



LISA CARRUTHERS

# LEADHER TO FREEDOM

Self Love - Inner Strength - Confidence

*'Bold Activation'  
for Women*

Transformational  
Deep Lasting & Profound Change

# “Fall in Love with the Process of becoming the best version of yourself”



*“Hey lovely!,  
Keep living and  
loving.  
It won't always be  
this overwhelming”  
Love & Believe in  
you forever!  
Lisa xx*



LISA CARRUTHERS  
Confidence Creator™ for Women  
Womens Activation Guidebook / 2023  
leadhertofreedom.com



# 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 and much more"

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 come back home to you as a woman, and learn what you need to learn so you CAN create a life you love, one that is soulfully yours to expand in ways that feel truly good for you!

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 believe in YOU.

*Lisa xo*

Lisa Carruthers  
Confidence Creator™ for Women

# EMPOWERED CONTENT

BOLD ACTIVATION FOR WOMEN WHO WANT DEEP  
LASTING PROFOUND CHANGE THAT SPARKS FREEDOM!

**WHAT AN EXCITING TIME for you AND your future Self!**

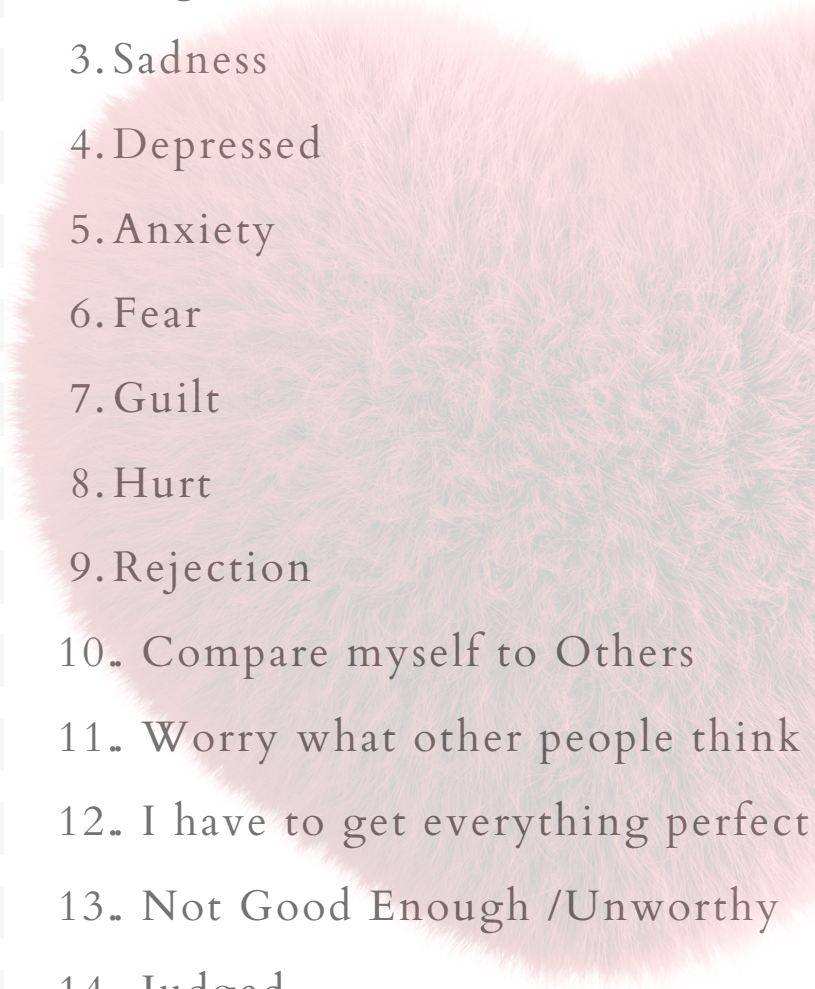
I've created this workbook with all my heart and soul that's a special gift just for you! It's made to bring awareness, while also being interactive and informative to help you dive deeper into your beautiful Female Subconscious Mind in a way you can never un-learn it.

This is where you can AWAKEN New and Supportive ways of being open to curiosity about creating a life you love and truly want - Enhancing your life the Female Way! Completing each section is the best way to teach your Subconscious that you mean business and that you're 100% committed to you and the life you truly want, desire and deserve!

- WELCOME WITH LOVE FROM LISA
- TOP 50 COMMON EMOTIONS & BELIEFS FOR WOMEN
- HOW BELIEFS SHAPE OUR LIVES - SECTION 1
- THE FEMALE FACTOR - SECTION 2
- SELF TALK - SECTION 3
- CYCLES AND EPIGENETICS - SECTION 4
- RED FLAG - JOURNALLING HAND WRITTEN
- EMOTIONS + BELIEFS MAKE AN IMPACT
- WHAT SABOTAGES YOUR DREAMS
- I CELEBRATE, I'M GRATEFUL, I DESIRE 
- EMPOWERED NOTES TO REMEMBER - LINKS
- EMPOWERHER PROGRAM 'RESET' CONSULTATION OFFER

# 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. Disappointed
- 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



*Beliefs shape our lives*

# SECTION ONE

## HOW BELIEFS SHAPE OUR LIVES

***YOUR DESTINY* is not written in the stars,  
it's written in your *Belief System!***

"Is it possible that there could be ONE other person on this planet who has the exact opposite belief to you?"

Our brain is wired to learn from a very young age and is extremely impressionable beyond what we may have first thought. Our beliefs are created from our environment of what we hear, see, smell and taste through our amazing gifted human senses, and plenty more...

Beliefs structures are words that have had meaning and emotion connected to them through our experiences in life, lessons learnt and also from repeated concepts or sentences, positive or negative that we adhere to. Although the new science of Epigenetics is proving a much deeper finding which is even more exciting! - especially for women.

Our subconscious mind is extremely powerful and is continually running programs on repeat for 95% of the time throughout your life. This means that the majority of your decisions you make, the actions you take, together with your emotions and behaviours, depend on this part of your brain activity that lies beyond your conscious awareness.

**Who is the real Captain of your Thoughts? Who is really in control do you think ?**

Beliefs powerfully create your reality and the direction your life is being lead to, and by purely running your body by the programs it was given, or has developed over time. One of the main jobs of the Unconscious Mind is to prove us right! For example, if our programming is that we cannot do something, then the job of the Unconscious mind is to run that program, so it will always show us all the things that we cannot do, or struggle to do. Our negative thoughts kick in... "I'm hopeless", "I'm useless", "I'll never be good at this", " I'm not Good enough", "It's too hard", "this always happens to me".. and around we go ...

Every person on the planet has a different operating program, and for every Belief that you have that tells you that you cannot do something, someone else has the complete opposite program telling them they can. This also means that for every negative belief you have, there is a polar opposite, and you ARE capable of changing them!





# WORKSHEET 1

BELIEFS EMOTIONS AND YOUR POWERFUL MIND

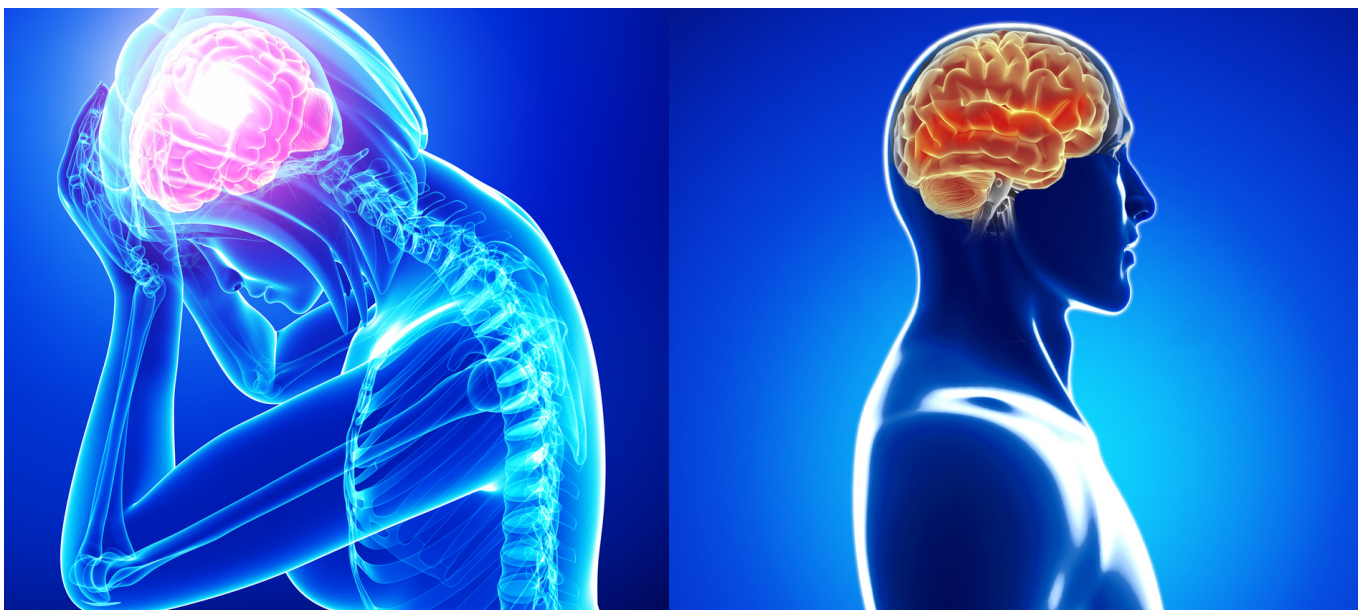
## "Why You Think, Feel and Act as you Do"

Now we are aware of who is the acting Captain 95% of the time giving you many directions throughout your female brain. Let's explore more about the depth of how our beliefs, feelings, emotions and actions take place.

Both positive and negative emotions are connected to our beliefs, and as we evolve through our life experiences we can find ourselves at times to be feeling 'stuck', or in 'cyclic patterns' that we never quite solve so we can move forward with ease and reach our full potential.

From these patterns science is revealing that these are associated with deep trauma, doubts, fears and insecurities that we either have inherited (through epigenetics up to 14+ generations) or have experienced them within our life of a modern day belief structure, including tech and lifestyle stresses and more. When we are able to heal these parts of ourselves, we are then able to live an emotionally healthier life, where our decisions and actions can then be based on clarity of thought more so!

Women are impacted differently than men, and there's a number of differences why and we'll cover more as we go, however firstly there is a significant difference in the Emotional Connections Females have opposed to men. Women connect EMOTIONS to EVENTS more often, and we have a need to vocalise in detail events that occur where we have an emotional connection. We put much more meaning to these events that may not actually be true, and we tend to tell ourselves a lot of stories as to why something happened based around our beliefs.





# WORKSHEET 2

BELIEFS, EMOTIONS AND YOUR POWERFUL MIND CONT'

## *Break the Patterns and Get off the Treadmill once and for all*

For women to heal emotionally, the first thing we need to do is to recognise and release the limiting beliefs, fears, doubts and insecurities the Unconscious Mind operates with that are giving us the greatest negative impact. Lasting change will only happen if you BREAK the EPIGENETIC Cycle that is deeply embedded in your cells, and throughout your DNA.

If you were born with a Uterus, regardless of what your situation is today; you are CODED Female.

Meaning you have the WIRING to run a uterus and every single cell in your body is coded FEMALE.

We'll explore the differences a little more as you move through these realisations, and opening your awareness to what may work for men, doesn't necessarily work for all women.

Origins of all modalities were developed by a man over 100 years ago, for example when psychology and hypnotherapy were founded, only men were allowed to study science and medicine, then all others that stemmed from them were more inclined to work for men because they were designed by a man for the male brain. Nothing has been designed SPECIFICALLY for how women operate and perceive until now!





# WORKSHEET 3

BELIEFS, EMOTIONS AND YOUR POWERFUL MIND

**ACTION ACTIVITY** : Make a list of the most common beliefs that you are aware of that you have and ARE the most impactful.

## 1. FAMILY BELIEFS / STATEMENTS

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## 2. VALUE BELIEFS / STATEMENTS

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## 3. HABITUAL BELIEFS / STATEMENTS

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## 4. BELIEFS ABOUT SELF / OTHERS / WORLD / STATEMENTS

Blank area for writing beliefs about self / others / world / statements.



# WORKSHEET 4

BELIEFS, EMOTIONS AND YOUR POWERFUL MIND!!

*Think about each of the beliefs you have identified...*

QUESTION #1: What do they make you feel?

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QUESTION #2: What do you believe about CHANGE and your ABILITY to change?

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QUESTION #3: What would be the GOOD things about making a change?

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SECTION  
*Workbook*  
TWO

*Female Factor*

# SECTION TWO

## THE FEMALE FACTOR

### What Makes Females Different?

Let's explore us as Female a little more ....

Women are Wired differently and it's the part of you, you cannot change understanding that it does exist, AND that IS... "how you see the world!"

Females have a larger ANTERIOR Cortex (the "worry wart" centre) compared to men. We'll spend more time ruminating, pondering, questioning, thinking more, trying to process emotions and worrying. We're wired to worry because of our natural nurturing instincts for our baby/young.

Ladies, we're not meant to be WORRYING every day about that fact we're not achieving our long "List of Goals"... striving, grinding & beating ourselves up for our lack of being consistent! Stay with me... there's more about the female formula on goals later..

Most of all Women have a larger HIPPOCAMPUS (our memory centre) It's part of the limbic system where we process emotions and connect them to memory of events and situations in our life in great detail. Women will remember "WHAT HE SAID", that day long ago.

We connect emotion to everything we experience, and when we're thinking we are continuing to do so, and our mind NEVER gets to rest.

Men can put themselves into a calm state and do 'nothing' in their mind. Women need to find a way to do the same so they can regain their strength, regenerate internally and energetically, otherwise we BURNOUT!

It's important to recognise that Females have more interconnections throughout the brain and it CAN lead women to a false sense of feeling CRAZY!...Women are NOT crazy and complex, we're just different!



# WORKSHEET 5

THE FEMALE FACTOR - SELF REFLECTION & AWARENESS

QUESTION #1: What challenges are you struggling with at the moment?

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QUESTION #2: Where will you be in five years from now if you change nothing at all?

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# WORKSHEET 6

## WHY WE NEED TO BREAK PATTERNS & CYCLES ONCE AND FOR ALL

People from all over the world have been aiming to develop themselves through pursuing their highest standards of excellence renowned by attending PERSONAL DEVELOPMENT events, seeking out guru's and wild promises through books, education and more....it's quite phenomenal!

Ladies did you know that % of bums on seats at these Inspiring Personal Development events are women returning again, and again and again, yet it's a MALE dominated industry!

Women are seeking empowerment and solutions to their problems, connected with the desire to feel in **C**\_\_\_\_\_, more **C**\_\_\_\_\_, more **W**\_\_\_\_\_, and yet most of the advice they pay significantly for is short lived at best, and the long lasting success they seek alludes them.

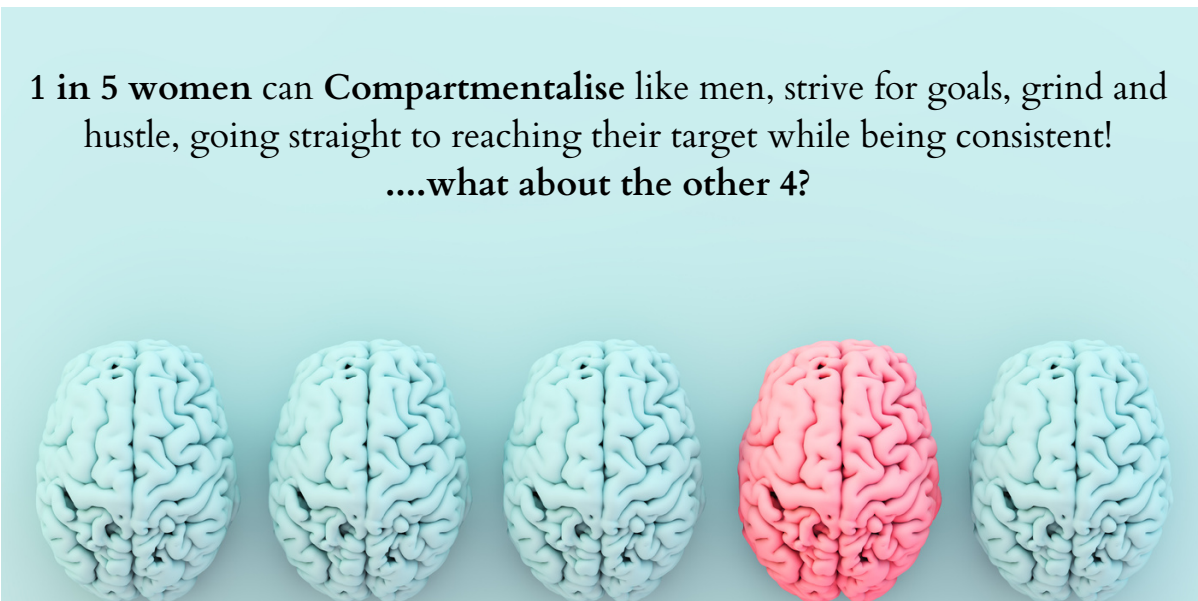
Women are different Psychologically and it's not realised yet in the industry!

Our fluctuating hormones (affecting every cell and organ in our body) dictate that we will never be entirely emotionally perceiving our world in one way, as each differing hormone prone to our sex is filtering our reality. When we come into the awareness of our Femaleness and understand that we have hormones to consider and as long as we get done what we must in an overall month, what does it matter!

We really need to get with our design otherwise we end up disappointed in ourselves, leading eventually to feeling BURNOUT, and for what purpose?

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**1 in 5 women can Compartmentalise like men, strive for goals, grind and hustle, going straight to reaching their target while being consistent!  
....what about the other 4?**







# WORKSHEET 7

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It's important to recognise that Females need something different, because WE ARE different to men, and heres a few more Differences and why...

**Larger Limbic System** - we vocalise more and attach emotion, 25% more Head to Heart Connection, Inferential Perceptors - we make things about us, plus Epigenetic History of TRAUMA, SUPPRESSION, OPPRESSION & INEQUALITY

**ACTIVITY:** Write down your thoughts and feelings about how you are in the world, what you see, feel and think about your own development.

QUESTION #1: WHAT DOES SUCCESS & OR ACHIEVING LOOK LIKE TO YOU?

QUESTION #2: WHAT'S STANDING IN YOUR WAY DO YOU THINK?

QUESTION #3: WHAT HAVE YOU DONE TO TRY TO SOLVE THE PROBLEM?

QUESTION #4: WHAT WILL HAPPEN IF YOU DON'T TAKE THIS STEP?

QUESTION #5: WHAT ARE YOUR NEXT STEPS MOVING FORWARD?



## WORKSHEET 8 - Female Effects

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### ✔ STRESS & TRAUMA TAKES FEMALES A LONGER RECOVERY TIME

Women are affected very DIFFerently than men when we encounter stress, fears, doubts and insecurities and especially if they're attached to traumatic events and or situations.

ie: domestic violence, relationship / divorce, accidents etc

Women have more disease related to every organ in the body other than sex, Prostate V's Uterus, and sexual organs. Women have more than men in sickness areas, in all diseases, yet they don't research on women, it's very rarely and it's taken until now that they're starting to.

Women have 2-3 X higher risk of PTSD compared to men.

More sexual trauma at a young age and affects different parts of the brain.

ie: Threat, Perception, Peri-traumatic Disassociation.

We are more Emotion focussed and will use Tend & Befriend response instead of Fight or Flight, that is often assumed. Our nurturing instincts take over and we tend to be Emotion focussed, defensive and use palliative coping methods to protect our young from perceived danger / threat, unlike our male counterpart which will more so STAND UP and 'Fight' !

When it comes to testing subjects, the medical profession gather their data from a higher percentage of male v's female mice and rats, or they use castrated male mice as their female subject to create medications for us female humans. Their Often-used justification for scientists focussing on males is that females are deemed too complex and the ratio between male and female rats used for experimentation is 5.5 to 1.

Neuroscience being one of the highest culprits, most times not disclosing what their subject matters sex is at all!

\*Learn more at the referenced links in the back of this workbook my loves!





SECTION  
*Workbook*  
THREE

*Self Talk*

# SECTION THREE

## SELF - TALK WHAT YOU SEE IN OTHERS POSITIVE OR NEGATIVE

### HOW ARE YOU SPEAKING TO YOURSELF?

Do you tell yourself how Great you are, How Useless you are, Hopeless you are - Do you BELIEVE in yourself?

What words do you say to back that up? Where is your evidence, that of what you say? Your internal language has a focus....it's either positive or negative...

**What thought patterns and loops are you in?** Is it serving you to be happy, or sabotaging your Confidence? What do you say to yourself? Is it head chatter like.... I'm dumb, I'm always sick, I'm ugly, I'm not loveable, what if everyone knew what I really look like without make-up on, or no clothes on.... what if people really knew I was dumb? We as women are always talking to ourselves like this. As females we are always comparing ourselves. We're not competitive like a male, but we compare ourselves, and then we rate ourselves on a value scale compared to other people... so this is how the issue "Compare Myself to Others" can be created and be quite poisoning on a deep level. Or does your head chatter go something like this...."Why bother trying", "I'm so bad at this", "I'll never succeed", "Everyone always does better than me"!

**There are 2 ways to change your life..**

1. Go out there and be successful, then you've got evidence.
2. Short cut, change the language you say to yourself.

Easier said than done, however most of the time you're not even aware of what you 're saying to yourself, even if you really concentrate on it, and become aware of it. You could never be aware of it more than the amount of time you're not aware of it.

**What ARE you Thinking of A LOT?** How do you see yourself in the world? What do you say that's evidence of how you see yourself in the world?

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# WORKSHEET 9



Words impact us: How do you see yourself in the world?

What do you say in your mind? and that's the evidence of how you see yourself in the world.

*You are Good Enough!*

*Just Fake it til You Make it*

*You're Smart and Capable*

*You Deserve it*

*Who am I kidding !!*

*Practise makes Perfect Keep Going!*

*Just Believe in Yourself!*

*What Will they Say?*

*I'll look stupid*

*I'm Not Good Enough*

*You're Smart and Capable*

*Yes! You can Do it!*

*You Can Do it!*

*Just Fake it til You Make it*

*I'll never get it right!*

*This is too much!*

*I'm a failure!*

*What if they laugh at me?*

*I'll never work for me*

*There's something wrong with me!*

*I can't do this!*



# WORKSHEET 10

## GURU ADVICE - WHAT POPULAR ADVICE HAVE YOU RECEIVED?



Make a list of 3 pieces of advice, that you have been given by "GURUS", that **Have NOT** provided you with long term change.

### #1 Popular Advice

### #2 Popular Advice

### #3 Popular Advice



# WORKSHEET 11

GURU ADVICE

**Question 1: When trying to action or maintain this advice, what are you FEELING?**

What did you avoid, push down, push through or force to try and make the advice work?

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**Question 2: What did the above advice make you BELIEVE about yourself / your success / or your ability to achieve?**

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# WORKSHEET 12

**YOU CAN CREATE YOUR PERSONAL BEST RESULTS!**

**I really love helping women feel Confident...and feeling Good about themselves.**

It's what it really takes for a woman to be RESILIENT! Creating mindset alterations and positive results that last involves all the elements that make us whole and complete.

How does it feel when you fight nature? ...you go against the grain, and you go against the flow....Pinching off what is innately your 'NATURE' as a Female.

When women understand their own DESIGN and how to CAPITALISE on it... it heals their heart, we feel like we're coming home, and we're now freer to DISCOVER who we truly are!

To reach your personal best results in your pursuits of Personal Development and life changes, it all starts to come together with more ease when you are aligned with some very important elements.

It is your own PERSONAL Responsibility to bring forth your gift to this planet, your individual Actualising of your BEST SELF, and Actualising your POTENTIAL!

We all want at the end of the day the same thing... LOVE + HAPPINESS, and what we don't want is the opposite of that.

**Irreversible, Cycle Breaking Transformation for women,  
requires these 6 elements ...**

\_\_\_\_\_ .6 \_\_\_\_\_ 1. \_\_\_\_\_

\_\_\_\_\_ .5 \_\_\_\_\_ 2. \_\_\_\_\_

\_\_\_\_\_ .4 \_\_\_\_\_ 3. \_\_\_\_\_

**Guaranteed  
Transformation  
for Women**





SECTION  
*workbook*  
FOUR

*Epigenetics*

# SECTION FOUR

CYCLES - EPIGENETICS - FEAR

## What keeps me stuck here?

**Feel the FEAR and Do it ANYway!!**

**This is not as EASILY done as we have been constantly taught to believe, is it?!**

Women FEEL the FEAR at a cellular level and it is REAL!!

It starts with History, and it's a TRUE eye opener for women as we dive deeper!!

History has seen women encounter being the lesser of the two sexes since time began. Women have endured being scrutinised for centuries, most of time for simply being a "Woman" or 'FEMALE' . Many Women, and even women in your ancestral blood-line may have been depicted with traits that either made 'her' evil, (using herbs for healing and deemed a 'witch'), only to be burned at the stake, or 'less than', or maybe as an opportunity to be sexually overpowered and manipulated in the work place. This behaviour continued with women also experiencing non equal rights, and women seen as the servant or slave in the workplace, ( fetching coffee for the Boss etc ) or not even acknowledged as being qualified to do a "Mans" job ( CEO, Directors etc)

Most women have been lost while living in this type of Masculine world and continually having to fight for their equality, and continually trying 'do life" in a mans way!

**How have YOU continued to overlook your own Power as a Woman? Have you ever CONFORMED to any of the above or have you been drawn into the "DO - HAVE - BE " concept thats commonly driven in our tech and modern day?**

DO the action, to HAVE the 'thing', to BE 'Happy' , which actually leads us to "BURNOUT". When we bring flow and ease into our day, we can do it naturally the Female way....."BE happy and satisfied" first, then "DO the action / work", so you can "HAVE the rewards, recognition", or the 'thing' goal etc

**Just ponder on this as you read on....**



# WORKSHEET 13

CYCLES - EPIGENETICS - FEAR

Over the centuries there have been many reasons why a woman would FEAR situations and events that would impact her life ongoing, even after the event occurred !

This is not just a theory... The Science of EPIGENETICS is proving we inherit emotional and mental automatic responses to situations or events, and is proven to go as deep as 14+ Generations. This is over 350 YEARS of emotional trauma's, fears, doubts and insecurities that are passed onto the next generations through our DNA.

The developing science of Epigenetics allows us to better understand the depth of some of the CrAZY thoughts, self-perceptions and feelings we have toward ourselves.

Once you are aware of the Epigenetic impact to your life, you will be able to notice and identify the patterns that occur throughout your immediate family in everyday life and in turn how they may be impacting on you and your children. \*mannerisms \*emotional states \*medical history . We are definitely more than just Nature V's Nurture as science is now proving.

**Where does this leave you when you have this knowledge?**

The good news is this inherited baggage that has filled your Genetic Cup **CAN** be emptied and re-written. **EPIGENETICS** proves that **Beliefs, Cycles, and Fears** can be switched to a positive experience when you know how.

Changing your inherited Limiting Beliefs and Fears not only helps you, but all future generations to come!





# WORKSHEET 14

RED FLAG - JOURNALLING

**ACTION:** When you first wake up, Spend 10-15 minutes and **FREE WRITE** by hand , your thoughts UN-censored, Un-edited and honestly as they are **EXACTLY** in your mind.



# WORKSHEET 15

AFFIRMATIONS

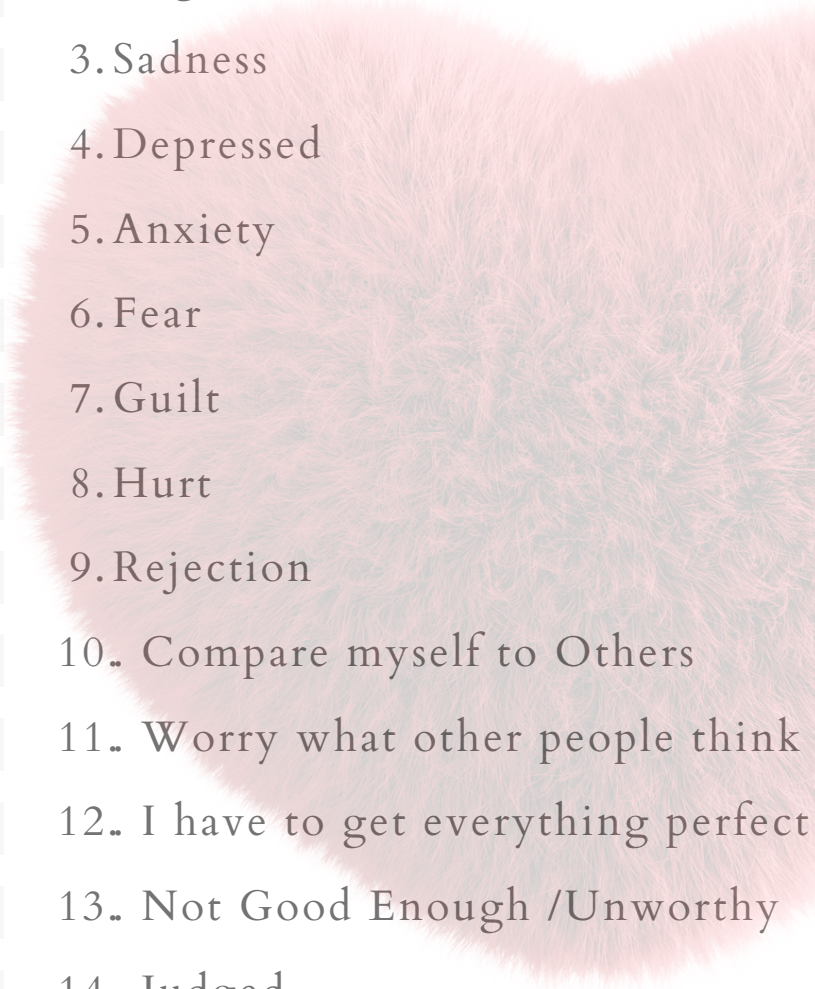
## Create Your Own Empowering Reframes

S.E.L.F. LOVE V.I.B.E.S TO RISE YOU UP!

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# TOP 50 COMMON

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  3. Sadness
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  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
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# TOP 50 COMMON

# *Emotions* and Beliefs FOR WOMEN CONT'

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- 26. Doubt / Skeptical
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- 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. Disappointed
- 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 17

EMOTIONS & BELIEFS MAKE AN IMPACT

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

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

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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?

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# WORKSHEET 18

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 a Female Formulated process, 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 19

EMPOWERED NOTES TO REMEMBER

I Celebrate, I love, I'm grateful, I Desire



A series of horizontal lines for writing notes, with a vertical column of checkboxes on the left side.

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# WORKSHEET 20

EMPOWERED NOTES TO REMEMBER

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# WORKSHEET 21

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)



# Women Who Want More!

EMPOWERHER PROGRAMS \* RESETTING YOUR LIFE'S PATH

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 'Reset', she needs to FULLY understand my current situation and my expectations of the Reset 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 \$49

Book in 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 Reset program that's recommended for me.



## MEET THE AUTHOR

### LISA CARRUTHERS

Transformologist®, founder & CEO of Leadher to Freedom since 2021. Facilitates 'Resets' for Women so they can start living a life of more freedom within their mind, heart and soul. Emotional healing for women that's fast, painless and guaranteed.

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

Qualified 3rd Degree Black Belt Karate Instructor.

She has been committed and dedicated to helping Women transform their health since 2012 as a Coach, Mentor and Leader, and now as a Licensed Creatrix® Transformologist® .

Lisa's training continues with the Un-Institute Of Women International. She currently lives in Geelong with her husband and 3 adorable daschunds.

She believes all woman need to feel heard, feel valued and feel safe, to take their next steps towards healing. Her commitment to uplifting women is always expressed with the utmost love, 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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[instagram.com/leadher\\_to\\_freedom](https://www.instagram.com/leadher_to_freedom)



[fb.com/Leadhertofreedom](https://www.facebook.com/Leadhertofreedom)



<https://linktr.ee/leadhertofreedom>

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

MAYA ANGELOU