



These 4 Steps Can Change Your Life

Hello, my name is Cherry Clement. I am so excited that you took the first step to changing your life by choosing to look at this program. “Release the Shackles” is a 4 step program, The 4 “R” system to help release us from old habits that keep us in a vicious cycle of lack of confidence, depression, defeat, and an inability to connect with others. These four steps help rebuild confidence, regain feelings of connectedness, and develop trust and intimacy. As a survivor of childhood neglect and abuse, these are the steps I took that aided my recovery.

1. Redefine Your Experiences: It is essential to reframe our experiences to shift our focus from victimhood to empowerment. This process enables us to extract valuable lessons, fostering personal growth and resilience. It is not about denying the pain but instead finding a new narrative that allows us to regain control, empowering us instead of keeping us imprisoned in the past.

- We start by understanding the power of our thoughts. Years of continuous repetition of negative thoughts cannot be removed/changed overnight. We have to reprogram our subconscious thoughts to positive mental and emotional strength.
- Positive affirmations like the one below help to change our outlook and inner feelings.
“Those past experiences do not define who I am. I release myself from shame and guilt. I am replacing lack with abundance and aloneness with love.”
- Releasing fear and feelings of powerlessness. If we master fear, we become the master of our life.
- Fight fear by looking at the evidence. Is the threat real or imagined? If the threat is inaccurate, take time and breathe, then talk about it with someone we trust.
- Notice situations or thoughts that bring on feelings of negativity and avoid them or deny them.



Rebuild MINDSET Stronger: Maintaining a positive mindset and environment is a daily, sometimes hourly, process. It takes strength and determination to be Successful. Here are some helpful tips.

Every Day I will:

- Focus on the good and positive people and things in my life.
- Practice gratitude; write 3 things you are grateful for in the gratitude journal daily.
- Take positive action to create a connection and purpose, such as volunteering, helping someone else, or doing something for ourselves.

2. Release The Shackles: We release the shackles by changing our inner and outer environment. Altering our thought patterns and beliefs allows us to break free from the cycle of negativity and self-doubt that often accompanies trauma. By redefining our perception of these events, we focus our mindset on growth and resilience. Externally, altering our environment helps create a supportive atmosphere surrounding us with positivity and resources that facilitate healing and personal development.

- Change your internal environment by being more mindful of self-criticism; instead, use self-validation and positive affirmations.
- Let go of anger and hate. Forgiveness releases; negativity holds us back.
- Change our external environment. Create an environment where love can grow. Throw out the useless clutter keeping us in the past and make room for new experiences.
- What we see, hear, and say influences our day, so we should be selective in what is allowed into our environment. Let go of negative thoughts, media, and friends.
- When I encounter negativity or adverse reactions from others, I will not self-blame or be triggered to anger.



3.

- Prioritize self-care activities like meditation, exercise, prayer, volunteering, and hobbies to reduce stress and promote well-being.
- Set healthy boundaries with others to protect our mental and emotional health.
- Build healthy relationships to foster a sense of belonging and emotional connection.

4. Regain My Love of Life: We are now more confident and open to new experiences.

Daily or Hourly, you will reframe your thoughts to maintain internal peace.

- Write 3 things you are grateful for in the Gratitude Journal to protect yourself from comparison with others.
- You are now motivated to take better care of yourself because you believe you are worth it and not overextending yourself for others.
- Every day you will be your own best friend. The way you treat yourself shows others how you expect to be treated.
- Find a compatible therapist to help work through difficult times.

These four steps are what I implemented to successfully turn my life around and become confident, love myself, be willing to trust and let others into my life, and feel connected and loved.

These steps help get you to your inner peace and self-confidence and allow you to live to your fullest potential.

The biggest lie is, “If I do nothing, things will change.”

Give me 45 minutes, and I’ll show you what you’ve been looking for.



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Give me 45 minutes, and I’ll show you what you’ve been looking for.

Now, you’re ready to change your life.

Forget feeling inadequate and isolated.

Develop more self-confidence, develop loving relationships, and have greater intimacy.

To Get More Ongoing and Personal Support On Your Journey To A Better Version of You Follow Me On **Instagram** for Inspiration and Support @overflo91 , On **Facebook** Overflo, Or Call (951)903-5661 for a 1:1 appointment.

Today is the day. Don’t Delay. Start Your Journey Now

Sincerely,
Cherry Clement