

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.

Here are some questions that will help you discover if you have subconscious beliefs working against you in the previous areas of your life

1	Do you have goals and aspirations that are important to you but instead of getting into					
	action on them, you end up busy doing something else? The famous <i>procrastination!</i>					
	For example you know that if you picked up the phone to call this potential big client, you could set yourself up for success, but all of the sudden your desk needs reorganizing or the bedroom needs vacuuming? Or maybe you want a love life but something else is always more important?					
	In which area(s) is procrastination showing up?					

2	Do you have important goals that you are working on, but it feels <i>exhausting,</i> it feels like you need so much willpower and energy and you can't imagine yourself being able to sustain this for a long time?						
	For example you are on a diet and you stick to it but it's torture? Exercising? Writing? Learning a new subject?						
	In which area(s) is this showing up?						

3	You have goals, dreams and aspirations. You work hard to succeed and make them happen, but it seems to always go the <i>opposite</i> way than what you want.						
	For example you do an amazing job at work but someone else always gets the promotion? You enter a relationship but it always turns out not working? You try to put money in the bank but it's never where you want it?						
	In which area(s) is this showing up?						

vnat did yot	find? Where are	e you most	blocked?		

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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