



Each element of the SELF ReClaimed toolkit was intentionally chosen to provide an invaluable experience through the utilization of three successful therapies: Positive Psychology, Cognitive Behavior Therapy (CBT) and Biblio-Therapy. Each strategy helps initiate transformation by changing Limiting Beliefs into Limit-Less Beliefs. It will help you "ReWrite your Story and ReClaim your Life!"

SELF ReClaimed is a "therapist in a box." It's more than a book, it includes tangible tools for change. In the drawer at the back of the book, you will find all the tools. You can start anywhere you want, but if you need some direction, please keep reading. ☺

The Chrysalis Cards introduce 33 words/topics that you will already know; such as Love, Faith, Joy, Peace, Truth, Humility, etc. However, these cards will take you beyond the definition of the word. They will provide a deep exploration of the word, including real life experience and application.

The three Transformation Journals will enable you to learn new skills for change, through guided exercises and help you document your "beliefs" as you go. The Caterpillar journal helps you identify your limiting beliefs. Some of these beliefs may come to you quickly, whereas others may slowly appear as you work through the Chrysalis journal. Some examples of limiting beliefs might be: "I can't be my real self or I'll be judged." "I can't fall in love or I'll get my heart broken." "I can't ask for what I want or I'll be rejected." "I can't trust people because they will betray me." "I can't pursue my dreams because I may fail." "It's too late to pursue my dreams." Beyond the most common limiting beliefs starting with "I can't," there are also "It's hopeless," "I'm helpless," "It's useless," "I'm blameless," and "I'm worthless." If you believe "It's hopeless," ask "How is it possible?" If you believe "I'm helpless," ask "What do I already know about it?" If you believe "It's useless," ask "How is it desirable?" If you believe "I'm blameless," ask "How am I responsible?" If you believe "I'm worthless," ask "How do I deserve it?" The bottom line is that when you rid yourself of limiting beliefs, anything you want in life becomes possible

The Chrysalis journal is where the work is done...the "flutter" exercises will guide you on a path to learn more about yourself. As you become more & more enlightened, new limit-less beliefs will emerge...taking the place of the limiting beliefs. Document these new beliefs in the Butterfly journal. The objective is to consciously recognize the beliefs that have been holding you down to the ground and replace them with beliefs that give you wings to fly.

The Biblio-Therapy pockets suggest book titles, respective to that word. Once you read the card and finish the respective "flutter" exercises in the Chrysalis journal, store your card in the dedicated pocket within the spreads, to represent completion/accomplishment.

The Change Challenge (CC) cards will "challenge" you to learn new habits by replacing the old ones. Choose any card in the pouch & implement it in your daily life for as long as necessary. Once the new habit has become involuntary, pass the card on to someone else and challenge them to do the same or store in its pouch. The back of each (CC) card has a great quote about habits, to make you think on an even deeper level about how these habits affect you and everyone around you.