

Dream Catcher Webinar: Live The Life You are Meant To Live

Four Coaches: One Live Event

January 11th @ 6pm CST, Live Q & A

Meet Your Experts

Julie Lokun, Masters Certified Life Coach

Tristin Hodges, Mental Health Professional & Life
Coach

Tia Morell, Certified Holistic Nutritionist

Mika Altidor, Certified Life Coach

Tristin Hodges

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NOTE TO SELF. MY POWERFUL WORD OF
THE DAY IS.....

Set A Word Of Intention
Everyday

TRISTIN IS A LICENSED MENTAL HEALTH
COUNSELOR AND A CERTIFIED LIFE COACH.
THE DRIVING FORCE SHE EMBRACES IS THAT
OUR LIVES ARE DETERMINED BY OUR
MINDSET!

strength!

Mindset Makeover * Mind Blocks

Have you ever felt like you keep walking blindly into the same situation over and over? Like the same toxic relationships? Always attracting the same kind of energy-draining friends? Never getting that promotion?

Despite ENORMOUS amounts of endeavors on your part to change these situations, they just. Keep. Happening.

If this sounds familiar, you might be experiencing a subconscious block. This means that your subconscious has created a kind of barrier to protect you from something it sees as a threat.

This 'broken record' is simply seeking to resolve the issue of cognitive dissonance.

Cognitive dissonance is the state of having inconsistent thoughts, beliefs, or attitudes, especially as it relates to behavioral decisions and attitude change. Simply put, it's a sense of discomfort that you experience when you make positive changes to your life. That discomfort or resistance to change is your subconscious block.

Examples of Mind Blocks

"If only I had enough money to go travelling."

"If only I had enough time to start a blog."

"If only I had the connections I need to be
successful."

Want to know the truth? There are people that travel the world with less money than you have, parents that work full-time and run a blog on the side, insanely successful people that started with nothing. Stop making excuses and understand that these limits only exist in your own mind! You are confined only by the walls you build yourself.

Mindset Exercise

TAKE ACTION TODAY

Take a few moments to journal about this question today:

"What excuses am I telling myself for why I do what I want to do?"

Then, research examples of people who were in similar situations but have made it work.

Maybe you even know someone in your group of friends who have already overcome the challenges you are facing. Take them as an example and inspiration to keep pushing!

Extra Credit Questions

1) T H E "I A M NOT GOOD ENOUGH " BLOCK

WHERE DOES THIS MENTAL BLOCK COME FROM?

HOW DOES THIS BLOCK IMPACT YOUR LIFE?

I am not good enough to get this job.

I am not good enough to find a loving partner.

I am not good enough to be successful.

I am never enough.

2) T H E "I DON'T DESERVE IT" BLOCK

WHERE DOES THIS MENTAL BLOCK COME FROM?

HOW DOES THIS BLOCK IMPACT YOUR LIFE?

I don't deserve to be loved. I don't deserve to be happy. I don't deserve to earn lots of money.

3) THE SOCIAL NORM BLOCK: This is the block where we believe what we are taught.

A woman can't work and be a mother, or for men--don't share feelings, feelings are for weak men.

WHERE DOES THIS MENTAL BLOCK COME FROM?

HOW DOES THIS BLOCK IMPACT YOUR LIFE?

It is necessary to individualize yourself in front the norm.

How can you control your mindset each day to start "BEING" what you dream to be!

Day 4 Note-

This is an exercise in reflection. Tristin is opening up her time and space to answer any questions you may have.

Please visit our site--Dream Catcher Challenge |
Crown & Compass Life

(crownandcompasslifecoaching/challenges.com)

and enter your questions into the space for daily feedback. She will send a thoughtful response within the next 48 hours.

*Thank
You!*

We have had such an outpouring of dedication
this week--we will announce more than 1 winner
on January 11th!

keep dreaming- Tristin + Tia + Mika + Jules



*Dream
Catcher
Live Q & A*

Monday, January 11th At 6PM CST
Winners Announced!