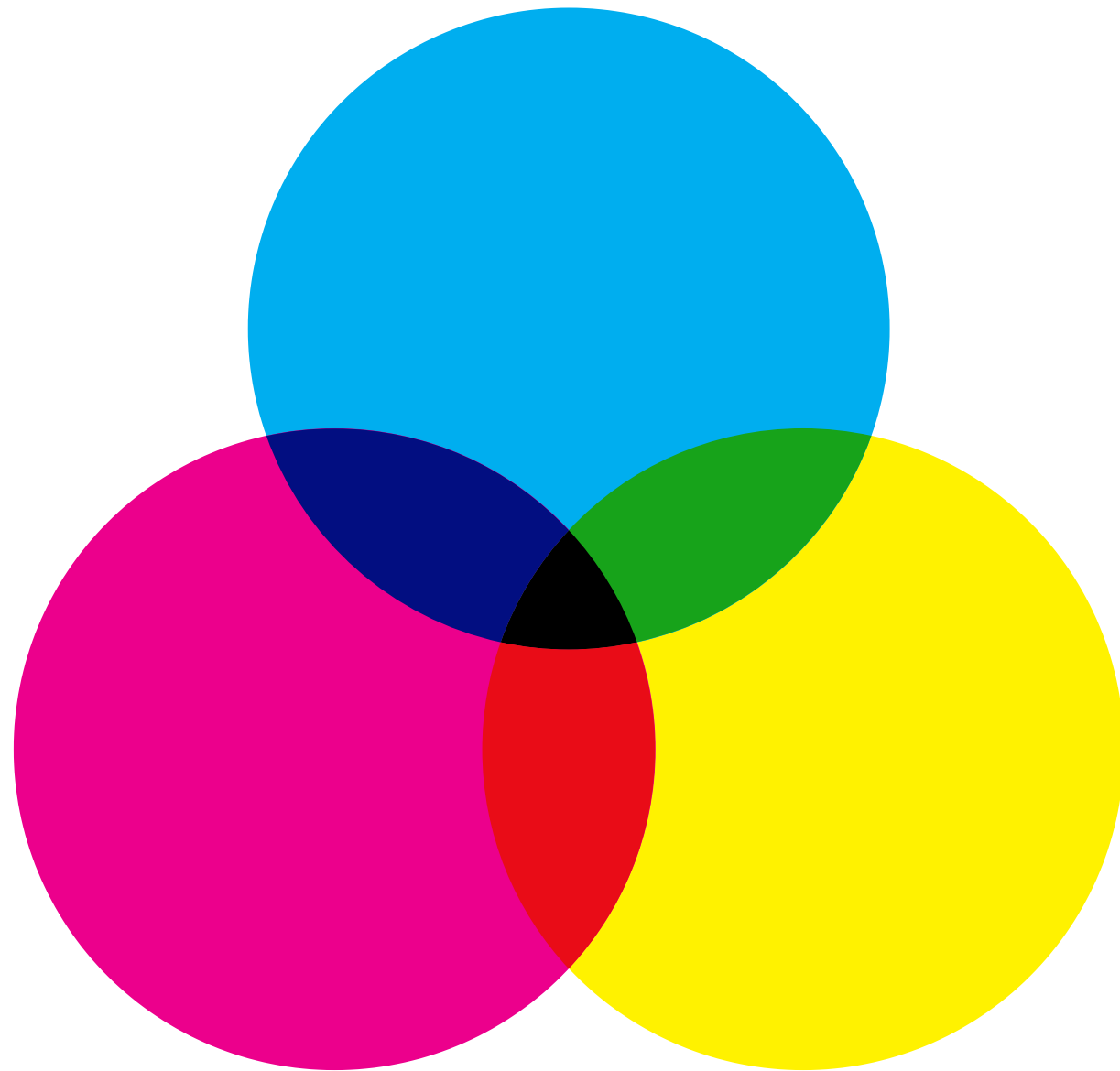


**ELIMINATE LIMITING BELIEFS SO YOU CAN FIND YOUR VOICE,
BOLDLY FOLLOW YOUR PASSION, AND SHARE YOUR GIFTS!**



THE ULTIMATE GUIDE TO REPROGRAM LIMITING BELIEFS - NOW!

**CRUSH RESISTANCE FOR GOOD WITHOUT
SPENDING YEARS IN THERAPY!**

KIARA D. PERKINS



HI THERE!

**THIS GUIDE WILL TEACH
YOU 3 STRATEGIES TO
SHATTER RESISTANCE
AND TAP INTO NEVER-
ENDING, UNSTOPPABLE
COURAGE TO PURSUE
YOUR PASSION WITH
CONFIDENCE, FLOW,
AND VITALITY...**

**AND HAVE FUN WHILE
DOING IT!**

A Little About Me...

I created this resource because I've noticed there are so many talented, **brilliant people who have amazing business ideas, ones that can change the world for the better, but they are **terrified** of being seen. If that's you, it's not your fault!**

I'm here to tell you, there's never been a better time than now to get your voice out there, connect with your people, and create a business on YOUR terms!

I have a background in professional counseling, have held leadership roles within the federal government, have been recognized by top U.S. State officials, and have now founded my own company to uplift, inspire, and empower.

It is my absolute joy and passion to inspire, encourage, and empower others to find their voice, live with authenticity, and gain unstoppable confidence, clarity, and conviction!

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Did You Know...

Studies show, 7 out of 10 creatives believe they aren't good enough. Chances are, if you're reading this, you may be one of them. But that stops TODAY!

The first step to transforming limiting beliefs, is to DECIDE you are READY to do so!

So, before we get into HOW to transform them, I want you to make an oath to yourself, that you are ready, and willing to do this!

REPEAT AFTER ME:

**I, _____, HEREBY COMMIT TO
MASTERING MY MINDSET. I KNOW
ONCE I HAVE DONE THIS, I WILL
THEN, AND ONLY THEN, BE ABLE TO
SHOW UP FOR MY DREAMS AND
SERVE MY AUDIENCE WITH JOY,
AUTHENTICITY, CONFIDENCE, AND
MOST IMPORTANTLY, HAVE FUN
WHILE DOING IT!**

SIGNED: _____



**Decide to be,
and perform
the action as
necessary.**

-Sadhguru

Step 1: Stop

As someone who's sensitive, you are probably already aware of when you have negative thoughts. If so, that's a great thing!

Before you roll your eyes, hear me out! Using your sensitivity as an "ally", you're going to make it a point to catch the dip early!

When you notice a negative thought of fear, or self-doubt, simply stop, and observe the thought. What does it feel like in your body? Name that sensation. For example, "Oh this is what anxiety feels like."

Step 2: Soothe

Next, after you've identified that sensation, imagine it turning into a small child.

This small child is scared, or anxious, or worried that somehow, you may not be safe where you stand. It's only job is to protect you, and it's doing it's very best to do so.

Now, imagine you are soothing it, just as you would a small child.

Imagine holding this scared child in your lap, cradling it. Say "thank you so much for looking out for me. I love you, and I adore you for always being there for me. We're safe, little one. I promise we're going to be alright."

Step 3: Thank

One of the most powerful ways to release the limiting belief, is to not look at it as an enemy, but as a blessed, sacred ally. Love it, cherish it, and appreciate it.

After all, what you resist, persists.

When you push away the negative belief, or avoid it, you are saying that it's somehow a threat. But when you look it in the eye, and soothe and thank it, you are now transmuting it from fear to love.

As you transmute that fear into love, feel the sensations in your body. It should feel soft, easy, and gentle. Remember this as an anchor -- this is the way love feels in your body.



What's next?

If you found this helpful, and want to save yourself months (or years!) of stagnation, self-loathing, or frustration, then you've come to the right place!

But, soothing limitations is only one piece of the puzzle. What I've found is that many people may not even know their limiting beliefs, or where to begin in this process. If so, you're not alone!

So here's what to do next:



What's Next?

STEP 1: Join my free Facebook group [here](#)! You'll be notified of all new pop-up mini-trainings, live tips, and when new programs and offerings are announced.

BONUS: There will be a free gift when you join, that is exclusively for group members only!

You are meant for more, beautiful soul.
Let's make it happen together!

Join FB Group

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What's Next?

STEP 2: If you are ready to release the self-doubt NOW, and want 1:1 coaching to gain unstoppable clarity, confidence, and worthiness to follow your purpose, then [click here](#) to book a FREE breakthrough call with me.

Or, if you're a good fit for my signature Break Through Limiting Beliefs coaching package, we can get you started right away in the next cohort.

Book a Call

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