




Module One

'Get Set For Success'



Section 2 - 'The Freedom Formula'



Let today be
the day you learn the
grace
of letting go
and the power of
moving on.

- *Steve Maraboli*

Hello my lovely, if you are reading this, then I'm taking it that you have completed 'The Game Changer' module, so a massive well done to you! I personally want to tell you what a huge step towards your new life in living a life you dream of in a Fit, Strong, Healthy body that you love that is. You have just taken the key and placed it into the lock!

If you haven't fully completed 'The Game Changer', then I would encourage you to go back and complete it before you move on.

Welcome to section 2 of your Module one - 'The Freedom Formula'

Now, you have your own reasons, your own big 'WHY' as to why you have invested into this programme, and we will be looking at YOUR WHY, and the power of your WHY in a lot more detail later in the programme. Because you invested in this programme being fully informed of its purpose, and knowing exactly who this programme has been created for, my assumption is that, before you took the leap of faith and invested, you were in a place that was causing you pain. If you weren't, you would not have bought this programme, right?

Throughout the process of the programme, the aim is for you to move from a place of pain to a place of freedom and happiness. The place you deserve to be, a place of health and vitality, self confidence, self love, joy and FREEDOM. The place where you will jump out of your bed in the morning, the place where you will look and feel amazing, the place when you hear people talking about how amazing and fantastic you look. The place where your mind is free to fully enjoy life. This place, it's waiting for you, it's all yours for the taking.

Now, in order to get to get to this place, besides taking responsibility, as you have done in section one of this module, The Game Changer, the next step is that you HAVE to let go! Let go of the things that have been keeping you stuck. Because as long as keep hold of things that have stopped you from moving forward up until now, they will always keep you here, stuck. You have to let go. And with 'letting go', comes the freedom to reach any destination of your CHOICE. Letting go or 'The Freedom Formula' is equally as important as 'The Game Changer' that you have just completed.

Now, you may be thinking, what do you mean? Let go of what? Letting go of ALL of the things that have no place in your future and that are keeping you where you are now. Thought, beliefs, lies, behaviours, people, foods, scales, circumstances. There's lots of different things that could be keeping you here. But as long as you make a commitment to letting go of all of these things, because you have a **choice** to let go, you will turn the key, unlocking the door to that pathway which will lead you to freedom, to living the life you dream of in a Fit, Strong, Healthy body that you love.

Don't worry too much about what those things are that are holding you back at this point. There will be some things that are holding you back that you don't even consciously realise, but that's ok, Module 3 is dedicated to identifying all of the things that do not serve you and are keeping you stuck. But before we go on to Module 3, we must complete this module. When we get to module 3, I will invite you to come back to this and read what you've done here.

So what do I have to do to complete this module?

After reading the remainder of this module, I will invite you turn that key. And the way to turn that key is for you to do one thing:

MAKE THE DECISION TO COMMIT TO LETTING GO

Once you have COMMITTED to letting go of the all of the things that DO NOT serve you, those things that have held you back, you will be well on your way to freedom.

Daphne Rose Kingma, best selling author and speaker said,

"Holding on is believing that there's only a past, letting go is knowing that there's a future"
I want you to think about that for a second...

"Holding on is believing that there's only a past, letting go is knowing that there's a future"

There is a future, a bright amazing vibrant future waiting for you!

You can say you are willing to let go, but you need to be willing and committed to let go

Some of the things you will let go of throughout this programme include:

1. Beliefs / lies
2. Habits
3. Thoughts
4. Behaviours
5. Feelings / Emotions
6. Things you cannot control
7. Certain Foods

8. Certain People

Each of these categories will be looked at in much more detail in later modules.

So, before you make the decision, before you choose to make a commitment to letting go, I firstly would like to explain to you why it necessary to make this commitment of letting go, as well as the perils of not letting go.

With letting go of all of the things that do not serve you and the things that are preventing you from reaching your goal, comes freedom. Freedom to choose and create the life you dream of and live in a fit, strong, healthy body that you love. The freedom to create your own reality. The freedom to live abundantly with your measure of Grace.

I'd like to tell you a little story about The Monkey Trap. In India, when the locals want to catch a monkey, they anchor a bottle to the ground with a banana in it. The neck of the bottle is large enough for the monkey's hand to fit in and out of but NOT when he has hold of the banana. So when the monkey reaches in and grabs the banana, he is captured by the locals. The monkey could of course choose to let go (of the banana, slip his hand out and run away), but he doesn't, he chooses to stay trapped. Of course the Monkey wants to run back to his family in the jungle and play and have fun and swing from the trees and nurture his babies etc, but in that moment, he values the banana so much that he gives up his own life because he is unwilling to let go. All he has to do, is let go.

And people do the same thing. People get trapped by their thoughts, behaviours, habits and beliefs in the same way as the monkey gets trapped by the banana.

When you commit to letting go of your Bananas, you will have nothing holding you back. And remember, making a commitment to 'Letting Go' is a choice. It's as simple as that. You either choose to commit to letting go, or not.

For this module, you simply need to make a choice.

To Commit to letting go...or not?

Don't be mistaken, there will be some things that come up over the course of the next few weeks, things that you identify are holding you back, that you may not necessarily want to let go of. Letting go can be quite challenging at times, and if this happens to you, and that is totally normal by the way, I strongly encourage you to reach out to us or each other in order to walk with you through the challenges.

You must understand, that your current behaviours, habits, beliefs and thoughts support you in your comfort zone. It is inevitable that through this process, there will be times when you are required to step out of your comfort zone. It may not feel nice, in fact it will feel uncomfortable. But have faith that everything you need to achieve your goal is on the other side of your comfort zone. And I promise you, with perseverance and faith, you will get comfortable being uncomfortable, and that my lovely is where the magic happens.

To help you with your decision as to whether you are ready to COMMIT TO LETTING GO you can:

Ask yourself:

- Do I want to let go of the things that are holding my freedom hostage?
- What are the reasons I want to let go of the things that are holding me back?

Imagine what it will feel like when you are no longer holding on, then embrace the change that will come from letting go

So my lovely, it's decision time...To Commit or not to Commit?

At the end of this document there is a 'Commitment Pledge'. Once you have made the decision to make the commitment to letting go, I invite you to read the pledge. If you do not have a hard copy, please print out the pledge fill in your name and sign and date it. You can print and sign as many copies as you like. Put it somewhere where you can read it at your convenience. Once you have fully committed to letting go, and signed the Pledge, you will have taken all responsibility for your life (In The Game Changer) and in doing so, reclaimed your power to change, you would have also made a commitment to letting go of ALL of the things that are holding you back (The Freedom Formula).

Before you make that decision, I would like to give you a little something to consider..

Just imagine, imagine for a minute. The day you were born, the very second you entered the world, you were blessed, as we all are, with an invisible key that gave you entry to a world of choices, to be whoever you wanted to be, to live life in which ever way you choose.

You may not have been aware that you were in possession of this key, but you've had it all along. And now, you've uncovered that key, the key that's always been with you. You've uncovered it and placed it into the lock. All you have to do is turn the key to. Well as always you have a choice. You can CHOOSE to stand still, look at the key and do nothing, and stay exactly where you are. Or, you can turn that key, unlocking the pathway to your new life. The choice, as it always has been is yours.

After the commitment pledge, you will find a list of positive affirmations that will help you to re-inforce the positive choice you have made. Just as in 'The Game Changer' Module, make sure when you are reading your affirmations, you are doing so connected to a positive emotion.

Come on my lovely, I'm right along side you...
Read The Pledge and turn that key!



Commitment Pledge

I _____, being of sound mind, pledge to commit to consistently and consciously work towards letting go of all of the things that do not serve me in my goals and living a life I dream of in a Fit, Strong, Healthy body that I love. I hereby commit to identifying these things by taking an honest and transparent inventory of all of the thoughts, beliefs, habits and behaviours, regardless of the discomfort this may temporarily create, that have, until this point, prevented me from achieving ultimate freedom in my life. I am now 100% committed to letting go of any and all anchors that have prevented me from living the life I dream of in a Fit, Strong, Healthy body that I love.

*I am 100% committed to, NOT doing what is convenient for me, but rather, doing **what is nurturing and loving toward myself and what is necessary** in order to release the chains of the self-imposed mental prison, which will in turn, naturally lead to me achieving my goals.*

*I do hereby **commit** to completing ‘WOW’™ - Women Opting For Wellness, and commit to carrying out any and all actions and goals identified and set through the coaching process with tenacious resolve. I will reach out if I desire and be there for others on the same journey if they reach out to me, by contributing to The ‘WOW’™ community*

I make a 100% commitment to this because I absolutely deserve to live a full Out happy life! I am so worth it!

Signed:

Date:

“Once you are totally 100% committed to achieving your goal, your mind shifts from ‘hoping’ to ‘knowing’.

And once you KNOW, NOTHING can stop you.

Let today be the day that you commit!”

The Freedom Formula – Affirmations

1. I am ready to let go of everything that no longer serves me. I choose to step into the abundant Grace that Ive been given
2. I am so empowered now that I have made the decision to let go of all of the things that do not serve me
3. I now release anything that has been keeping my freedom hostage
4. I am so excited to be walking along the path that I have chosen for my life
5. I choose to let go of any anchors that have been holding me back, despite my fears, because I know that on the other side of fear is freedom
6. I know that all fears relating to living a life I dream of in a Fit, Strong, Healthy Body that I love are nothing but **False Emotions Appearing Real**
7. I fully embrace the freedom in letting go
8. I am a strong, tenacious gorgeous woman with the power and intelligence to let go of anything that has been holding me back
9. I am NOT my story
10. I give myself permission to turn the key and unlock the pathway to me living the life I dream of in a Fit, Strong, Healthy body that I love!
11. I am so grateful for who I am becoming and the life I am now creating
12. I consistently **choose** to release any negative thoughts and emotions
13. I am so grateful that I understand that I am in total control of my choices
14. The freedom I am experiencing through my commitment to letting go is so empowering
15. I am 100% committed to releasing and letting go of the things that have held me back
16. I have absolute faith in my decision to let go
17. I am so confident that letting go of certain things will allow me to live the life I dream of in a Fit, Strong, Healthy body that I love
18. I fully accept the choice I have made in making a commitment to Letting Go
19. I am so proud of myself for making a commitment to letting go
20. I easily commit to releasing anything that does not serve me in reaching my goals.
21. Committing to letting go is the easiest thing to do
22. I now feel alive and excited about my future because I have made a commitment to let go of all of the things that have been holding me back