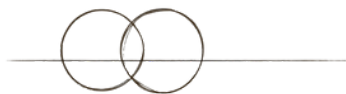


Empowerment Guide

Recreate Your Life from the Inside Out

Take the Quiz

Discover How to
Live Confidently and Trust
in Your Path



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Looping in Circles: How Pursuing External Goals Fails to Bring Change

No matter how intensely we pursue external goals—whether it's the next promotion, financial security, a perfect relationship, or even our athletic achievements—they never quite bring us what we are expecting.

Years of chasing dreams can leave us feeling confused, and searching for something more.





Trauma can deeply affect our nervous system, shaping how we think, feel, and act without us even realizing it.

Our nervous system is the command center for both our emotions and reactions.

When it's impacted by trauma, it can lead us to repeatedly seek external solutions for internal pain.

This constant search often fails to address the root cause of our discomfort.



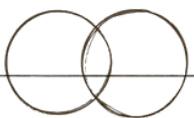


Healing internally isn't just about feeling better—it's about fundamentally changing our life's trajectory.

By addressing the hidden trauma stored in our nervous system, we open the door to new ways of being and interacting with the world around us.

Let's discover why seeking external achievements often falls short of our hopes.

Take this quiz to see if your inner state is influencing your life in unhelpful ways, and learn how to heal the inner programming for a more abundant and peaceful life.





Choose a calm, quiet spot where you won't be interrupted. It may be helpful to have a warm drink, a pen, and some paper handy.

1. Are You Always Searching for the Next Big Thing: (Job, relationship, etc.)

How often do you do things that you think will bring you rewards, like job promotions or social approval?

- Often
- Sometimes
- Rarely



2. Looking Outside Yourself – Seeking Guidance:

When you face a problem, where do you turn first for solutions?

- External sources (books, experts)
- It varies
- Myself (inner reflection)

3. Your Self-Care Practices:

How regularly do you engage in activities that support your inner well-being, like meditation or breathwork?

- Regularly
- Occasionally
- Seldom

4. Living Your Values:

How often do you reflect on whether your daily actions align with your core values?

- Frequently
- Sometimes
- Almost never



5. Solving Problems:

When things aren't going well, do you think changing something external, like your job or where you live, will fix the issue?

- Always
- Sometimes
- Rarely

Understanding Your Results:

- **Mostly 'Often' or 'Always':** You may be leaning too much on external achievements or changes. Introducing practices focused on rewiring your nervous system will shift your life.
- **Mixed Responses:** You're making strides towards a balanced approach. Enhancing your focus on inner healing will bring more fulfilling experiences.
- **Mostly 'Rarely' or 'No':** You have a balanced stress set-point. Continue to cultivate this and share your insights to inspire others.





As we address and heal the internal unrest hidden within our nervous system, we begin to witness a magical transformation in our lives.

This healing journey reshapes our experiences from the inside out, bringing about profound shifts that align more closely with our true desires and needs.

By focusing on our inner world, we pave the way for genuine and lasting changes in our external circumstances, moving us towards a life of greater peace and fulfillment.





Reach Out If You Have Questions or Need Support

If any doubts or questions arise, know I am here. You can schedule a complimentary **30-minute discovery call** with me anytime.

Much Love,
Lisa xo



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