



# OWN YOUR STORY GUIDEBOOK



MENTOR

NICOLA PAULL



As your accountability partner, I will be providing you with techniques that you can use during and after the programme has been completed.

I will show you how to unlock parts of your conscious mind, involving soul energy work and body sensory feelings which may be holding you back.





# THIS PROGRAMME IS FOR YOU IF...

- You are struggling to move forward emotionally
- You are looking for different results
- You are stuck in a routine of living in the past
- You are lacking in self-worth
- You are overwhelmed by anxiety or negative thoughts
- You are feeling lost and lacking motivation
- You are looking for new ways to structure your daily routines

# SETTING INTENTIONS

## Time to 'FOCUS'

Setting intentions is the act of stating what you intend to accomplish and then acting upon it. It's a commitment to your journey instead of a focus on the destination.

When you set your intentions, it is important to consider: who, what, where, why and when.

I ask you to consider these questions as we progress through this guidebook. What do you want to change, and why?

Giving yourself the time to check in on a regular basis is a key part of the 'intention' process. You are showing yourself that you are dedicated to your goals. This will prevent any disconnection you might have felt prior to this journey, encouraging a more positive mindset.

Without the right mindset, your goals are more likely to be susceptible to distractions. When you feel as though any interruptions are disrupting your progress, it is most likely because you have not set clear intentions.



Remember, your intention is a reminder of what you're capable of

## Intentions are useful as:

- A tool to guide you through the day as you're faced with decisions to make.
- A reminder of what you want to focus on (because we all know how hard it can be to focus)
- The act of identifying the type of energy you want to bring into the day
- A reminder to stay mindful throughout the day

Intentions can align with your values or goals. They can also relate to the type of person you want to become.

For example, if you value productivity, your intention could be, "Today, I intend to stay focused and avoid distractions."

At the beginning of each session you will set your intentions for the next week. I will show you how to stay consistent with your intentions, so you can see results and feel a sense of achievement.

For this to work, you need to identify the steps that will get you from point A to point B. To stay committed to those steps, you need the right focus and mindset to get you there and that's where I come into it.



“  
IT'S TIME TO START  
SOMETHING NEW  
AND TRUST THE  
MAGIC OF NEW  
BEGINNINGS

Nicola Paull



When you begin your self-discovery journey you will most likely experience different stimuli at a rapid speed.

This moment requires vulnerability. Enjoy the feeling of re-birth and bask in the sun of new beginnings.

You will be opening all the doors that may have previously been locked. Walk through and open your mind to infinite possibilities. Your future is a blank slate, yet to be written.

You will encounter nerves that feel unfamiliar and you could be faced with uncertainty, even fear. Allow these emotions to combine with the rush of excitement as you encounter new places in your mind, body and soul.

Although you are a novice, you are still capable of mastering your own story.

# NEGATIVE BELIEFS

## Negative Beliefs

We naturally take responsibility of bad situations rather than attributing them to something external. It's a matter of survival: if we are personally responsible for the situation, then we feel we have control. When we believe we are in control, what happens? We are more likely to try to avoid danger. In other words, we live in fear, preventing ourselves from actually living.

Unfortunately, over time, this way of existing tends to create negative beliefs which hurt us more than they help us. When we think something negative is going to happen, it often does. "I am not good enough" stops us from going for that job we may want. By not believing in our ability to apply for the job, guess what? We don't get the job. This instantly sends us right back to the beginning where we believe that we were never good enough to begin with. The same thing works for "I can't trust", "I'm not important" and so on.

When we tell ourselves that we are incapable of doing something before we have even tried, we will never be able to achieve our greatest desires because we will be stuck in a negative feedback loop.



The most exciting beliefs to treat are your identity beliefs. These are your beliefs about what type of person you are. When you change an identity belief, you potentially change every aspect of your life—because everywhere you go in your life, there you are.

How do we treat negative beliefs?

First, by applying Emotional Freedom Techniques (EFT) to the emotionally connected idea itself—the belief statement, or association—we can begin the process of decreasing our emotional attachment to that idea. As soon as you identify a belief, you can tap into it. I am going to show you in our 1:1 live session how this will work in session two.

# 'EMPOWERING YOU' SIGNATURE GIFTS

## Mind



A tailor-made playlist

## Body



1x essential oil, unique to your energy growth journey

## Soul



1x crystal, specifically connected to your vibrational energy



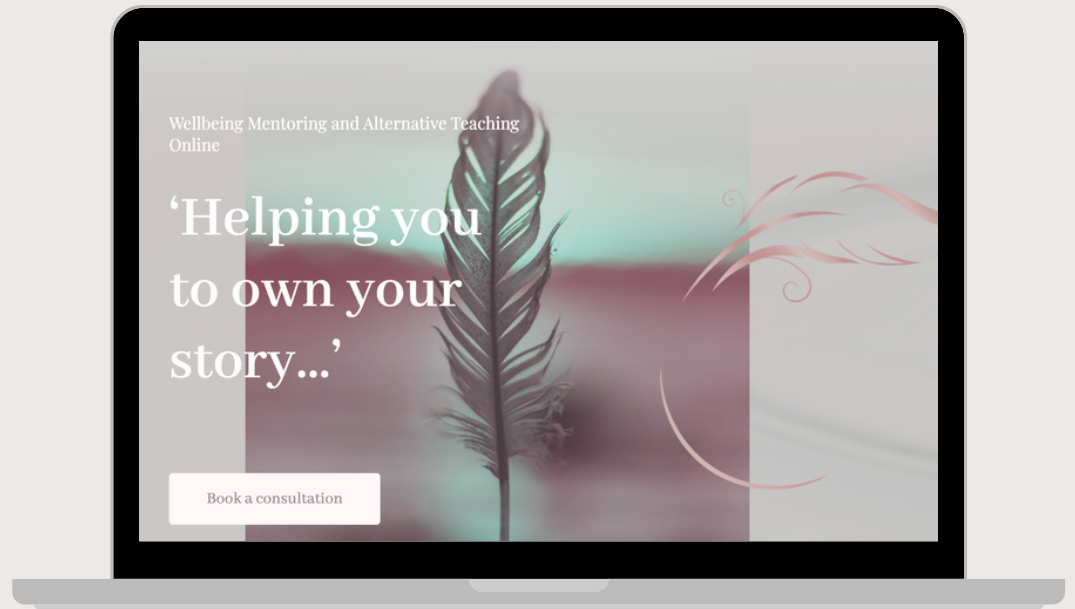
# QUOTE

“

“Being grateful for every new thought brings your whole being closer to creating a higher energy to the Universe”

Nicola Paull





## SIGN UP TO RECEIVE UP & COMING NEWS

Be the first to receive behind the scene new projects, online events, podcast news, follow us on Instagram @nicolapaul to keep up to date with inspiring content.

NICOLAPAULL.COM

# LOVE & LIGHT

Congratulations on completing your three month programme.

Please do not feel as though your journey has come to an end. It has only just begun. You have many tools at your disposal that will continue to keep you on the track towards empowerment.

As you enter into the realms of new beginnings, many new obstacles will present themselves to you. But do not see these obstacles as barriers preventing your progression, see them as lessons put there to encourage a deeper growth.

You are finally ready to 'own your story', so go out there and find it.

