



Transformation Protocol

Pam Best: Re-Wire Your Mind For Success

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WELCOME TO DAY 1

Congratulations on choosing to work with Pam Best and the Re-Wire Your Mind For Success. 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 the difference between traditional hypnosis and RTT (Rapid Transformational Therapy).
- * Be able to override your subconscious thoughts with healthy thoughts on how to be successful and create a life you love.
- * Find your power that lies within for success in health, wealth, and relationships.
- * Know the 5 Rules of the Mind and understand how to change your brain's wiring.

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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Compliments

Support from others

gifts

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Message from Pam Best as you embark on this journey....

Welcome successful souls!

I'm excited that you have joined my success program. Many people view success only in monetary terms, however; I **see success across all aspects of our lives**. This can include our health, wealth, and relationships.

Having success in all areas of our life leads us towards wholeness. This place of wholeness is where we are able to live our lives passionately, wholeheartedly, abundantly, successfully, and even joyfully.

My purpose in creating this program is to guide you into discovering your limiting beliefs that you most probably acquired from your childhood. As a child our subconscious mind is absorbing any and everything we see, hear and experience, however at this age we do not have the rational skills to deal with these experiences.

This is where the useful technique and tools of RTT comes in to uncover and discover the self limiting and faulty beliefs that we have acquired since childhood. Upon this understanding of how, why, when and where we acquired these limiting beliefs we are then able to understand and become aware of how this causes dysfunction within our lives as we know it today as an adult.

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As we begin the program I cannot stress enough how important it is to repeatedly, and consistently listen to the hypnosis MP3s that I've provided for you.

The subconscious mind works from familiarity. So the fact that you've had limited or faulty beliefs since the age of four or five, for example, creates a scenario where you automatically are triggered by certain situations to react and behave in a certain way based on this past experience. So in order to change your subconscious mind and how you react to situations, it is imperative that we repeatedly and consistently listen to the positive suggestions in the hypnosis recording.

It is important to make your mind familiar with the positive suggestions, and this can only happen with repetition. **Repetition is key to your success.** Therefore I urge you, even if you're feeling like you've got this handled after listening a few times, to please continue listening for the entire 30 days, this will lead to your success with the issue you were dealing with.

It takes 21 days to form a new habit, and this is based on the neural networking of your mind. Basically we are re-wiring your mind not only to accept new suggestions but to begin subconsciously reacting to the new positive suggestions which will become familiar, therefore stimulating your subconscious and your behavioral patterns to react positively.

As long as you're doing your part listening to the recording's daily your subconscious will follow with changing and rewiring your mind to accept these positive beliefs.

Mindset is key to everything because your thoughts create your reality. **Change your thoughts, change your life: that's the motto I live by.** And I hope you will join me in working towards changing your thoughts so you can change your life in the way you desire and a way in which you deserve.

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Package A: Choose the first topic you want to work on - health, wealth, relationships. Then listen once to the 3 MP3s within that topic. Choose 1 of the MP3s that you best resonate with and listen to it for 30 days. For the remainder of the MP3s, feel free to listen at your leisure, repeat this process with the remaining topics for another 30 days as you move towards your goals of living your best life.

Package B: Attend the Live Calls to discover your limiting beliefs about your success in health, wealth, and relationships. **We will uncover and discover what's been holding you back in life, and then reprogram your mind with positive suggestions to promote success in your life.** After the Live Call you will receive via email 1 audio with the discovery portion of the call which you can listen to repeatedly, but please listen to it at least once. You also will receive another audio with the positive suggestions for rewiring your mind that you will consistently listen to for 30 days.

Package C: You will have a RTT session with me, and you will receive a personalized hypnosis recording of positive suggestions to listen to consistently for 30 days.

For the VIP Package - Coaching: This consists of the RTT session from package C, along with either a choice to have a remote Whole Life Clearing, or an energy clearing, and a third session with another healing modality appropriate for your goals. This will happen within a 6 week period. You will schedule the RTT session first, and then upon completion of that session I will give you a link to schedule your next 2 appointments. The appointments are every 2 weeks within the 6 week period.

Please use this program to your advantage as it can **only increase your success in your wealth, your health, and your relationships.** If you have any questions you can email me at pam@besthealth&wholeness.com.

Cheers to your success and abundance! ~ Pam

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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 Re-Wire Your Mind For Success. 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 Re-Wire Your Mind For Success. 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 Re-Wire Your Mind For Success. 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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