

5 day pain to power

You're going to work on:

Purpose

Obstacles

Write your new story of who you're BEing

Evolution

Results



You know who you're here to be and what you're here to do in your purpose led business but you're not being and doing those things

You're scared to go ALL IN and it stops NOW

You're done with wasting time. Another year going by with NOTHING changing. You can't stand another year of living like this

You're about to say buh bye to the old flaky you and hello to the new powerful you

Thank fuck for that. I'm glad you're here

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Key things to know and remember:

You are the thinker of your thoughts which means you have power over them

Your life, your environment is evidence of your identity - your beliefs, your stories, your way of BEing

You don't get where you want to go, the outcomes you want by dragging the old you with you. You have to be the person who is already there NOW

That means your thoughts, stories, beliefs, feelings and emotions

Transformation does not tolerate laziness

Transformation does not tolerate excuses

Transformation does not tolerate mediocrity

You have to be 100% committed. 99% isn't enough

At the end there are resources for you to get this work locked in and the results you want faster

I have repeated myself during this course. There is a reason for that. Repetition is the mother of all learning

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Before you start on day 1, cut out the bullshit. Don't let your ego kick in with its limitations and drag you down. Write down what you know is your TRUTH

This is to be done over 5 days. Don't try and do it all at once. Take your time and let it all sink in

This course will work for you IF YOU DO THE WORK.

It will work because of you not because of me.

It will work because you're disciplined and committed to changing you and your life because you don't want to be stuck in this place this time next year worse off because you've wasted a year of your life

Go DEEP with your answers and trust what comes up for you

IMPORTANT! Focus on who you're BEing. Not what you want to GET. You can't get to where you want to go without changing your being. Start there

You ready? Yes you are. You were born ready!

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Day 1 - Purpose

What do you know you're here to do in your purpose led business?

Who are you here to serve?

What do you help them with?

How does it benefit your life?

Your clients lives?

How does it make the world a better place?

How do you want to feel?

What do you want in business and your life?

What do you want them to look like?

Where do you want to be 1 year from now?

Who do you KNOW you're here to be to make that happen?

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Day 2 - Obstacles

Where will you be this time next year if you live every day as you are now? 3 years? 5 years?

When you look back at day 1, how does it make you feel? Achievable? Yes/No - why? Excited / scared? Why?

What thoughts come up? Fears? Emotions?

What triggers you? Hint: that's where your growth is

What stories do you tell yourself why you can't go all in on your purpose led business NOW?

What scares you about showing up fully in your purpose led business?

What are you scared will happen?

Where does this come from?

Your life and business are evidence of your BEing (identity - stories, thoughts, beliefs, emotions, behaviours, habits), what does that tell you?

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Day 2 - Obstacles

What childhood stories are you still holding onto?

Where do you feel shame from your childhood?

Where were you shamed in your childhood?

What were you told in your childhood?

What did you see?

What did you hear?

What were you told in your childhood about you?

About how the world works?

What have you been working on for a long time but
hasn't shifted?

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Day 3 - Write your new story of who you're BEing

Who do you need to be to do what you're here to do so you can have what you want to have?

Examples:

Committed

Disciplined

Self responsible

Self integral

Brave

Courageous

Relentless

Consistent

Are you BEing those things? If not why?

How would it feel to be those things?

What bad habits do you need to stop (physically and mentally)?

What do you do that you know isn't good for you?

In what ways do you procrastinate? Why?

What are you avoiding when you procrastinate?

How are you feeling?

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Day 3 - Write your new story of who you're BEing

Physical habits examples:

Pointlessly scrolling on your phone

Doing things that can wait until later

Doing things that drain your energy/piss you off

Wasting time

Anything else that's sabotaging you when you should be working on YOU and your business

Mental habits examples:

Letting your bullshit thoughts run away with you without flipping them to the TRUTH and who you need to BE

Being down on yourself

Doubting yourself

Playing the victim / blame game aka take responsibility

Letting fear kick your arse - you will feel fear while doing this work. The only way through it is to keep doing it

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Day 3 - Write your new story of who you're BEing

Make a list of the beliefs you need to have that will get you the outcomes you want

Write the story who you're BEing as you need to be and get it locked the fuck in your subconscious so it's aligned with your conscious mind. If it isn't, you're fucked because consciously you want what you say you want but subconsciously you're freaking out and don't believe you can be, do and have those things. You need to get your subconscious on board

Tell yourself this new story consistently and repeatedly especially when you feel the fear and you don't want to

What will happen if you don't be and do those things and you're still where you are now in a year's time? How will you feel? What will that mean about you?

What will happen if you do be and do those things? How will you feel? What will that mean about you?

If you live every day as you are now for the next year what will happen? How will you feel? What does that mean about you?

TRANSFORMATION DOESN'T TOLERATE EXCUSES

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Day 4 - Evolution

What three things do you need to start doing every day in your business?

What have you been putting off?

What are you going to do RIGHT NOW to be who you're here to be doing what you're here to do?

Are you committed to observing your thoughts and telling yourself that as the thinker of your thoughts you have power over them?

Are you committed to your new story and ways of being?

How are you going to start being who you know you're here to be? Discipline your arse!

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Day 4 - Evolution

If you do this work and are in a totally different place this time next year because you did the work you needed to do how will you feel? What will that mean about you?

What are you going to do the moment your old stories kick in and shift your consciousness and energy towards who you know you are here to be?

Every time a thought comes up that is the OLD you you're going to repeat the story of your new way of BEing to shift out old that old identity and energy. Your power is in your response. You get to create a new experience in every moment

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Day 5 - Results

After these 5 days what are you going to do to make sure you continue this work?

How committed are you to your transformation? 99% isn't enough

How would it feel to continue this work?

What are you going to do to ensure you don't let your emotions dictate whether you do this work or not?

How does deep change from the inside out make you feel?

Are you committed to stop focusing on circumstances and focus instead on your BEing? Working from circumstances keeps you in victim mode

What results do you want to see?

What will you do to make sure you get them? Reminder: focus on your BEing

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Day 5 - Results

Create your daily practice

For example: reading, journaling, hypnosis

Hypnosis EVERY DAY once a day minimum. Preferably 3 times a day at the same time every day

Journal in the morning whether you feel good or not. If you don't feel good journal to get it all out, write your new story and realign your energy to get you back in your power. When you do feel good journal to ramp it up and stay in that powerful energy!

Journal out ideas you have for your business and get to work on them NOW - remember your new way of BEing

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Day 5 - Results

Resources

Hypnosis. Choose one thing to focus on and do the hypnosis for at least 21 days then move onto the next thing:

<https://www.glennharrold.com/hypnosis-cds-mp3-downloads-1.html>

<https://www.hypnosisdownloads.com/relaxation-techniques/self-hypnosis>

Books:

Richard Dotts - Dollars flow to me easily
Joseph Murphy - The power of your subconscious mind
The complete works of Florence Scovel Shinn
Read them over and over again

Have a look at all the above and see what speaks to you.
Glenn Harold is brilliant for inner transformation deep in your subconscious which is what needs to happen to create the changes you want

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Congratulations on getting to the end!

You did it because you aren't most people

You don't want to live like most people

Because you took responsibility for you, your life, your
outcomes

Because you're a fucking powerhouse!

If you're ready to go deeper into this work with me by your
side and get the outcomes you want quicker than you
would alone, go here:

4 month private coaching:

<https://terrikearns.com/privatecoaching/>

Book a Voxer day with me:

<https://terrikearns.com/voxerday/>

And don't forget, the quickest way to get where you want
to be is to [#behernow](#)