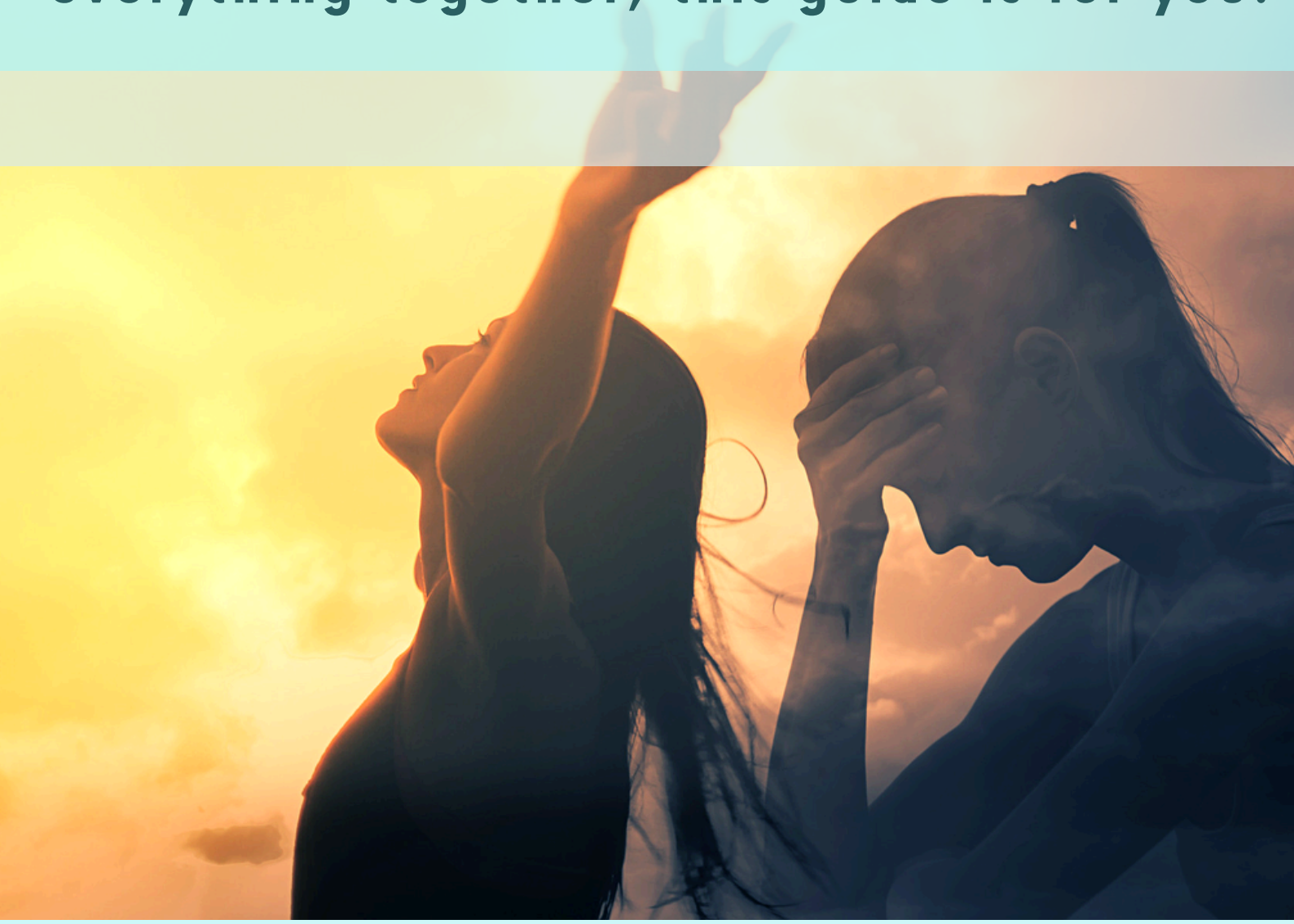
If you're a woman who second-guesses her decisions, worries about getting things wrong, and feels exhausted trying to hold everything together, this guide is for you.



Imagine Feeling at Peace with Yourself and Confident in Your Decisions

You can begin making positive changes NOW by letting go of the need to control every outcome and learning to trust yourself—one choice at a time.

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Welcome.

If you're here, chances are some (or all) of the following may sound familiar.

You're at a crossroads, either externally or internally, and you want to infuse your life with peace and confidence.

Only, you ...

1. **Fear losing control which keeps you stuck in a cycle of anxiety and resistance.**
2. **Carry deep emotional baggage that keeps you trapped in the past unable to release resentment, guilt, or shame.**
3. **Lack trust and doubt in a Higher Power or yourself, leaving you caught in a cycle of fear and self-doubt.**
4. **Are overwhelmed by external pressures and are consumed by the need to "keep it all together."**
5. **Are attached to perfectionism and to "getting it right."**

If any (or all) of this resonates with you, I'm so glad you're here.

You are not alone.

Perhaps you've gone along in life accepting that everyone controls and has issues or problems.

Or maybe you've been doing the same things over and over for a long time and suddenly realized it's not who you want to be anymore.

And ... you feel there has to be a better way to go through life, and you want to be happy.

Bottom line: you know you need to change to live with confidence and inner peace.

But ... you have no idea where to begin.

And because you aren't sure how to fix this situation, the questions set in:



"How do I know when I'm holding on?"

"Will I be able to let go?"

"Will I keep doing the same thing repeatedly, expecting different results, or will I finally be able to break the habit of being holding on tightly?"

"I've tried to stop controlling, but it never works."

"Should I just give up?"

"Will I ever feel confident and have the peace of mind I long for?"

I Want You to Know That It IS Possible to Discover Peace of Mind and Confidence, Leading to Happiness and Success ...
No Matter How Old You Are, How Many Times You've Tried to Change and Haven't, or How Lost and Stuck You Feel Right Now.

When you do, you'll love your life once more. As a result of your courage and determination, you will achieve peace of mind with ease and flow of energy.

Sounds great, right?

https://gowithinspiritualcoaching.com
gowithinspiritualcoaching@gmail.com
302-229-3446

Right now, you may be thinking, "Yes! That does sound great, but HOW?"

Great question.

I understand where you're coming from because I've been in your shoes.

That's why helping you create a working plan for your transformation is so important to me, and that's why I'm giving you this step-by-step guide to help you do so.

Now, it's time to do the "work"! Complete the following exercises.

Step 1 Recognize the Gift of Surrender

Surrender often comes in moments of clarity, even when they're disguised as rock bottom. These moments feel heavy. but they are gifts—an invitation to let go of what's no longer serving you and step into something greater.

Real-Life Example:
When I hit my own rock bottom, I felt like the ground had crumbled beneath me. It wasn't until I stopped resisting my circumstances and accepted them as they were that I felt a weight lift. That surrender became the turning point in my life, opening the door to hope and healing.

Reflect:
When was the last time you felt completely powerless? What did that moment teach you about strength and resilience?

Step 2 Embrace the Power of Letting Go

Letting go isn't about giving up—it's about releasing the grip on things that no longer serve your highest good. Control, resentment, or expectations often weigh us down, preventing us from moving forward.

Real-Life Example:
I used to cling to the need to control every outcome in my life, whether it was relationships, work, or even my own recovery. But control was an illusion—it wasn't until I loosened my grip and trusted the process that I found true freedom.

Reflect:
What are three things you've been holding onto that no longer serve you? How would your life feel lighter or more peaceful if you released them?

Step 3 Connect with Your Higher Power

Surrender isn't a solo journey—it's a partnership with something greater than yourself. This could be God, the Universe, Source, or simply the wisdom within you. When you surrender to this Higher Power you tap into a source of strength, guidance, and peace.

Real-Life Example:

In my darkest moments, I turned to prayer not knowing what else to do. I asked for guidance and clarity, and though the answers didn't come immediately, I felt a sense of calm wash over me. It reminded me I wasn't alone in my struggles.

Reflect:

What does a Higher Power mean to you? Have you experienced a moment when you felt guided by something other than yourself? How might inviting that presence inton your life change the way you approach challenges?

Step 4 Find Balance in the Present Moment

Anxiety often stems from living in the past or worrying about the future. Surrender invites you to ground yourself in the here and now, where peace and clarity reside.

Real-Life Example:

I used to replay my past mistakes over and over or worry endlessly about things that hadn't even happened yet. But when I focused on the present moment—whether through breathing, walking, or simply observing life around me—I found a sense of calm and clarity I couldn't access anywhere else.

Reflect:

How often do you find yourself living in the past or worrying about the future? What does it feel like when you're truly present? What are three ways you can ground yourself in the present moment today?

Step 5 Stand in True Self-Esteem

Surrender doesn't mean losing yourself—it means discovering your true worth. When you stop seeking validation from others and look inward, you'll find you are enough as you are.

Real-Life Example:

For years, I looked to others to define my worth. But through surrender, I learned to stand in my

truth and embrace my imperfections. True self-esteem came when I realized I didn't need anyone's approval but my own.

Reflect:
Where have you been seeking validation from others? What is one way you can affirm your worth, even in small actions or words?

You're almost there, but you must commit to crossing the finish line by forming and practicing new habits for your renewal to last. Freedom from the old you has a price: being uncomfortable. Old habits die hard. Commitment to a new practice and practice is the beginning of the final stage of transformation. Forming new habits is essential for solidifying your shift.



BONUS TIP
Watch Out for This Common Pitfall:
Insight by itself is not enough.

Surround yourself with a community or group of like-minded people you can turn to for support and accountability.

Now, here's the key: don't just let anyone in! Be mindful. Your community of support should be made up of specific types of people – 5, to be exact:

1. True Believers – they believe in you no matter what, unconditionally. Typically, these people are your greatest supporters, like your best friend, spouse, or tribe member. They want only the best for you.

2. Confidants – your trusted sisters who will tell you the truth when you're controlling or resisting.

3. Way-Showers – those who have changed their thoughts and behavior and have transformed from being disappointed and angry to feeling confident with a peaceful mindset and who can guide your way. (This is often a coach or mentor, or guru.)

4. Messengers – provide insight about navigating the path more efficiently, with more success and FUN.

5. Naysayers – those who, by saying '*You'll never change*" and through what is usually perceived as "negative support," spark motivation in you to make things happen when you say, "*Oh yeah? Watch me!*"

Isolation can drive you further from finding the life you desire to live. So stay connected!

Conclusion

By reading this special report, you've discovered action steps you can take right now to begin feeling self-assured and confident with inner peace so you can truly enjoy every day and feel like you're having a positive impact on the world.

Once you've completed the sections of the step-by-step guide above, you'll have begun to develop a formula or plan to use in other areas of your life that you want to change.

Then, you might find yourself wondering, "*What Do I Do Next?*"

How do you leap from where you are now to where you want to be? What do you do next to start moving toward your ideal life? What do you do if you find yourself controlling or resisting again? Because let's face it ... situations will continue to pop up as you move out of your comfort zone and toward your goal!

Discover Your Next Best Steps

I'd be honored to help you define your next steps so that you can move from where you are now in your life to where you want to be – without the overwhelm.

You're invited to join me for a complimentary, no-obligation Strategy Session, where together, we will:

- **Define your next steps** on a journey toward greater fulfillment.
- **Outline a specific plan** for implementing those next steps.
- **Make powerful forward progress**, so you can begin living your ideal life and positively impact the world.

Schedule your complimentary Discovery Session here:

Reclaim Your Confident Self

BONUS SECTION
BELIEF SELF-DIAGNOSIS

The **Belief Self-Diagnosis Exercise** allows you to expose your subconscious beliefs to your conscious mind. It's best to start with an inventory of what you already have—before you go out and buy more stuff.

This is also true about beliefs. We must look into our subconsciou minds to see what is already there. Some might be old and useless, so you throw them in the garbage. Other beliefs may be beneficial and worth keeping but not on display. It would help to discover what's there before you begin sorting and cleaning.

Step One: Uncover Your Beliefs

Take out a journal or a pad of paper. Reflect on each question below, and write down everything you can think of in that category.

The first category is "**Beliefs about myself**." Say out loud, "**Something I believe about myself is ….**"

Allow your mind to respond in any way it wants. Your job is to listen and write down everything you hear. Repeat the sentence, "**Something else I believe about myself is…**." Listen again and write down what you hear.

Let your thoughts flow. Don't judge your beliefs; allow whatever comes up to be written down, even if it sounds absurd. When your subconscious talks, it's an excellent time to listen. Allow yourself ample time for this exercise.

Begin with "**Beliefs about Myself**," then identify at least four more **Belief Categories**—areas where life is the most challenging, and continue the process.

The Belief Categories

What I believe about

- Myself
- My body
- My health
- My work
- My financial situation
- My sexuality
- My abilities
- My limitations
- My attitudes
- My soul, spirit, or spiritual self
- My circumstances
- God/Spirit/Source
- Money
- Handicaps, injuries, illnesses
- My family
- My relationships
- My government
- The world
- Good and Evil
- Truth
- Life
- The past
- The future
- My beliefs

Two: Understand Your Beliefs

After completing at least five categories, review the beliefs on your list. **Circle five to ten beliefs that have the most negative charge on you.** They are the ones that significantly interfere with your life, your goals, and your relationships.

Next to each circled belief, write down your answers to the following questions:

1. Has this belief been beneficial to me in my life or detrimental to me?
2. Was this belief indoctrinated into me? If so, by whom?
3. Did I ever consciously choose to believe it? If so, when? Why did I do so?
4. What was the advantage of having this belief?
5. How has this belief served me in my life? What did I get or gain by having this belief?
6. What did I avoid by having this belief?
7. Who would I be without this belief?

After completing Step Two, review all of your answers. Then pick three beliefs you would like to change. Write them here. Bring this to your first session.

1) _____

2) _____

3) _____

Step Three: Create New Beliefs

When you delete an old belief from the subconscious mind, space is created, and you can install a new, more empowering belief to replace the old one.

Look at your **Belief #1** above. What would you like to believe instead? The opposite is an excellent place to start, but don't stop there! You can enhance the new belief to make it feel supportive and powerful in your body, mind, and spirit.

For example, if your old belief was, "**There's something wrong with me**," you could replace it with, "**There's something right with me**." That belief is better, but it is not empowering. You go say, "**There's something wonderful about me**." Or, going further, "I have many wonderful and admirable qualities."

Think of the ladder of good feelings, from "**okay**" to "**fantastic**." Fantastic might sound like, "**I am the light of my soul. I shine with my own unique and perfect light**." Can you feel the difference? You want to get that **WOW** feeling.

If you get stuck, ask, "**What experience do I want to have in this area of my life?**" Then imagine having that experience, and feel how it feels. Then ask yourself, "**What belief would create that experience and feeling?**"

Step Three: Create New Beliefs (con't.)

If you decide to work with me, I will help you shape and refine the beliefs that will serve you best. You can continually improve your beliefs later if you choose to.

Write down the beliefs you want to have instead of the old limiting beliefs you identified above.

My three new beliefs:

1)

_____

_____

2)

_____

_____

3)

_____

_____

Schedule Your Complimentary Strategy Session Here:

Reclaim Your Confident Self Session





Thank you



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