



## *Lesson 3*

# Change The Channel



# Exercise 1

## Change the Channel.

Our thought patterns and behaviors may not always be in harmony with the life we would love to live. Sometimes we are focused on lack and limitation, yet we long for abundance. Perhaps we hold thoughts of resentment when we desire to have more love. Or, maybe we conduct ourselves in a mental, emotional, or physical way that is out of harmony with the picture of how we would love our life to be. Our thought patterns, behaviors, and feelings create the energetic frequency with which we are living our lives.

On the next page, you'll identify five of your thought patterns or behaviors that are in direct opposition with the life you would love to live, and then change the channel and list a thought or behavior that is in harmony with the life you would love to live.



Thought / Behavior  
in Opposition

New Channel  
Thought

01

02

03

04

05

# Exercise 2

## Rewrite the Story.

There is not one thing we could think of that is beyond the capacity and possibility of the Universe to bring forth. This Universal power is truly abundant and without limitation, and we are one with this power, presence, and mind. With this understanding, we can rewrite the story of what is possible for our life .

The journey of our life unfolds into a story that we tell ourselves and becomes our truth. This journey has defining moments that we could call chapters within our own story.

As an example, in Mary's life story, she refers to a "chapter" in her life which she titled "Teen Mom." For a long period of time, this chapter was a story that was based in shame, regret and guilt.

## Exercise 2

### Rewrite the Story.

Ultimately, it was this internal turmoil which expressed itself as physical illness and she ended up in the hospital . Thankfully, she met someone in the hospital who helped her see that we have been gifted with the ability to create our story and the ability to determine the meaning of our story . This is exactly how Mary changed the perception of her Teen Mom chapter . Mary now shares this story as a one of empowerment, courage, compassion and self-reliance. Mary still has a chapter in her life called Teen Mom, but the meaning has changed.

# Exercise 2

## Rewrite the Story.

What is a chapter title in your life to which you would love to give new meaning? List the title and write your new meaning.

**Chapter Title in Your Life**

**New Meaning**

# Let's Get Started!

## SCHEDULE A FREE 60 MINUTE STRATEGY SESSION

Brenda's holistic view of business has grown out of decades of experience as a political activist, community organizer, and practitioner of the healing arts. Brenda truly embodies the idea that through empowering women in their own lives, we can infinitely change this world for the better. In working with hundreds of women business owners, Brenda knows that a business can truly thrive only after one has made the commitment to unmasking limiting beliefs, discovering one's worth, practicing self-love and nurturing the soul.

Reach out to her and find out which of her programs is the best fit for you - Dream Builders Program, Life Mastery Program, and Badass Warriors Circle Mastermind.

### CONTACT

Brendarbryan@gmail.com

(503) 728.8700

[www.BrendaRBryan.com](http://www.BrendaRBryan.com)

