



Transformation Protocol

Mary Crawford's Overcome Addiction: Eliminate Core
Beliefs & Regain Your Power!

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WELCOME TO DAY 1

Congratulations on choosing to work with Mary Crawford and the Overcome Addiction: Eliminate Core Beliefs & Regain Your Power! We are super excited about your journey and the results you can expect to see after you have completed the program!

By following this program you'll...

- * Know how to overcome feeling helpless with changing addictive behaviors...
- * Stop feeling trapped or controlled by others.
- * Be able to release addictions, stop fighting cravings and feel powerful all at the same time.
- * Experience what life can be like fun and easy... having total control of your own destiny!
- * Know how to take back your power and become the amazing, beautiful, Divine creator that you truly are!

World's top mentors and coaches have determined, "What doesn't get measured, doesn't get done!"

We have also seen the same with our community repeatedly that people that are measuring, tracking and noticing actually get results much much faster than those that are not. To kick off your protocol, we have designed a survey that covers the most common issues that people have. Please take a few minutes (takes approx. 5 min) to answer these short questions on a scale of 1-10 to determine your baseline at the beginning of this program. Then, as you progress along, please repeat this survey every week. Don't look back at previous week results until you get to the end of the program and then you will be directed to measure the average progress. People are usually amazed that without even realizing, they were actually making a lot of progress!

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You will get a chance to book a FREE appointment at the end to talk to one of our hand picked, trained Transformation Specialists to discuss your experience and offer any support that you might need afterwards.

Best of luck!

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Message from Mary Crawford as you embark on this journey....

Welcome to the start of an amazing new way of being in the world!

As you begin this journey there are a few important things to keep in mind.

1. You are an amazing human being facing a contrast that you can change.
2. You are way more powerful than you might believe.
3. Core beliefs have been handed down to you from ancestors and carried over from past lives – however, it is TIME to GET RID OF THEM!
4. You came here with an awesome Divine Purpose and it's not too late to get started.
5. Self-love is an unrivaled healer and you Deserve it!
6. Self-care is vitally important throughout this process to achieve results...
 - ~ Drink at least 2 quarts of filtered water daily (add a pinch of pink salt for minerals)
 - ~ Listen to the Earth Nutrition Mp3 daily to get grounded and connected to your source.
 - ~ Get outside as much as possible. Walking in nature has been shown to balance free radicals in your body. Of course it's amazing for soothing your soul as well, and your body loves the exercise.
 - ~ Soak your body (or at least your feet) in a warm Epsom salt bath a couple of times a week. It's a great source of Magnesium which helps every muscle in your body relax – even your heart.
 - ~ Take 10 minutes once or twice a day to clear your mind of all thought. Focus on your breathing and gratitude. "I am grateful to be breathing."

You'll want to start with the Earth Meditation to support your body. If you got the Essential Oil Reading, do schedule that as soon as possible because the oils can support you so much in your healing and releasing process. Use the coupon code you received.

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Please join the private Facebook Group here.

<https://www.facebook.com/groups/DivineHeartRescue>

Start listening to the Mp3 that addresses your biggest addiction. You may want to listen more than once; however, if you are fully present the first time you listen, that will likely be all you need.

Put the dates for the Group Calls on your calendar so you can participate in those. Come to the calls with specific issues you want help with. Please know that the calls are completely guided so they will be the greatest benefit to every person who listens whether live or recorded – even if you are not personally called on.

If you purchased the private Divine Heart Rescue session (package C), please schedule that asap. This session will go beyond addiction and work with what your body especially requires. Use the coupon code that came with your package.

If you purchased the VIP package, know that your Remote Monthly Clearings will start March 1st and continue for 12 months. In this process we will clear everything from unwanted entities to imbalances in your body. Each time might be a bit different – again they are guided and what is best for you will be brought to attention.

When scheduling your private Divine Heart Rescue session, Guided Nutrition session and Guided Chakra Reading, use the coupon code you received. These should be scheduled at least one week apart and I would start with the Chakra Reading.

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I'm so excited to be part of this journey with you!

I know that we have connected for a reason. My hope is that you will be freer, stronger, braver and happier on the other side of our work together.

I know so much is possible for you. I truly see the Divine in you.

Namaste

~ Mary



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Day 2 AM: How did you feel when you woke up this morning? Energized? Excited? Ready for change?

What are your goals today?

Day 2 PM: Check in, where is your energy now?

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Day 3 AM: What is the most important thing you can do today for your own well-being?

Did you do it?

Day 3 PM: How did you feel at the end of the day today? Do you feel more happiness? Did your day seem to flow more positively? If so, how did it make you feel? If not, what is holding you back from experiencing this?

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Day 4 AM: Ask yourself this... How will I sincerely honor my own truth today?

What are your goals today?

Day 4 PM: What did you notice that was different today?

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Day 5 AM: Take today to show your gratitude. Write down now what you are grateful for. When you take time to give thanks... everything can change.

What are your goals today?

Day 5 PM: How did the gratitude go today? Notice how your day was different.

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Day 6 AM: You are almost 1 week into Overcome Addiction: Eliminate Core Beliefs & Regain Your Power. How do you feel? Really think about it, how do you want to feel today? Do you want to feel creative, strong, joyous, free, wild-hearted, loving, fierce, calm, inspired, or something totally different?

What are your goals today?

Day 6 PM: At the end of the day... how do you feel now?

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Day 7: Congrats! You are 1 week into your protocol. It is time to measure! Take time to do this important step now.

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Day 8 AM: It's time for your 2nd week of Overcome Addiction: Eliminate Core Beliefs & Regain Your Power. Things should start to become more clearer for you now. Take time today to notice things, big or small.

What are your goals today?

Day 8 PM: What did you discover? Was anything easier for you? Where are you noticing changes?

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Day 9 AM: What is your intuition telling you about your current path? Are you on track with where you want to be?

What are your goals today?

Day 9 PM: Did you stay on track today?

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Day 10 AM: This is the perfect day to practice more gratitude.

Pay attention to your surroundings and be thankful for everything that you see. What do you notice? Write these feelings down and then compare them a week from now to see the difference in what you notice daily.

What are your goals today?

Day 10 PM: What did you notice? How is your mind feeling as your transformation is happening?

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Day 11 AM: Use the power of your imagination today. Write down what your biggest dreams look like and think about how it would feel to achieve these.

What are your goals today?

Day 11 PM: What did you imagine your future life looking like today?

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Day 12 AM: Today is no complaining day. Anytime you find yourself wanting to complain, pause and redirect your energy.

What are your goals today?

Day 12 PM: How did no complaining go? Was it easier or harder than expected?

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Day 13 AM: Start your day off today by taking an inspired action. Think about it... what truly inspires you?

What are your goals today?

Day 13 PM: Did you feel inspired today? Did you take action with your inspiration?

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Day 14: Congrats! You are 2 weeks into your protocol. It is time to measure! Take time to do this important step now.

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Day 15 AM: How will you step out of your comfort zone? You don't know what you can do until you try. Once you start trying and experimenting with new ways... you will surprise yourself over and over again!

What are your goals today?

Day 15 PM: What did you do differently today? How did that make you feel?

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Day 16 AM: Sometimes things are right in front of us and we don't take notice until they're gone and then we deal with regret. Take notice, be present, acknowledge. Look at the people, circumstances, and things in your life and appreciate that they exist for you and with you. The universe will bring you more of what you are grateful for!

What are your goals today?

Day 16 PM: What did you notice? What are you grateful for?

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Day 17 AM: Ask yourself: Who can I forgive?
Remember, forgiveness benefits the giver... forgiveness is acceptance. Accept that you cannot change what has happened. This may mean forgiving a person you feel wronged you and, just as importantly, it can mean forgiving yourself for hurting someone else.

What are your goals today?

Day 17 PM: Who did you forgive today and how did that make you feel?

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Day 18 AM: Today, take some time for self love. Your body is drastically healing. Take some time to pamper yourself today, even for 10 minutes.

What are your goals today?

Day 18 PM: So what did you do today to show yourself some love? How did it go?

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Day 19 AM: Today is for gratitude! Write down what you are grateful for and take time to do this all day. Work on making this a habit daily until it just happens naturally!

What are your goals today?

Day 19 PM: How was your day of gratitude? Notice any shifts?

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Day 20 AM: How are you committing to your mission? Do a check in throughout the day to notice.

What are your goals today?

Day 20 PM: Are you noticing any big shifts or changes? Note them here.

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Day 21: Congrats! You are 3 weeks into your protocol. It is time to measure! Take time to do this important step now.

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Day 22 AM: What do you appreciate about your life right now?

What are your goals today?

Day 22 PM: What would you like to remember about today?

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Day 23 AM: Is there something new you can learn, experience, or try that will help you grow into the person you want to be? Plan out a simple step every day, no matter how small.

What are your goals today?

Day 23 PM: What did you create today?

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Day 24 AM: What can you release from your life today?

Could it be an item that no longer brings you joy, a relationship that is no longer serving you, or a negative thought that holds you back? What can you release and set yourself free from?

What are your goals today?

Day 24 PM: What did you release and set yourself free from?

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Day 25 AM: Inspire others to be their best selves today...
inspiration is contagious! Pay attention to the effect this has on
others today.

What are your goals today?

Day 25 PM: What inspired you today?

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Day 26 AM: You are almost finished with Overcome Addiction: Eliminate Core Beliefs & Regain Your Power. What has shifted for you? What is different?

What are your goals today?

Day 26 PM: Take time to really notice the changes that are happening within you.

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Day 27 AM: Increase your level of faith! Just believe...

What are your goals today?

Day 27 PM: Do you have faith in yourself for creating the life you desire?

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Day 28 AM: Who can you appreciate today? Every day let someone know that you appreciate them and, just as importantly, why you appreciate them. Don't wait until they can't hear it. It doesn't have to be something grand. Everyone loves to know that they are seen and appreciated in life. Let someone know they make an impact in your life.

What are your goals today?

Day 28 PM: Who did you tell about your appreciation?

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Day 29 AM: Setting intentions is a powerful step, but it's power is diminished if we don't review the outcomes. Do a quick review of the past month and see what insights you can carry forward.

What are your goals today?

Day 29 PM: What intentions are you creating? As you go through life, be present wherever you are and remember the intentions you chose for yourself... *the universe will help you!*

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Day 30: Congrats! You made it to your Day 30! How are you doing? Take some time to go thru this survey now and compare to Day 1. How are things different?

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