



This powerful new decision tool kit was created to help you eliminate the self-doubting, self-sabotaging voice in your head and replace her with the powerful, badass voice that is YOU. Every time you hear that old voice, remember that you broke through that board like the fierce woman you are.

It's time to SLAY THE BULLY and UNLEASH THE INNER BADASS.

Limiting Beliefs	New POWERFUL Decision	Evidence/Proof
Example: I'll never be successful	I am already successful and will continue to be	I successfully got out of bed this morning. I successfully did a workout today.




## POWERFUL NEW DECISION TOOLKIT

**Whatever you wrote on the board is your limiting belief. This goes in column A or Limiting Belief Column. Feel free to create or think of others.**

**Next create a new decision, typically some form of the opposite. (Examples below). Write these in Column B or Powerful Decision Column**

**Then (and this is really important) find evidence to support THE NEW DECISION. We can always find tons of evidence to prove the limiting belief. Our brain is a goal achieving machine and it will find exactly what you ask it. ("why does it never work out for me?") Brain/google response.... All the times it never worked out.**

**We see what we believe. So search for all the times it DID work out. This is your evidence. This goes in Column 3 or Evidence/Proof**

### TIPS TOOLS EXAMPLES AND OTHER GROOVY THINGS

So, how do you make the new decision? Well sometimes creating a new decision is as simple as making it the opposite of the limiting belief.

If my belief is that money is hard to make, the new decision could be money is easy to make.

If the belief is "I'm not good enough" the new decision might be "I'm always good enough" "What does good enough even mean?"

At first, the new decision may not feel true, because we've got the LB engrained in us for many, many years, but that's okay. Rome wasn't built in a day and this will not take a day to overcome. As time goes on, and you get better at this, you'll grow and change a little and the new decisions will grow and evolve as well.

LB-MONEY IS HARD TO MAKE

NPD- MONEY FLOWS TO ME

EV- I FOUND A NICKEL IN MY COUCH CUSHIONS!!!

LB-I'M NOT SMART ENOUGH

NPD-I'M VERY SMART AND HAVE A LOT TO OFFER

EV- PEOPLE ARE ALWAYS REQUESTING MY OPINION ABOUT 'X'

^^ YOU GET THE IDEA. EVEN THE SMALLEST THING THAT HIGHLIGHTS, PROVES THE NEW DECISION IS WHAT YOU MUST FOCUS ON

### HOW TO CONTINUE TO MAKE THIS WORK



START WITH 1 NEW DECISION AND WORK ON THIS DAILY.  
THIS WILL INVOLVE A FEW RITUALS OR DAILY HABITS. PICK AND CHOOSE THE ONES  
THAT WORK BEST FOR YOU AND KEEP UP THE PRACTICE

\*USE THIS DECISION MATRIX/TOOLKIT DAILY- WRITE DOWN THE LIMITING BELIEF, NEW  
DECISION AND EVIDENCE EACH MORNING AND/OR NIGHT.

\*EVERY TIME YOU FIND SOME EVIDENCE, ADD IT TO THE LIST.

\*CREATE SOME NEW DECISIONS AS TIME GOES ON AND RECORD THEM IN YOUR PHONE..  
LISTEN TO THEM WHEN THE SHIT IS HITTING THE FAN AND YOU FIND YOURSELF BACK IN  
THAT LIMITING BELIEF MINDSET (OH YEAH, WE ALL DO IT)

\*GET OR USE A JOURNAL TO KEEP TRACK OF ALL THIS OR TO CATCH YOURSELF  
WHEN ANY OF THE OLD LB'S COME BACK

\*CUT YOURSELF SOME SLACK. THIS TAKES WORK AND ENERGY. BUT SO WORTH IT!

\*VISUALIZE THAT PERFECT 10 DAY AND REMIND YOURSELF YOU CAN HAVE IT

REMEMBER I AM HERE FOR YOU IF YOU HAVE QUESTIONS OR NEED ANYTHING!