



LISA CARRUTHERS

# LEADHER TO FREEDOM

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

*The*

*Top 50*

*Emotions*

and

Beliefs for women



# A NOTE FROM *Lisa*

WELCOME, INCREDIBLE WOMAN.

You're *here* !

O and you've made it within the most perfect time, space and sequence when you hovered over the button to say "Yes" to you in your life at this very empowered moment!

"I've been waiting to meet you, and it's finally the Day! "

For EVERYthing you've been through and may still be going through, please know in your heart of hearts it's all been worth it!  
and...."You ARE so worth it!"

Don't let that little subconscious saboteur grab a hold of you ANY longer my love.

You'll be learning how to kick it to the curb in NO TIME! ("pst!!.....did you know I hold a 3rd degree black in Karate babe,.... so, I have YOUR BACK! " )

Every day in most parts of your life, as modern women we have lost our way, our path, and our TRUE innate identity along with our power in a male configured world, and it's definitely NOT your fault, nor is it mine,.....It JUST IS!

That's why we're here to unravel the layers... it's time to make a STAND as a woman, and learn what you need to learn so you CAN create a life you love, and that wonderfully Flows as YOU Grow!

Let's all BE the change we want to see more of!

For you, for your Family and for all OUR future generations...

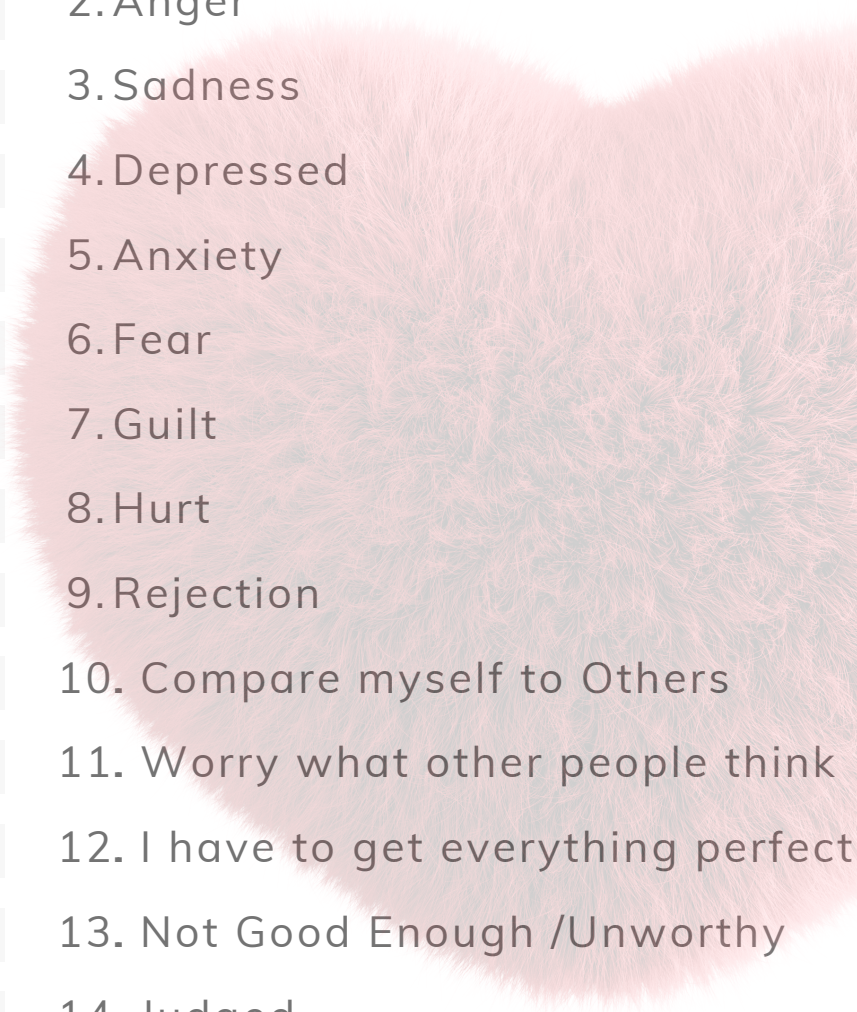
Much love and Success to YOU ♥

*Lisa xo*

Lisa Carruthers  
Creatrix® Transformologist®



# TOP 50 COMMON *Emotions* and Beliefs FOR WOMEN

- 
1. Shame
  2. Anger
  3. Sadness
  4. Depressed
  5. Anxiety
  6. Fear
  7. Guilt
  8. Hurt
  9. Rejection
  10. Compare myself to Others
  11. Worry what other people think
  12. I have to get everything perfect
  13. Not Good Enough /Unworthy
  14. Judged
  15. Not Confident
  16. Overwhelmed
  17. Impatience

# TOP 50 COMMON

## *Emotions* and Beliefs FOR WOMEN CONT'

- 18. Jealous and / or Envy
- 19. No one will pay me  
a lot of money
- 20. Not heard / Squashed
- 21. You've got to work  
hard for your money
- 22. Afraid of being seen
- 23. Betrayed
- 24. Regret
- 25. Frustration
- 26. Doubt / Skeptical
- 27. Self loathing /  
Disgust
- 28. Fear of Failure
- 29. Fear of Success
- 30. Self Doubt
- 31. Abandoned
- 32. Lonely
- 33. Not loved
- 34. Grief / Loss
- 35. Hate
- 36. Resentment
- 37. Useless / Inadequate
- 38. Need to Control / Loss of Control
- 39. Don't deserve good things /  
Deserve bad things
- 40. Distrust
- 41. Dissatisfied
- 42. Feeling like fraud
- 43. Unappreciated
- 44. Stuck
- 45. Used / Taken Advantage Of
- 46. Unsupported
- 47. Stupid / Dumb
- 48. Exhausted / Tired
- 49. Neglected
- 50. Powerless







# WORKSHEET 2

EMOTIONS & BELIEFS MAKE AN IMPACT

**Question 1: What do these issues COST you in your day to day life?**

A large, empty light blue rectangular box intended for writing the answer to Question 1.

**Question 2: Who else is Impacted by you FEELING / REACTING that way?**

A large, empty light blue rectangular box intended for writing the answer to Question 2.

**Question 3: What would it be like if you DIDN'T FEEL / REACT in those ways, and what would it mean for the ones closest to you that you love most?**

A large, empty light blue rectangular box intended for writing the answer to Question 3.





# WORKSHEET 3

WHAT SABOTAGES YOUR DREAMS?

NOT GOOD ENOUGH, UNWORTHY, DISREGARDED, FEAR OF FAILURE,  
OVERWHELM, IT'S TOO HARD, GUILT & SHAME

When you approach midlife it's very interesting how emotions, feelings, and life experiences really show up as cycles you're so deep down in, that you can feel you've become unrecognisable and quite accustomed to feeling very lost without purpose or drive ....while WONDERING WHY???!

You may feel like it's ground hog day again, that feeling of going around in circles up in your head, because you're trying to work it all out!

Sound familiar?  
...and getting yourself feeling ALL frustrated.  
"hmmmm YES!!!"

I, like many other women have worked in Male dominated industries, and have fallen to the above list of emotions, and self limiting beliefs just to name a few.

It wasn't until I discovered there was a way to overcome these completely with Creatrix® so I was finally able to step up to coming back home to myself, and expressing my authentic self without all the filters of deep dark suppressed emotions and re-enforced self limiting beliefs.

When we heal ourselves from within, EVERYthing externally falls into the ripple effect and we get to experience life differently, more lovingly, with less stress, agitation, reactivity, and the restrictions we may have placed on ourselves before.....

They simply dissolve and you get to live with more peace and calm, and opportunities arise to create the happiness you long for, desire and deserve!

And suddenly, you know...  
It's time to start  
something new and trust  
the Magic of.....

*Beginnings*







# WORKSHEET 6

EMPOWERED NOTES TO REMEMBER

## Links / Reference

<http://www.oprah.com/health/How-Testing-Lab-Mice-Helps-Us-Understand-Womens-Health>

<https://www.google.com/amp/s/theconversation.com/amp/why-are-males-still-the-default-subjects-in-medical-research-167545>

<https://theswaddle.com/scientists-seldom-test-on-female-lab-rats-because-females-have-hormonal-cycles/>

YOUTUBE - [https://youtu.be/zV5RtHap\\_Y](https://youtu.be/zV5RtHap_Y)







# MAKE A Stand As An Empowered Woman Now!

EMOTIONAL WELLNESS CONSULTATION \* YOUR PERSONALISED BLOCKAGE ANALYSIS

Being a Female, I have the power to choose how the next chapters of my life progress. and I'm ready to learn and know what is blocking ME and my LIFE from going forward with ease!

I want to be FREE mentally and emotionally for myself so I can take the Next Steps to be Truly and Authentically living an Empowered Limitless Life, instead of continually being stuck and LIMITED!

I'm ready to LEARN & GAIN the Wisdom I need to resolve my emotional blocks & limiting beliefs that keep getting in the way of my dream life, because I don't KNOW WHAT IS KEEPING ME STUCK!

Because of this I'm 100% committed, emotionally and financially to becoming the best version of myself.

I understand that before Lisa can recommend a service, she needs to FULLY understand my current situation and my expectations of the program.

I'm done with my negative cycles and I 'm ready to re-write my new life's chapters.

A consultation with Lisa will determine suitability for both myself and Lisa.

I will contact Lisa within 7 days of us meeting and take advantage of the Limited Time offer of \$97 by booking online here  
<https://leadhertofreedom.as.me/>

My initial fee will be donated to a women's charity of my choice when I proceed & commit to a program that's recommended for me.



## MEET THE AUTHOR

### LISA CARRUTHERS

Lisa Carruthers, founder & CEO of Leaderher to Freedom, facilitating emotional healing for women fast, painlessly and guaranteed, is also a Martial Arts Instructor, with 18 years experience, and holds a 3rd Degree Black Belt.

Mother of 2 amazing adult children Jacob & Shannon.

She has 20+ years personal experience in the Natural Health Industry including modalities of Hawaiian Massage, Reiki, EFT Tapping and Frequency Therapies.

She has been committed and dedicated to helping Women since 2012 with their Emotional health as a Mentor and Leader, and now as a Licensed Creatrix® Transformologist® after training with the Institute Of Women International in 2021. Currently lives in Geelong with her husband and 2 adorable daschunds. She believes all woman need to be heard and her commitment to empowering women is always expressed with the utmost honesty, integrity, and professionalism.

*“I can't think of any better representation of Beauty, than someone who is unafraid to be herself - Emma Stone.”*

### HAVE QUESTIONS?

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<https://linktr.ee/leadhertofreedom>



"EACH TIME A  
WOMAN  
STANDS UP  
FOR HERSELF,  
SHE STANDS UP  
FOR ALL  
WOMEN."

MAYA ANGELOU