



Why wanting is not enough

Using what we know about the brain to make lasting change!

Kristy Rooney

UNDERSTAND HOW WE ARE BIOLOGICALLY WIRED

+

CONSCIOUSLY USE THAT INFORMATION AS POWER

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CREATE CHANGE LIFE THAT RESONANTS & FULFILLS

Soul +
Conscious Brain
DREAMS LONGINGS. HEALTH.
GOALS AUTHENTIC SELF. PLANS

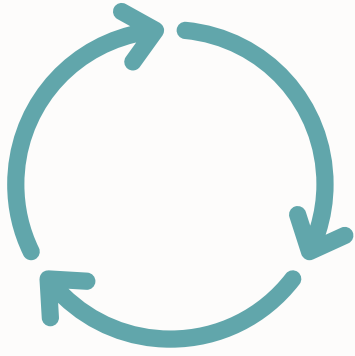
VS

Unconscious Brain
+ Nervous Sytem
SURVIVAL. AUTOPILOT.
PROGRAMING.
WARNING SYSTEM.

Four ways our biology holds us back.

#1





#2

#3



#4

My Soul Says...

Your soul knows what it wants... you've just told it to be quiet so many times that it is sometimes hard to hear.

My Biology/Fear Says...

Our biology sees change as a threat. Recognizing what it is telling us and understanding that it is programmed not for growth but comfort helps us pull out truth from unconscious response.

My Conscious Response...

With clarity and intention you can choose how you want to move forward.

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What I Want to Tell Myself...

My First Steps Are...

It's okay if...

- I'm tired... it means my brain is learning a new way.
- I feel like an imposture... it means I'm doing something new, I just need to reframe "imposture" into "I'm a brand new _____."
- I worry about what others think of me. They have their own life to explore and grow (or not). I choose to live my life to the fullest. As I grow in love and nonjudgement with myself, I grow in my love and nonjudgement of others. I free myself to be myself and what other's think of me is not my business. I am here for those who resonate with me. Not everyone will. That's fine.

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One Thing...

WHAT IS ONE THING THAT YOU WANT TO REMEMBER FROM THIS SESSION?



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