

STOP YOUR INNER CRITIC IN ITS TRACKS

**5 EFFECTIVE WAYS TO
MAKE EVERYDAY A GREAT DAY!**



CARI MATHEWS TRANSFORMOLOGY
CMTG, RCHT, CLC, CHC



HEY, I'M SO GLAD YOU'RE READY TO PUT YOUR INNER CRITIC IN A TIME OUT!

Changing your internal conversation is the most effective way to create the life you dream of living!

Let's be real, we all have thoughts looping in the background of our mind! All day. Every day. I for one can say that unfortunately I've not always thought the most positive things about myself & my life. So it's time to take charge & 'change our mind' by taking advantage of those moments when we may have not noticed where our thoughts are taking us.

I get it!! I know you've come far working on yourself & you're getting pretty great at it, but this is where I struggled too, with the relentless loops of my inner mean girl!

I noticed patterns of when my mind ran off in stories sending me on an emotional spiral of negative things about myself &/or my life. I tried everything to 'change my mind'... I tried to consistently take the time to practice gratitude because I heard it was so beneficial for me. I bought all of the journals, I tried waking up at ungodly hours, I got the apps & followed the gurus. But life is crazy busy & nothing really stuck.

Until... instead of trying to fit my life around a gratitude practice, I decided to fit a little bit of gratitude into my hectic life everyday. That's when I discovered that it was actually pretty simple to take back the power of my mind, by purposefully choosing my thoughts at certain moments of each & every day.

And that's when everything changed for me!!

SO LET'S DIVE IN...

1 Clean Your Vibe, not only your body in the shower. Visualize the negativity, stress & anxiety being washed away down the drain, all the way as far as you can imagine, let it go.

One day I caught myself. I noticed that every time I had a shower I was focusing on my stressors & worries - my never ending list of things to do, things that weren't going so well. So I decided to consciously notice what was going well... to 'change my mind' & focus on gratitude for the good things in life. With this little shift, I was setting myself up for a better day ahead.

make it fun

I know you love to sing in the shower, so belt it out loud! Make a song up about what you're grateful for & add it into in your daily affirmations.

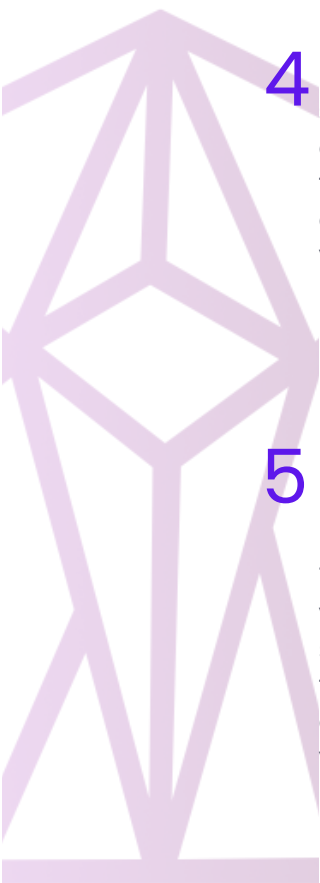
This is a silly, fun & effective way to make your shower a lot more powerful!

2 Build Your Positivity Muscles while you're out walking &/or doing a working-out. Cherish this time when you get to be in your head & let's make it work for you. Look for the beauty in your surroundings, enjoy the time with your pet while you're on a walk (if you have a fur baby) & appreciate your capable body that's getting stronger with each day.

3 Wash Your Mind Out with Soap...JK, but seriously, acknowledge everything you already have as you're cleaning & doing household chores. Our brains are hardwired for always wanting more, so be grateful you have a place to live & all of the things within it. Let's turn chore time into a moment for gratitude & appreciation for the most simple things, 'change your mind' about what you think you're lacking. Doing this helps to regulate your nervous system too, helping you to feel a sense of calm more often.



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4 Nourishing Benefits. Did you know there's scientific evidence that blessing your food before eating it helps you to digest your food? Taking a few short moments to breathe deeply & appreciate the food you're about to eat turns your body's "digest" system on. So whether you're religious, spiritual, or atheist- Gratitude at mealtime is beneficial for you & nourishes your body & your mind.

5 Interrupt That Thought Pattern. Guess what?! Everything you focus on expands, which produces more of what you're focusing on into your world. Training your brain to focus on what's going well vs. what isn't going great has a host of scientifically backed benefits... Allows our brains to release our "feel good" chemicals- serotonin & dopamine. Decreases anxiety so you can banish your inner critic. Improves relationships... & so much more!!

PEOPLE ARE SAYING...

Specific results I've seen:

- A clear shift in my confidence
- True clarity of purpose — I know precisely what I want and why
- Ability to visualize — I can see

Cari has been how comfortable I feel talking to her! I 10/10 recommend working with Cari if you wish to have long lasting results. I have tried many other forms of therapy and found hers to be the most impactful. Thank you Cari, for all the help and support.

which peeled the layers of the onion further than I thought possible. There were numerous occasions where I was utterly gobsmacked at my realizations about myself! Absolutely amazing! I now know myself so much better and know how to continue to improve.

2:52 p.m.

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So what's the connection? When I established a consistent attitude of gratitude routine, I took charge & became much more in-tune with my inner dialogue... when it was helping me & when looping stories were causing turmoil. I hope you find this as helpful for you as it is for me.

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But... decluttering the brain so you can 'change your mind' doesn't happen overnight, it takes practice, so keep at it!

As a Master Transformational Hypnocoach, I help individuals become their own Biggest Champion, to build a kind of relationship with yourself that you feel good about & design your life the way you want it to be, so that You Can RISE to Your Full Potential.

XOXO

Cari

P.S. Come find me @mytransfomology on Instagram, drop a line on one of my posts & let me know how this is 'changing your mind' & working for you.
I can't wait to hear all about it!

CHANGE YOUR MIND - CHANGE YOUR RESPONSE - CHANGE YOUR LIFE