

A full-page background image of a sunset over a beach. The sun is low on the horizon, casting a warm orange and yellow glow across the sky and reflecting on the water. The sky is filled with soft, white and grey clouds. The beach in the foreground is dark and sandy, with some small rocks and shells visible. A semi-transparent dark blue rectangular box is positioned on the right side of the image, containing the title and author information.

Blueprint

Le'Siran Edwards

Your Guide to Get Unstuck & Achieve Freedom!



**“Nothing changes if
nothing changes” -
Eric Thomas**

Are you not achieving in areas of your life that matter to you?



Do you experience the feeling of
freedom?



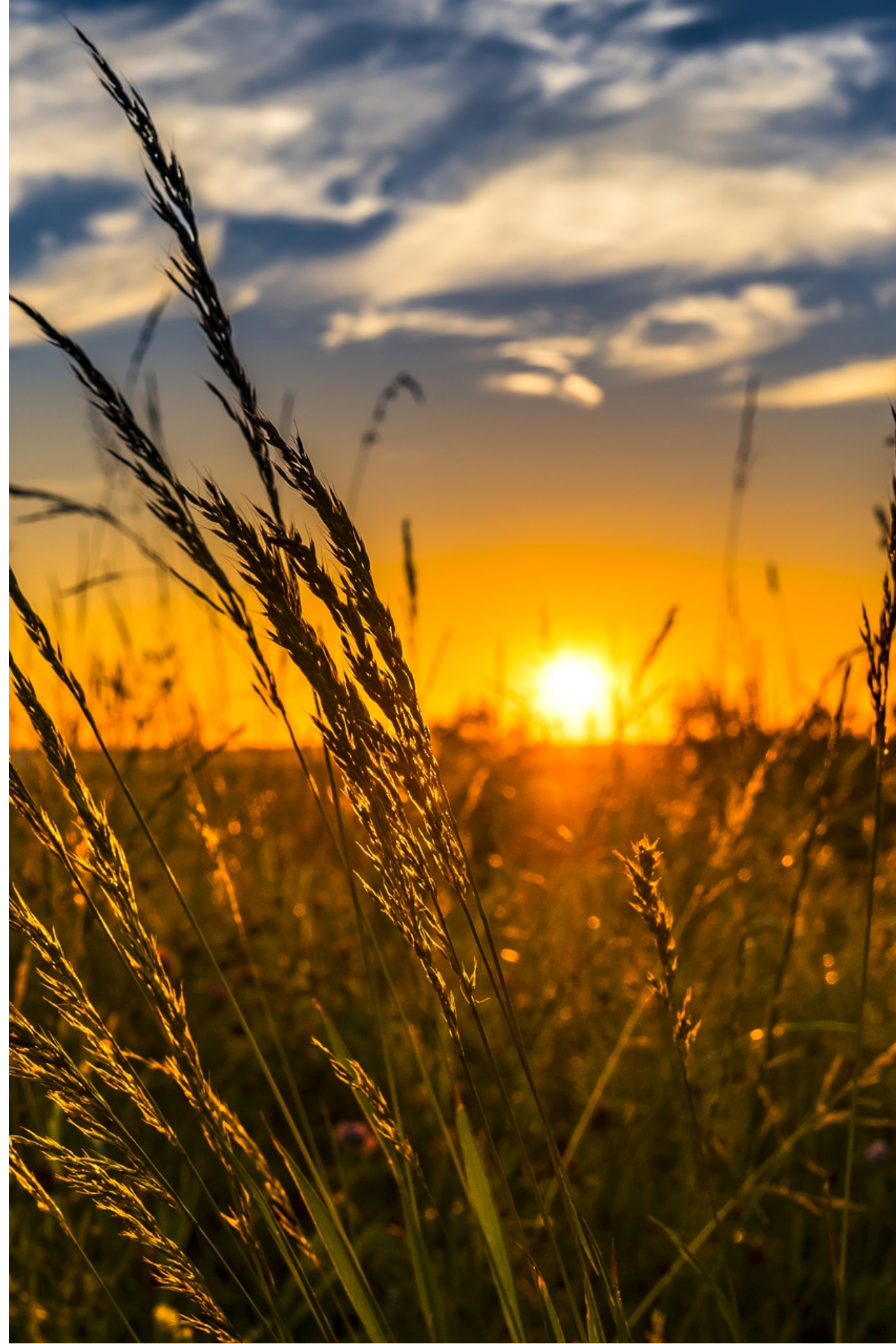
Do you hear an inner voice that tells you
you're doing well?



Do you share love & light with those
around you?



If you don't there's a reason for this



Get Unstuck, Experience Self-Love & Life Balance.

This is the key to what you attract in your life and the foundation to everything you achieve. Self-love is the force within you that has limitless power!

Self - love motivates

Self-love is inner peace

Self-love is eternal

Self-love is wisdom

Self-love requires growth

This demanding world can take more from you but if you get unstuck you retain some control and never run out of being happy! That's because joy lives inside of you!

You'll never run out of resources because your mind is open to finding solutions.



"Freedom is a state of mind" - Le'Siran

You'll never doubt again because your autonomy is too strong and your inner wisdom will rein!

Can you see what this is?

The universe only gives you what you focus on. If you're not excited about life or not achieving in certain aspects of your life and this is what you focus on;

this is what you will get.
Teaching your mind to focus on **freedom & abundance**, then these are the results you'll get.

To balance all areas of your life try to focus on:

Success, Harmony, Peace, Self-Achievement. So, let's get started!

1. What do you see as the imbalances in your life? Ex: Finances.

2. In order to gain an understanding of your imbalances, be specific. What have you noticed specifically about your imbalances? Consider each one in turn, asking the question, how does it make me feel? Ex: Finances. I am in £5,000 debt. This makes me feel stressed.

3. I would like you to think about each imbalance you've identified. If it were to talk directly to you, what would it say? Ex: If 'Debts' were to talk, it would say: "I will increase because of the interest. I'm just getting bigger. I'll be like this forever."

4. Think about each imbalance, what are they really trying to tell you? What is the deeper reason behind what they have said to you? Consider, what gift are they trying to give you? Ex: My debts may think it's supposed to live like that but really it wants freedom.

EX: It wants to make sure I... / The deeper quality it wants for me is...

5. Am I willing to open my heart and receive each gift? If so, enhance each gift to be the best they could be? Consider what you feel, what you can hear and what you see. When you have got the gift looking just as you want it, capture in the space below.

Here, we are hot wiring the brain. This is about building up the vision of the gift, so each time you think of it, it feels brilliant and you can expect the areas of your life it relates to, to be more balanced.

6. Answer these questions. What did you have for breakfast? What are you going to have for dinner? Where was you last holiday?

Here, we are gaining control of what happens in the mind. How you think about a situation affects how you feel and this in turn impacts on how you respond/behave. So every time you think of your gifts, change your focus for a couple of seconds then come back to it. We have distractions in the world all the time, so if you practice this, you are training your brain to automatically revert to the 'best' sounds, feelings and images.

7. Now consider all your gifts, what is a new and practical way you can move towards achieving balance in all the areas you identified? What options do you have available to you to make it happen?

8. Are you willing to test out this new perspective and make a plan moving forward? Write it here.

“No problem can be solved from the same level of consciousness that created it.” Albert Einstein.

9. From this place of a new perspective and acceptance how long would you like to give yourself to collect your gifts?

10. Thank yourself for being open and willing to work through this process. Even if you don't believe it will work, testing this out is the first step to move toward life balance and as sense of freedom. You're invited to write what you feel has been valuable to you during this process.

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*Or contact me to request I speak at
your event!*



Blessings

Le'Siran x