

PA || SE

Nervous System Reset Program

Module 3-1

Empowerment

NERVOUS SYSTEM RESET PROGRAM

©MIDLIFE WELLNESS

PAUSE

Nervous System Reset Program

MODULE 3

LESSON

WHAT YOU WILL LEARN
IN THIS MODULE

1. Awakening awareness and building self confidence
2. Contract with yourself - learning to check in with yourself
3. Daily ritual-Creating habits that last-Embody learning-Achievable goals
4. "I am" statements

LET'S GET
STARTED!

Awakening awareness and building self confidence



Awakening awareness and building self confidence

Importance of Self-Awareness:

- Self-awareness is the cornerstone of empowerment. It involves understanding your emotions, thoughts, and behaviors and how they influence your interactions and decisions.
- By becoming more self-aware, you can identify areas of strength and growth, allowing you to make conscious choices that align with your true self.

Awakening awareness and building self confidence

Building and Sustaining Self-Confidence:

- Self-confidence grows from recognizing and embracing your unique strengths and capabilities. It's sustained by consistently challenging self-doubt and affirming your worth.
- Techniques to build self-confidence include setting small, achievable goals, celebrating successes, and reframing negative thoughts into positive affirmations.

Awakening awareness and building self confidence

Trusting Your Gut Instincts:

- Gut instincts are the body's way of communicating underlying knowledge or intuition. Learning to trust these instincts can guide you in making decisions that align with your true desires and values.
- Developing trust in your gut requires practice and patience. It involves tuning into your body's signals and reflecting on past experiences where trusting your gut led to positive outcomes.

Mindful Listening Exercise

- Practice tuning into your body's signals and gut feelings to enhance self-awareness.



- Find a quiet space where you can sit comfortably. Close your eyes and take a few deep breaths, allowing your body to relax.
- Focus on your body and notice any sensations or emotions that arise. Pay particular attention to your gut area. What is it telling you?
- After a few minutes, open your eyes and journal about what you noticed. Reflect on any past decisions where you trusted (or ignored) your gut instinct. What was the outcome?

Self awareness through guided meditation

- Foster deeper self-awareness and identify areas where self-confidence can be enhanced.

CLICK
HERE!



- Begin with a guided meditation, focusing on your breath and gradually bringing awareness to your thoughts and emotions.
- As you meditate, allow any thoughts about your self-worth and confidence to surface without judgment.
- After the meditation, take time to journal about your experience. Reflect on how you perceive yourself and identify any areas where you feel your confidence could improve. Consider what actions or mindset shifts could help you in these areas.

The Power of Accountability and Consistency in Personal Growth



Personal Accountability

Personal Accountability:

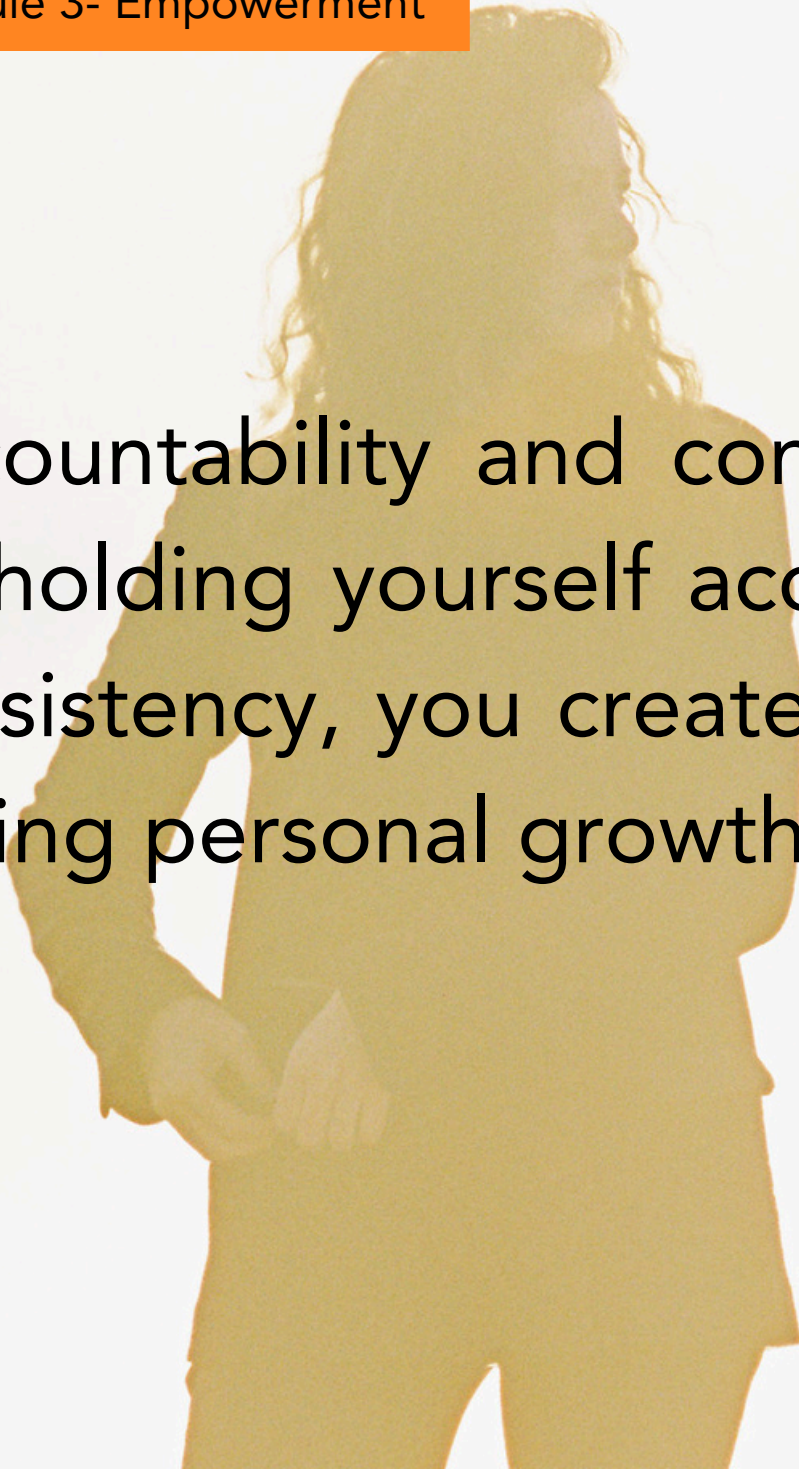
- **Accountability is a crucial component of personal growth. It involves taking responsibility for your actions, decisions, and commitments, and it plays a significant role in maintaining momentum on your empowerment journey.**
- **When you hold yourself accountable, you create a structure that supports your goals and helps you stay aligned with your values and aspirations.**

Consistency

- Consistency is the practice of making small, intentional actions regularly. It's not about perfection, but about showing up day after day, even when it's challenging.
- Consistency builds trust in yourself. When you consistently honor your commitments, you reinforce the belief that you are capable and reliable, which strengthens your self-confidence and resilience.

Consistency

- Consistency is the practice of making small, intentional actions regularly. It's not about perfection, but about showing up day after day, even when it's challenging.
- Consistency builds trust in yourself. When you consistently honor your commitments, you reinforce the belief that you are capable and reliable, which strengthens your self-confidence and resilience.



Accountability and consistency are interlinked. By holding yourself accountable and practicing consistency, you create a strong foundation for lasting personal growth and empowerment.

Creating a Contract with Yourself

Commitment to Regular Self-Check-Ins:

- A personal contract is a formal agreement you make with yourself. It's a commitment to regularly check in with your thoughts, emotions, and progress, ensuring that you stay on track with your personal goals.
- These self-check-ins help you stay connected with your inner self, allowing you to adjust your course as needed to maintain balance and alignment with your values.

Creating a Contract with Yourself

Significance of Self-Agreements:

- Self-agreements are powerful tools for maintaining focus and motivation. By putting your commitments in writing, you create a tangible reminder of your goals and the steps you need to take to achieve them.
- This contract serves as a guide, helping you navigate challenges and stay committed to your empowerment journey, even when motivation wanes.



Creating a Contract with Yourself



OPEN



PAUSE
& REFLECT



