



Cheryl C. Jones



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Emotional Self Mastery Podcast  
Episode 9  
Starting Anew

Starting anew. Whether it's a new year, new month, new day, new relationship, starting anew leaves us with the question, "What am I going to take with me to my next experience?"

I think of it like moving from an old house to a new one and what I'll take with me to the new place.

Am I going to pack everything and move it? Try to make it fit into my new space whether it should or not?

Probably not. I'm probably going to have a bit of trash and undesired things to discard before moving.

Starting anew and moving forward requires that we let go of some things-physically, psychologically and emotionally. Shedding the physical stuff is a lot easier than the mental and emotional. But starting anew is when we need to let go the psychological junk, too-It may be time to challenge and let go of old patterns that we've operated from.

All too often we hold on to emotional hurts and traumas, carrying them with us like backpacks wherever we go. We will even bring them into new relationships. Those old emotions can become a wall or barrier to protect our heart from getting hurt again. However, when we put up a wall it blocks our ability to receive from others. It can also create suspicion and distrust when there not any reason for it.

What are you taking with you into 2021?

What good stuff will you bring forward for your continued growth, health, and happiness?

**Here's what I'm bringing:**

- Emotional resilience – living in the lighter emotions of hope and joy and happiness, hope, optimism, enthusiasm, and passion
- Vibrations that attract a similar vibration and add vitality to my life
- Growth-oriented mind-set
- A fully charged personal energy battery
- Book – Emotional Self-Mastery
- Faith that the Universe/God are always conspiring or working in my favor

Now, what are you going to leave behind?

How will you lighten your emotional and psychological load going into a new beginning?

**Here's what I'm (*intending*) to leave behind (fingers crossed!)**

- Assumptions
- Comparisons –of myself to others
- Small dreams that don't inspire action or motivate



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- Old limiting ways of doing business or working – For example – certain ways of doing things that may not work for everyone, inflexibility, being stuck in old roles
- Limiting beliefs – the stuff inside my brain that says “I can’t do that.”

So far, we’ve talked about what to leave behind and what to bring forward.

Here’s the big question, **when will you make the transition to the New you?**

Will you wait until things get better in the world around you? OR will you take action now and be proactive?

What area of your life will you target first? Your work, your home, or your relationship?

Isn’t it time to let the old beliefs, attitudes, and behaviors go in lieu of something more uplifting and positive?

I know this isn’t easy. I’ve been there. It can be really difficult if you don’t know what you want of where you are headed.

That’s where I can help. Yes! **As a transformational coach, I do three things.**

1. I can help you **identify what you want.**
2. **Release the unconscious beliefs** that block your way
3. **Strategize the right actions** needed to get you where you want to go.

If you’re serious about changing your life. About having the kinds of things you want. Doing the kind of work that brings you joy and money, schedule a 30 Minute Discovery Session with me. When we meet, (virtually, of course) I’ll listen as you tell me what kind of life you want to create. Then I’ll share with you how you can get there. Let’s embark on starting YOUR life anew- Together!

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Schedule a 30 Minute Discovery Session with Cheryl.

Special pricing for podcast listeners-\$50/30 Minutes-Schedule and Pay at:

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**Cheryl C Jones** is a facilitator, author, mind-set coach and podcast host who works with individuals and corporate work teams to quickly get to the issues inhibiting them from reaching their goals, overcome the issues and achieve real success.

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The Best Book on Regaining Personal Power, Self-Confidence and Peace

90 Companion Journal

Both available on Amazon

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