping mechanisms;

THEY BECOME OUR PATTERNS AND THEN ADDICTIONS.

Why am I talking about avoidance behaviors? Because I fell into this trap when my business became overwhelming and I wasted years fighting the wrong battle. I am fascinated that we create addictions from avoiding.

WHAT EXACTLY ARE WE
avoiding?

FEELING BAD? LIFE?

Most people fail at diets, think about it you go on a diet WHEN you feel out of control but you have set eating as your only form of comfort.

Is that not the ultimate paradox of failure?

**Diets don't work when there is a NEED to EAT
stop hating yourself and listen to what you need.**

The worst years of my binging were the beginning of building my business and anything new or unknown or the NEXT STEP. Great, right when I had to PUT MYSELF OUT THERE I would be in my most need to hide phase. My body would visibly go up in weight whenever I started to walk towards my new path.

TAKE THE SHAME OUT OF THIS STORY:

I NEEDED *support*

I NEEDED *comfort*

I NEEDED *strength*

I NEEDED *protection*

AND EATING AND MY WEIGHT GAVE ME ALL THOSE BEAUTIFUL THINGS.

The reason Diets and Saving from broke doesn't work is you restrict the one thing (*eating/spending*) that relieves your stress. So when a big emotion comes up you want to eat it/spend it/or whatever it away.

You seek pleasure as stress relief and then it becomes an avoidance to your difficult emotions.

AND THEN BERATE YOURSELF OVER IT.

You can fight eating for the rest of your life and never ask WHY you need stress relief. Food is not the problem. Your body is not the problem. Your weight is not the problem. Your constant need for false fulfillment and misaligned stress relief is!

**ANY AVOIDANCE BEHAVIOR WILL GIVE YOU A
FALSE SENSE OF FULFILLMENT**

**BUT IT WILL BE FOLLOWED BY THE CRAVING FOR
MORE AND IT'S INSATIABLE BECAUSE**

your needs *are not met*

**YOUR NEED TO STRESS RELIEF OR ESCAPE OR
SOOTHE OR NUMB**

with *avoidance behaviors*

MEANS YOU'RE AVOIDING FACING SOMETHING

**I learned that avoiding my emotions and choosing binge eating
was my version of self care.**

It was stress relief when I could not cope.

**Look at how stupid this thought process is:
What is the result that you really want?**

**I want to lose weight? Then eat less! I can't seem to stop eating!
You're undisciplined! You're disgusting = Feels bad and eats
more. *HATES BODY* Fighting the wrong fight always bringing it
back to me not being good enough.**

**I want to feel good in my body, about my body, I want to be
proud of who I am, I want to win at life not feel stuck in my
negative patterns, I want to be seen and loved. I want to feel like
I'm NOT out of control.**

**Then you have to acknowledge that you need to define what
your boundaries are, what you don't want and what you do want
moving forward and start focusing on creating it.**

WHEN YOU ARE

unfulfilled

YOU LOOK FOR

filling

where **IS ALL THE** *stress* **COMING FROM?**

WHAT ARE *you* **DOING OR** *not* **DOING?**

WHAT IS MAKING YOU FEEL *unfulfilled*

IN YOUR *life?* **IN YOUR** *business?*

WHICH AREA? *why?*

rejection
BREEDS
obsession

(THATS WHY BREAKING THE LOOP IS SO HARD)

**Some people are ADDICTED to the LOOP of REJECTION
because rejection breeds obsession.
*That's why breaking the loop is so hard.***

**Rejection means you can't accept the truth
so you obsess in a loop.**

**Breaking a rejection loop is as hard as breaking a victim
mentality loop around money. You need to break the negative
mind loop to feel good so you can start a positive cycle up.**

awareness

acceptance

processing boundaries

**Inevitably we're processing to boundaries. Change something,
set a boundary with someone. Speak up for myself.**

**Why do you want to lose weight anyway?
You believe people will love you more.**

YOU need to LOVE YOU MORE.

**Sometimes what we think we most want is not what we really
want it's actually what we most crave for ourselves what you
feel you are lacking the most GIVE that to yourself.**

stop fighting yourself

AND START LISTENING TO

what you need

Find a way to self care without binging, follow body positive accounts and read books about radical self love and self acceptance and then focus on how you want your body to move, rest, nourish, hydrate, replenish, self care, exercise, get strength, preserve mobility and receive personal pleasure but the greatest change in your whole being will be self acceptance.

You think you are your body. But your body is just the physical manifestation of the internal self.

Your body is actually your most loyal follower.

Let me tell you the UNBELIEVABLE amount of BANDWIDTH to create I got back. I got my brain out of obsession about food and my body this is pure BANDWIDTH you waste on fighting these behaviors.

I broke a mental pattern and the addiction I had to rejection.

saving is impossible

WHEN YOU **CRAVE** MONEY
AND GET DOPAMINE FROM **SPENDING**
YOU WILL NEVER HAVE ENOUGH BECAUSE
THE CRAVING IS INTENSE
AND IT'S NEVER SATIATED

craving anything

**IS THE SOUL YEARNING FOR
SOMETHING IT CAN'T HAVE.**

what are you yearning for?

**So how can you save when spending is your binge -
thats the lightbulb.**

**I want the RESULT of saving but I NEED the dopamine I get from
spending MORE!**

**I need better self care followed by a new way of giving myself both
the feeling and the action of both enjoying spending and saving.**

**You will become as successful as the amount of pain you are willing
to endure and by pain I'm referring to *processing your emotions***

The first step to emotional intelligence is

SELF AWARENESS

sit WITH YOUR EMOTIONS AND TAKE RESPONSIBILITY
FOR THEM - FEEL THEM

hold up a mirror OF SELF AWARENESS

look AT YOURSELF

stop PERSONALIZING EVERYTHING

SELF AWARENESS FOR ME BECAME

mirror
mirror

**Back in my low energy days when my gallbladder and my car
blew up, everything I was reading to elevate my self worth gave
me this knowledge that**

what you put out will come back like a boomerang.

**Every hard lesson I was learning about myself as I grew this
business was teaching me that it was not anyone outside of me.**

It was MY INTENTION and it was MY PATH TO WALK.

Someone here last week said I saw you on YT and now I am standing here in front of you in your studio learning from you, how is that for magic.

I said wow - to me, you saw me on a platform and thought that I was someone important and you liked what I was giving and saying and you came to learn more.

But the reason I am on that platform is I decided I was important enough to give this information to you.

I put myself on that platform and that tells me you can decide when you are ready to put yourself out here, don't wait for others to tell you that you're important.

exercise:

WHAT IS THE ONE HUMAN TRAIT YOU *hate* THE MOST?

Procrastination. Victim mentality. Liars.

Mirror work was something I couldn't get enough of.

WHAT YOU SAY about me

HOLDS MORE TRUTH about you

└→ *changed my life!*

WHAT I ENVY IN THEM I want

WHAT I SEE IN THEM I have (GOOD AND BAD)

It changed the way I saw people and spoke about people, I started to elevate conversation instead of bond over gossip, I speak the conversation up, I talk about building and growing, ideas and more knowledge, travel experiences, philosophy, connections and building relationships.

Not talking about people and what others are doing, saying or wearing.

AND THAT CHANGED THE WAY I WAS VALUED IN A ROOM.

**I STARTED TO EASILY SEE ADMIRABLE
TRAITS IN PEOPLE**

**AND THERE IS NOTHING MORE POWERFUL
THAN GIVING A
NON PHYSICAL COMPLIMENT.**

**YOU'VE BYPASSED THE SUPERFICIAL
IMMEDIATELY, AND WHEN YOU GIVE A NON
PHYSICAL COMPLIMENT,
ITS ENERGY RESPECTS ENERGY.**

This also taught me to see my failings and see my contribution to the energy of any situation.

To identify when I'm back in my ego in a loop.

It became 'how long will I chose to stay in this negative thought pattern' and then I realized I could break out of it.

You are only trapped by your own mind and some questionable past decisions you made.

WHAT YOU RESENT about me
HOLDS YOUR greatest emotional need!
└────────→ *changed my relationships!*

WE DO NOT SEE THINGS as they are
WE SEE THINGS as we are!

TROLLS HURT YOU **BUT** IT ONLY HURTS WHEN IT'S TRUE FOR YOU

When something someone does bothers us, it reflects an aspect of ourselves that we have not fully acknowledged or accepted.

If it mildly annoys us, it could be a small, perhaps unnoticed, behavior or belief we hold. If it wildly annoys us, it suggests a deeper, unresolved issue within us that we are denying or suppressing.

At first it's 'I don't want this I don't want to feel this way' and the EGO fires up but with practice you start to see a pattern in YOU.

First there's sadness with the understanding that you realize YOU are unfulfilled. YOU feel disconnected. YOU haven't been speaking up. YOU'VE been people pleasing or plugged into the matrix and just going along with it. UNFULFILLED.

**When I learned I am the antidote, I started to hold up a mirror.
Whenever I felt something about someone I started to ask
myself WHY did I react that way? Suddenly I realized
MY THOUGHTS and MY FEELINGS were constantly chattering
so I started to ask them:**

Why does this bother me so much? What is my part in this?

Is what I am saying about them more about me?

**Do I do that? Is there a part of me that behaves similarly? And I don't
accept it in myself?**

What does this reaction in me say about my own beliefs, fears, or insecurities?

Why is this triggering my ego and competition?

Why is this happening? Why did I attract this? What am I learning from this?

Why do I feel resentful? - *resentment is powerlessness.*

Why do I feel judgment or envy?

What do they have that I want?

Then I became my own *guru*, my own *therapist*, my own
best friend, my own *voice of love*.

And I could *ASK* myself what I needed
and *give myself the answer*.

WHAT I LEARNED ABOUT
emotions
THAT MAKE YOU FEEL STUCK:

YOU CAN'T LET IT GO
but you *can* let it be

YOU CAN'T RELEASE IT
but you *can* accept it/reframe it

YOU CAN'T FORGET ABOUT IT
but you *can* forgive it

**Why are you carrying a wound? And why do you pull the
stitches out every day?**

Sounds like an addiction to pain.

**If someone says something and I think it's about them,
and you think it's about you -**

Who leaves that interaction with the loop, you or me?

THAT MEANS YOU CAN ALWAYS CHOOSE...

IF SOMEONE SAYS SOMETHING HURTFUL TO YOU SAY
“are YOU okay?”

IF SOMEONE CAN'T LOOK YOU IN THE EYE ASK
“Did I do something I need to apologize for?”

Stress is when you say yes but you want to say NO

So it's betrayal to yourself and usually comes at a cost of you feeling you have no time or support to do your things and that is resentment.

WHAT will you say no to from now on?

The more I walked towards what I really wanted the less I binged anything. I didn't need pleasure behaviors to self soothe and I was giving myself the money and the goals I wanted.

I SPOKE UP FOR MYSELF AND ASKED FOR MORE

**The more I created the life I wanted with value,
*the less stress relief I needed.***

**The more I loved and accepted my body for just moving and
existing,
*the more I cared for it.***

**Was that simply because I started walking towards
WHAT I WANTED?**

**Or was it because the more I found value and connection in all
areas of my life the more valuable and abundant I became.**

I WAS IN MY OWN CYCLE OF SABOTAGE.

**WASTING MY BANDWIDTH ON OBSESSING ABOUT MYSELF NOT
BEING GOOD ENOUGH.**

INSTEAD OF MAKING MORE GOOD IN MY LIFE.

YOU ARE THE •
poison
&

YOU ARE THE •
antidote

MAKE THE CONNECTION TO
living unfulfilled

AND ALWAYS
looking for filling

The Million *dollar dream*

I WALKED THIS PATH IN THE MULTIVERSE
WHAT I WOULD DO WITH THE \$ - HOW IT FELT
WHAT I WOULD BUILD - HOW IT FELT

**UNTIL THE DREAM WAS SO CLEAR I REALIZED I DIDN'T NEED A
MILLION DOLLARS TO GET THIS.
I COULD MAKE A MILLION DOLLARS DOING THIS.**

manifestation is

FOCUS *and* EMOTION

WHAT I AM ***FOCUSED ON*** AND HOW I ***FEEL*** ABOUT IT