

Lori E. Kirstein

The Goodbye Good
Girl Project

The

hidden power

women have to break with internal limitations

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They wouldn't be trying to silence you if your voice weren't powerful!

When you speak your truth and that truth is in alignment with how you FEEL about what you are saying, the reverberations and the impact are beyond your expectation.

Or theirs!

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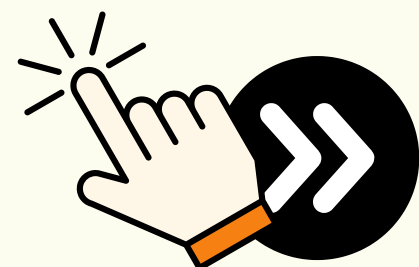


How much longer do you wait to be “healed”?

You don't!

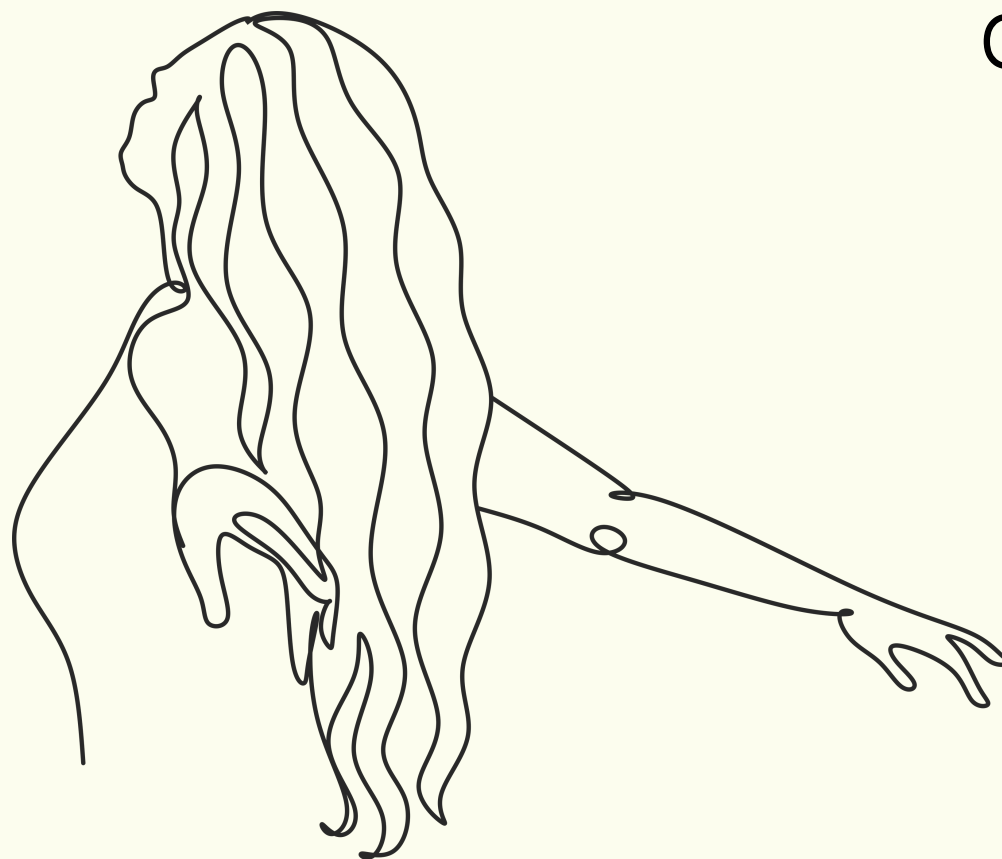
The idea that we have to be “better”, or “fixed” before we can **do** better is actually just another belief. Beliefs are simply repeated thoughts. Change your thoughts and emotions, and your life changes. You already know this. If you have ever been happy, you've noticed how much better your life flowed than when you were miserable. Right?

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We have all been socially programmed, but you are more powerful than programming

Social programming has trained you to focus not on your strengths but on myths of your undeservability. You have learned to believe in your limitations. But you can shift these myths and beliefs by learning to deliberately and consciously create emotional shifts that benefit you.

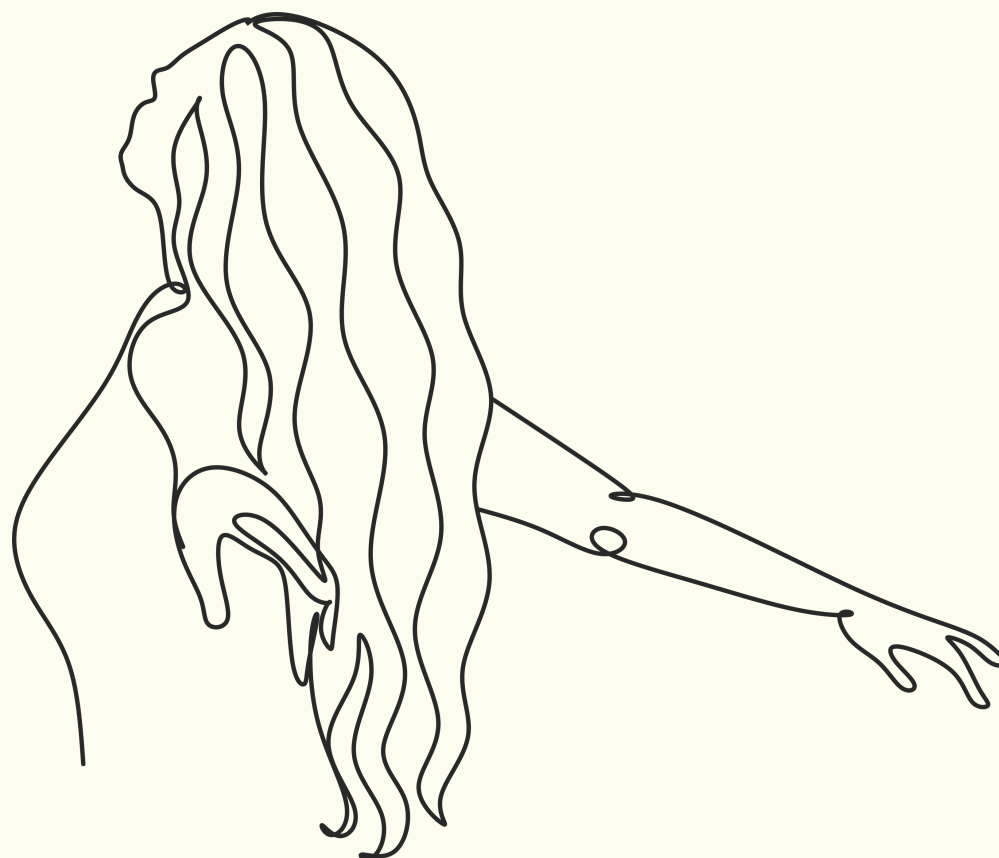
Right in the moment.

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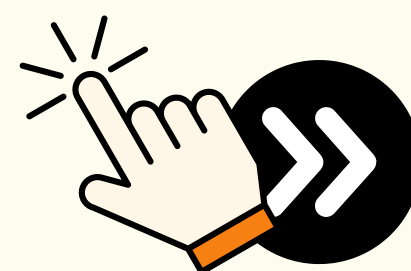


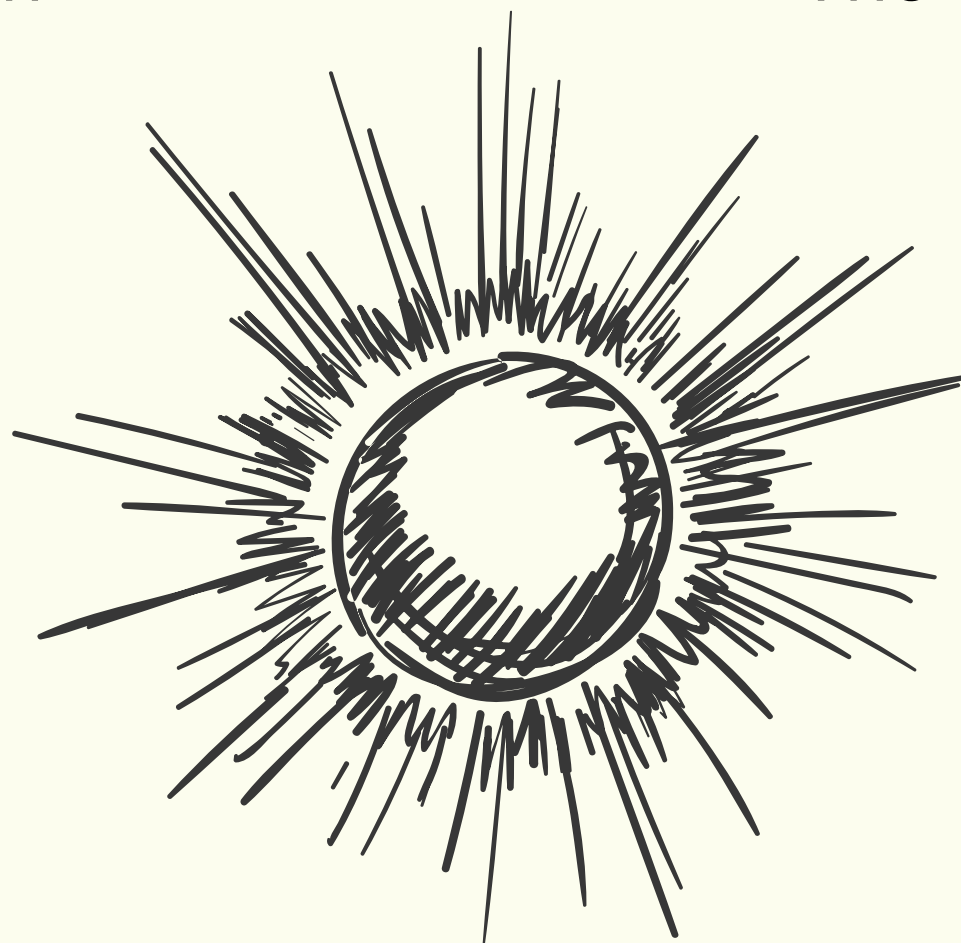
Your highest powers are feminine *in nature*

Your powers are EMOTION,
INTUITION, COMPASSION, CREATIVE
FLEXIBILITY, AUTHENTICITY!

The very things you have been
shamed for - and shamed yourself
for - are your greatest powers.

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Emotion = Energy

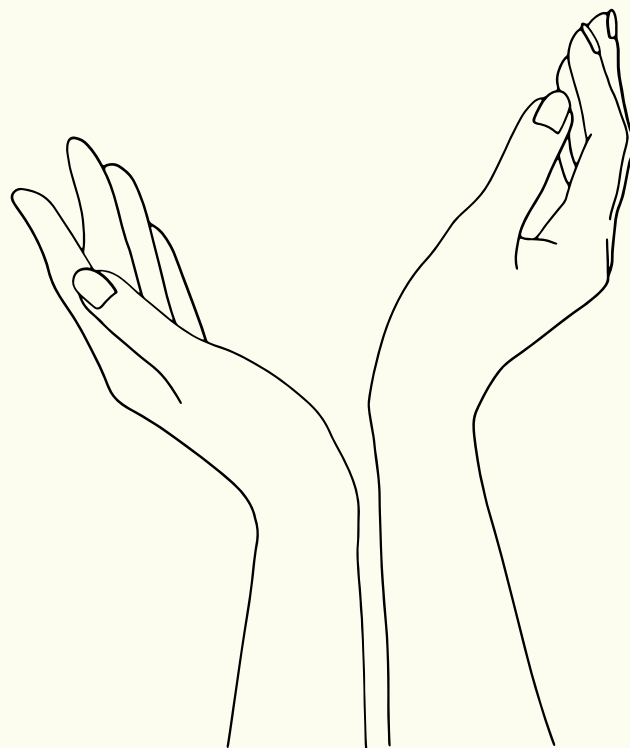
When you are happy, you have a clearer mind, and possibilities in the same energetic “family” find you without you having to do anything else. That is why emotion is the feminine superpower. All you need to do is learn how to shift your emotional setpoints at will.

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A Small 1% Shift is 100% Powerful

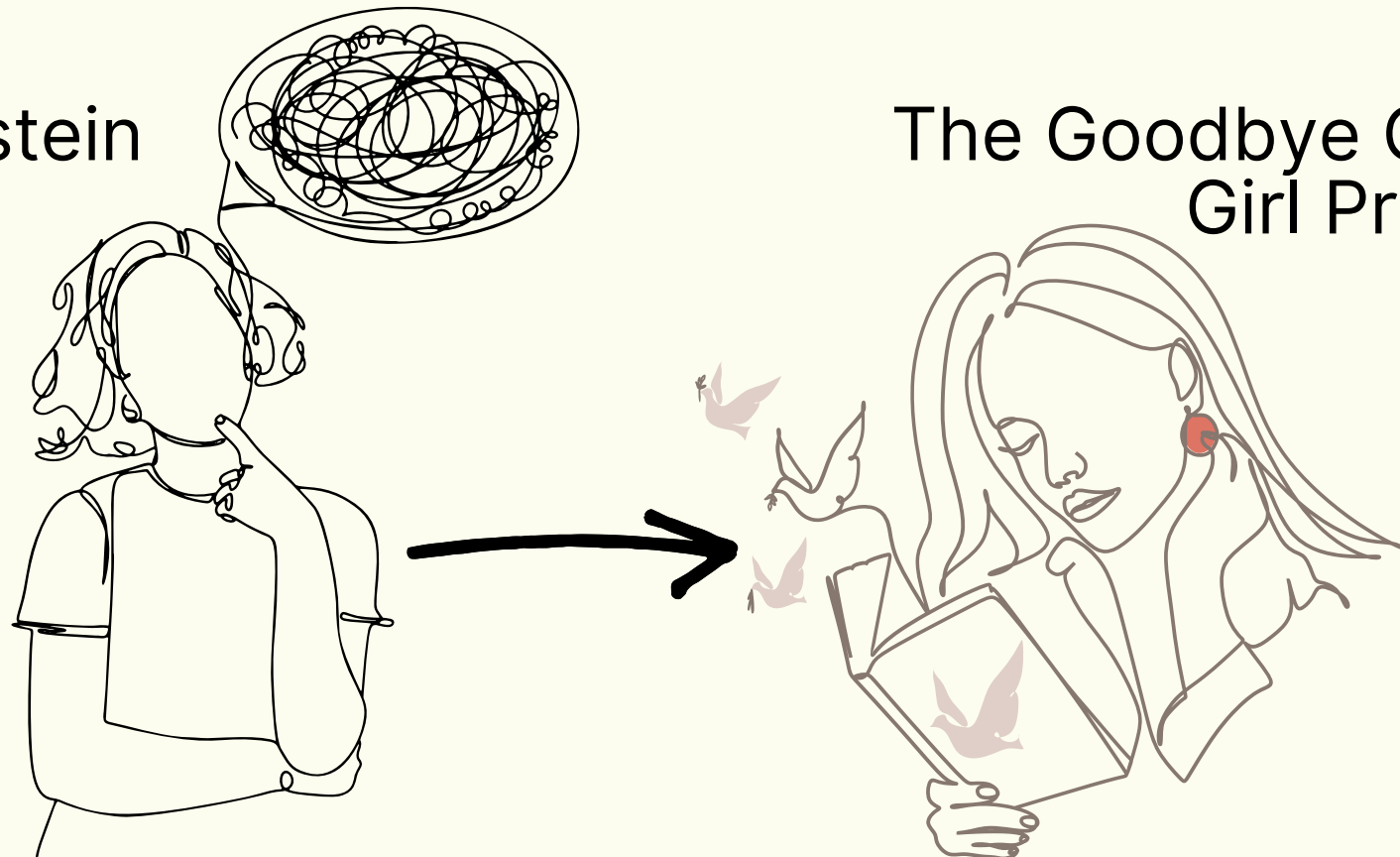
Emotional Energy works differently from physical energy. The smaller the shift, the more impactful - and lasting - the transformation. This is why shifting emotions deliberately shifts your world. Literally.

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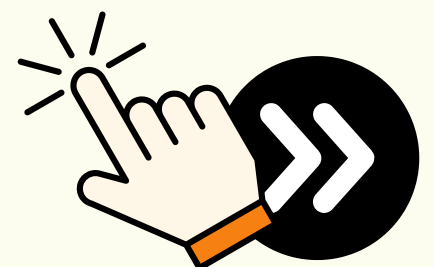


Any Emotion Can Be Shifted

I shifted 38+ years of clinical
depression and anxiety with a
technique and perspective I call
The 1% Solution™.

What do *you* want to shift in order to
claim your life and live the purpose
you came here to live???

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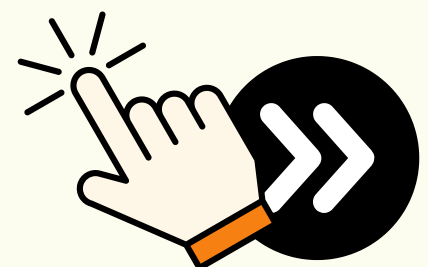
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You simply need to learn to use the energetic rules

We have all been taught to work *harder*, try *harder*, and push against our resistance - in other words, to paddle upstream against the current. But that's not how energy works. We have to learn how to put up the oars and go with our own natural currents, using those "oars" far more strategically.

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**You are limitless. And
you were born to be free
to create your own life!**

The 1% Solution™

**Your Promise
Is Waiting**

www.GoodbyeGoodGirl.com

Free 30-minute Exploratory Session:

[www.tidycal.com/goodbyegoodgirlproject/
strategysession](http://www.tidycal.com/goodbyegoodgirlproject/strategysession)

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