



# 5 Days Conscious Upgrade



**Empower Your Destiny**

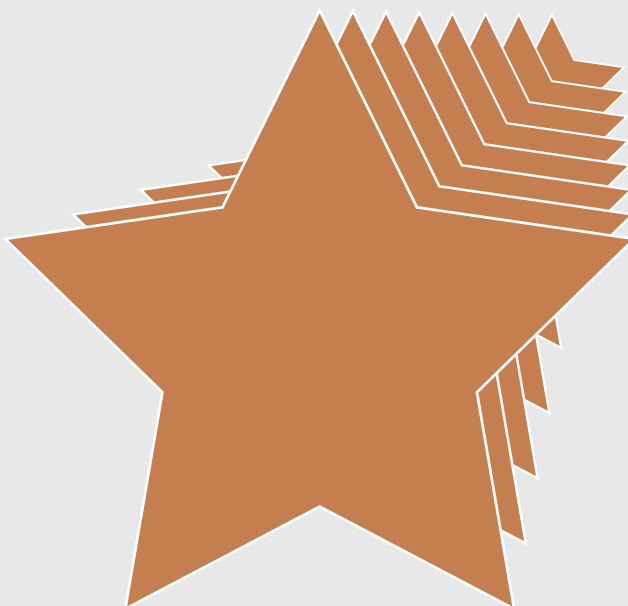
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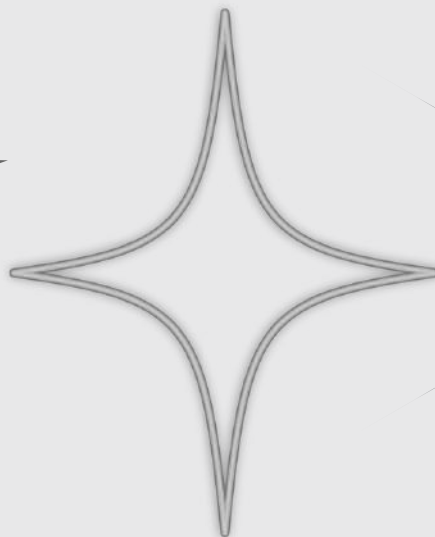
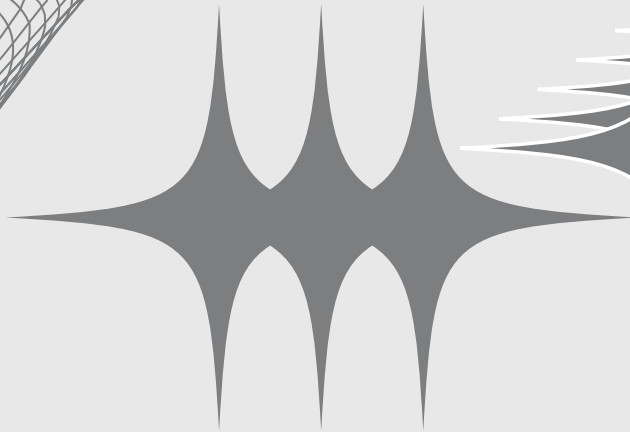
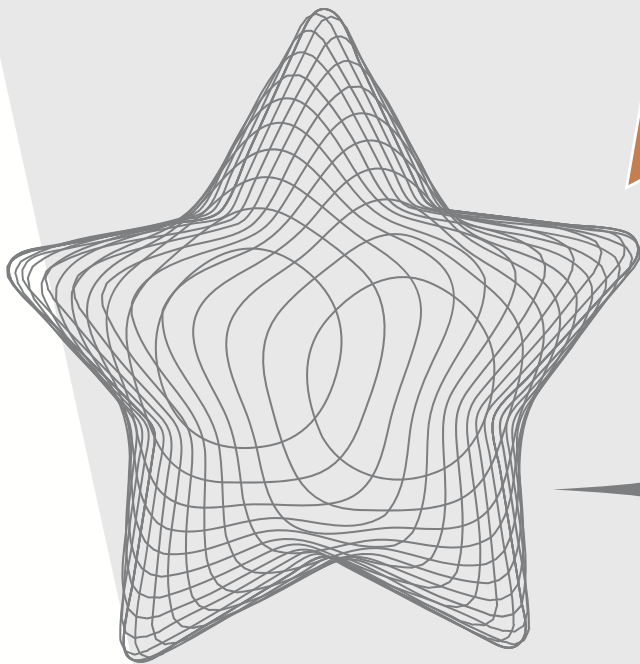
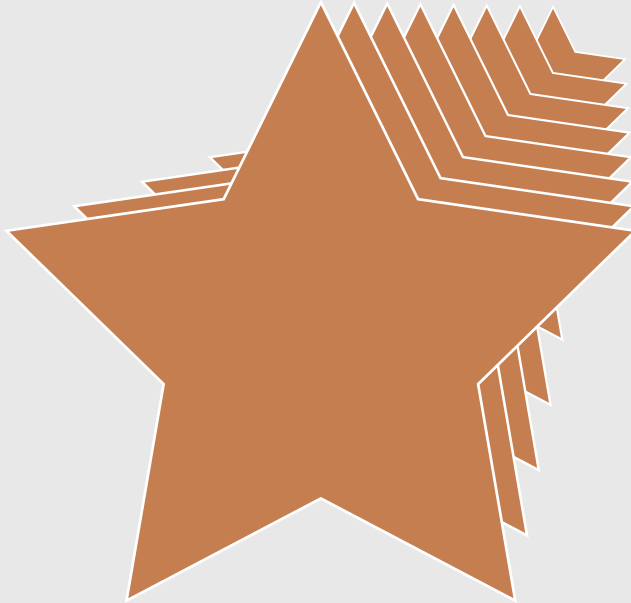
# Set intentions



intention

p.p.p.







# DISTORT



# DISTORT



# GENERALISE

EVERYONE

NO ONE





# GENERALISE

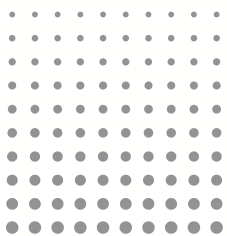
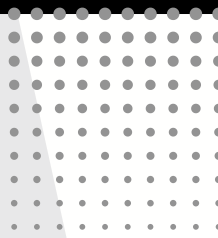
EVERYONE

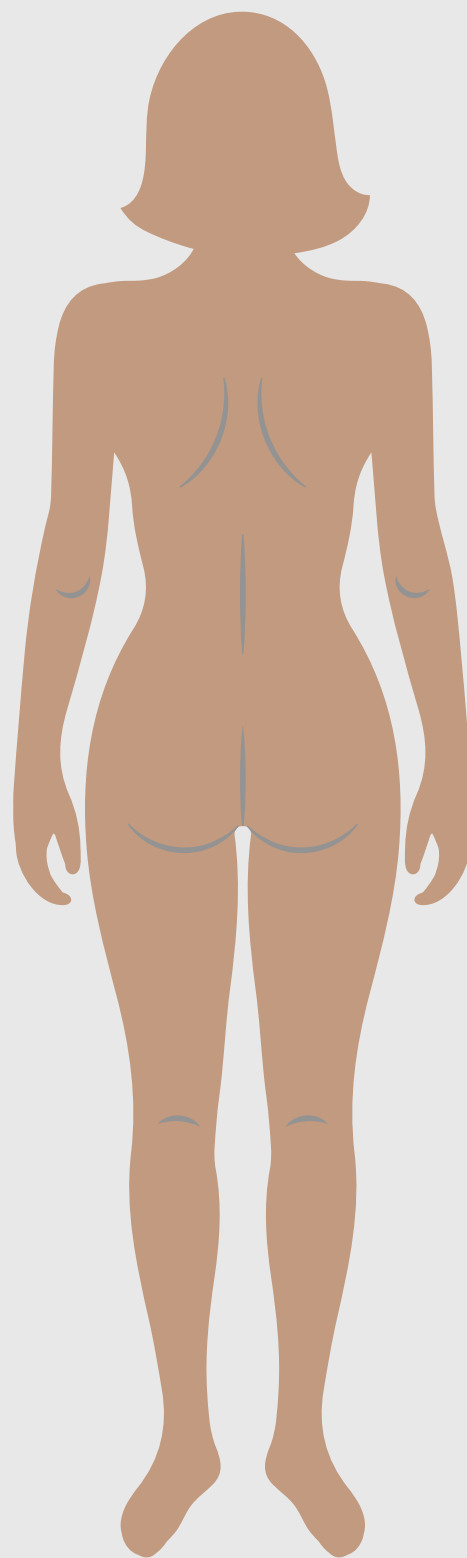
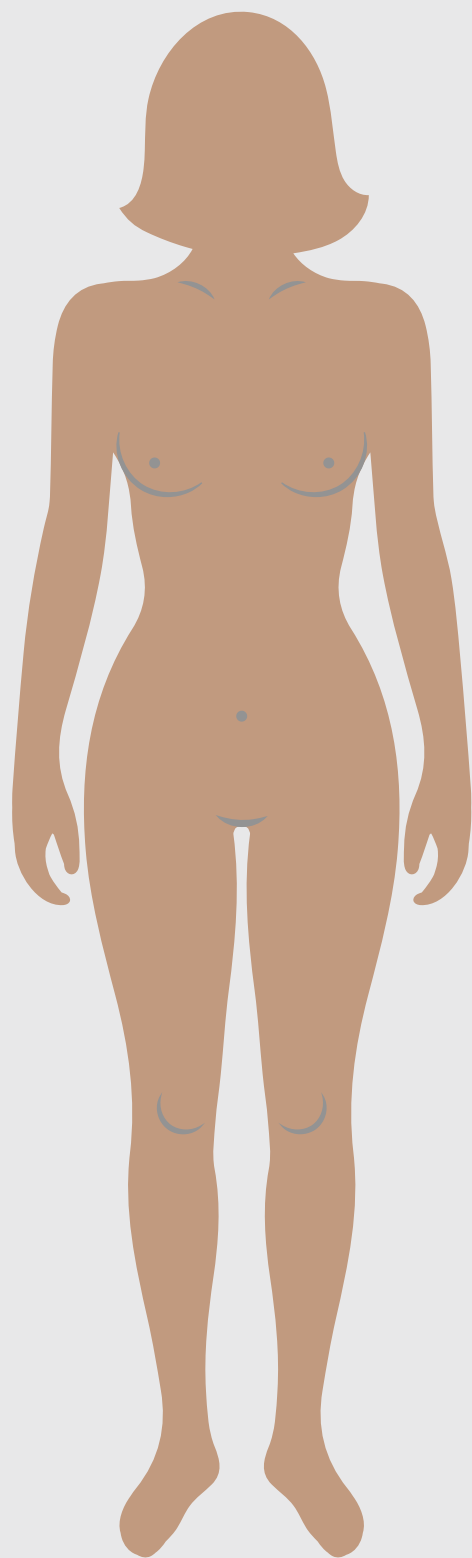
NO ONE



# SHARE







**BEFORE**

**AFTER**

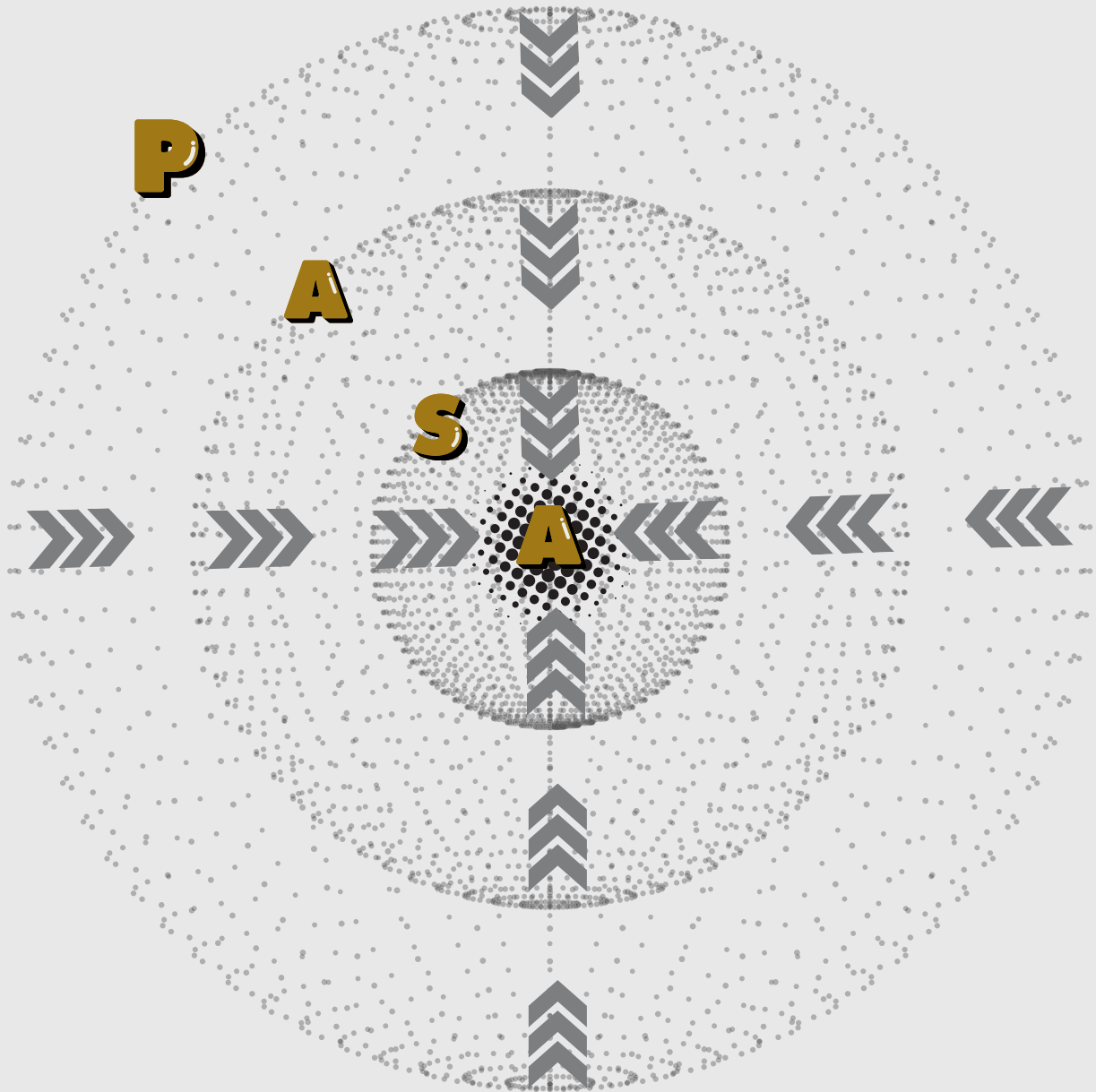




# P.A.S.A.

REACTIVE Lifestyle

Your Outside World Shapes Your Inside Reality





# A.S.A.P.

ADAPTIVE Lifestyle

Your Inner World Creates Your Outer Reality



# P.A.S.A.

## Exercise



Q. Who were the people I allowed to shape my mindset, and how did that limit me?

Q. Where did I adjust myself just to fit into their world, instead of being true to myself?

Q. How often did I seek approval instead of alignment with my true values?

Q. Who in my life drains my energy, yet I still allow them space in my world?

# P.A.S.A.

## Exercise



Q. What habits keep me stuck in the same cycles year after year?

Q. Where have I been waiting for the “right time” instead of taking action?

Q. If I keep doing what I’m doing now, where will I be in 5 years?

Q. What is the cost of staying on this path? (Financially, emotionally, mentally, physically?)

# P.A.S.A.

## Exercise



Q. Where in my life have I settled for “good enough” instead of what I truly want?

Q. What boundaries have I failed to enforce, and how has that affected me?

Q. How often do I say yes to things that don't light me up—just to avoid discomfort or conflict?

Q. What are the silent compromises I've made that have led me here?

# P.A.S.A.

## Exercise



Q. On a scale of 1 to 10, how much control do I feel over my thoughts and emotions?

Q. How often do I find myself reacting rather than creating my own reality?

Q. What limiting beliefs have I accepted as “truth,” even though they don’t serve me?

Q. How much do I trust myself to make decisions that align with my deepest desires?

# A.S.A.P.

## Exercise



Q. How does it feel to know I am the creator of my life, not just a participant?

Q. If I fully trusted myself, what decision would I make right now?

Q. What will my life look like in 5 years if I stay committed to this path?

Q. What is the best that can happen when I embrace my power?



# A.S.A.P.

## Exercise



Q. What boundaries will I set to protect my energy and vision?

Q. What is the highest standard (non-negotiable) I am now setting for myself?

Q. Where in my life have I been settling for less than I deserve and how will I raise my standards?

Q. What does it feel like to stand firmly in my worth?

# A.S.A.P.

## Exercise



Q. What daily habits will keep me aligned with my highest self?

Q. Where will I take bold action instead of waiting for the “right time”?

Q. What is the first small shift I can make today to move toward this version of me?

Q. What is one risk (bold step) I must take to unlock my next level?

# A.S.A.P.

## Exercise



Q. Who are the people I now choose to surround myself with?

Q. How will I create mutually empowering relationships instead of ones that drain me?

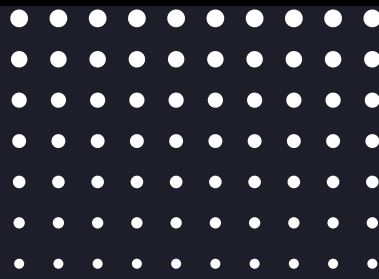
Q. What kind of energy do I want in my circle, and how will I contribute to it?

Q. What is one belief that, if changed today, would increase my self-trust?

# Declare



A large, empty rectangular box with a dashed black border, intended for writing a declaration.



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