

Kathy's Confidence in Relationships Coaching

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THE 4 KEYS TO ACHIEVE PURPOSE PASSION & FREEDOM

Abstract

This course will introduce 4 key ways to grow your mind to help you move towards your goals, dreams and desires and not continuously sabotage your efforts with toxic thinking.

Our minds are very powerful. Our minds can be our friend or our enemy. We need to know we have a choice about what we think about.

There Are **4 keys** to achieve your purpose passion & freedom.

In this short book, I will address what the 4 keys are. Why they are important to Your Purpose Passion & Freedom and how they work.

The 4 keys to a changed life are to **Think on purpose** – **choose** your thoughts, **Speak** - the new thoughts, **believe** – what you speak, **Create** – an attitude of gratitude. The first key I will address is **Think on purpose**.

1st Key Think on purpose

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Thoughts are a powerful force (like gravity). Gravity is a permanent force we cannot change. What goes up must come down. In the same way: what we think is what we become or what transpires in our life. Thoughts are created by emotions. Emotions are just feelings that we feel at times. These feelings can be our friend or our enemy depending on what is going on in our life. Once we train our thoughts to obey us we can use those new thoughts to adjust how we feel. Example: Someone does something that really makes you mad. You “feel” hurt and get upset. If we have trained our thoughts to say, “Their action will not affect my emotions” or “I am well able to forgive them” every time this happens the feelings of anger will dissipate. So we “choose” what we are going to think at a time when a feeling tries to take over and upset us. Our thoughts are limited and futile and we must renew our mind with positive thoughts to create our new life of **Purpose Passion & Freedom**. When you are feeling worthlessness, insignificant, unloved, depressed, or a lack of confidence you can create new thoughts to speak out loud like: “I am worthy of being valued and paid attention to”. “I am entitled to joy and pleasure”. “I am entitled to make mistakes and not be perfect”. These are just a

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few examples of how it works. In [one on one](#) coaching we go into more specifics about your precise thoughts you struggle with the most and how to address them. Now let's talk about speaking these new thoughts out loud.

2nd Key Speak - The New Thoughts

Speaking the new thoughts that you have taught yourself will train your feelings that

they are not in control of making you feel a certain way. Feeling the lack of: Confidence-Hope, Desire, Self-love, Clarity, Motivation is just a feeling and is not true about what is in you. Affirmations are a great tool to change our thinking. A couple of affirmations that work to address those feelings of lack are: "I hold myself in high regard despite my imperfections and limits. "I am worthy to assert my God-given talents in the world". I also offer a coaching support program called [Break the Bond of Codependency & Learn to Love the True You!](#) to learn more about speaking new thoughts for long term success

in life. Fear can create negative thinking as well. It has been proven that negatively anticipating a future experience is potentially more

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devastating than actually experiencing the problem itself. That is because our thoughts are very powerful and bring about what we think and what we speak. Once you have decided to choose what you will or are thinking and speak it out loud you must believe what your new thoughts are telling you. The KEY here is to speak out loud what is the truth about the negative thought. Now let's explore the believing aspect of the 4 keys.

3rd Key "Believe" The New Thinking.

Thoughts and words create your reality and your words tell the universe what you want. Then the universe delivers to you what you speak. If you have limiting beliefs about yourselves or your future it can hinder the work you have done to put positive thoughts in place. If you speak and believe the positive thoughts the atmosphere changes and brings about what you are speaking and believing for. This is scientifically proven, and I go into that more in my course [The Art & Science of Transformation Webinar](#).

There is a kingdom not of this world that we don't fully utilize when we don't believe the new words we are speaking. These words are what the creator of this kingdom wants for us and always has. If we could see with different eyes, we would see the miracles happening around us when we speak the

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truth about who we are meant to be, what the truth is about any situation and how we want life to look. Now let's talk about how a positive attitude will help you to believe the new thoughts you are speaking.

4th Key Create a Positive Attitude

Create a Positive Attitude by incorporating a gratitude list into your daily activities. Science has proven that it takes 10 positive thoughts to wipe out one negative thought. That's why actively creating a positive attitude is so crucial to this program working. I recommend you get a journal and record what you are thankful for daily and read them out loud daily. You might say "oh that is too much work". Let me tell you that science has proven that when you read over your gratitude list daily certain chemicals in your body show up to bring a euphoria and put people in a good, positive mood. We cover more on creating a whole journal for daily progress in recreating a life of success in the [The Art & Science of Transformation Webinar](#).

So just do it by faith knowing it will work. Write anything that comes to your head to be thankful for, even the slightest little thing. So, to wrap it up the 4 keys used in conjunction with one another will help you achieve your purpose passion & freedom, bring hope for your future, create a positive

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environment and produce: Confidence, Self-love Clarity & Motivation to your life.

To learn more about my daily free coaching, join our [free Facebook group](#).

To get the expanded version of my book on “BOUNDARIES FOR FREEDOM” [go here](#)

or your free 30 minute one on one coaching session go to

www.kathydigiacomo.com or

<https://www.facebook.com/Transform4lovecoaching/>

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If you would like to get my other books on Self Care [CLICK HERE](#)

You don't have to feel out of control or tolerate drama and guilt. Discover new happiness. Healthy boundaries prevent you from giving advice, blaming or accepting blame.

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