



THE 7 STEPS IN 7 MINUTES TRANSFORMATION TOOL

I have developed a Transformation Tool that will guide you through your journey of becoming a virtuosa - your most excellent self.

Following this tool will break down your process of change into small incremental steps. You will find you're able to bridge your thought patterns from old to new and develop those thoughts into believing your outcome is possible.

The ultimate goal of this process is to manage your brain and to live an intentional life. I hope to help you build a life of abundance and connection that is in line with your truest self. A life that is authentic to you.

The first steps are questions you can answer to get started on your own. Our coaches are available through the entire process or just helping your piece together where you are stuck.

1. What is my current situation or circumstance?

- a. Where am I stuck?
- b. Where in my life am I unhappy?

2. What is my desired outcome?

- a. What changes do I want to see happen?

3. What are my current thoughts surrounding the current situation?

- a. Do I believe this is possible?
- b. What fears am I holding onto?

4. What are my new thoughts - those I believe and those I am still attempting to believe?

- a. _____
- b. _____
- c. Finish the sentence, "I am _____"

These statements in our brains are powerful. Fill in the blank with positive words such as "brave, strong, successful, content, etc.

What do you believe you can become? Changing the ending to sentence C can change the result and behaviors.

5. How can I bridge my thoughts from old to new? How can I move those doubts into beliefs?

This is a critical part of the Transformation Tool. It is actually bridging your current thoughts of negativity into new thoughts - thoughts that you don't quite believe yet.

Here is an example of my ladder steps:

"I am becoming a person who does podcasts."

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"I am learning how to step into the arena."

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"I can practice courage."

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"I can do hard things."

These last two steps are the sustainability of the new outcome.

6. What will I imagine I will be like once the desired outcome happens?

This is actually envisioning you as your new self. It is practicing being that person. As you practice, then you become.

7. What does this look like on a sustained basis?

- a. What will it look like in one year?
- b. In five years?
- c. What will it feel like to be that person you set out to be in the beginning?
- d. What will it feel like to be sharing who you are with others who need it?

**Listen to the "Becoming Virtuosa" Podcast Episodes 1-8
to hear a more in depth explanation of
the 7 Steps in 7 Minutes Transformation Tool.**
