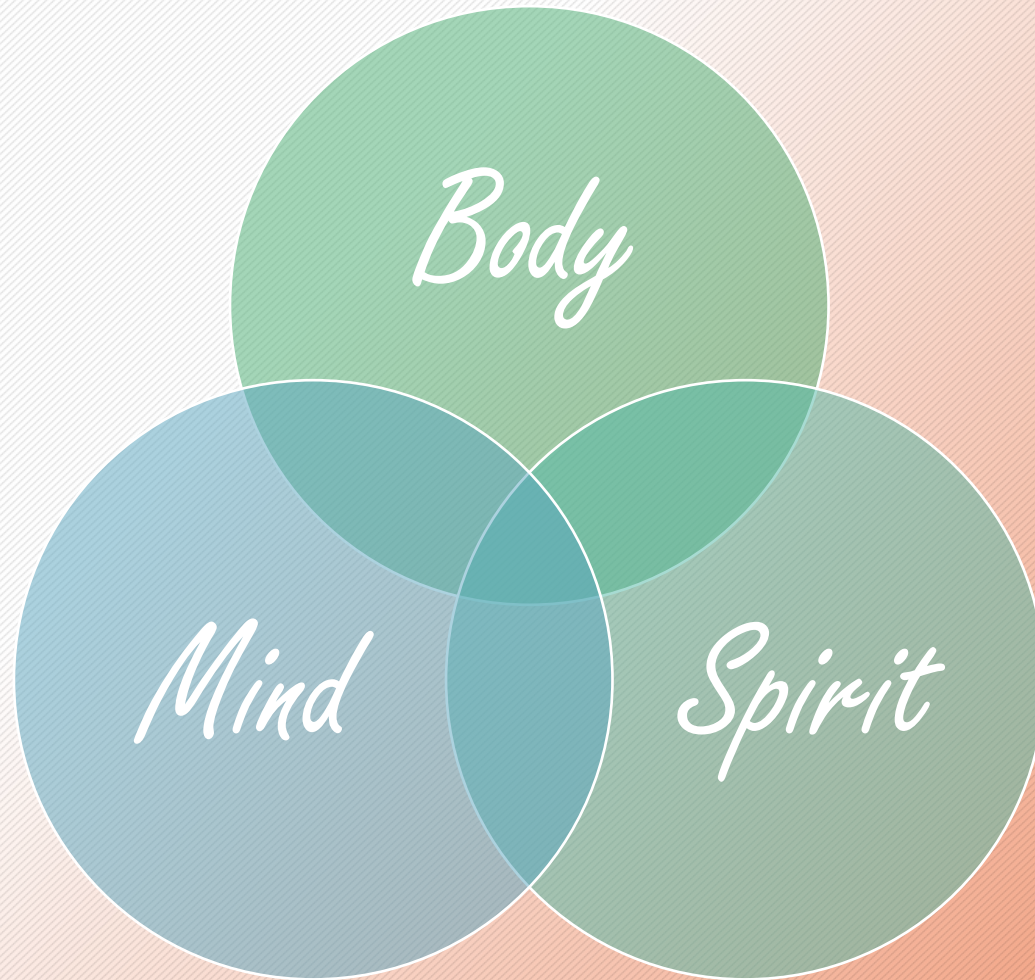


# *ReclaimME! Webinar Workbook*





# Beliefs

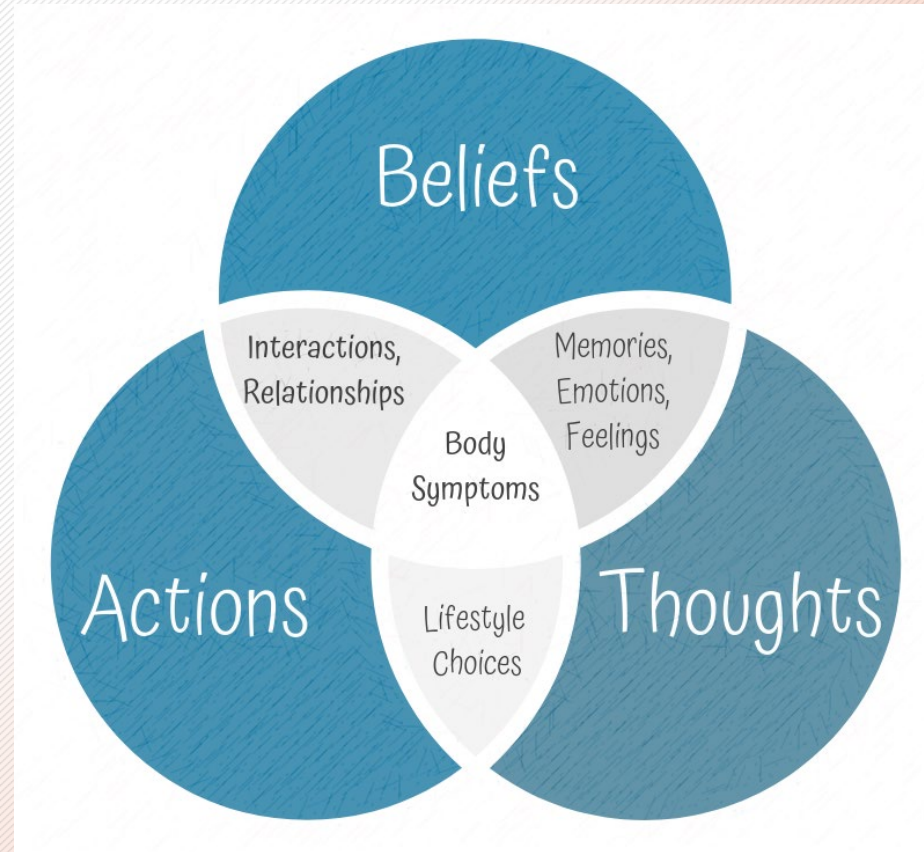
2

- A general statement claims beliefs are created by the age of \_\_\_\_\_.
- Our beliefs come from many sources, some close to us such as \_\_\_\_\_, \_\_\_\_\_ & \_\_\_\_\_.
- Social conditioning by our \_\_\_\_\_ & \_\_\_\_\_ & \_\_\_\_\_.
- Generational transference is real and means beliefs and their side effects can be passed from one generation to another.



The very core our life are our beliefs.

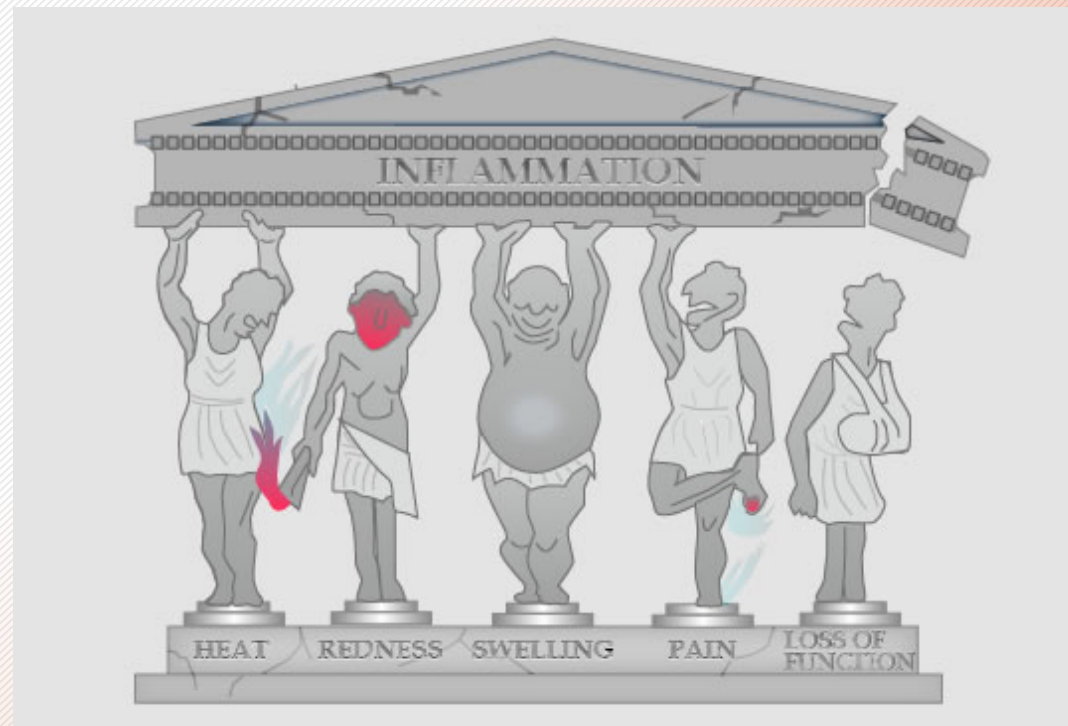
3





# Inflammation

4



(C) Steps to Change Introduction of ReclaimME! Program



# Inflammation Drivers

5

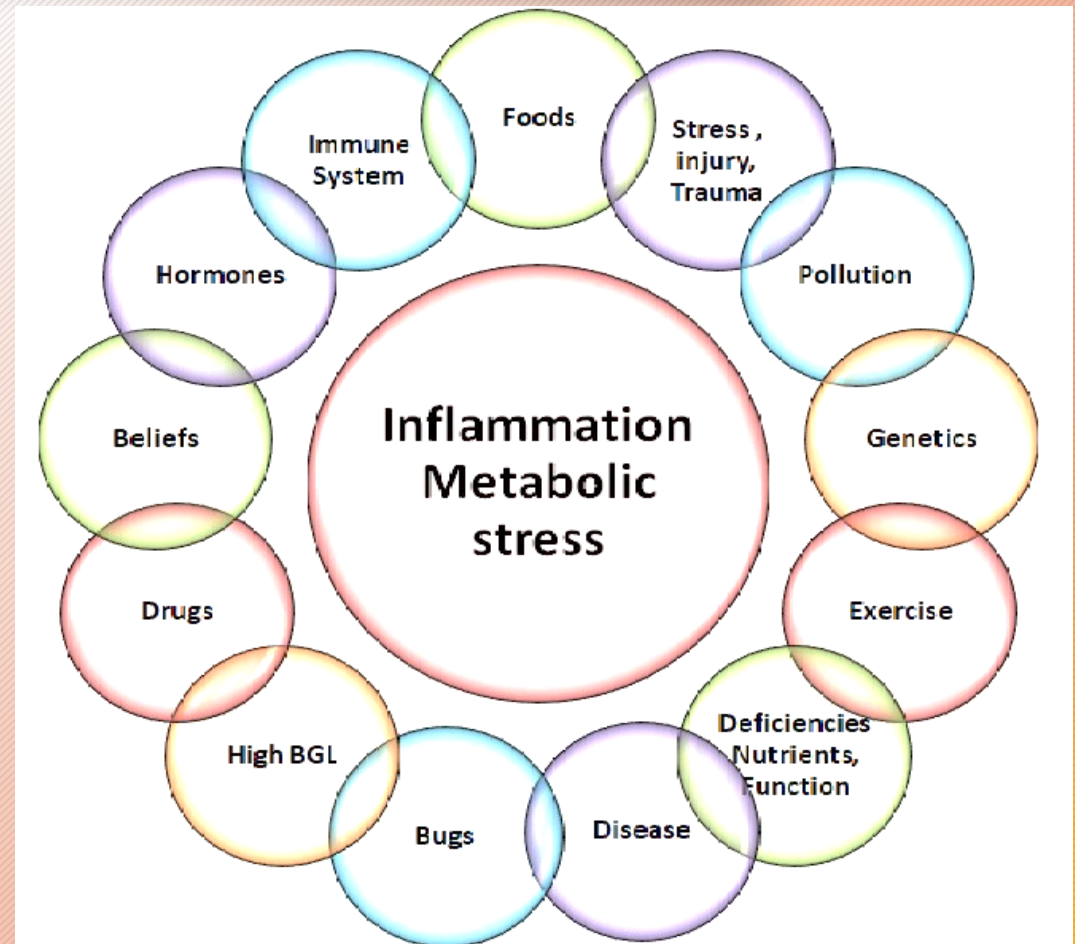
- \_\_\_\_\_ deficiencies
- Too \_\_\_\_\_ or too little \_\_\_\_\_.
- \_\_\_\_\_, physical or perceived stress
- Physical Damage - break, cut or tear including surgery
- Immune triggers - food, environmental & ingested chemicals,
- Gut Integrity, Hormonal \_\_\_\_\_.
- Hidden emotions and memories. Trauma, fear and other heavy emotions



# Inflammation is

6

The driver of all healthn maladies but you control the triggers, and this makes you more powerful than you realise!





# Relationship

7

Relationship goes deeper than how we relate with others.

Relationships include a much more important dynamic and that is the one we have with \_\_\_\_\_.

This relationship, creates all things! Our view of our Self Worth; Self Esteem, Self Love. Knowing we are loved and lovable, and above all Enough!

How we \_\_\_\_\_ in our own lives.

How we \_\_\_\_\_ for ourselves with healthy boundaries, \_\_\_\_\_ care, nurture, courage to speak our truth, follow our own dreams, goals and life path.

How we \_\_\_\_\_ with and to ourselves.



# Eckhart Tolle

8

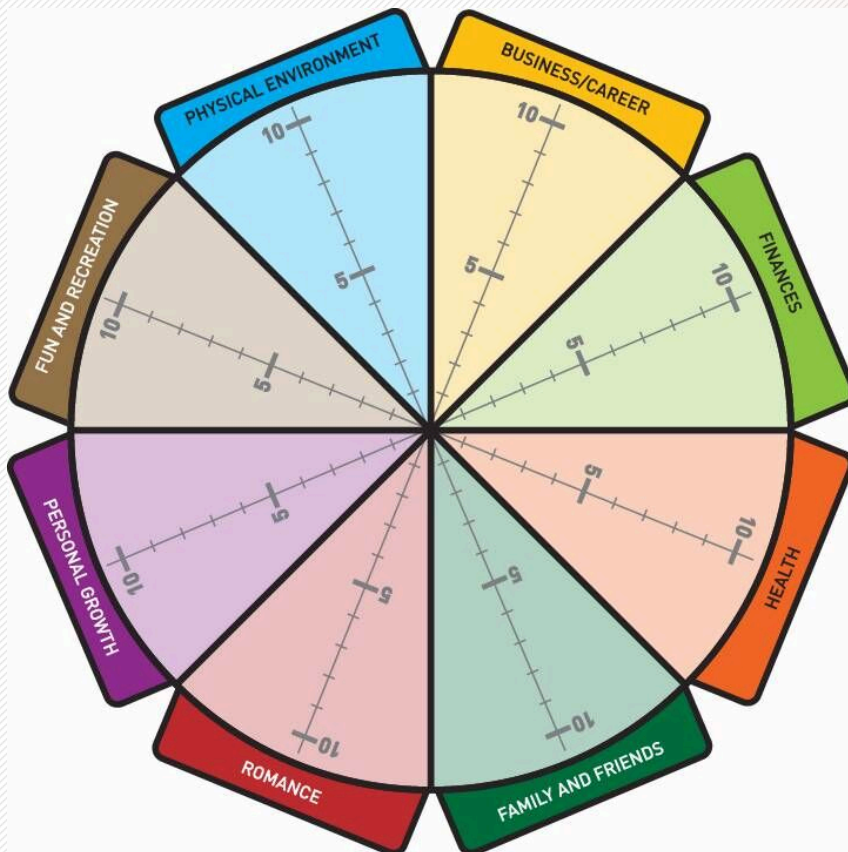
TO KNOW YOURSELF – AS THE BEING,  
UNDERNEATH THE THINK,  
THE STILLNESS UNDERNEATH THE MENTAL NOISE,  
THE LOVE AND JOY UNDERNEATH THE PAIN,  
**IS FREEDOM, SALVATION, ENLIGHTENMENT.**

Seek to know yourself so you can heal



If we continue to do what we have always done,  
we can not expect anything different.

9



To complete this exercise. Move around the wheel and for each segment, mark between 1- 10 how you feel that segment 'is' according to your value system.

There isn't a right or wrong, it is an awareness exercise. For more information go to:

[www.stepstochange.com.au/free-resources/the-wheel-of-life](http://www.stepstochange.com.au/free-resources/the-wheel-of-life)



# Transforming Beliefs

10

There are so many to choose from!!

The ones used specifically in the ReclaimME! Program include:

- \_\_\_\_\_ (EFT)
- Rapid Transformational \_\_\_\_\_.
- Awareness \_\_\_\_\_
- Journaling; Sharing and \_\_\_\_\_
- NLP Re\_\_\_\_\_
- H'opponono
- Meditation
- And a combination of all of these



# Creating your Future Self!

11

- Dreaming is essential for \_\_\_\_\_ & \_\_\_\_\_  
\_\_\_\_\_;
- We dream when \_\_\_\_\_;
- When we describe our ideals during \_\_\_\_\_
- We are talking directly to the \_\_\_\_\_. This makes our \_\_\_\_\_ follow the brain's instructions



Are you ready to deep dive into your healing and shifting from your current situation in to a more empowered place of your design?

Then I invite you to jump into the life changing -

12

## ReclaimME program.

Its personal, its inclusive, & deep.

Includes the Three Pillars,

The mind body and spirit in a most comprehensive, inclusive line up.

Book your call [www.reclaimme.as.goodfit](http://www.reclaimme.as.goodfit) and we will work out if you are ready and willing to commit to creating the life you desire, or best to stay where you are for now.

