

# Aunt Discovery

Become Unshakeable

## Unshakable

..to Become Aligned, is feeling confident in yourself and who you are, that you can face any situation which shows up in your day. You no longer question, 'what will shake me today?' Instead, you feel confident in yourself to overcome any situation or challenge.

*How Unshakable do you feel heading into each day?*

Not at all 1 2 3 4 5 6 7 8 9 10 Entirely

**Sit down with this when you have the time to, not just when you're squeezing it in...**

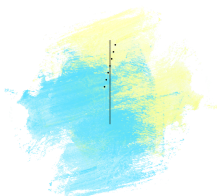
Allow yourself to be in the present moment, free from the past and the future. If you have a 'must-do' in your head or a 'don't forget too...', take a moment and write it down. You can put them back in your mind once you're done.

**Close your eyes and take three calming, slow breaths while you focus on the word 'relax'. Let your body soften as you exhale.**

Remind yourself that you've chosen to do this now because you can. There isn't anything else that needs your attention right in this moment. Know that you deserve this time for you. You can allow yourself to drop into this moment and do this one thing for yourself.

**Take another three calming, slow breaths and focus on:**  
'I am doing this now because I have the time, I can give myself this moment'.

**You are so beautifully unique.**  
Not one other person exists as you do in this world.



Become Aligned

**ALIGN WITH MY TRUTH**

Become Unshakeable

# *Aunt Discovery*

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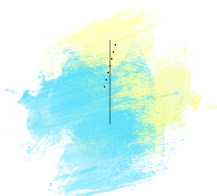
What do you admire most about yourself?

What are you most proud of in who and how you are?

When you are free from stress, anxiety and worry, how are you  
towards others?

Loved ones, acquaintances, strangers?

When you're feeling good about yourself, feeling confident, how  
would you describe yourself?



Become Aligned

## *ALIGN WITH MY TRUTH*

Become Unshakeable

# *Aunt Discovery*

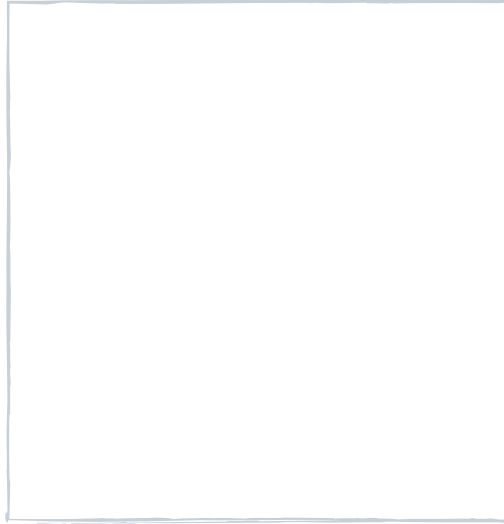
Become Unshakeable

Using your answers above, build a list of how you are.

Your answers reflect how you are when you're present in the moment, free from negative thoughts of the past or future.

Turn each into a short statement.

(I am kind, I am a beautiful friend, I enjoy helping people, I don't give up, I make people smile....)

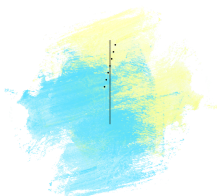
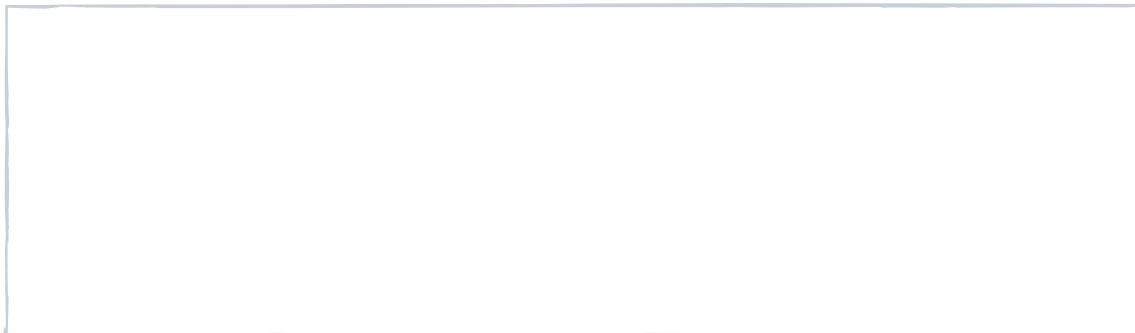


How often do you feel you are experiencing and being all of these?

0% - 100% of each day



How would you feel if you were experiencing and being these 70% or more, of each day?



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How would being these more often change how you feel going into each day?

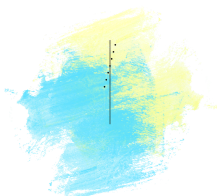
How would you feel interacting with others?

*How Unshakable WOULD you feel heading into each day?*

Not at all 1 2 3 4 5 6 7 8 9 10 Entirely

Why do you think you struggle to be and feel like this as often as you'd like to?

How has that limited you or stopped you achieving what you want?



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# *AwmT Discovery*

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Are you ready to learn **HOW** and **WHY** you can show up as your best self each day?

Are you ready to allow yourself the opportunity to be a person you are proud of every day?

Are you ready to feel confident in yourself?

Are you ready to feel Unshakable?

**AwmT helps you rediscover your truth...**

..to begin creating a life you love. It allows you to rebuild confidence in yourself and create unconscious thoughts to become the person you want to be, to become a person you are proud to be. You can start to feel unshakable walking into each day and begin to experience kinder thoughts towards yourself.

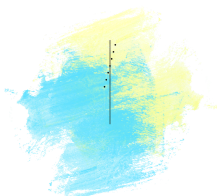
If you are ready to start this journey for you, that not only allows you to experience more positive emotions towards yourself, but also allows you to be your best self for others too...

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