Step into Your Unstoppable Divine Self and Courageously Design the Next Chapter of Your Life

Subconscious Shifting by:

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Is there a greater version of you ready to step out into the world, make your mark, and live the life of your dreams?

Are you willing to go for it, And Let Your Light Shine?

Though your seasons will change and your divine assignment will grow and shift and take on a new shape, your job is to say YES to a new chapter. One you consciously write – even with your knees knocking and teeth chattering!

*It’s Your Time to Shine* means...

★ You will live in a body you LOVE ... by choosing foods that heal the body and the soul.
★ You will honor your body by giving it healing energy boosting movements.
★ You will take the time to quiet the mind and listen to your soul.
★ You will step in to your Power, your Higher Self, and LOVE

Are you over-giving and under-dreaming? Stuck in a crisis or ‘good enough’ in some areas of your life? Does your life look like everything you don’t want?

You’re not alone. Most people are settling for a life less than their greatest vision and possibility. But with the right tools and support, the next greatest You can step forward and powerfully create your life more quickly and easily than you think - using food, movement, and a positive mindset!

It is time to stop breathing life into your insecurities so your greatest life starts to appear.

No matter what’s happened to you, no matter what people said to put you in your place, no matter what you may look like or what you weigh or how smart or dumb you may think you are based on what they told you, you have the right – and the power – to be great.

It’s Time to Give Yourself Permission to Shine!

And as a result, don’t feel deprived, undervalued, or self-critical anymore. This is what it means to embrace your holistic success. To stand firm in the consciousness that who you are is ENOUGH – smart enough, old enough, young enough. Then you discover that all the pain, struggle, and sticking points were really gifts wrapped in sandpaper, designed with your highest good in mind.

*Your life speaks louder than you could ever scream or holler!*
Every day, you’re either walking towards your dream or walking away from it, and your steps, *every thing you do* – determine your direction. Action is key! So what dream are you dreaming?

And remember this: Your liberation liberates others. Your boldness creates a bold streak in others. Your greatness is contagious!

But you must design your life on your own terms, without apology or succumbing to “yes buts.”

Every day, every moment you can choose your *OWN* path, choose good over the lies you tell yourself or have been told, choose humility, fearlessness, courage, and the next greatness, *YOU*!

*It’s Your Time to Shine* means,

**You spread your wings to soar and say YES to YOU in Body Heart Mind and Soul!**

**Where do we begin?!**

Give me five minutes with anyone and I can predict whether they will live in a slim or overweight body for the rest of their life. How? By identifying their “body” blueprint.

Each of us has a personal body blueprint already ingrained in our subconscious mind that will determine our physical life. What that means is you can know everything about nutrition, exercise, fad diets, or the latest fitness trends, for example, but if your subconscious body blueprint isn’t preset to a high level of success, you will never live in a body you *LOVE*.

We’ve all heard of celebrities or fitness models, who gain weight for movies or just gain weight, to lose it and look amazing for the next photo shoot. Here is this woman, who at one point is 20 pounds overweight, and within months, she’s got her body back and more! She looks younger, more vibrant and beautiful! Why? Her body blueprint is set for “*high*.” On the other side of the coin, there are people who watch every calorie, workout religiously and they still look like they opened the box of doughnuts and ate them all the night before. Why? Their body blueprint is set for “*low*.”
The Steps:

1. Step one is to identify your “Body” blueprint.

2. Once we can be open and honest about our blueprint or subconscious beliefs, we then can create the lasting change we desire.

Before we begin, I want you to do something for me …

State your declaration every day.

Place your hand over your heart and say …

“I observe my thoughts and entertain only those that empower me.”

Touch your head and say …

“I have a strong, beautiful, sexy body!”

You need to know that once you commit to creating a life and body you love in words, in thoughts, and in action, the universe will bend over backward to support you.

I love this quote by W. H. Murray:

“Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative, there is one elementary truth, the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then providence moves too. A whole stream of events issues from the decision, raising in one’s favor all manner of unforeseen incidents, meetings, and material assistance, which no man could have dreamt would have come his way.”

* Basically you were lead to this coaching program! You can thank God, Source, or the Universe for leading, guiding, and supporting you.

3. We need to write down and review what our current blueprint is. Please answer these questions.

1. List all the stories you have about your body. For example “I am big boned, I don’t lose weight easily, etc.”

   a) ________________________________________________________________

   ________________________________________________________________
2. For each one of the stories listed, take a minute to identify where this story/belief came from. For example, if I put for a) I am big boned, I would write, a) I remember my mom telling me that when I was 8, when I was trying on a shirt my older sister wore. Go through each one and try to remember where this story started. Perhaps it was something you told yourself. Try to remember how old you were and where you were.

a) ____________________________________________________________

b) ____________________________________________________________

c) ____________________________________________________________

d) ____________________________________________________________

e) ____________________________________________________________

f) ____________________________________________________________
3. List all the *excuses/fears/ideas* you have around being thin, sexy, and strong—this may take a bit of time. You will need to dig deep because if you are not living in a healthy body or mindset, you are doing or saying something to protect you from it. For example—I may say, “I am afraid if I lose weight, I will not be able to eat any of the foods I love.” Or “I am afraid if I try, really try to eat well and do not succeed (by looking smaller or thinner) then I am a failure.”

a) __________________________________________________________________________

b) __________________________________________________________________________
c) __________________________________________________________________________
d) __________________________________________________________________________
e) __________________________________________________________________________
f) __________________________________________________________________________
4. For each fear you listed, I want you to ask yourself, “Is this fear or statement true?” When you are asking yourself this, you are asking your higher self to come to your aid and answer if this is true. It may feel true to you, but when asking your higher self, does it still feel absolutely true?

a) ________________________________________________________________

b) ________________________________________________________________

c) ________________________________________________________________

d) ________________________________________________________________

e) ________________________________________________________________

f) ________________________________________________________________

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5. Now thank your subconscious mind for protecting you. Tell it thank you so much.

6. Write down exactly what you will not do to look strong, sexy, and healthy? These are your non-negotiables. For example. I would put, “I am not willing to weight all my food,” “I am not willing to become obsessed with my body.” After you have written them down, out loud tell your subconscious mind you will never compromise on these non-negotiables and it does not need to worry because you will never compromise on these things.*

*This will allow the subconscious mind to relax and release
7. Now for the FUN part! I want you to write down exactly how you want to look and feel! You need to be very descriptive. Describe exactly how you will look in your body. Describe exactly how you will feel. What will you do, what will you be doing in this new sexy body full of confidence?*

______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

You will use this sheet of questions and answers throughout the 6 weeks. We will slowly but surely start flipping the switch in your subconscious mind and rewriting a new blueprint. It is very important that every day you do your meditations, state your declaration, and read and visualize what you wrote down for #7!

**Declaration!**

Place your hand over your heart and say ... 

“I observe my thoughts and entertain only those that empower me.”

Touch your head and say ...

“I have a strong, beautiful, sexy body!”