

EYD

5 Days Conscious Upgrade



Empower Your Destiny

Call Us: +1300 840 084

www.empoweryourdestiny.com.au

Set
intentions

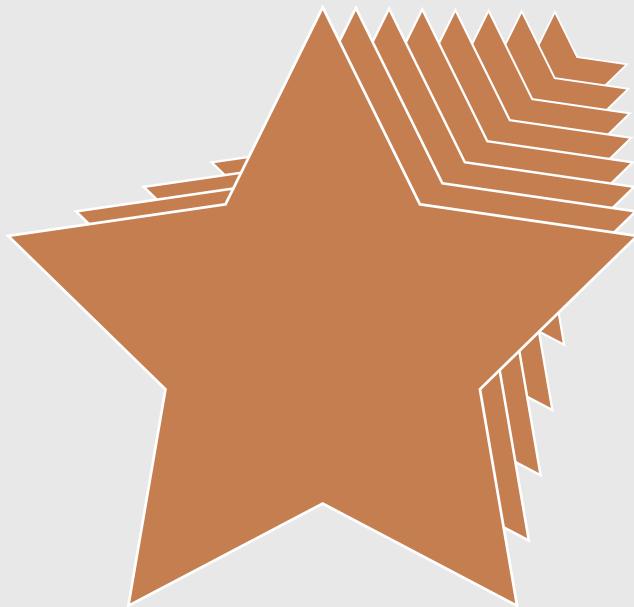


intuition



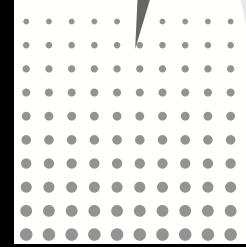
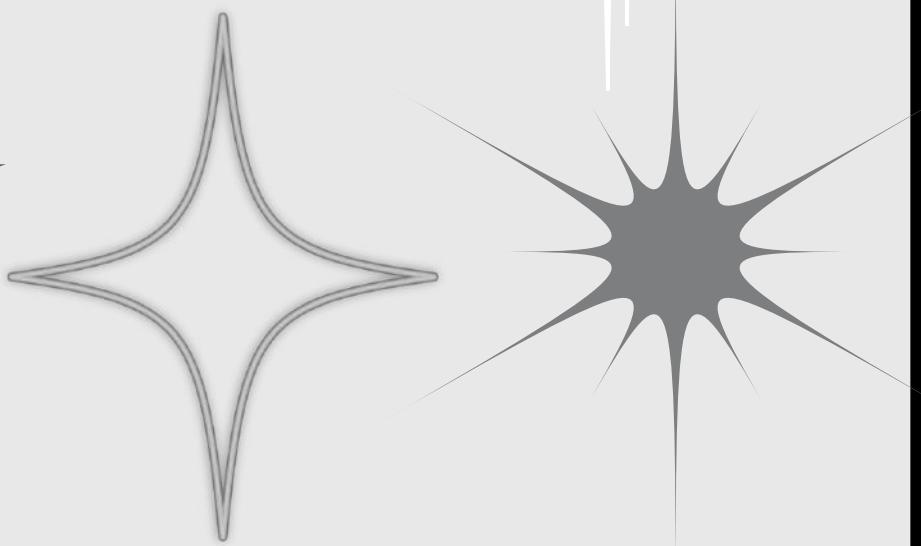
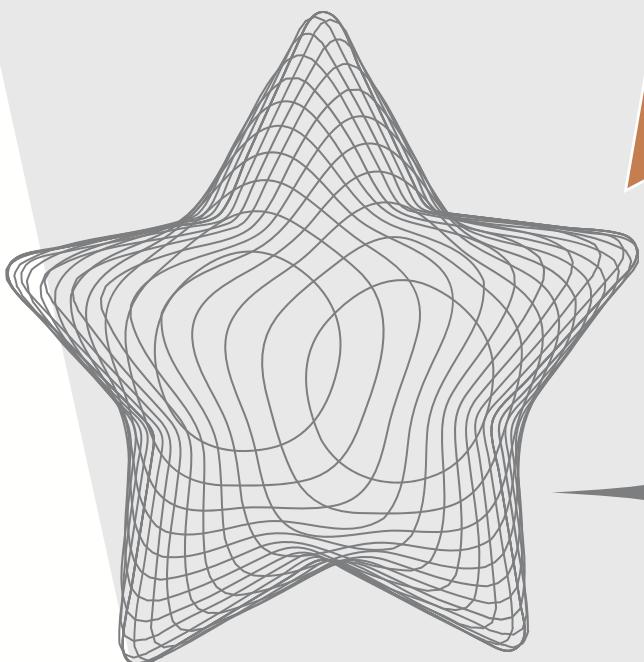
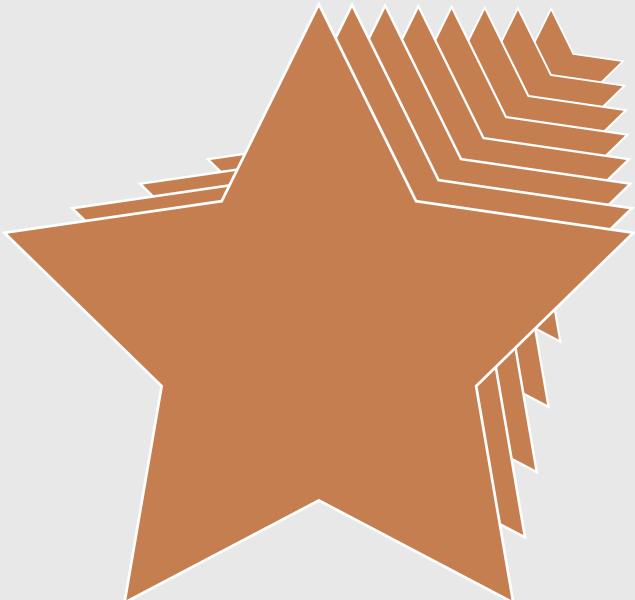
p.p.p.







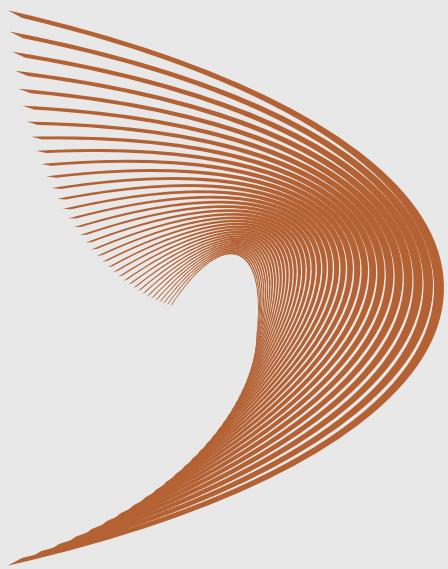
DELETE





DISTORT

The word "DISTORT" is rendered in a large, bold, red font. It is positioned above a vibrant, abstract graphic of a liquid or paint that is dripping downwards. The liquid is composed of various colors including orange, yellow, green, and purple, creating a textured, flowing effect.



DISTORT



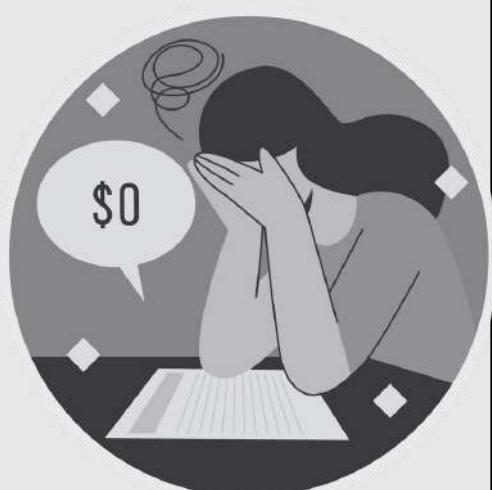
GENERALISE

EVERYONE
NO ONE



GENERALISE

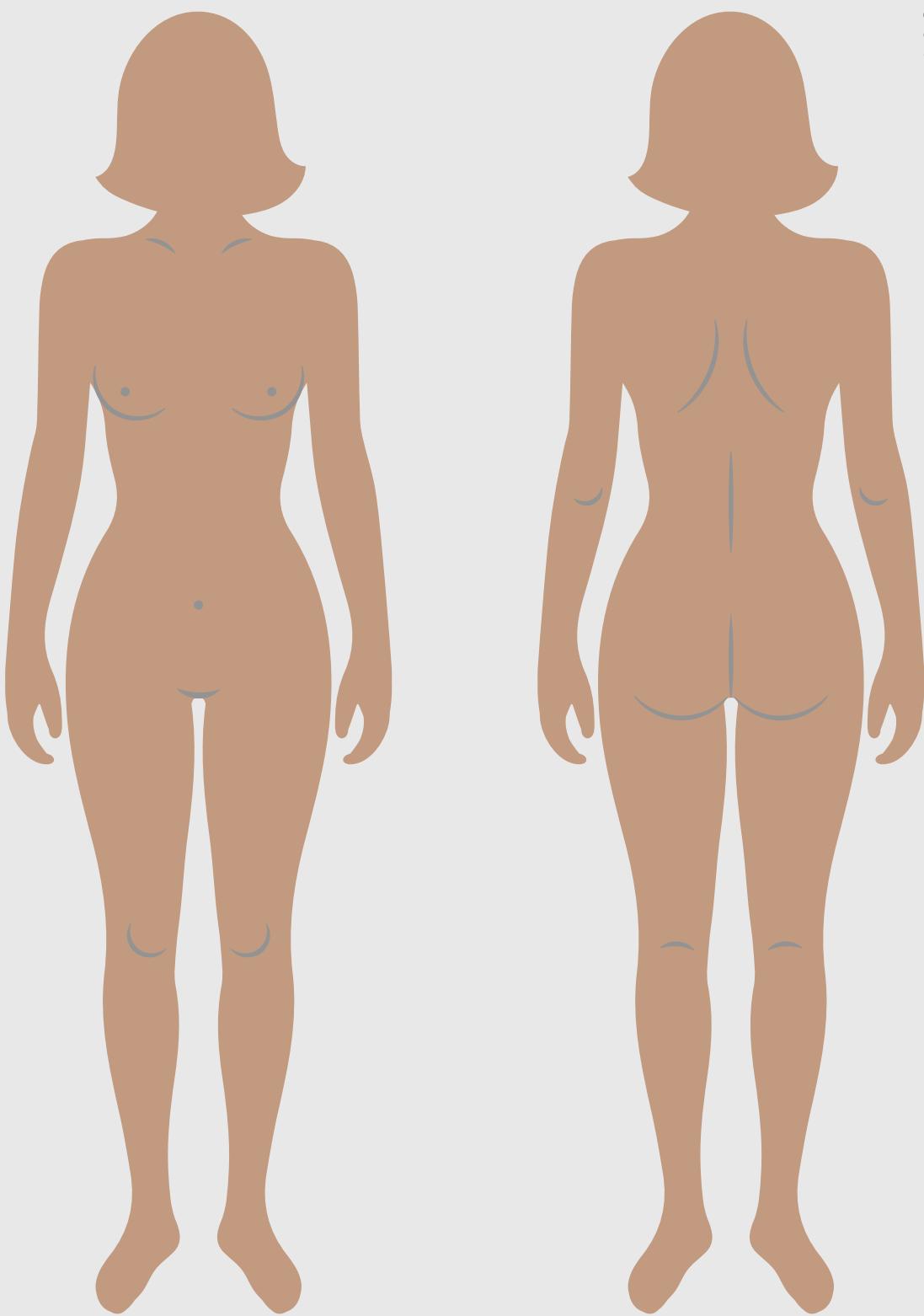
EVERYONE
NO ONE



SHARE







BEFORE

AFTER

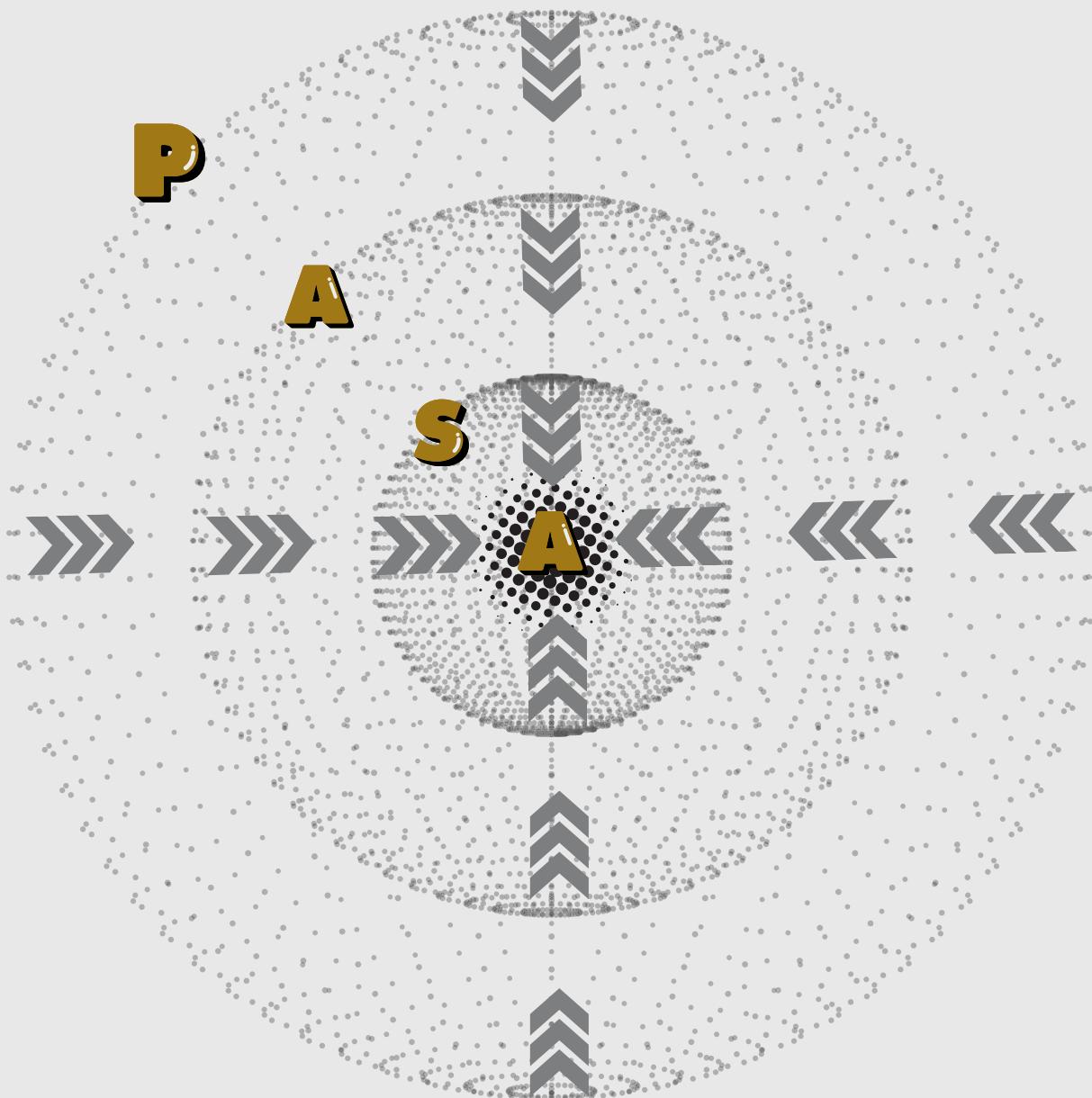




P.A.S.A.

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

A

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



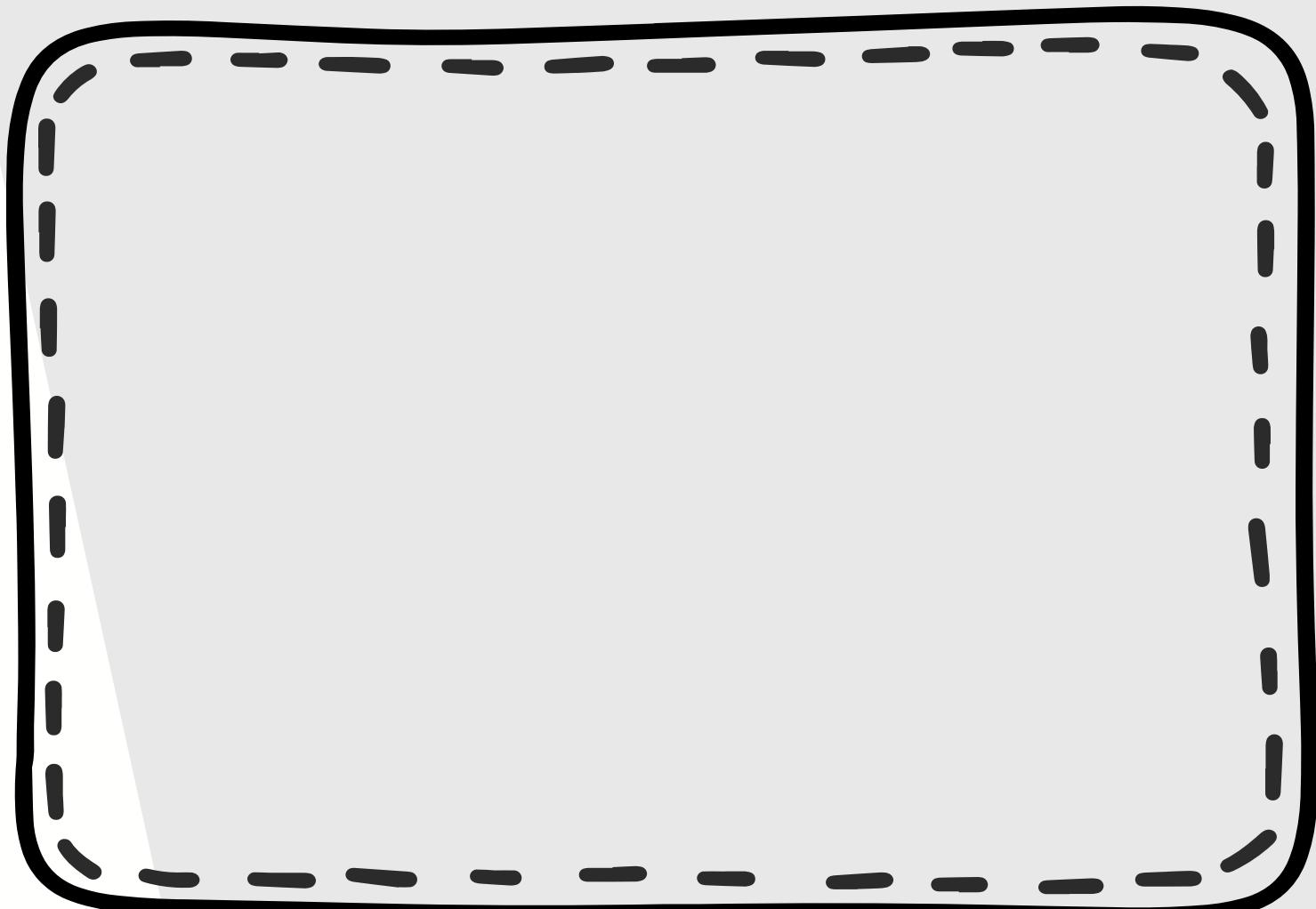
Q. Who are the people I now choose to surround myself with?

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





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