

SOULIFY

Beth Miller

True You Hypno-Journey

SOULIFY WELLNESS



The purpose of this hypno-journey is to connect with your authentic self, and realign with your desires & dreams.

This Hypno-Journey is the first step to manifesting the relationships, abundance, & well-being you have always wanted!

Many women feel an immediate release of stuck emotions after listening to it once.

These emotions often have been repressed within them for many years.

When the Hypno-Journey is over, they feel lighter and more alive.

Listen to the True You Hypno-Journey and experience its impact immediately!



What is the True You?

You know this version of yourself because it feels so good.

It feels light, peaceful & aligned in everything it does (talking, decision making, listening, loving yourself).

Often relationships, work & life can feel like a struggle when we are constantly accommodating, compromising, sacrificing & hiding parts of ourselves.

Over time, neglecting your authentic self plays its toll.

You may become resentment, angry, lost, hopeless, sad, guilty, dissatisfied, regretful.... And the list goes on.

But don't worry, the universe is always working with you!

When you realign with your authentic self, you will begin to reconnect with what makes you happy within your life, allowing what you desire to flow in naturally & with ease.

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True You Hypno-Journeying

When to use

- Desiring to transform your life, relationships, wealth & well-being.
- Looking to reconnect with the real you.
- Needing to release stuck emotions that are causing unhealthy repetitive patterns in your life.
- Feeling lost or stuck, overwhelmed, in a rut, ungrounded, rock bottom.
- Feeling like your life is out of control.

Outcome

- Feel refreshed, excited, whole, lighter, grounded.
- Feel cleansed of the things that don't serve you.
- Realign your mind, body & soul.
- Reintegrate your true passions, confidence & beliefs.

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STEP 1

Click the button to access your "Soulify Method-Hypno-Journey" Guide on how to manifest your dreams and desires with clarity & confidence.



STEP 2

Complete the Pre-Hypno-Journey Journal Prompts (page 3).

STEP 3

Start the True You Hypno-Journey, get comfortable, put on your headphones & begin the incredible journey.

STEP 4

Complete the Post-Hypno-Journey Prompts (page 4).



Pre-Hypno-Journey Journal Prompts

- ☐ List things that you always make time for, and you are never too busy for or procrastinate?
- ☐ What are you most fearful of doing, but secretly want?
- ☐ Think back to a time or situation when you felt the most authentic. When was this?
- ☐ If money were no object, you would not fail, no one's opinion mattered, what would you...
 - a. Spend your time & energy doing?
 - b. Do for work?
 - c. Spend your money on?
 - d. Save money for?
- ☐ How do you show yourself love?
- ☐ What do you dream, think and talk about the most?

Take note of any questions that feel like your ego may have tried to override your truthful answer? If so, put a star beside those answers and we can tackle them in a future module.



Post "TRUE YOU" Hypno-Journey JOURNAL PROMPTS

- ☐ Describe the TRUE YOU that was floating above the line?
- ☐ Which version/age of yourself were you most drawn to, as this was one of your least authentic times in your life?
- ☐ What healing did you give this version of yourself?
- ☐ Were you able to get all unneeded aspects of yourself into the ball, and have it float away? Or did you need to leave some until another time.
- ☐ How did this healing spread and impact all other future versions of yourself?
- ☐ What 3 steps can you take to ensure you strengthen and integrate your authentic you today?

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I have a FREE gift for you...

CLICK TO BOOK
Uplevel Your Life
Discovery Call



Get your personalized plan on how to transform your life,
wealth & well-being starting today!

On the 15-minute call I will give you ALL this-

- 1-on-1 personalized solution on how to MANIFEST something you truly desire.
- Custom action plan on how to END FEELING overwhelmed, stuck and unhappy.
- CLARITY on how to create what you want in your life... a better relationship, a new job, increased well-being, more time, abundance - the list is endless.

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