

TRANSFORM YOUR TIME

WITH SHAWNA BREA

EPISODE 2

MAGNIFY THIS MOMENT

Believe it or not, your thoughts, beliefs, and perceptions seldom reflect your true self. Your inner being lives within you on a soul level, and yet it's been held hostage to some predetermined nonsensical standards. So, it's time to shift your beliefs and know that: You ARE NOT your mind.

INFO

“ It's not about what you get **DONE**, it's about who you are **BEING** while you are doing it. ”

To magnify more moments in our life we want to shift from living in our structured mind and instead, our soul state.

- You are NOT your ego.
- You are NOT your emotions.
- You are NOT your experiences.

MAGNIFY THIS MOMENT

⊖ Negative Emotion =
ZOOM OUT
 look at timeline of life

⊕ Positive Emotion =
ZOOM IN
 state of pure presence

INQUIRY

- ◆ What are you suppressing or compartmentalizing from the past? Are you ready to release this emotion?
- ◆ Have you allowed your achievements to dictate your identity? How do you want to feel about yourself differently?
- ◆ What would it mean to magnify each moment that brings you emotion? Why is that now important to you?

INSIGHTS *what I learned*

A large dotted grid area for taking notes.

IMPLEMENTATION

how I will live it out

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INTEGRATION

who I'm being as I lead myself in this way