

**We all have a  
Story.  
Are you ready to  
rewrite yours?**

**EVERYTHING  
IS MINDSET**



**BY RITA  
JOANNE**

**And close  
the Gap  
between  
the  
"I Want" & "I Am"**

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# \*\*\*Introduction\*\*\*



## ***Why did I write this?***

Because my passion is to help as many of you beautiful souls find your purpose, peace, love, and abundance in life, and live your life as you were meant to.

Because my passion is much bigger than the once “fear of failure” belief that I had, and that was once holding me back.

The fact is, it wasn't even my belief and that alone was such an eye opener for me. So, I wiped it, cleared it out for good! *'How freeing would that be to experience hey?'*

Now I share with you all, with so much Love & Gratitude.

*'Hi, my name is Rita Joanne, I am Italian born living in Melbourne where I grew up with my parents who did the best that they could with what they knew. I know for a fact that even though I didn't have everything I wanted, I certainly had everything I needed.*

*Growing up in the Italian culture where there was so much restriction and control on what I could or couldn't do or say, and what was or wasn't acceptable, was not easy for me, although a part of my everyday life.*

*When I became a mother for the first time at 21yrs of age, and then came along 3 more beautiful and successful children, I always did the best I could to keep them safe and happy with what I knew, because if you don't know, you don't know.*

*Even though being a proud mum, which for me is one of my life's greatest gifts and achievements, I still felt there was something missing from my life. So I went in search for my purpose, my dreams, my desires, and as I sit here in writing this for you, I am proud to say that I have now been a Light Worker for many years.*

*My spiritual journey begun many years ago when I needed my own healing after my marriage of nearly 30 years ended. Feeling lost with no direction, I eventually found my way, and as time went by, I learnt and mastered how to raise my vibration and then, the vibration for others as a Reiki Master / Teacher / Trainer.*

*Today I operate my own successful business and have done so for the past 13 plus years.*

*One day I was introduced to the amazing Ruth Elisabeth who taught me so much more, and since then I have not looked back. Yes, I still felt that I hadn't quite reached my full potential and that I wasn't quite complete, so I kept searching and constantly investing in my health, well-being, and mindset, and then I struck gold when I met with two other beautiful and phenomenal souls, Shani Faye Chambers and Emma Romano.*

*I am proud to say that I am now a Certified Usui & Angelic Reiki Master Teacher / Trainer, Certified NLP Coach and Practitioner, Certified TimeLine Therapy Practitioner, Hypnotherapist and Timeline Reset Practitioner and Family Freedom Protocol Master Practitioner.*

*So, I now invite you to be open to know and understand that we can close the separation gap without a doubt, know and accept that we are all beautiful vibrational beings living a physical experience here on earth right now, and not the other way around. You will never go back to the old painful way of living'.*

**We all have a story, are you ready to re-write yours as you free yourself from the chains that are holding you back in life?**

**Are you ready to stop punishing yourself for other people's choices and mistakes? Then stay with me, I promise that I've got you and you will be writing your best story yet.**

**Welcome to your journey on how to live the life you  
were meant to live**

**Shine, grow and free yourself today**

## Chapter 1:

# Mindset is absolutely everything

Coming from the deepest part of my heart to yours, I ask and wish only this for you.

- The life you thought you could only dream of.
- The goals you thought were unattainable.
- The inspiration and the motivation to step up and show up for yourself.

To be the deliberate creator of your life and know that anyone, and I mean anyone, can achieve this, you must **really** want it, honour yourself, show up for yourself, step out of your comfort zone and know there is ALWAYS a way.

We all have choices, what will you choose today?

Would you like to climb this little hill and see what's on the other side? I promise it will be one of the best decisions you will ever make.



***It is time to find the missing pieces, close that gap, and unlock your true potential!***

***Only YOU have the key***

## **This is how easy it is to shift from a “Stuck” (fixed) mindset to a “Flow” (Growth) mindset:**

If you have a **fixed / stuck mindset**, know that this is a limiting belief, a limitation, and this will make you more prone to give up easily on everything. A limiting belief is a “belief” that will keep you stuck in life, and nothing will change until you clear it out from your unconscious mind.

Staying with a stuck mindset, you may feel threatened by the success of others, your efforts may go unnoticed, you may be unable to take feedback on board. This is where the old story keeps showing up, again, and again, from a belief you may hold around change, and your abilities to do so. The moment you get frustrated, you may give up. Is this what you really want?

I invite you to begin today to cultivate a **Flow / Growth Mindset**, know that this creates freedom I promise you.

You will find that you will be able to manage challenges with a more positive mind, embrace challenges that come your way, and know you will survive them, embrace it, and move forward.

You will deal with constructive criticism better; your desire to learn will continue to grow and you will trust in your abilities more and more and continue to build on them.

You will understand and know that challenges help you to grow, and growth lies in your attitude, so instead, have a go at being inspired by others success rather than comparing yourself. We are all perfect in our own unique way, we all shine in our own unique way, and in our own time, and you must see it, believe it, and own it. Believe in yourself and you will be unstoppable! This also means that you will handle failures and objections better than normal, you will look and find more inspiration.

How beautiful would it be to just honour yourself for a change, just take action, show up for yourself, be brave and know you are safe. It is your birthright to dream and have the life you've always desired. Your past is **not your fault**, but your future is and now as an adult, it is your responsibility 100% because the blame game will keep you right where you are.

Once you are accepting that we all have the power inside of us to change, yes you! And no matter what your past, if you do not believe you can have a better life, then, right there is a **limiting belief**.

Like all of you, I have had my share of trauma, both big and little, loss, grief, disappointment, and betrayal, but I refused to allow other people's actions and behaviour rule my life anymore. I stopped punishing myself and began my journey, I got serious and clear about the future I wanted and was determined to live it. Through this journey is where I discovered just how easy it was to shift from feeling "Stuck" to "Flow", Disempowerment to **Empowerment**, victim to responsibility.

Once you let go of control and step into allowance, everything will change and the way it happened for me was that I finally, at 59 years of age, honoured myself. Allow me to share, I specifically remember one day where I was in full overwhelm and exhausted from trying not to disappoint people. So, I sat with it, I really sat with it, and in the end my solution was clear, and it was to simply stop and honour my feelings and myself. I took action and stepped out of a situation and boom, my nerves that were on fire, went back into a beautiful state of peace, calm, and pride, pride in that I finally did what felt right for me at the time, and within 72 hours I had signed up 8 people to my Coaching Program and have not looked back since.

### ***So, how do we begin to change our mindset?***

It all begins with our inner vocabulary, our inner dialogue, our inner mind chatter, this is where it all **MUST** change if you want that shift, and I promise it's way easier than you think and possible! Just stay with me and I will show you how, and with a little practice and the real desire for change, you will succeed. The desire for a better life is

available to you, you just need to grab it and trust it. A new life is priceless, and it will only cost you the old way of thinking that kept you STUCK, that's it!!

If you want to experience and manifest something in your life, you need to think it, feel it, then it is vital to take action! Be the habits and behaviours towards your dreams to bring them into your life.

Every day, ask yourself "*What can I do today to show the universe I am ready?*" or "*What can I do today to be one step closer to my dreams?*". Be the action, Become the habit of what you want to bring into your life, even if it is a small step, that's great, keep going!

You can think it all you want, but it is your emotions, the frequency you are sending out to the universe is what you will get back, as the universe mirrors your emotions and feelings. You must believe in the universe, trust it and be in the vibration of what you want to attract, don't chase your dreams, attract them. If you are having a bad day and you are feeling low, anxious, frustrated, or angry for example, this is exactly the vibration that you are sending out to the universe, and guess what? The universe will have no choice but to deliver more of the same to you, more of the same experiences that make you feel the same. On the other hand, if you can raise your vibration, you will experience more beautiful things in life, like more money, more confidence, more freedom, and more opportunities.

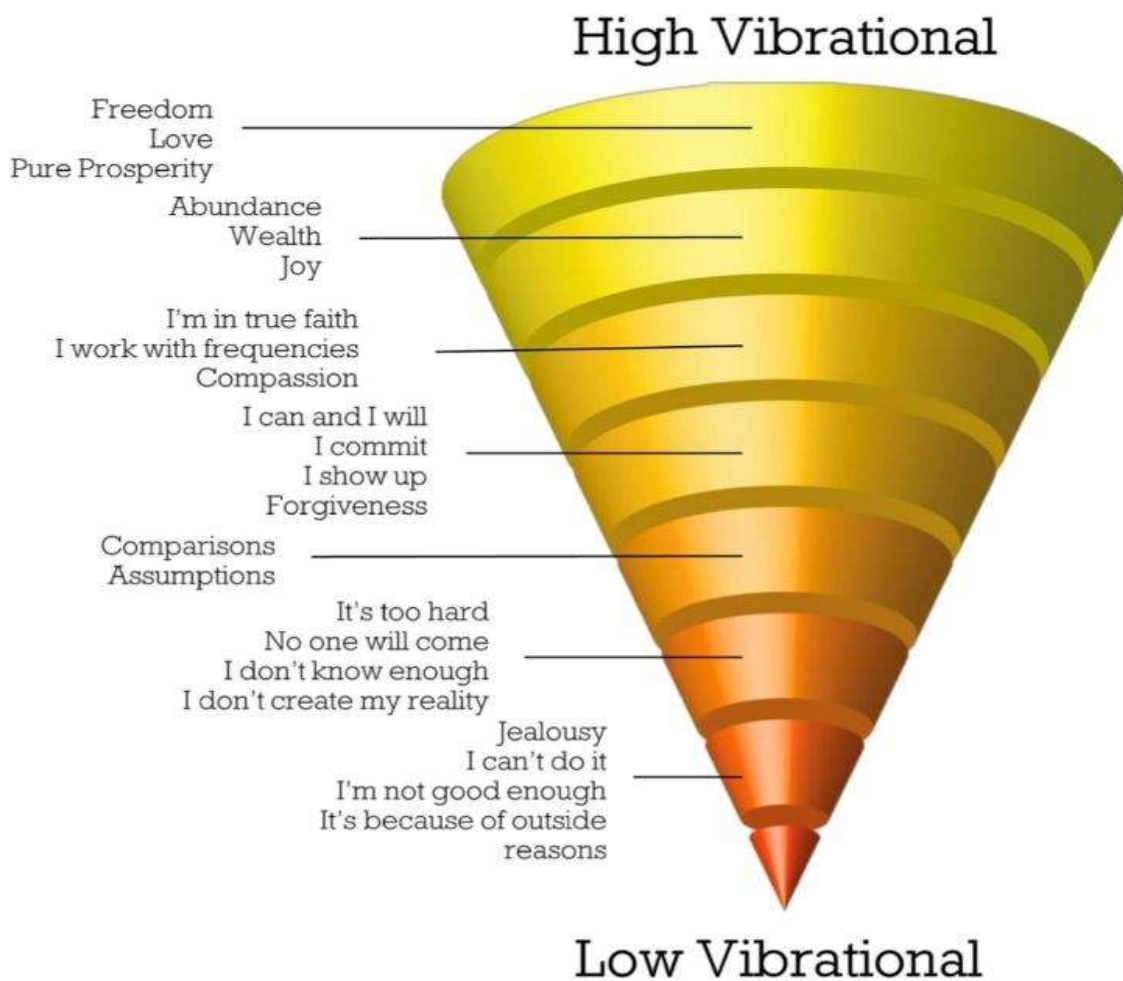
**The highest and purest state of vibration to be in are Love, Joy, and Gratitude.**

**Raise your Vibration by:**

- Practice gratitude
- Show more love, even just to your pet
- Singing and dancing to your favourite music – move your body
- Eat healthier
- Exercise (walking is fine)
- Watch positive uplifting movies
- Meditate
- Spending time with people that light you up
- Spend time in nature
- Showing and expressing gratitude for what you already have no matter how little. Remember if you are not grateful for the little things you have, the universe will not give you more, the more grateful you are, the more the universe will shower you with more things to be grateful for. A friend shouts you a coffee or lunch, this is something to hold gratitude for
- Hug someone
- Laughing
- Relaxing music
- Forgiveness
- Acceptance

## Things that lower your vibrations are:

- Arguing
  - Junk food
  - Being ungrateful
  - Drugs / medication
  - Alcohol
  - Unhealthy relationships
  - Holding on to the past
  - Guilt, shame, anger, resentment
  - Negative thoughts
  - Fear
  - Complaining
  - Hate
  - Self-Sabotage
- and the list goes on...





**Like attracts Like!** Have you ever heard of this? The Law of Attraction works this way. When you think of something good or bad, this is how it works. When you hold a thought for 17seconds, the law of attraction kicks in. When you are still holding that thought (good or bad) for 67 seconds or more, the law of attraction will move into motion, meaning it will deliver to you what you are thinking about. You are simply projecting this out and it will return. Here are 2 examples: If you are having thoughts or a conversation in your head about talking to someone about something that's bothering you, and perhaps having a disagreement in your mind, guess what? It will 100% show up. On the other hand, if you are thinking of, say, a job interview you are going to and see yourself being offered that job, you are feeling the feels and feeling the excitement, and you hold that thought for 67 seconds or longer, boom! that job is yours. This is how you manifest.

***'I wonder how amazing life would be once you transform your mindset and upgrade to the new version of yourself'.***

***"I AM" = I - Intention + A - Action + M = Manifestation***

**Set your intention for what you want, then take action towards it, be the new habit and behaviour every day, and trust that it is on the way.**

**If you are ready to climb this little hill and see what's on the other side, don't stop now.**

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Chapter 2:

**Release the old ways and make room for the new**

**\*\*\*From your first declaration to your final demonstration\*\*\***

Wow! Wow! Wow! I just love this so much. What a powerful and an incredibly true statement once said by the beautiful Louise **Hay**. This is what I mean when I say everything is mindset.

## ***Truths and facts about why we at times find it hard to achieve our dreams.***

First thing is to stop chasing your dreams and start attracting them.

Every single word and statement we speak daily will determine the outcome of your day, week, month and, or years ahead. Every word and statement is in fact an affirmation, and every time you repeat it out loud or in your mind, you will continue to anchor it, good or otherwise, and it WILL become true for you, and you will continue to experience just that in your life, it will keep showing up, again and again and again until you choose to change it, and change your life.

You can either be the CEO of your life or not, you have a choice here!

The secret to your true desires starts with your mindset, but waiting for motivation will only keep you stuck, so take a small step or action and step into flow, and motivation will follow.

Speak the words, then follow with the behaviour and habits towards your desires. In other words, act like you have got it and start habits and behaviours to support it every single day. I also mean, take action, even if it is a small action, and grow from there. Have you ever heard of that saying, "Fake it, until you make it"?

Just as important is, to feel the feels, the joy and excitement as if you are already living your better life.

It's easier to attract your dreams than to chase them.

Stay with me as further down I will be sharing with you the difference between the conscious and the unconscious mind, and how powerful your unconscious mind really is, and how you can achieve your dreams. If you want something different or attract something you've never had, you will need to do something you've never done before, and once you accept responsibility for all that is showing up in your life again and again, right here, in this very moment, is where your power is to change everything in your life. End the conflict with yourself and allow the healing to begin.

What happened to you as a child was absolutely **100% not your fault**, but now, as adults, it is your responsibility to heal from the past and when you stop:

- Looking at who to blame.
- Comparing yourself to others (*we all shine in our own way and time*).
- Being afraid of the unknown.
- Doubting yourself that healing is unattainable.
- Punishing yourself for your mistakes and use them as steppingstones instead.
- Focusing on your "*I can't*" or "*not possible*", *because YOU do have the power to change everything*.
- Living in the past (*that's where your anxiety is*) instead, live at cause, meaning; become resourceful and find solutions, *this will get you out of the pity party*.
- The thoughts that you're not perfect. *Seriously? No one is, including me*.
- Saying to yourself that you "*can't change*". Change one little habit a day and stay committed to it. Excuses do not serve your beautiful heart and soul. You

always, always have a choice, every moment of every day. You can continue to make excuses, or YOU can make it happen.

***‘Did you know that it is only 20% of your skills and 80% of your mindset that will help you manifest and live the life you desire’***

### **Never say or state:**

- Maybe
- Hopefully
- I can't
- I won't
- Will never
- Too Hard
- Impossible
- Someday
- I will try or try
- I wish – *because this will always remain just that, a wish.*
- I am going to - *means it's just in your reach but there is resistance and blocks it from arriving.*
- My anxiety - *because every time you say "My" you are owning it. please change that to "This anxiety" please don't own it.*

Fact is your unconscious mind does not recognise and cannot process a negative, so, when you say, "I don't want this to happen again" take out the word "don't" and read it again.

### **Instead say or state:**

- I am
- I will
- I can
- I have
- I believe in...
- With ease and grace
- I receive (fill in the blanks) with gratitude.
- I am now ready to....
- I now choose to .....

**Words have power, use them wisely.**

The Universe doesn't want you to try harder, it wants you to trust it more. Just know that when we say "I will try" like, I will try this next week, or I will try to make it. I will try to get one of those or I will try and change my ways. Guess what? You will cancel it out and you will never do it, think about it. Once you put it out to the universe what it is you are ready for, never try and control the outcome, or how your money or anything else arrives to you, because this is where you will create resistance, and it MAY block your dreams, desires, and blessings. Just put it out there with clear intention, and then the universe will work out the when, and how it will be delivered.

***If action isn't taken, you MAY remain stuck.***

**It all begins and ends in the mind.**

**Well done you for coming this far, now keep going...**

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Chapter 3:

## **Soul verses the Ego**

Our soul is the truest reflection of our true self, it is pure.

Yes, there is a BUT! As soon as the soul becomes identified within the body, it converts into the ego. The ego is the guiding principle of thought and feelings.

Understanding that the principle needs of the ego is survival, safety, and security.

The soul creates this around the age of 2 years old to act as a cushion, a buffer for one to protect itself from the pain of separation it experiences when operating in our 3D world.

At around 2 years old, the ego state develops to cope with trauma in childhood events.

Keeping your ego under control allows us to free ourselves to grow.

*'I wonder how it would feel if we were unable to be upset, annoyed, triggered or offended anymore, and know how to keep going with your great day instead of being derailed'.*

Our ego is like wearing a mask or armour, so we feel safe when self-sabotage sets in. Our mask is how we show up to everyone, it is the identity that you show the world. Your soul is what makes you venerable and beautiful to the world and people around you.

Truth is the ego does not like change, nor to be challenged, because its job is to keep us safe, *interesting hey*.

The emotions that come from ego are when we allow ourselves to get upset, or angry or sad, when we experience events and worry for the future.

We are all worthy of living a life that brings out our kindness, gentleness and our compassion for self and others, rather than a life in constant survival.

Choose to feed the soul instead, and move towards your desires, purpose, and passion in life, and free yourself from your ego.

- Stay in daily practice of seeing the little things, people who you have around you, and step into gratitude.
- Be brave to embrace change, you'll be glad you did.
- Practice daily compassion and understanding for self and others.
- Live in the now, yesterday is gone and the future hasn't arrived yet.
- Allow your soul to step forward and move forward.

### ***Let's talk a little about the Conscious and Unconscious Mind:***

As you can see in the image below, 5% of the time we know what's going on (our conscious mind), and 95% of the time we are running off old programs over and over (unconscious mind), so every time we are triggered, it is our little child running the show. This is where our learnt behaviours come from.

You may have asked yourself this often, "*How do I do this to myself?*" This is an unconscious decision, it is an old program that is still running and controls it all, including outcomes.

### ***The role of our Subconscious / Unconscious Mind:***

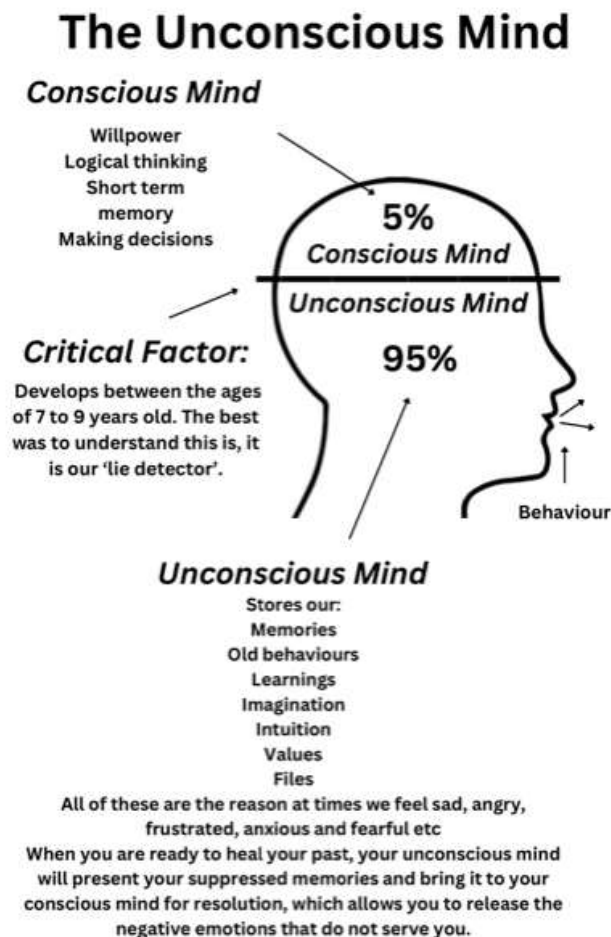
The unconscious mind wants to keep us safe.

The unconscious mind cannot process a negative, what do I mean by this? Let's say, if you keep saying or thinking to yourself, "*I don't want this to happen again*", now remove the word **don't** from that statement, now look at what you are saying, "*I want this to happen again*". Or "*I am not wasting more time on this*", now remove the word **not** from that statement, or "*I don't want to be broke / poor anymore*", the fact is that your unconscious mind focuses on the word "broke / poor" so your thought becomes, "*I want to be broke / poor*".

You prove YOURSELF right every single time, and everything will become true for you if you keep saying to yourself or believing that you are:

- Not good enough
- Silly / dumb
- Judged by others
- Unable to be seen
- Unable to have a voice
- I lack money, love, freedom, success
- Unworthy of what you want in life both, personally and professionally.
- Unlovable
- Misunderstood
- Will be rejected
- Never have enough  
and the list goes on.....

Until we release all those old programs, limiting beliefs (*that aren't even yours*), and negative emotions from the past, we will continue to see, feel, experience them in our lives through work, family, situations, and relationships for example.



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***'Healing is the end of Conflict with yourself'***

Being conflicted means you are unable to make up your mind about 2 or more different feelings you have about the same thing.

Limiting beliefs are created by an emotion, so once we clear all the main emotions, which are: anger, frustration, sadness, hurt, pain, fear, guilt and shame, you will find that some of those beliefs will just disappear.

*‘How amazing would it be to be able to let go and allow your beautiful, precious Inner Child (wounded inner child), to hand all this to the adult you to take charge’?*

*‘How freeing would it be to take all those burdens away from you’?* I can promise you that your beautiful, innocent inner child is so incredibly exhausted because they are the ones still carrying your childhood burdens.

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#### Chapter 4:

## **What are negative emotions and limiting beliefs that keeps us stuck.**

### **How do they affect the body and how best to manage them**

Firstly, I would like to invite you, if you will, to accept, and know that behind your frustration and anger is SADNESS, yes, SADNESS! and that anger is your coping mechanism, your go to.

#### ***Daily reminder of why it is important to release these emotions:***

What is anger? It is an emotion and a signal that we feel or think when we are being treated unfairly.

So, how does anger affect your body?

Chronic anger can lead to the adverse mental issues such as increased:

- Anxiety
- Insomnia
- Depression
- Brain fog
- Fatigue
- Intense feelings of rage, this can be a contributor to self- harming thoughts and or behaviours.
- Elevated stress hormones, which can contribute to weigh issues.

### ***Anger symptoms can range from:***

- Headaches
- Fatigue
- Heart palpitations
- Tightening of the chest
- Pressure in the head
- Increased blood pressure

### ***Common reasons for anger issues:***

- Not happy at work
- Relationship issues of any kind
- Unable to achieve your desires/ goals
- Struggling to control your emotions
- Underlying health issues
- Feeling unsupported by others or disrespected by others

### ***Common signs of anger to look out for:***

- Becoming angry over the same thing on a regular basis
- The smallest things trigger your anger

### ***Extra tip on how you can give it a go to regulate nervous system. your thoughts, feelings, and emotions:***

Every time you are triggered, perhaps do something that you know picks you up like:

- Call someone who is there for you
- Go for a walk
- Meditate
- Take a relaxing bath with your favourite music and oils
- Breathing exercises
- Stop and think before you react or speak.
- Talk to a professional
- Do whatever will change your state and bring you back to a place of calm and peace.

If you know your triggers, give this ago instead:

Firstly, yes, its normal and ok to be triggered, we are all humans so give yourself a break. Just say to yourself, “*This is no longer mine*” and walk away again, and again, and again from the situation, or person, and you will begin to feel more and more **empowered instead of disempowered.**



## **Also give this a go instead:**

### **When you feel:**

**Anger / frustrated / annoyed** - "*This is the old me*" then just pause for a moment so you can respond in an appropriate manner and think clearer, rather than reacting. Guess what? **This is where your POWER is!**

### **When you feel:**

**Overwhelmed** – Write a list down of what you need to get done and just focus on one thing at a time in the order of priority for you. I invite you to say this instead whenever you are feeling overwhelmed, say "*I will focus on one task at a time and start with the more important one first and it is ok if I finish it later*" and praise yourself instead, you are taking a small step in the right direction. What's important here is that you just keep going and not throw in the towel.

### **When you feel:**

**Insecure** – "*I am perfect just as I am in this very moment. I accept myself and see only the good in me*". Work on appreciating and accepting yourself instead of bashing or loathing yourself. Give yourself a break and think of all the great things about you.

### **When you feel:**

**Rejection** – say "*I acknowledge it and now let it go and not allow it take over my day or use up any more energy*" or "*I acknowledge this and even though it is not the best feeling, I know my worth and know it's because there is something better out there for me*". By doing this you have simply been redirected not rejected.

### **When you feel:**

**Discouraged** - "*I've got this! I have so much to offer*". Be kind to yourself and remind yourself of why you are doing this and use it as your strength instead.

### **When you feel:**

**Anxious** – Focus on the present and be in the moment, remember when we feel anxious, you are out in the future. When you are feeling depressed, you are living in the past. When you are at peace, you are in the present, right here! right now! Just take a few deep breaths in until you regulate and calm your nervous system. You can always interrupt anxiety with gratitude.

## **If you are wanting to release more of the unhealthy negative emotions, such as:**

- Hurt
- Pain, both emotional and physical

- Fear
- Guilt
- Shame

PLEASE understand that when we clear anger and all unhealthy negative emotions like Anger, and this is the BAD ANGER that stems from your childhood. We are not releasing good / healthy anger because we need that, for example, if I came to your home and kicked your dog, you have 1000% the right to get angry at me.

Until we release all these unhealthy negative emotions, because from our age of 0-7 years of age, we are like sponges, and everything we hear and see is locked into our unconscious mind and that's how we create or develop our learned behaviours, values, beliefs, anxiety, overwhelm and so much more.

Until they are released, you will continue to see it and live it, because they are stored in your cellular memory and are continuously showing up in your life today, and in your work, situations, environment, and your relationships.

Until you clear these so you can move forward, they will sit in your cellular memory. So, every single time you are triggered, it is the little you that is coming out to fight. Your Inner child is exhausted, wouldn't you love to release him / her from the burdens and pain from your childhood? These emotions may keep you stuck and in a trauma loop, trauma state until we do. Yes, I am repeating myself for your benefit. Truth is that some things that did happen, were so horrible that we bury and suppress them and you aren't even aware of them at the conscious level, this is all still in your cellular memory and unconscious mind.

### ***What is a Belief / Limiting Belief?***

Firstly, I would like to invite you to see it this way. If you look at the word "BELIEF" has the word "LIE" in it, *what do I mean by this?* It means that a belief is a lie that keeps working for you! What it also means is that it blocks possibilities and opportunities.

It is a belief you hold around yourself and others, or the world around you. This is limiting you in so many ways, so everything you believe about yourself or others, your unconscious mind will prove you right every time, because as you keep saying it or thinking to yourself, it will become your truth.

### ***Some beliefs my clients have are:***

- I am not smart enough
- I am not good enough
- I won't be loved as I am
- All men / women are cheaters, and I will always get hurt
- I will never have enough money
- I lack knowledge.

- I am crap with my selling skills
- Someone else will get that job
- I am too old, too young  
and the list goes on...

One common belief is the **\*Imposter Syndrome\***. Once that shows up and then anxiety kicks in. You may have a fear of being seen as a failure. This is a **belief** of your inability to succeed even though you have all the tools. You do not believe in your capabilities, skills and training and you sit in “self-doubt”, and worst of all, find it hard to accept your accomplishments. It is a horrible place to be, and yes, I hear you, and I feel you because I have experienced this but made a conscious decision and effort to shift out of it, if I feel it creeping in.

*What do I mean by this belief?* I mean, for example, every time you say, think and feel that you have no power to change something, or that someone else will score that job, or you lack the skills or drive for instance, your unconscious mind will prove you right every single time, again and again and again. You will keep seeing this in your life and yes, you may remain stuck. Yes, I am again repeating this for your benefit.

On the other hand, if you believe you can create a better life and succeed in something, or will build a little business, or have a better job, or move to a nicer suburb, whatever that is, and you truly believe it, feel it and action it, it will come true. It is believed that Imposter Syndrome comes from families that value high achievements. This is how we become a people pleaser, the perfectionist and yes, the procrastinator. If you suddenly become overwhelmed, it's because you feel something is not possible. And for my personal experience I mentioned earlier that feeling overwhelm was true to a point, but I made the decision that it just wasn't right for me at that time.

### ***How are Beliefs created?***

Beliefs are created by an emotion from when we are young, generally from 1-14 years old. You may have heard something that upset you as a child a few times over and that emotion will create that belief, and it will without a doubt, keep showing up in your life personally and professionally.

### ***Here's some examples:***

When you were young you may of heard over and over that you are:

- Chubby
- Stupid / Silly
- Too loud
- Not pretty
- Difficult
- Shy

- Can't do anything right
- How can anyone love me? and the list goes on.....

*Guess what?* When you get older you may have developed a belief that you are chubby regardless of what you see in the mirror or what others say. This may lead to an unhealthy relationship with your body. If someone tells you to be quiet, this could possibly make you shy around people because your belief from your childhood is that you must be quiet to feel loved or feel accepted. When someone makes you feel that you could have done better at school, and naturally this would cause upset, you may create a belief that your co-workers / boss will see all your work and efforts the same, as if you could have done better. The fear of failure kicks in and it's just a vicious cycle. but in truth, a BELIEF is also a lie that we tell yourself, and this may keep you stuck. Look at the word Belief, now see the word "Lie" in it. Yes, I am aware that I am repeating this because it is important to know and remember.

**FACT: *Whatever you believe about yourself or anything else, your unconscious mind will prove you right every single time, because it is your servant, and its job is to keep you safe***

## **What is Trauma?**

Trauma is when we feel unsafe and feel that no one is coming to save us. We have big traumas and little traumas. Trauma is an emotional response caused by an event. The word trauma alone frightens people, but we have the big ones that sadly have enormous impact in our lives, as do the smaller ones. When I mention "*trauma*" it could be something like, as a child you and your neighbour were best friends and hung out all the time and then the family moved for whatever reason, and this is enough to cause trauma for a little child.

There are three types of traumas that show up in your life through anger, despair, shame, loneliness and feeling helplessness for example.

**Acute trauma:** Is simply a result from a single event.

**Chronic trauma:** Is when something is repeated or prolonged such as, domestic violence or abuse.

**Complex trauma:** Is something you were exposed to or witnessed often from different events.

I invite you to reach out to whoever you are comfortable with, be brave and know you will be safe to do so, because if we continue to neglect ourselves and do not look after our health today, then our future may force you to look after your illness and that's the last thing any of us want. True?

## **What is Procrastination?**

Procrastination is one of the worst time wasters in our everyday life. This is where we delay or postpone doing what needs to be done to achieve what we want. This is a habit of simply avoiding or delaying what needs your attention. This is where we keep telling ourselves that we don't have enough time to start something and so you keep putting it off and say, *"I'll start tomorrow or next week"*. Then the fear of failure kicks in, and we start to focus on what could go wrong rather than what will go right. It is self-doubt, that you are not capable. This can lead to feelings of anxiety and guilt, and it is a vicious cycle to stay in. So many reasons and excuses kick in, we use excuses to justify, defend or blame others to take responsibilities off ourselves so we don't have to be accountable for our own actions.

**\*\*\*Yes, it all starts and ends in the mind\*\*\***

***And this my beautiful Souls is how we find the missing pieces and close the gap between the "I Want" and "I Am"***

It's all in your willingness to start and continue to develop a healthier mindset, it is all in your inner vocabulary, inner mind chatter.

Take action towards your dreams, your desires, and get back up, dust yourself off, and just keep going when you slip up. We all do and its ok.

BE the habit and behaviour of what you want to experience, manifest, and bring into your life. You have everything you need inside of you; you have the key: you just need to start today and know that there is so much support out there to assist you on your journey to achieve your desired mindset and the life you deserve.

**Think it, feel it, believe it and watch it show up.**

## ***In closing and my final message of love to you:***

I am so, so sorry for what has happened to you in the past. You must know that it was NOT your fault, nor did you ask for it.

But, as adults now, it is our 100 % responsibility to embrace and seek healing for yourself so that you can finally break free from it all and live the life you were born to live.

This freedom and empowerment will then allow you to become the deliberate creator of your life. *How powerful is that?*

The past is the past and it is out of your hands. So please do yourself a favour and free it from your mind too.

You are all so worth the time and investment towards a more beautiful life. I invite you to please honour yourself and take away the \$\$\$ factor because unconsciously, it is never really about the money. Money is energy, in fact everything is energy and most of us put money in the middle to justify why you cannot reach out and invest in YOU! Truth is, the real questions you should ask yourself is (and it is unconscious) is, “*Will this work? Will this work for me?*”.

What saddens me the most is that we are all prepared to find the \$\$\$\$. If, for example, your beautiful family pet is in desperate need of surgery, what would you do, that's right, somehow you would make it happen. Just something to think about because YOU matter too!

Money is simply an energetic exchange for gratitude, this simply means that when we are grateful for whatever money comes to us, the universe will continue to deliver. The Universe loves a grateful heart.

Written and shared with so much Love & Gratitude and thank you for taking the time to read this.

***I truly hope that this will be a turning point in life for you.***

***‘I wonder, what is possible next?’***

**Lots of love from Rita Joanne, your Wellness & Mindset Coach.**

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