



The Four Foundational Principles Cheat Sheet

1

You were programmed to understand and experience time in a particular way early on by your mostly well-meaning parents. Your subconscious mind does not want you to change or break free of this programming because it believes these rules that it agreed to about time are what is keeping you safe and alive, what is keeping the love and security flowing to you, as it did when you were young. But now you are older, and you have full access to your CONSCIOUS ability to choose.

2

Really look at the decisions you are making and whether they are conscious choices that are actually supporting the growth that you want, the desires that you have, versus just being run by your subconscious programming that was created to keep you safe as a toddler and young child. This is critical to expanding into MORE. Make decisions that support what you truly desire versus what you were programmed to believe are your limits or what's possible.

3

Your subconscious mind stops you from breaking free of your programming and breaking through your limitations, your financial glass ceiling, whatever you're going for... by getting you to agree with the reasonableness of how it's blocking you. So when you start going for more, and going after what you truly want... one of the most common ways that your subconscious mind stops you is by saying... "you don't have enough time for this."

4

"Thoughts become things" and you are "first cause." Your thoughts are first cause. They are creating your outcomes. This happens so quickly, that we often don't recognize it or see the connection or realize that it is the thought that puts things in motion. Yet this is happening ALL the time. And it's happening with ALL of your thoughts. No exception. Whether they are conscious or unconscious thoughts. Your thoughts become things and you are first cause. I said earlier that your thoughts are first cause, but really it's you who is making the choice of what to think, that is first cause.

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THE
UNSTOPPABLE
woman
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