



BREAKTHROUGH & COACHING

With Elizabeth

YOU FIRST NOW

PROGRAM OUTLINE

LIVE YOUR BEST LIFE.

1. Is this for me?
2. What is a BREAKTHROUGH Session
3. Testimonial
4. What is MER[®]
5. Requisites for Empowerment &
Change
6. SMART, AIM & END goals, AVATAR
7. Who is my practitioner
8. Invest in Your SELF



IS THIS FOR ME?

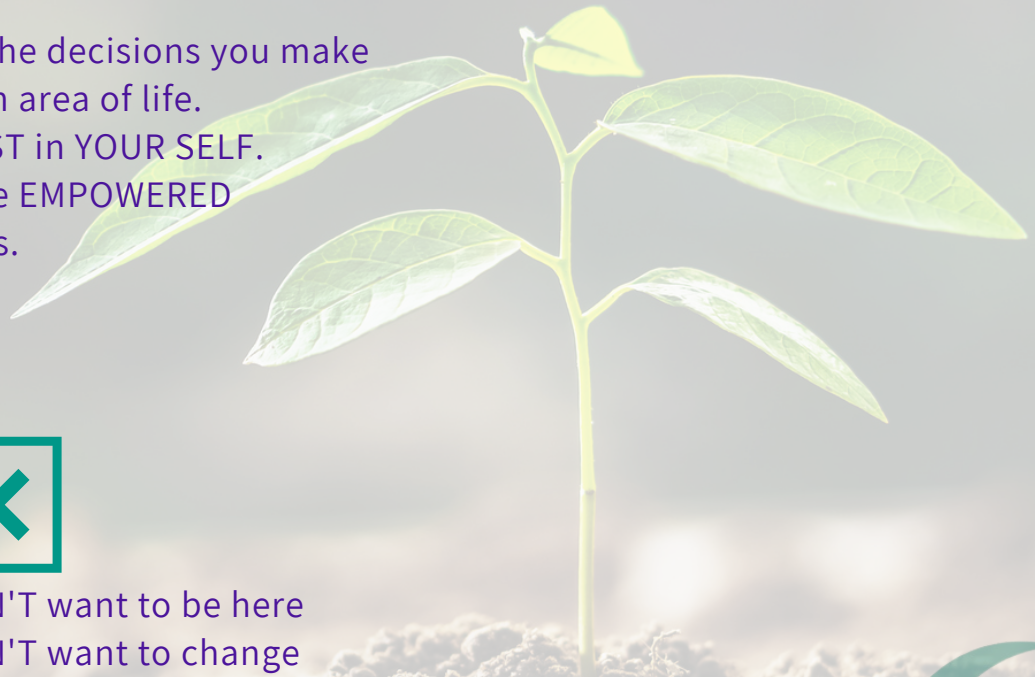
YOU FIRST NOW

YES

- You believe in the Unconscious Mind
- You WANT CHANGE
- You take ownership of the decisions you make
- You want to excel in an area of life.
- You are ready to INVEST in YOUR SELF.
- You want to FEEL more EMPOWERED
- You TRUST the process.

NO

- You DON'T want to be here
- You DON'T want to change
- You have a secondary gain
- You DON'T want to take responsibility for living the life you desire.



YOU FIRST NOW

BREAKTHROUGH SESSION

WHAT THE HECK IS A BTS?

- **Heal** your emotional wounds
- Create a **powerful new mindset**
- Determine the best direction to take going forward to be **happier** than you probably could have ever imagined!

(BTS)

The breakthrough session is a 6-8 hour process usually completed over 2 days. We begin the process by doing a detailed personal history to find your limiting beliefs and the greater problem. It is typically an emotional day. Prepare to dump all you have into this for best results. We then go through a process to elicit your values in that area of life, choosing 1 of 6 (career, family, relationships, personal growth & development, physical health, spirituality).

On Day 2, we do MER[®] to remove the negative emotions and limiting beliefs that are holding you back. Finally, we resolve any conflicts in your values and end with a meditation solidifying values and new mindset.

Day 3, we set goals based on your values. These goals and your values are the basis of our coaching moving forward to ensure your success - does that sound like something that might interest you?

TESTIMONIAL



"I STRUGGLED FOR MANY YEARS WITH FEAR AND ANXIETY SURROUNDING MY HEALTH THAT ESCALATED ONCE I HAD CHILDREN. THERE WOULD BE POINTS IN MY DAY TO DAY WHERE I WOULD BECOME COMPLETELY PARALYZED BY MY THOUGHTS. ELIZABETH HELPED ME GET TO THE ROOT CAUSE OF WHY I HAD THIS FEAR AND I ESSENTIALLY "BROKE THROUGH" IT.

A WEEK AFTER MY BREAKTHROUGH SESSION, MY CHILDREN WERE BOTH IN THE EMERGENCY ROOM WITH SEVERE ILLNESSES, WHICH WOULD HAVE PREVIOUSLY SENT ME SPIRALING. INSTEAD OF BEING AFRAID, I WAS CONFIDENT AND ABLE TO MAKE DECISIONS WITHOUT HESITATION. I FOUND MYSELF IN GOOD SPIRITS DESPITE THE CIRCUMSTANCES. SINCE THEN, I STILL HAVE NOT EXPERIENCED DEBILITATING FEAR SURROUNDING MY HEALTH OR MY CHILDREN'S HEALTH.

IT BRINGS ME TO [JOYFUL]TEARS THAT I'VE BE GIVEN THESE TOOLS FOR MY LIFE. I'M FOREVER GRATEFUL FOR THIS PROCESS AND FOR MY PEACE OF MIND."

~Katie D.

YOU FIRST NOW

MENTAL & EMOTIONAL RELEASE[®]

LIVE BETTER. LIVE FREE.



Mental & Emotional Release[®] works with the Unconscious Mind. Our Conscious Mind takes in 126/2 million bits of information per second. The extra is absorbed by the Unconscious Mind. The goal is to release unresolved, negative emotions, and the limiting beliefs that hold us back from what we desire. The full process is explained during BTS and in prerequisite reading.



REQUISITES

for **EMPOWERMENT & CHANGE**

01

RELEASE

Release negative emotions & limiting beliefs, integrate parts, & do any release work

02

CREATE

Create compelling future. Create personal avatar. Set up plan & accountability

03

PURPOSE

Take purposeful action. Enforce boundaries and follow through.

04

FOCUS

Laser focus on what you want. Your evaluations become suggestions to the Unconscious Mind.

My Responsibility

Your Responsibility



After completion of Day 2, you will receive homework. It's time to dump your dreams onto paper. I will provide an outline to create SMART goals, AIM & END goals, and your AVATAR. Day 3, we will review, tweak, and set up the next 10 weeks to get yourself in motion. No more EXCUSES!

CREATE YOUR FUTURE

EXPERIENCE A FULL LIFE

YOU FIRST NOW

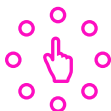
ELIZABETH Z. MCDONOUGH

Practicing integrative wellness and treating the WHOLE person for over 20 years! Beginning as a fitness trainer and continually learning, seeking, experiencing, and growing towards her best life. Highlighted, Elizabeth holds a license for Mental Health Counselor in the state of Florida, she is recognized by The Association for Integrative Psychology as a Master Practitioner in NeuroLinguistic Programming, Hypnotherapy, and Mental and Emotional Release® and is a Certified Perinatal Mental Health Counselor through Postpartum International. Life experience has given her challenges turned to blessings as she continues to share her stories to help inspire others to fill their internal cup through Self Care. She believes when the world gets the best of you instead of what is left of you, the WHOLE world benefits.





**3 DAYS/8-12 HOURS TOTAL:
BREAKTHROUGH SESSION, MENTAL &
EMOTIONAL RELEASE[®], SMART, AIM &
END GOALS, AVATAR**



**10 WEEKS - 30 MIN SESSION/WK FOR
ACCOUNTABILITY,
MENTAL/PHYSICAL/EMOTIONAL CHECK
IN. AND A 90 MIN WRAP UP ON WEEK 12**



**ACCESS TO YFN PRIVATE
COMMUNITY SUPPORT**



**MOTIVATIONAL
TEXTS/REMINDERS**



**10% DISCOUNT ON SELF
CARE WORKSHOP**



**\$3500 INVESTMENT
ENERGY EXCHANGE**



INVEST IN YOURSELF

LOVE YOUR SELF.

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