

# SHY THOUGHTS TO SAVAGE CONTENT



# RE-WRITE YOUR STORY

[HTTP://WWW.ACHIEVHERPERFECTION.COM](http://www.achievherperfection.com)

*"Change Your  
thoughts  
change your  
world" -  
Norman  
Vincent Peale*

HEY THERE LADY BUG!

IT'S TIME TO CHANGE THE  
NEGATIVE STORIES YOU'VE  
HAD ABOUT YOUR  
LIFESTYLE. IT'S TIME TO  
CREATE A NEW POSITIVE  
NARRATIVE THAT WILL  
CARVE A PATH FOR THE  
LIFE YOU'VE DREAMED  
ABOUT.

XOXO,

*Cia*



# WHAT TO EXPECT:

## Creating Your New Narrative

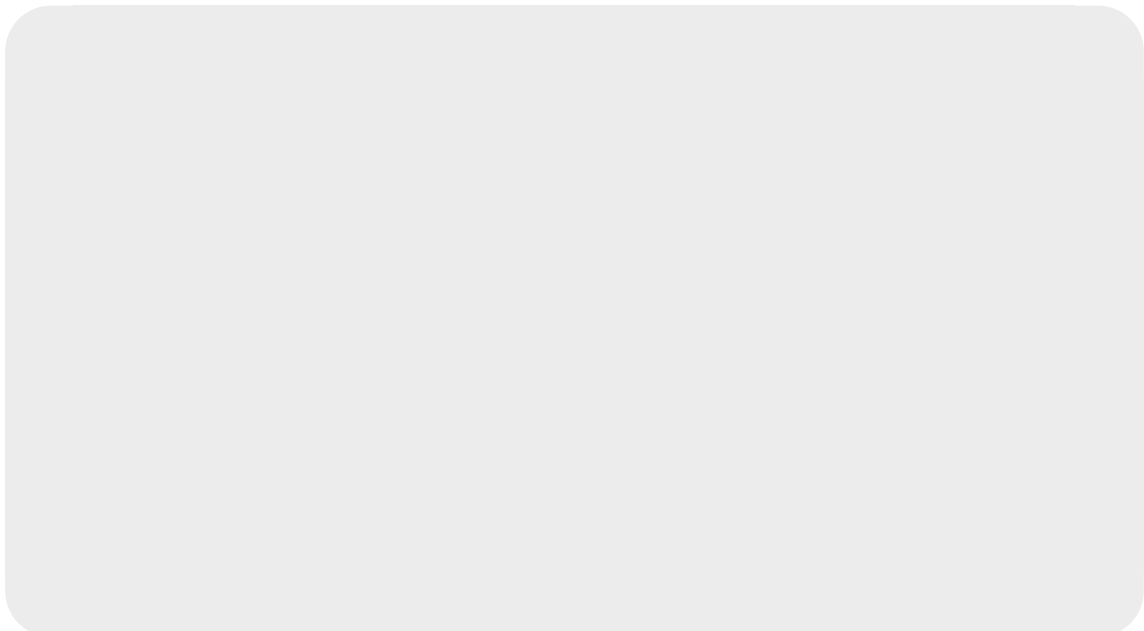
# BE SELFISH

Why wouldn't you want the best for yourself? It's okay to have a luxurious flat or those "expensive" pair of shoes

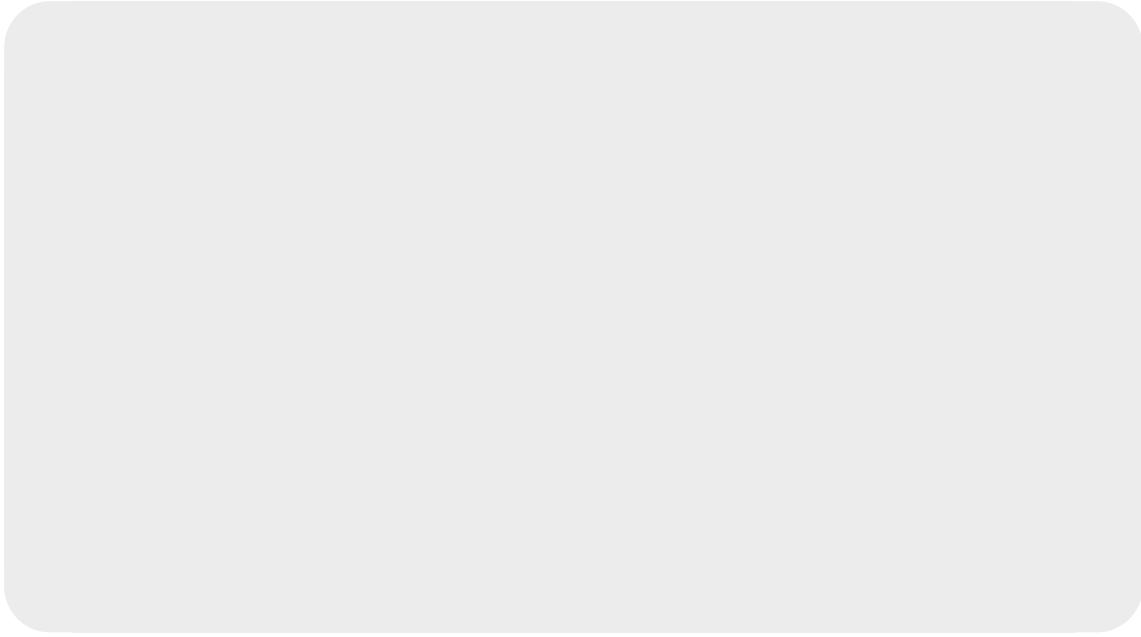
It's okay because you deserve the best things in life and we were **designed to have the desires of our hearts.**

You're creating a blog to serve others so before you start serving others start serving yourself the best life has to offer first! Start reprogramming your mind now!

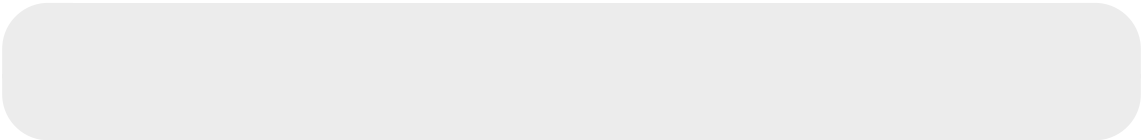
- *Self Reflect: If I deserved better what would it look like?*
- What kinds of things do you desire? If you were looking at yourself across a table what would you tell yourself that you want? What would she say is holding her back from what she desires?



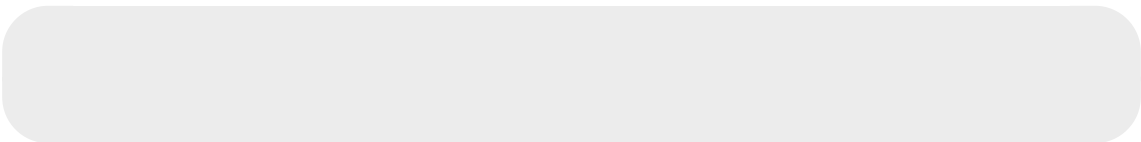
**If I didn't care what people thought about my actions I would....**



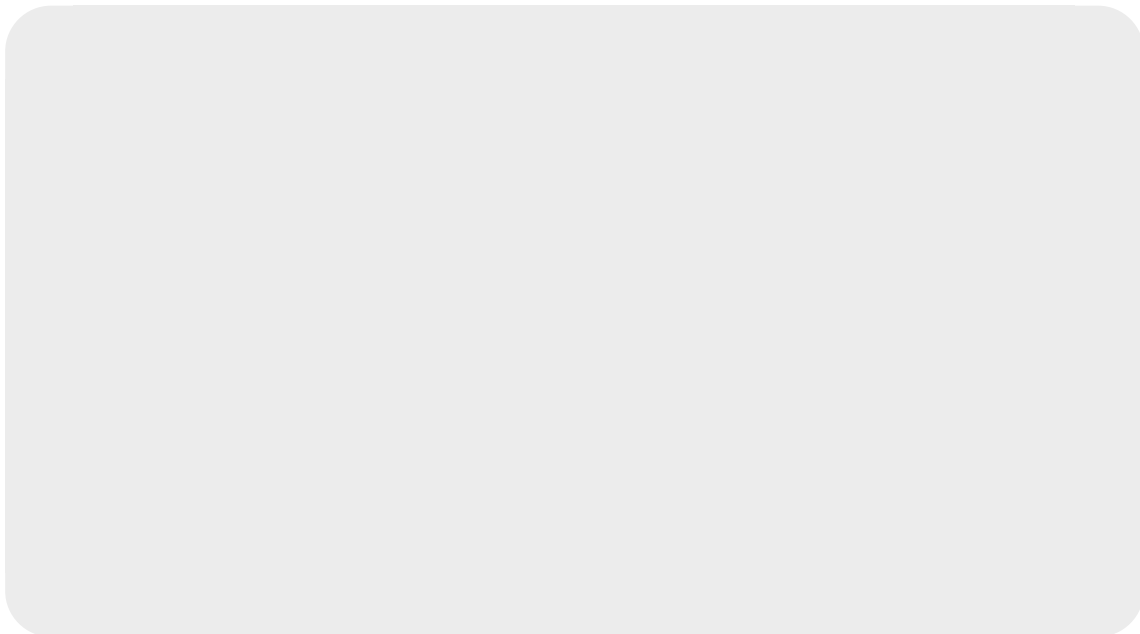
**If I were certain it were the right choice I would...**



**If I had the freedom I would....**



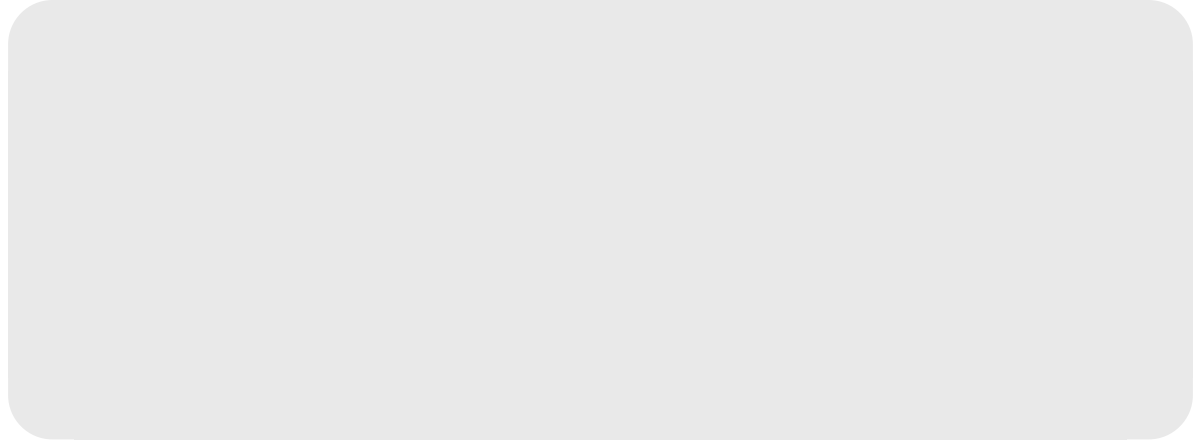
**In the box below write ten sentence that start with "I am more than enough to..."**



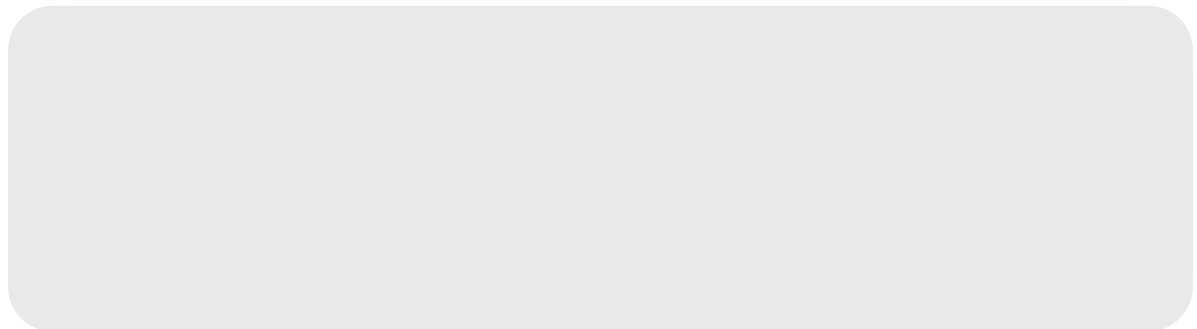
*CREATE YOUR  
MONEY STORY  
AND MAKE IT  
LIVE!*

# Money Magic

What beliefs do you have around money? Your beliefs are apart of your money story. Ie: Money is the root of all evil.



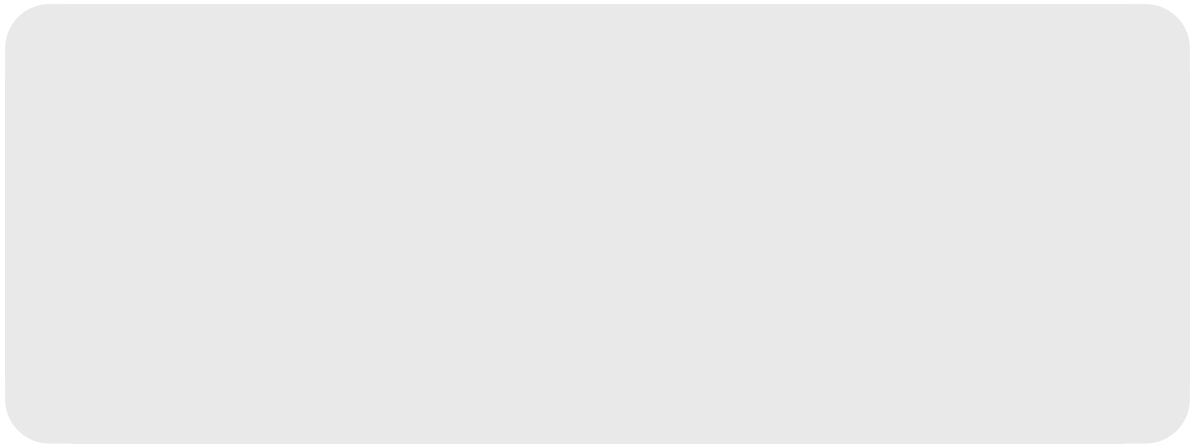
How does your money story make you feel? Does it feel right? Are these borrowed beliefs?



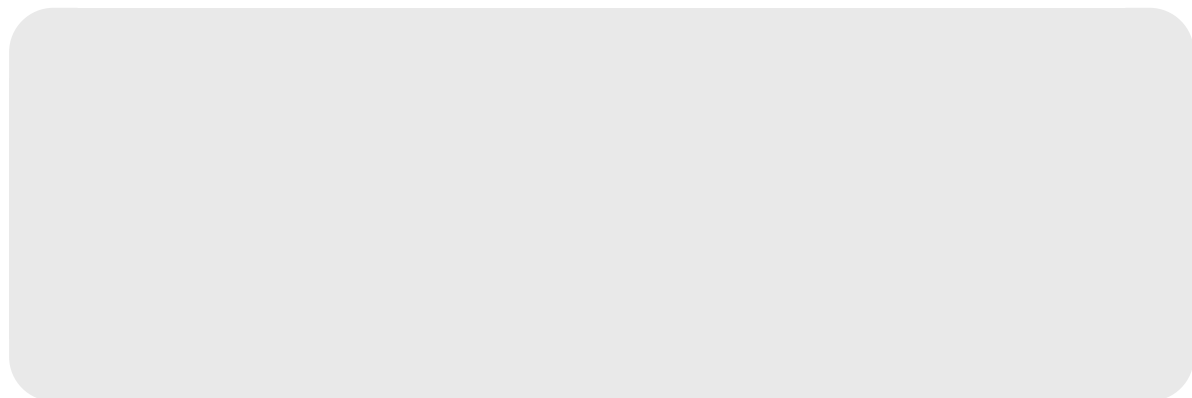
Your relationship with money is sometimes the mirror relationship of yourself. If you aren't ready to accept the fact hat you deserve money then you'll never receive it. If you ever feel like you there isn't enough money then you'll probably feel like you aren't enough.

Understand that your relationship with money can either be positive or negative. Lets take some steps to re-shape your outlook

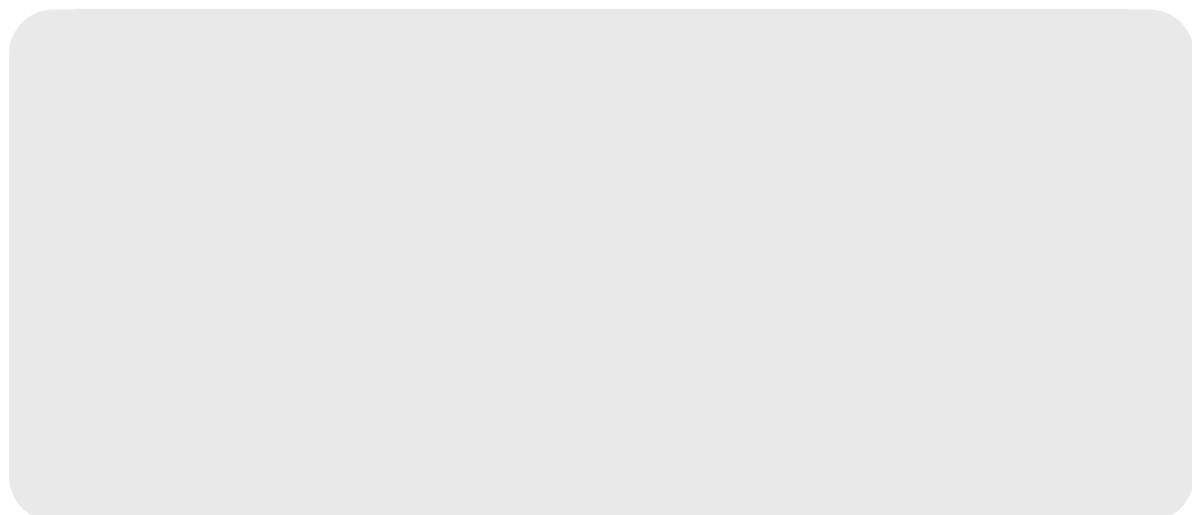
Look back at your money story above. Copy and paste that money story here. Each time the word money appears, replace the word with your name.



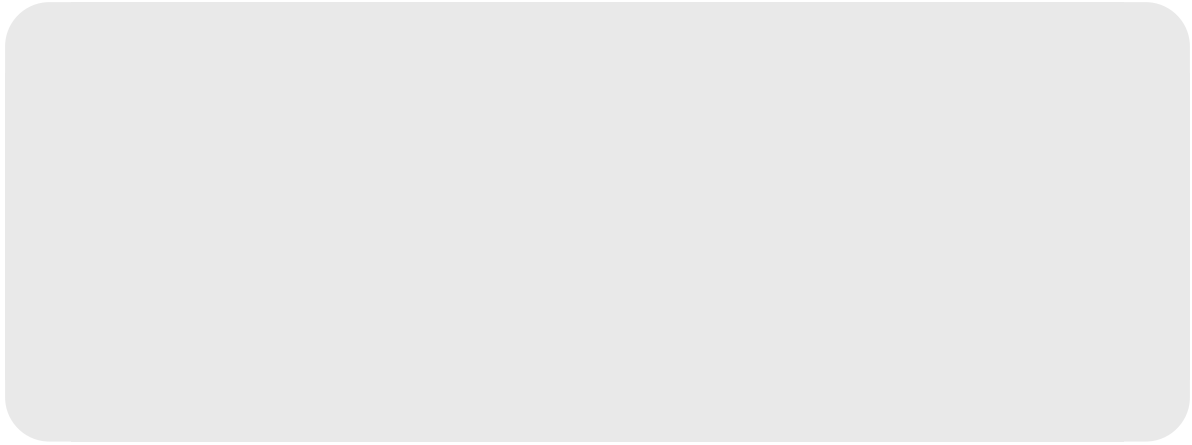
How does your money story make you feel now? Does it seem positive or negative now that you put your name there? Are there similarities in the way you speak about money to the way you speak about yourself?



Let's now re-create your money story that includes your desires and your positive relationships around money. What does your story say now?



I love money because money makes me.....



### FINAL STEP

Take 5 minutes to process everything you've just done.

Write a 5 or more sentence love letter/ blog post to money, In it you will describe your partnership with it, and how its going to help you fulfil the desire of your heart! Include the reasons why you will never start a sentence with "I can't afford it..." anymore.

