



Coaching

Break-Free Blueprint

A guide to silencing doubt, trusting yourself, and choosing love

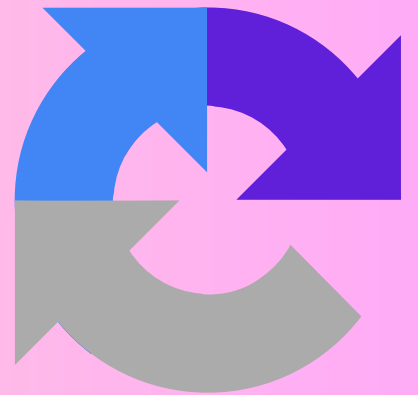


Step 1: Awareness – Recognizing the Inner Critic

- ✓ Pause/Observe: Notice when doubt arises. What does it say? “You’ll fail”? “You’re not enough”? Simply becoming aware of this voice is the first step.
- ✓ Separate from the Voice: This inner critic is not your truth—it’s a conditioned belief. Observing it weakens its power over you.

Step 2: Reframe – Choosing a New Perspective

- ✓ Question the Thought: Ask yourself, What if this isn’t true? Could this belief be a defense mechanism that no longer serves you?
- ✓ Shift to Love: Speak to yourself as you would to a dear friend. Instead of “I’m not good enough,” say, “I am learning, I am growing, and I am already enough.”



Step 3: Inspired Action – Trusting Yourself

- ✓ Small Steps Create Big Shifts: Each time you choose love over fear—even in something as simple as saying, “I am enough”—you take a step toward freedom.
- ✓ Live in Alignment: Take one action today that reflects your highest self. Speak up. Set a boundary. Offer yourself forgiveness.



Take the **FREE** Assessment to uncover what’s stopping you from living authentically.

<https://shawnewoogin.com/take-quiz>

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