

Lilia Navarrete

The Entrepreneurial Money Archetype Training Workbook.

1. AUDIO #1

Here are the main behavior of each archetype that you will hear throughout the training and need to be aware of:

Hardworker - overworking

Healer - undercharging

Nurturer - overgiving

Trailblazer - playing small

The “awareness” exercise:

1. What do you want to experience right now in your business? In one clear, precise sentence.

2. What are you experiencing currently instead of what you want?

3. How does it feel to you? Feelings, emotions, sensations.

4. What thoughts go along with this experience and feelings?

5. What do you do while experiencing this result in business? What actions do you take? What actions do you not take?

6. What does one have to believe to experience this result in business along with these feelings, thoughts and actions?

7. What would be possible for you in your life and your business when this is different? What other opportunities will open up?

2. UNCONSCIOUS COMMITMENTS/CORE LIMITING BELIEFS OF THE ARCHETYPES.

Hardworker: I am not enough as I am

Healer: I am not special as I am. Being unique and/or significant is dangerous.

Nurturer: I am not as important as other people. Other people's needs and desires matter more than mine.

Trailblazer: I won't be loved if I allow myself to be more

3. HOMEWORK

Use this same exercise that Becky did every day of the next week and see how often do you get into the subconscious loop? How conscious are you of whether the actions that you take are supporting the negative pattern or the positive pattern? What beliefs are fueling your thoughts, feelings, actions and as a result, the outcome you are experiencing? Let's create the same deep awareness that Becky has, so you too can see the negative patterns! In the coming audio training, I will share how you can experience the breakthroughs Becky had.

And of course, I would love to hear what you discovered about yourself in completing the awareness exercise. Just jump into my inbox at any time with your discovery!

2. AUDIO #2

1. THE 5 AREAS OF DEEP INNER WORK TO REMOVE YOUR BLOCKS

1. **Energy.** Can you receive the flow easily? Are you connected to both Earth energy (the one we need to manifest anything) and Universal energy? Or are you blocked and disconnected?
2. **Mind.** Is your set of beliefs and patterns positive or negative? Are your thoughts supportive of your outcome or not? Are your blocks mindset related or subconscious-related?
3. **Emotions.** Can your body process emotions easily? Do you have stuck emotions in your body? Is your heart open? Are there emotional blocks that need releasing?
4. **Soul.** Are your blocks from this or past life? Do you have karmic issues? Are your energy boundaries clean and strong? Do you have any negative attachments, cords or hooks placed? Do you lead your business and life according to your divine path and purpose?
5. **Physical.** The actual business knowledge and your action steps. Is your strategy aligned with who you are? Do you have the right business tools? And, not surprisingly, is your body strong and healthy?

2. FINDING YOUR BELIEF IMPRINT

Here are the timeline search just in case you want to go deeper again:

- How old were you?

- What is the memory?

- Who influenced that belief coming up for you?

- Notice how it got formed in your mind because of that specific experience.

3. HOMEWORK

Think about what other meanings could be possible in the situation you uncovered? What else could be true instead of that limiting belief that you imprinted? From your vantage point of view now, what other thoughts and beliefs could have been used that are positive?

3. AUDIO #3

The “Decision Circle Exercise” Instructions:

For this exercise, you’ll need to stand up. Quick tip: you may want to record yourself on your phone as you are doing this exercise. So put this audio on speaker and stand up, making sure you have enough space in front of you to make a step a bit to your right and a bit to your left.

Take a deep breath in and imagine two circles - one to your right and one to your left. Just see how the circles look like: are they drawn in chalk? Or perhaps look like a column of light. What color and shape are they? There are no right or wrong answers here - we are all individual and that’s what makes this changework so unique. It’s accustomed to you.

Now imagine that one of these circles is going to represent you 6 months down the road, having made a decision to do the changework and remove all of the negative behaviors, feelings and beliefs that are currently stopping you from your greatest success with ease.

And the other circle is going to represent you 6 months down the road, having made a decision to NOT do the changework and keep doing exactly what you have been doing.

In a minute I’ll ask you to go ahead and step into one of the circles and when I do that - you are going to step inside, close your eyes and take 5 deep and long breaths in and out. You are going to step inside each of the experiences, living the results and tuning into how your body feels inside this experience.

Ready, 1,2,3 - go ahead and step into the NOT DOING THE CHANGWORK circle. And breathe....What do you see? What does your body feel? What are the thoughts? What are the results?

Then go ahead and step back. Shake your body. You are back to here and now to your normal self. In a moment you are going to do the same exact thing with the second circle.

Ready? 1,2,3 - go ahead and step into the DOING THE CHANGWORK circle. And breathe....What do you see? What does your body feel? What are the thoughts? What are the results?

Then go ahead and step back. Shake your body. You are back to here and now to your normal self.

Now, journal for yourself - what circled felt the lightest? What had the best results? And if you videotaped yourself - go ahead and see how your body reacts to the outcome in each circle? Our bodies never lie:)

What decision feels aligned?

4. AUDIO #4

Follow the meditation on the audio training itself, no homework.

5. AUDIO #5

1. An exercise to check your energy centers:

This is where the very exercise from our first audio is going to come handy. I want you to tune into what you are experiencing on a regular basis in your business. So, sit down, take a couple of deep breaths in and in your mind's eye walk through your day-to-day business life.

What kind of feelings, emotions and sensations are you experiencing as you go through your business day to day?

Do you feel anxious, scared, overwhelmed?

Where do you feel it in your body?

Is it in your tummy? Or in your chest? Does your head feel heavy? Anywhere else?

2. NEGATIVE EMOTIONS OF THE FORCEFUL STATE OF CREATION

- Shame
- Guilt
- Stuck
- Self-loathing
- Grief
- Fear
- Anxiety
- Frustration

Overwhelm
Insecurity/doubt
Depressed
Hate/rage
Anger
Jealousy
Greed
Lack
Worry
Blame
Irritation
Impatience
Pessimism
Craving
Powerlessness
Despair
Disappointment
Discouragement

3. Qigong “breathing through your feet and head” exercise to connect and clear your channel instructions

What you are going to do is you are going to stand up with your straight spine, close your eyes and imagine like you are connecting to the Earth with your roots like we did in the exercise in audio #4. And then you are going to breathe the energy in through your feet and breathe out through your head. Then breathe in through your head and breathe out through your feet. If you feel lightheaded or nauseous - it's ok - it's actually good because that means you are moving unhealthy layers of energy out of your body and clearing your channel of connection. Keep breathing for 15 minutes.

4. HOMEWORK

A quick tip about moving low-vibrational emotions out of your body - key word is moving it! You can concentrate on one particular negative emotion and where you feel it in your body and use your breath like a gentle caress - breathe into that area until you feel the energetic shift.

Try using your breath to move stuck emotions instead of bottling them up. Do the feet/head breathing for at least 15 minutes and watch how your body feels during this exercise and right after it.

6. AUDIO #6

1. HIGH-LEVEL PLANNING PREP

Go ahead and close your eyes. Take a few rounds of deep breaths in and out. Focus on your breath. Relax your body, ground, drop your energy. Keep breathing.

Listen to the instructions in the audio to go through the vision exercise.

Afterwards, come in and write down what you were experiencing

What were the goals? the thoughts? Feelings?

Then answer the following questions:

1. Why is it important to have that result?

2. What will it give you?

3. What kind of opportunities will be able to open up for you if you were to achieve all this?

4. And what's possible for this place?

5. Who else is going to benefit from these results?

6. How are other areas of your life going to change?

7. And now, on a scale of 1-10 how important is it for you to begin working on this vision now?

2. HOMEWORK

And you are done! Your homework is to come up with the 3 words that are aligned with this vision of the higher you and place them in your phone as an alarm. Let this alarm go off 3 times a day to remind you what you are working towards - all the actions, thoughts and feelings that go along with that version of yourself.

ANd you basically have an entire plan in your mind already! Want to take it a notch further, use the insights from your vision exercise and create your own aligned map for success!

Your 3 words and an aligned map for success:

7. AUDIO #7

SUCCESS WITHOUT STRUGGLE overall 5-step process.

Discover. Release. Heal. Integrate. Change.

Most of these techniques cannot be done individually and requires these top three things - Education, High-level support and a structure and system.

1. Education.

We strongly believe that just performing a certain exercise and routine, like a generic question sequence, because someone told you - is hurting you in the long run. Without proper understanding of how things work and why you are doing what you are doing, you'll never be able to achieve consistent results with any coach, healer or mentor who has the tools, skills and knowledge to lead changework. You'll always fall for the shiny object syndrome and you'll feel confused about what the needle moving activity is. Personal responsibility is needed to take any information and DECIDE what is aligned and how to use it (or NOT) to create the amazing results you are looking for and you can't take responsibility for what you are creating if you don't know how all the major 5 areas work. We believe curated information gives you personal responsibility and personal power.

2. High-level support.

Everything within those 5 areas (energy, mind, emotions, soul and physical) has its own working system. You are already familiar with the mind area that we discussed in the previous audio. I don't recommend DIY'ing your changework, just like a doctor needs medicine, any person with sabotaging behaviours they want to change to create success needs an expert to help them change. However, some of you are likely to want to go and do this for your own unique reasons, if that's the case, you'll want to begin your journey right away to study, practice and master your understanding and skills in those 5 areas.

For those of you who want rapid success and the right support to get there - there's two ways to do this:

- Hire experts in each area - I had to do it this way and spent over \$200k getting all the support I needed. It's expensive and complicated. Oftentimes, I found myself in trainings that weren't what I expected and didn't provide the complete support I needed.
- Join a container such as a mastermind which provides you with access to qualified expert practitioners and leaders in all 5 areas. Knowing what we know about changework and our clients successes, we had to design our events and mastermind with this in mind.

We believe that a mastery level coach, healer or service-provider does:

- Have the relevant qualifications, practice consistently and continually develop their expertise
- Not try to make herself feel better by overloading her clients with materials to feel like an expert
- Not take them through a deep inner work leaving them in an emotional mess
- Not give them surface-based tasks because she is too busy to go deeper
- Not keep working with them forever at low prices just to keep them afloat
- Speak the uncomfortable truth for the client's higher good
- Coach from their understanding of their view of the world and not her own
- Takes care of her own energy and mindset
- Chooses growth over comfort to be able to take her clients further

3. Structure and system

How we present the work is extremely important for our client's results. Our minds are structured in a certain way and it's important that your learning psychology and requirements are met, every step of the way. If we were just to throw you into any of our trainings without first addressing some fundamental aspects of your subconscious beliefs and energetic barriers, you would feel overwhelmed with where to start and how to make sense of all the information, experts and zoom calls. you'd' experience one of the following:

- You'd get super overwhelmed, confused and feel like you are totally behind which would make you quit.
- You'd try to do everything at once and you'll just completely burn out.
- Or procrastinate and fall behind while you tried to figure out where to start

We are excited to invite you to apply for our SUCCESS WITHOUT STRUGGLE ONLINE LIVE EVENT and help you break through the subconscious and energetic barriers you discovered throughout this training!

I have a couple of important questions to help you work out if this is the right next move for you, your business, family/friends and life.

Q1. If you had support to:

- Remove your subconscious barriers and energetic blocks
- Integrate your new beliefs successfully for long term success
- Raise your energetic vibrations and manifesting capabilities
- Develop your unique business success blueprint

Do you feel you could:

- Reach your next level of financial success?
- Achieve the massive impact you want to make?
- Finally get to tick things off your bucket list without worrying about your business?
- Spend more time with family and friends?
- Have more time for your health? Or someone who needs you.

If you said yes to any of those, you are in the right place.

Q2. What becomes available to you if you address your sabotage behaviours now? If these options excite you, you are in the right place.

Q3. Is now important? Why? Or could you wait? And how long? If you said you couldn't wait, it's important now and your reason why resonates in your heart, you are in the right place.

Q4. Are you the kind of women who will step up to a challenge with an open mind and ready to take bold action like restricting your work hours, no matter how scary it might feel? If yes, you are in the right place.

Q5. Why is working with us to create success without struggle a good fit for you?
If you can't think of any reasons, this is NOT for you.

Q6. What makes you a good fit for working with us? If you said you are committed, dedicated, willing to do what it takes. You are in the right place.

And if you find you are in the right place, quite simply click the banner on this screen to join us on a journey to creating success without struggle in your life and business!

If you are wondering where that banner is - simply email us at:

coach.lilia.team@gmail.com and we will get you all the info!

It has been a pleasure and honour guiding you through the Anti-Sabotage Archetype training. I trust you have deeper insights, a clear path forward and the drive and determination to see it through. And for those action-takers, ready to join the ranks of the smart female entrepreneurs my team and I have worked with in the past, we look forward to seeing you very, very soon!

To Your Next Level,

Lilia Navarrete

