



3 Steps to Uncover Your Mind's Potential

Stop The Struggle

Rediscover Your Life.

This straight-to-the-point guide gives you the
EXACT STEPS to upgrade your life.

Sound familiar?

"TOMORROW I WON'T PROCRASTINATE!"

"I WANT TO, BUT I CAN'T."

"WHAT'S WRONG WITH ME?"

The mental list goes on.....

Nothing Works & Nothing Changes

You are tired of feeling stuck and immobile.

... You've tried so many different things.

... You don't even know where to start (it feels so overwhelming).

Maybe you blame low self-esteem, lack of sleep, family, or a job you hate.

After all of that... what is the point??

If any of this sounds familiar, **FOLLOW MY LEAD...**

This guide contains the 3 most powerful strategies that I perfected to help myself and clients change their mind so that their conscious and subconscious work in harmony... thus creating a rapid transformation.

RESULTS – on topics from Anxiety, Sports Performance, Nail Biting to Fears & Phobias and EVERYTHING in between.

To Use This Guide

- Complete the steps in order.
- Do Steps 1-3 (3X) – You will feel your position shift on the issue.
- Let go, take one step towards joy.



You can do it, and it works. Start small.

Here are the TOP 3 ways to successfully connect with your brain:

1. The words you say to yourself are everything.
2. Determine your beliefs.
3. Make the unfamiliar familiar.

Let us go through the strategies of each one. You will know how relative they are in your life and most importantly how to use them in your world to find success and happiness within your goal.

1

The Words You Say To Yourself Are Everything.

.....

Your mind does EXACTLY what it *thinks* you want it to do. It's listening all the time. Words are much more important, they make pictures.

If you say —

- “I’m dying under all this pressure”
- “This is a nightmare”
- “I can’t deal with the stress”

You are telling your mind you don't want to do it; And it will encourage any and every reason for you to slack off.



LET'S GET SERIOUS.

- A. What is your vision or goal? What do you want?
- B. **PICK ONE** and write it down. This is NOT the time to get practical. Do not think about the “how.”
- C. Fall in love with what you want, and nurture it.
 - Say, “I love this, I’ve chosen this, I like this...”
 - Focus & Attention = CREATION

#2

What do you believe about what you want in #1?

This is where people lose it.

Life does not give you what you want – it gives you what you believe.

Beliefs are repeated thoughts based on how you feel.

Self-mastery is about knowing how you feel.

Are you scared or anxious about what you wrote down?

Time to change it around.



LET'S GET SERIOUS.



- A. Think of what you want, and feel what comes up, simply notice your thoughts.
- B. Write down how you are feeling and why.... Let your hand flow for 5-10 minutes, even if you think it doesn't make sense.. Write it down.
- C. Make peace. Turn EACH negative feeling, thought and statement around into what you prefer to think about

*Examples: I'm afraid of what people will think / I can't
/ It's too hard because / That reminds me of when.....*

Feel free to do this *step multiple times.*

#3

Make The Unfamiliar Familiar

Your mind loves what is familiar and it attracts it like a magnet.

If what is familiar is procrastinating, negative self-talk, & not believing in yourself – you have GOT to make that completely UNFAMILIAR.



LET'S GET SERIOUS.

- A. Make what is unfamiliar familiar: Believe in yourself, Feel abundant, Work hard and decide to love it.
- B. Keep going even if it feels silly at first. Just like anything new – the more familiar you make it the easier it becomes.
- C. Choose to behave and respond from a place of faith that the vision is already yours.





You must see it to achieve it.

Your brain will have no choice but to move towards what you want when you: 1. See it, 2. Believe it, and 3. Make it Familiar.

Now what?

You now know how to collaborate with your brain and get anything you want.

What's next? Sometimes deeper work just needs to be done to make it happen and disconnect your beliefs from your automatic responses.

You're ready to move on if one or more of these apply to you:

1. If you want more and are ready to once and for all overcome an obstacle or problem you're having.
2. Ready to let go of whatever is holding you back.
3. Ready to feel better.
4. You want to discover the answer.
5. You're not sure if what you've been doing is working or WILL work.
6. You want someone to tell you what's going on and help guide you through all the BS and into the reality of who you want to be.

I have the one solution that will change your life forever: I know how to collaborate with the mind and have helped others restructure their thinking or way of life.

It's all about the subconscious - If you upgrade the habits of thought your actions change.



Your body responds to what you tell it. **Easy does not always mean simple...**

BUT, IT'S NOT SO EASY with a million steps, doing it on your own, or trying every trick out there.

You need the SOLUTION, Not a bunch of stuff to do.

This is your opportunity to commit to 1 life-changing method.

Still not there yet?

The answer lives in your subconscious mind.

I use a specialized form of hypnosis to get to the root of the problem, upgrade the subconscious to think and believe in what you want it to.

This deeper concentration of the problem and focused results based on my intensive trainings, are why these methods work.

Once your subconscious knows - it stays forever. Your habits of thought instantly change and then of course so do your habits themselves.

THIS IS YOUR LIFE. CREATE THE WORLD YOU LOVE.





WELCOME TO SUCCESS

*It's not just another course.
It's a lifelong paradigm shift.*

***Click Below and
You'll discover***

- Why traditional therapy does not work
- My secret weapon for rapidly improving any area of your life in 1-3 sessions

Let my expertise in changing people's lives serve you, too. Find out how here:

<https://www.rtwithcarolyn.com/book-online>



"I had serious anxiety. My confidence was so low I couldn't get out of bed most days and felt no meaning in life. After 2 sessions I actually spring out of bed and don't even recognize the old me."

~ *Dennis P.*

"Weight loss was my reason for working with Carolyn. I've lost 40lbs so far and see every area of my life improving on a daily basis. I've never felt so confident in my own skin!"

~ *Tanya F.*

"I used to smoke a pack of cigarettes a day for 20 years. After 1 session with Carolyn not only am I cigarette free but I feel great about it."

~ *Cassie H.*

