



CHANGE YOUR THOUGHTS CHANGE YOUR LIFE

DISCOVER your True, Intuitive Self! Let's step through your fear threshold so YOU CAN live your dreams now. Embrace the life you've always desired.

Transform your heart, mind, & vibration to create *Your Happily Ever NOW* in Life!

This tool is designed to help you shift your **mindset**. Embarking on a *Happily Ever NOW* journey means transitioning out of your negative subconscious thoughts through the **AWARENESS** of them.

This tool delivers the clarity & empowerment you need to make lasting, positive changes!

CHANGE YOUR THOUGHTS/CHANGE YOUR LIFE

Go beyond your mind clutter to have clarity in your life. Clarity raises your heart vibration, the heart is where your intuition lives! I recommend that you make at least 3 copies of the next 2 pages.

Just doing this exercise for a few minutes a day will help you reveal & release truths about your negative thinking.

STEP THROUGH YOUR FEAR THRESHOLD

Part of the directions on Page 3 ask you to burn Page 2! Why? There is a primal connection to the ritual of creating fire. It's a form of release.

Burning old thought patterns is a powerful tool to use for your *Happily Ever NOW* thoughts!

DISCOVERING YOU ~ YOUR INTUITIVE SELF

I can't wait for you to start connecting to your true, intuitive self - living the heart-centered life. Becoming **AWARE** of your thoughts is how we start to shift them.

And so it begins... *Let's Go!*

CHANGE YOUR THOUGHTS CHANGE YOUR LIFE

1. Listen to your thoughts/beliefs. This is **AWARENESS**.
2. Write down the negative beliefs in Column 1.
3. Mark yes/no if the negative beliefs are a fact in Column 2.
4. In Column 3, write the Opposite/New Beliefs from Column 1.
5. Go to Page 3.

Negative Beliefs

Fact

Yes No

New Beliefs

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1. Write the New Beliefs from Column 3 on Page 1 below.
2. Burn Page 2 - Yep! Burn it!
3. Breathe through your heart as you read your new beliefs, 3 times/day.
FEEL the emotion, that's how you shift, through feeling it. This creates new neural pathways in your brain.

Welcome to embracing your Happily Ever NOW - your new beliefs!!!

My New Beliefs



BOOK A HAPPILY EVER NOW CALL

1. When you start an intuitive mentoring program with me, be prepared for your whole world to shift quickly.
2. Your dream team awaits - *You & Me!*
3. The *Happily Ever NOW* Thoughts is just one of the tools we use to transform your life.
4. If you like to take *fast action* & want to learn more about working together, book your complimentary call with me today.



[BOOK YOUR HAPPILY
EVER NOW CALL](#)



You CANNOT experience growth beyond the limiting beliefs that you hold.

Let's release them!

lauren wingate *Intuitive Mentor*