



Dr. Lise Janelle

YOUR UNSTUCK CHECKLIST

Ready to discover where you have been held back by your **subconscious** beliefs without your **conscious** knowledge?

Congratulations on taking this step to learn how to get more control over your life! Since you are here, you are most likely someone driven to make things happen in your life, but sometimes the more driven you are, the more frustrating it can be when it's not going your way!

This checklist will give you some answers and relief!

There is nothing more annoying than working hard to get results but sensing that no matter how much you want a certain outcome, there seems to be something in the way. . If you are new to mindbody work, you will discover through this guide some empowering insights that can transform your life.

This checklist will give you access to the first part of the **Heart Freedom Method** so you can discover if you are being held back by subconscious beliefs: it's amazing how quickly you can increase your drive when you know that what is blocking you is not a lack of luck, but just a subconscious belief.

Let's scan all the different areas of your life. Here are some clues to help you:

Family: This has to do with your family dynamics and close romantic life.

Social: This area has to do with friends, work and all social situations and interactions

Spiritual: This is about your connection with your higher self, self love, gratitude

Knowledge: This has to do with your capacity to gain knowledge, how smart you feel.

Career: The ease and satisfaction that you have with your job and career

Financial: Your capacity to create and keep financial abundance

Health: Everything to do with your well being, lifestyle, weight

Environment: This is connected with your ability to live in a place and style that matches your needs and desires.

Congratulations! You've uncovered some of the hidden beliefs that have been ruling you without your knowledge. Most people don't know that their subconscious mind is holding them back from achieving the results they want!

It's not because something is wrong with you, it's not because you should not have what you would love, that you have not gotten the results you want! **It's just because your subconscious mind is trying to 'protect' you!**

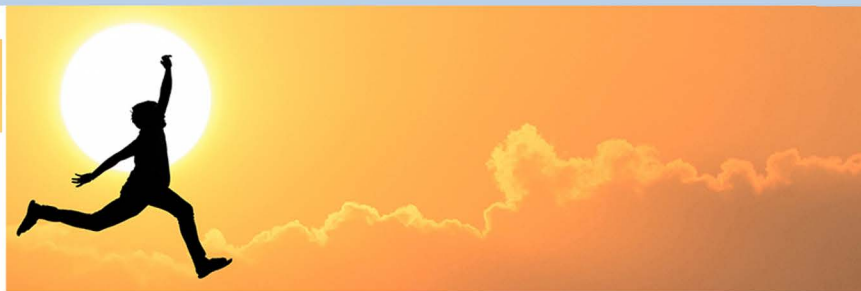
Imagine the waste of energy, time and money you experience by keeping these beliefs working against you over and over again!

You can free yourself like thousands of other people have of those troublesome beliefs that are hindering you from creating your life as you would love it to be! It only takes 10-15 minutes using the **Heart Freedom Method**. Stay tuned for more insights as to how you can get rid of these blocks!



I'm Dr. Lise Janelle and my background as a holistic chiropractor has given me access to mind-body work that I'm now using as a coach to impact the lives of thousands of individuals worldwide. I have developed the Heart Freedom Method which is a powerful leading edge mind-body method that is so good that Jack Canfield, the co-author of the Chicken Soup for the Soul series and The Success Principles, has asked me to write a book with him about it because he says that "It's the missing link I had been looking for in 50 years of doing transformational work'.

Take control of your life.



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