

What's in your suitcase?



“

When you change the way you look at things, the things you look at, change.”

- Wayne Dyer

What's in your suitcase?

The beliefs we carry aren't always ones we chose. Most were handed to us before we had any way to question them. This exercise helps you identify one, and decide whether you still want to carry it.

Step 1: Think of one pattern in your life you've been calling personality. Something you say is "just who I am." Write it down.

Step 2: Ask yourself — when did I first feel this way? How old was I? What was happening?

Step 3: Is this still true? Or is it a rule I wrote a long time ago that I've never questioned?

Step 4: What would be different if this belief no longer had authority over you?

What now?

Seeing a belief clearly is the first step. Understanding where it came from and how to shift it at the right level is where the real work happens.

If something came up for you in this exercise and you'd like to explore it further, I'd love to hear from you.

You can reach me at rebekah@moonbeammonday.com.au or learn more about working with me at moonbeammonday.com.au

What others say about coaching



*"Before I began coaching, I was anxious, overwhelmed, fearful and negative. I was ready to look for a new job because I thought that was the problem. I now know it wasn't the problem and am still at that same job, loving it! **I now feel confident, with a sense of peace, calm and happiness.** They were the most important things to me." - A*

"I've had a fear of flying my whole life.

The panic attacks have been so bad at times that I've gotten off the plane! Beck managed to rid me of most of my fear of flying, all within a few hours. I couldn't believe it! It was such an impactful experience for me.

She's more valuable than my psychologist!

She just changed my life!

- C



*"I had some ongoing and unresolved issues with sleep and feelings of anxiety. Since working with Rebekah, my life has felt far less intense. I have get quality sleep at night, and I know have a greater understanding of myself. **This has also led to other amazing improvements in my life including physical health and financial stability.** It's culminated in meeting a new partner and plenty of excitement, rather than fear for what lies ahead in the future. **I only wish I had done it earlier!"** - C*

*"I was feeling really stuck in my life and wasn't sure what direction I was going in my career and personal life. I knew that I needed to move forward but was feeling unmotivated, highly anxious and unhappy, and my self-confidence was at an all-time low. **Thanks to coaching, I now feel confident, calm and comfortable in my own skin. I'm not anxious at all.** I feel like I have an opportunity to create a really amazing life." - M*



Feel Like You Again

Private Coaching with The Brain Changer™



You're successful on the outside - but stuck on the inside.
Racing thoughts. Never-ending pressure. And a quiet voice inside asking, "Is this it?"

This is where everything changes.

Our private coaching isn't about coping. It's about finally understanding what's really going on beneath the surface, and changing it at the source.

Imagine...

- Waking up calm, clear, and grounded
- Making decisions without second-guessing
- Letting go of overthinking, perfectionism, and burnout
- Finally taking action on the life you actually want

What's included:

- 1:1 online coaching sessions
- Personalised support between sessions
- Tools backed by neuroscience, not fluff
- VIP access to exclusive offers + audios



The Brain Changer™ difference?

- Most coaching works at the level of behaviour.
- We work at the level of belief.
- That's where lasting change actually happens.

Ready to let go of what was never yours in the first place?

Book a Connection Call at: <https://bit.ly/connect-with-me-mm>

Let's chat. No pressure. Just possibilities.





CHANGE YOUR MIND | CHANGE YOUR LIFE

- Speaker
- Private 1:1 coaching
- Workplace group training + coaching
- The Brain Changers™ Podcast
- Live events + webinars
- Online courses



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