

## INSPIRING MATERIAL

Discover what is holding you back



## Discover what is holding you back from experiencing a powerful living experience

”It’s amazing how quickly your life can change to the better when your attitude about life changes”

- Andreas Eder

What gift will you give yourself this year?

What old ways and thoughts and behaviours will you put behind you so you can live a more joyful and powerful way?

What parts of you will you choose to love and expand upon that would be helpful right now?

Are you ready to explore what hold you back living your dream life?

In this sharing I have collected a few reasons that you might be able to relate to, and from here you can start shifting your mindset in order to feel happier and healthier.

(These all I help my clients and the participants in my courses to identify and to release in order to get their power and the joy of living back)

*”Pay attention to your patterns.*

*The ways you learned to survive may not be the ways you want to continue to live.*

*Heal & shift!”*

*Read more on the next page...*



## 6 WAYS HOW YOU LIMIT YOURSELF & YOUR WELLBEING

### **YOU BELIEF IN FALSE INFORMATION ABOUT YOURSELF & LIFE**

You are identified and your living experience is run by the limiting self-sabotaging beliefs. Such as "I can't do it/ I am powerless" / "I am unworthy" / "I need to be more than who I fundamentally am" / "I am not good enough" / There is something wrong with me and I need to be fixed" / "I don't belong. I am alone and unloved, unappreciated".

### **THE INNER CRITIC HAVE THE POWER**

You are on attack by your inner critic, the critical voice within that says how bad you are, how shit everyone else's are, how untrustful the world is. This voice has a own radio station in your head; the radio station Krazy, with all the negative content that make you focusing on (and therefore manifesting) failures and negative outcomes.

### **YOU HAVE LOST YOUR COURSE**

You are out of alignment of your own unique path, your heart's callings and desires. You follow the path of others instead of practicing the art of listening to yourself, to your inner compass, your True impulses, needs and desires, and living out from them. The deep inner fulfillment, the True satisfaction, can only be experienced when you live your life in alignment of your own heart. When you are following blindly others & ideas of the world will often discourse you from your own unique path, a path of deep inner fulfillment.



### **YOU MAKE WRONG CHOICES**

A lot of consequences in your life are a result of your choices you make, consciously or unconsciously. Your happiness *for sure* depends on your choices; you choose to avoid feeling the pain or you choose to feel it and therefore heal it. Or you choose to work with stress, or your work slower & mindfully and in a way that open up your joy and full power creativity.

### **UNHEALTHY HABITS & PATTERNS WILL DESTROY YOUR WELLBEING**

Have you taken a moment to reflect over your daily habits and patterns? This is very empowering to do every in monthly basis. Even in a relationship with others. What habits do you have in your daily basis that do not support you being in harmony, joy and focused fun creativity? What habits for example give you energy, deep connection with others, keep you open and powerful when it is challenging, and supporting you feeling relaxation, joyful and focused at work? We have bad habits and we have good. If you have more of the good ones, you will experience happier, healthier & powerful living everyday experience.

### **Last but not least, YOU ARE OUT OF YOUR CENTER**

You are not at Home in yourself, out of connection to your True potential, your inner stable platform where you effortless and powerfully live out your life. You are out connection to your immense inner resources, your strengths & gifts, and this make you feel lonely, hopeless, powerless, meaningless, anxious, depressed and last but not least, your everyday life feels often not fulfilling. What you can start practicing in order to get connect to a powerful living experience within as well outside of yourself, is start practicing various mindfulness techniques.

*How was it for you to read this? What touches you?*

*Are you curious to start creating a change on these points already today? :)*

*Hope this was helpful to you and this sharing help you to start experiencing  
a resourceful, stronger, peaceful and  
happier version of yourself!*



If you would like to know more about how you can implement mindfulness in your everyday life & experience a happier & healthier way of living, email me, and we will investigate the possibilities together.

You will also find more inspiring material on my website.

If you want to know more about my coaching or about the True Empowerment Programs I organize yearly, feel free to come on your first call with me - free of charge.

Be well. Stay connected. Be happy.

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