

POWER CYCLES

WHAT IS IT THAT IS HOLDING YOU BACK?

WHAT HAVE YOU CHOSEN TO BELIEVE THAT DOES NOT BENEFIT YOU?

WHEN WAS THE FIRST TIME YOU FELT THAT WAY?

WHO DO YOU NEED TO FORGIVE SO THAT YOU MOVE FORWARD INTO YOUR BEST FUTURE?

SPEAK TRUTH IN LOVE

THE TRUTH IS...YOUR BEST SELF

TRIGGERS TO TRIUMPH PROCESS

REPROGRAM & RECALIBRATE

- **WRITE THE AGREEMENTS/LIES IN PENCIL**
(do a few at a time so it's not overwhelming)
- **SKIP A LINE AND WRITE THE TRUTHS IN PEN**
- **READ BOTH THE AGREEMENT AND TRUTHS 3X/DAY FOR 3 DAYS, THEN ERASE AGREEMENTS**
- **THEN READ JUST THE TRUTHS 3X/DAY FOR 3 DAYS**
This will reprogram your brain so that the Truths are the default. There may be layers to cycle through.

THE TRUTH IS...YOUR BEST SELF

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IMPLEMENTATION

TRIGGER/AGREEMENT

DISCOVER TRIGGERS: YOUR CURRENT TRUTH/STORY

HEALING

FORGIVE: ME, PERSON, EXPERIENCE

FREEDOM STORY

NEW TRUTH: THE TRUTH IS...

