

# Getting Steady in Shaky Times

## ...your first step in the Flip YOUR Switch Program to real, transformational change

Forgiveness

Permission

Choice

Freedom

Affirmation

Surrender

Gratitude

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Y

One thing I'd like to implement...



Belief Re-patterning: The Amazing Technique for "Flipping the Switch" to Positive Thoughts (Hay House, 2012) Suze Casey

587-449-8224

hello@beliefre patterning.com www.BeliefRe patterning.com