The “Mysterious Behaviors”

“I don’t know WHY I do that!” The costly behaviors that always seem mysterious, frustrating and unsolvable to clients - procrastination, freezing, over-thinking, over-giving, playing small, “boom and bust” cycles and outright self-sabotage.

The Motivation Breakthrough Map

The 5 layers you must break through to get anyone from stuck and procrastinating to enthusiasm, confidence and action.

Problems People Complain About

“I feel stuck!” The real life problems clients complain about – “not having enough” (time, money, success, joy, energy, love) – or “having too much” (pain, fear, self-doubt, stress, debt). These problems are the RESULT of things clients are doing and NOT doing.

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The Motivation Recharge

“WOW, I feel excited!” The rising “Empowerment Energy” of passion, desire, enthusiasm and confidence flows up through the body with a powerful renewed motivation. This excitement and impulse to act builds from the Layer 5 opening of self-compassion and becomes a huge inner shift of DEEPLY FELT CLARITY about what they really want and deserve to be, do and have. This is not a mindset shift, or new idea. It is a dramatic shift of consciousness, energy and empowerment.

The Fight or Flight Effect

The Scary Self-Talk

The Feelings Block

The Painful Feelings

The Heart Healing

THE MOTIVATION RECHARGE

Rising Empowerment Energy

courage, enthusiasm, confidence, certainty, desire, action.

Downward Depressing Energy

fear, self-criticism, self-doubt, stress, why bother?, freeze

LAYER 1

LAYER 2

LAYER 3

LAYER 4

LAYER 5

LAYER 6

LAYER 7
The Motivation Breakthrough Map

Problems People Complain About

The “Mysterious Behaviors”

- The Fight or Flight Effect

- The Scary Self-Talk
Thank you for coming to my talk!

If you want to know more about the Motivation Breakthrough Map and how to use it to give your clients or patients a breakthrough, then this is for you!

YOUR FREE GIFT

Breakthrough Map Deep Dive Video Course

6 - Videos with Handouts
Includes Mini Case Study for Each Layer

Visit
http://margaretlynchraniere.com/ACEP

And please remember to check out my books

Tapping Into Wealth (Penguin) and
Unblocked (Hay House)
on Amazon or at a bookstore near you!

Thanks again!
Margaret