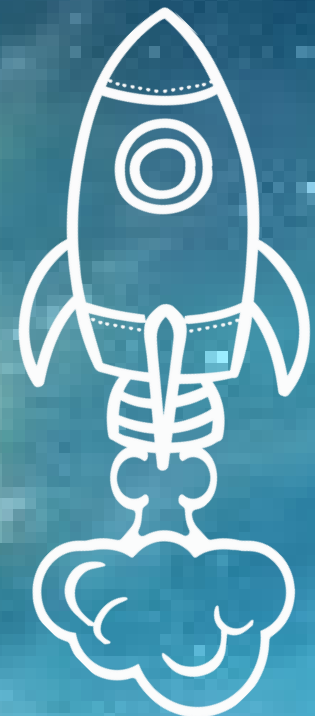


7 RULES FOR BECOMING RIDICULOUSLY AWESOME!



BECOMING
RIDICULOUSLY
Awesome
With MEREDITH HERRENBRUCK

Welcome to your exclusive guide!

7 Rules for Living Ridiculously Awesome

Do you want to make your life more awesome, in ways you never thought possible? I want to share some Rules that can help your life better by leaps and bounds. Once you learn to master these, any thing is possible.

I'm Meredith Herrenbruck, author of *Becoming Ridiculously Awesome*.

I have been trained in Neuro-Linguistic Programming (NLP), Huna, Hawaiian Spiritual Based Healing, Family Soul Constellations and want to share some of the wisdom I have learned so you can apply it to perfection in your own life.



Rule 1.

What you believe about yourself and the world is always reflected right back at you. If you change your beliefs, your world will then change.

Really? I promise.

Up to the age of 3, most of our beliefs are created and set through experience, associations. We chose them because they kept us alive and safe. But they can get out dated as we go through new experiences and have new needs.

What fires together wires together!



Rule 2.

Everything is changeable. Even your mind.

If an old stuck pattern is wired together then, we can unwire, and rewire with new friends with new information! First, we get to the imprint (initial install) and offer new resources and connections ...

It's easier than you think to shift! but wishing, hoping and willing it to change just won't change it. Changework (a vital step!) will install "new software": so you have updated patterning that helps improve your life now.

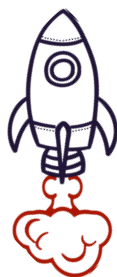


Rule 3.

Know that you are valuable regardless of anyone else's judgment of you.
You are divinely amazing!

What you have been telling yourself what you can, can't and shouldn't do, keeps you stuck and not reaching your goals.

When we shine brightly from within,
we illuminate the world.



Rule 4.

You have all the resources you need!
You just need new ways to access it.

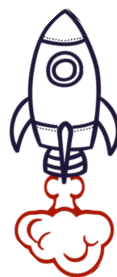
When the web of old patterns and belief systems is replaced, we are automatically launched forward into operating at our optimal full capacity. You can now notice and have access to all of the knowledge you have acquired over our lifetime and use it more deftly.



Rule 5.

Keep yourself clear, focused, grounded and properly polarized. Everyday. Your experience comes from more than your body and thoughts. It is handed down generationally in your cells and energetically.

It comes from what surrounds you, and what is attached. It comes from past wounds that have not healed and your lost parts of yourself. Reset when you get overwhelmed or blown out.



Rule 6.

Making your life awesome starts
not out there, but in here!
And that's great news because
you and only you have choice
and control in what you think,
believe and do.

"You have brains in your head and
feet in your shoes." - Dr. Seuss

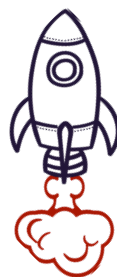


Rule 7.

When you finally put down past patterns and beliefs that no longer serve you, and you have updated everything to what you want now, there is nothing that stops you.

The universe will say "Yes!" right along side you and your manifesting power will be supercharged and complete.

It's GO time!



Need Help Shifting Patterns and Beliefs?

I have helped so many clients let go of what has stopped them from getting the life they have always wanted. No longer do they have deep triggers, nightmares, frustrations on the level they used to, if at all.

They are more at ease and less conflicted in their life. **Who Doesn't Want That?**

Call me! To have your free
30 minute consultation
415.999.7675



www.LivingYourAwesome.com

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