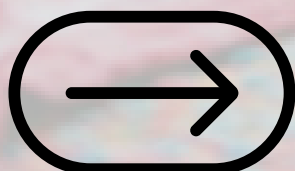




10 Steps to Living a New Timeline

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1. Radical Self-Awareness

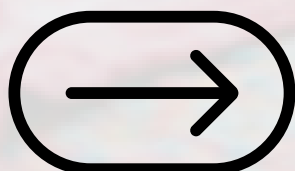


Notice your thoughts, beliefs, patterns, and stories, without judgment or shame.

Awareness is the first step and it's crucial. We must be aware of something to bring it to light.

It's like stepping back from your life to see the bigger picture and recognize where you've been living in old stories (running on autopilot) versus consciously creating your life.

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2. Radical Emotional Intelligence



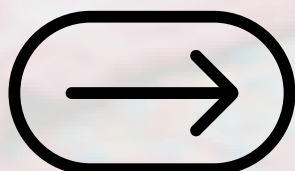
Feel your emotions fully without blaming yourself or others.

Emotions are signals, not chains, they guide you to what needs attention.

Imagine sitting with your feelings like watching waves come and go, noticing them without trying to push them away or control them.

Feeling them, releasing them, and not holding onto them.

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3. Release Shame & Guilt

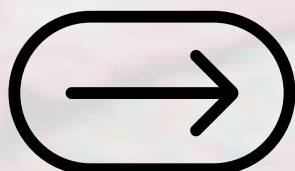


When you notice you've been living in an old story, forgive yourself.

Shame and guilt anchor you to the past and block your new path.

This step is about softening toward yourself, acknowledging you did the best you could with the awareness you had at that time, and giving yourself the love and permission to move forward.

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4. Radical Forgiveness



Forgiveness isn't about excusing someone else, it's about understanding and releasing.

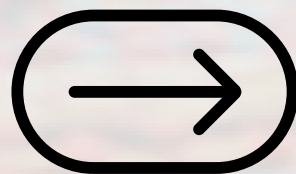
Their actions say more about what's happening inside them than it does about you.

Your internal system speaks through you; theirs does the same. Recognize it, set boundaries, and release it.

They may feel "icky" inside and not ready to see it but that's their journey, not yours.

Forgiveness frees you to step fully into your new timeline.

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5. Establish Boundaries



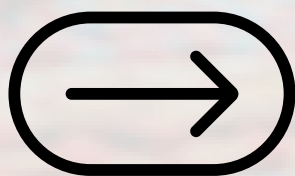
Protect your energy. Boundaries are the fences that allow your new story to take root.

They prevent old patterns, people, or expectations from pulling you back into the past.

Saying “no” or stepping away isn’t mean, it’s self-honoring and necessary for growth. And just as important, say yes to the people, communities, or mentors who support you.

Think of it like drawing a safe circle around yourself where your new possibilities can flourish.

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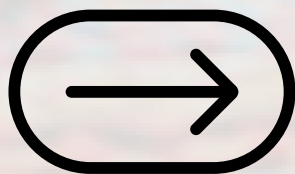
6. Nervous System Regulation



Use grounding, breathwork, movement, meditation, and other tools to expand your window of tolerance so you feel safe and stay connected, centered, and resilient.

Your nervous system is your anchor; when it's regulated, you can navigate uncertainty, move through the fear and remain open to new possibilities.

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7. Connect with Your Inner Guidance, Your Spirit Team & The Divine



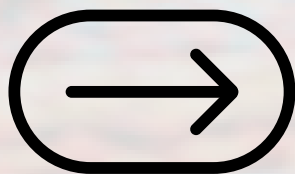
Trust your intuition, signs, and guidance
to navigate your path.

Your spirit team, inner wisdom, or
higher self can guide you past what the
mind fears and toward what your soul is
ready to create.

Listening builds trust.

Imagine having a co-pilot for your life,
guiding you gently, even when the
terrain is uncertain.

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8. Clarify Your Vision / Intention

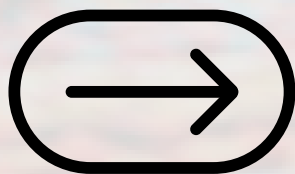


Know the timeline you want to step into.
What life, feelings, and reality
are you creating?

Clear vision gives your energy direction
and helps you align your thoughts,
feelings, and actions toward what's
possible instead of reacting.

Picture your desired life as a beacon,
pulling your energy and choices
toward it.

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9. Embodied Action



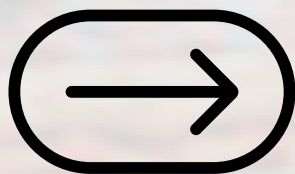
Take aligned steps, even tiny ones, that reinforce your new story.

Action grounded in presence and awareness makes the new timeline real.

Movement, rituals, journaling, or conversations can all be ways to embody your intention.

Think of it as building the path as you walk it, rather than waiting for the perfect map.

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10. Anchor in Presence & Gratitude



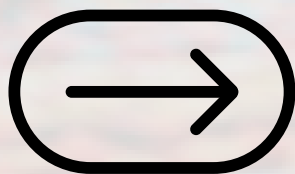
Celebrate the life you're
living right now.

Gratitude roots your new timeline in reality, opens space for abundance, and reminds you that even the small victories are part of the bigger creation.

Presence keeps you connected to your body, heart, and mind as co-creators of your story.

Imagine pausing to notice the sunlight, your breath, or a smile, these moments anchor you in what's real & fertile for creation.

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If this resonated with you,
there are tools, practices and
community waiting for
you inside my
Empower You Library.

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Link to join is in my bio and on my website!