



# Helping Women Breakthrough The Barriers That Weigh Them Down!

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## FAB Formula for Lasting Change

1. Know Your Ultimate Outcome
2. Know Your Reasons Why It Is A MUST
3. Make a Decision
4. Take Massive Directed Action Immediately
5. Know What You Are Getting
6. Change Your Approach as Often as Necessary

## FAB Gift of Beliefs

A Belief is a feeling of Certainty about what something means.

1. It Must change Now
2. I Must change it Now
3. I Can change it Now

The past does not ~~=~~ the future unless you live there.

## FAB Lasting Change Requires

1. You get Leverage. If you cant, you MUST!
2. Interrupt the Pattern
3. Create an Empowering Alternative

What would you like to change in your life? A Behavior? An Emotion? A feeling?

**DECIDE, EXECUTE, ACHIEVE!** (Share on Membership Site)

1. What 2 decisions did you make in the past that positively shaped your life? How did they improve your life for the better? What made you decide?



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2. What are 2 new decisions you are committed to make now and how will they improve your life forever