

# *Mind Mechanics One-On-One*

**SELF INVESTMENT VALUE:** There is absolutely nothing more satisfying than taking the time to authentically ground into who we are as individuals, to understand our true wants and needs, to acknowledge our value and to release the conflict created by those things, thoughts and people that deplete our true essence. The ability to feel confident in who we are on a consistent basis, regardless of circumstance, is a skill and everyday practice that each of us can master. The ability to enjoy genuine relaxation, abundant experiences, and quality connections due to the healthy relationship we hold with ourselves, is real and possible.

**QUALITY INTERACTION:** When we interact on meaningful and authentic levels with people that we trust, it enables us in exceptionally powerful and influential ways. Lack of support and connection with quality influencers typically inspires isolation, disconnection and the tendency of individual people enabling themselves in unhealthy cyclical patterns that often result in behavior consistent with unhealthy behavior, reactions and or responses.

**HONEST VULNERABILITY:** For me to guide you in responsible and beneficial ways for your benefit, you must be willing to allow yourself to be honest. I cannot help you help yourself if you're unwilling to look yourself straight in the eyes and take responsibility for your own behavior and internal dialogue.

**CONSISTENCY AND LISTENING:** "You get what you give." This time is dedicated to YOU. One of the most pleasing and transformative elements of one-on-one guidance is learning to listen and gifting yourself with the consistent actions necessary for healthy shifts to evolve organically. If change is what you desire, you must be willing to do something different to get different results.

**OPEN COMMUNICATION:** "What you think, and feel is valuable." I need you to express yourself, to mean what you say and to say what you mean so we can get to the root of what you genuinely need. By opening yourself up to honest, tactful, and courageous communication, you allow yourself to be understood. This builds extraordinary bridges and possibility on multiple levels.

**PLEASURE VS. PAIN:** I do this work because it brings me pleasure, the entire point of why I share it with others. Pleasure and pain triggers are part of the human experience; however, we individuals get to choose whether we continue to exist within pleasure or pain by how we think and behave. What we think, we often manifest, create and become. Who we surround ourselves with typically nurtures or depletes us and how we invest our energy normally translates into tangible results pertaining to body, mind and soul wellness. This is precisely why you're here.