



NO MORE SELF-SABOTAGE
NO MORE STUCK
LIVE EXCEPTIONALLY ALWAYS
WORKBOOK & GUIDE

Hi I'm Lea!

I know what it feels like to be where you are right now. What it feels like, to look like you're coping on the outside, while inside you feel stuck, lost, and unsure how to change your life. I spent years looking for answers through personal development books, seminars, and courses — hoping that somehow things would finally click and life would change.

Learning more didn't change how I was living. I still felt stuck, full of doubt, and unable to break away from the results I no longer wanted, my old thoughts, feelings, and habits stayed!

I went through the motions and would feel good for a while. I started believing I didn't know how to implement this self-development knowledge or how to help myself. I believed others could but not me.

I know what it feels like to fear that life will never change. That this might simply be how it will always feel the rest of my life. Today I know that's not true it does not have to be that way.



TURNING DREAMS INTO REALITY

Since 2015, I have supported hundreds of people in transforming their lives and achieving results such as:

- Positive change in their financial situation.
- Positive changing in career direction.
- Building of first businesses and or development of the current.
- Improved relationships with loved ones.
- Loving and accepting self.
- Improving the quality of life and health.

***You and my love for people is the reason I do this.
“I believe everyone should ‘Live A Life They Love’***

“I believe everyone should ‘Live A LifeThey Love’ Having ‘You Live Your Version’ is my life's mission”

I know that some quiet voice from your heart is
telling you that your life can be different.

Even Better. More Happiness. Be Calmer. Be Truly fulfilled.

I know you can find a way out of the current
situation you’ve find yourself in.

I believe you did not find yourself where you are
today without a reason.

And I believe that this is not the time to give up.

Use My Belief in you like I once did with someone
and until your own faith is your fuel.

Change is inevitable however life on your terms really is a choice

Life really is to short.

Isn't it worth living on your terms the way you really want?

Lea Thomas
LEA THOMAS



Now Is Your Time

NO MORE SELF-SABOTAGE LIVE Challenge!

Your 'PORTAL' EVERYTHING IN ONE PLACE

Click the Link Below or **Scan QR** enjoy convenient access to meetings and materials. We've gathered everything in one place to simplify your work and maximise results.

> www.turningdreamsintoreality.co.uk <



STEPS TO YOUR SUCCESS



MONDAY: SET AN AMBITIOUS GOAL

- ☐ 7:30PM: Live Meeting with Lea Thomas.
- ☐ Complete the PDF with the 'Your Exercises'.



TUESDAY: DISCOVER THE POWER OF YOUR MIND

- ☐ 12:00 Noon Q&A session on Zoom with Lea & Dolores Thomas
- ☐ 7:30PM: Live Meeting with Lea Thomas
- ☐ Fill out the PDF with 'Your Exercises'



WEDNESDAY: FEAR & FAITH BREAK THE WALL OF FEAR

- ☐ 7:30PM Live Meeting with Lea Thomas
- ☐ Fill out the PDF with 'Your Exercises'



THURSDAY: THE TIME IS NOW TAKE THE FIRST STEP

- ☐ 7:30PM Live Meeting with Lea Thomas
- ☐ Fill out the PDF with 'Your Exercises'



FRIDAY: CREATE YOUR OWN IDENTITY

- ☐ 7:30PM Live Meeting with Lea Thomas
- ☐ Fill out the PDF with 'Your Exercises'
- ☐ 8:30PM VIP meeting on Zoom

HERE FOR YOU!



LEA Thomas



DOLORES Thomas



TO HELP 100%

TURNING DREAMS INTO REALITY

Now Is Your Time!

Start Creating A Life 'You Love'

I commit to doing the challenge LIVE every day because I want to surround myself with the energy of the group and feel the power of mentoring, which will increase the likelihood of achieving my goals over the next 12 months.

Signature

Date

DAY 1

MONDAY | 7:30PM

CREATE AN AMBITIOUS GOAL

TYPES OF GOALS:



Type A Goal | A goal you know how to achieve.



Type B Goal | A goal you think you can achieve.



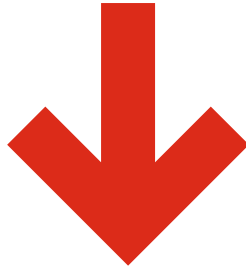
Goal Type C | Your desire. The goal you truly want.

A C-type goal comes from your heart.



Write your goal on your goal card, starting with:

I am so grateful and happy right now that...



Date _____ **20** _____

I am so grateful and happy right now that...

TURNING DREAMS INTO REALITY

MAKE SURE...

Once you have your goal written down, ask yourself, "Why do I want this?"

Ask yourself this question 7 times and write down the answers that come below:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

The final answer that comes is your real "Why."

Add your "why" to your goal card.

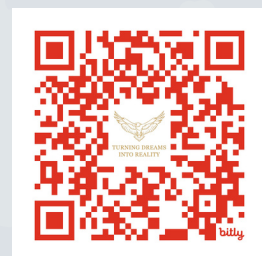
Place the goal card in your wallet, purse or pocket and
read it several times a day.

Remember that the image you most often hold in your mind
will sooner or later be expressed in physical form.

If you can't decide which goal is your C goal,
read the "**Decision**" article for the next 30 days.

Hit the Link **BELOW** or Scan the Code >>>

> www.turningdreamsintoreality.co.uk < 



MAKE SURE YOUR GOAL IS WRITTEN CORRECTLY:

- ☐ The goal should be written in the present or past tense
- ☐ The goal must be specific and measurable (how will you recognise the day when will you achieve your goal?)
- ☐ A goal should have a date by which you plan to achieve it.

SESSION 1 EXERCISES

- ☐ Answer the questions above. Write your goal on a Goal Card (found below) and read it often every day.
- ☐ Take a selfie with your goal card and post it in our Facebook group. Let us know what you learned from your first session.
- ☐ Everyone who completes the exercises will be entered into a drawing for daily prizes (we want to reward your perseverance!)
- ☐ Join the Zoom meeting on Tuesday at '12:00 Noon' where the Seeking Greatness team will help you set your goal.

Use this link or QR Code and find the complete set of materials and recordings in your **challenge PORTAL**.

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DAY 1 SUMMARY

FIRST DAY OF THE CHALLENGE

CREATE AN AMBITIOUS GOAL

You can't get out of prison without knowing you're in it.



I'm not worthy. I don't deserve it. I'm not cut out for this. Others can, but I can't. It's their fault.

"Every human being has been programmed for success."



- Do you know where you're going?
- Do you know what you want?
- Do you have a goal written down?

"A goal is needed to start the machine of success."



You've achieved this before.

You know how to do it if you connect the dots.

You've never done this before. You don't know how. The goal terrifies and excites you.

Your true purpose comes from the your heart.

COMFORT ZONE = DEATH ZONE

Your target is not in the death zone!



PERSEVERANCE IN 4 STEPS

- 1 A friendly alliance with the right people.
- 2 Closing your mind to the opinions of others.
- 3 A plan of Action and 1 or 2 steps forward daily.
- 4 Write down your C-type goal several times a day.

DAY 2

TUESDAY | 7:30PM

DISCOVER THE POWER OF YOUR MIND

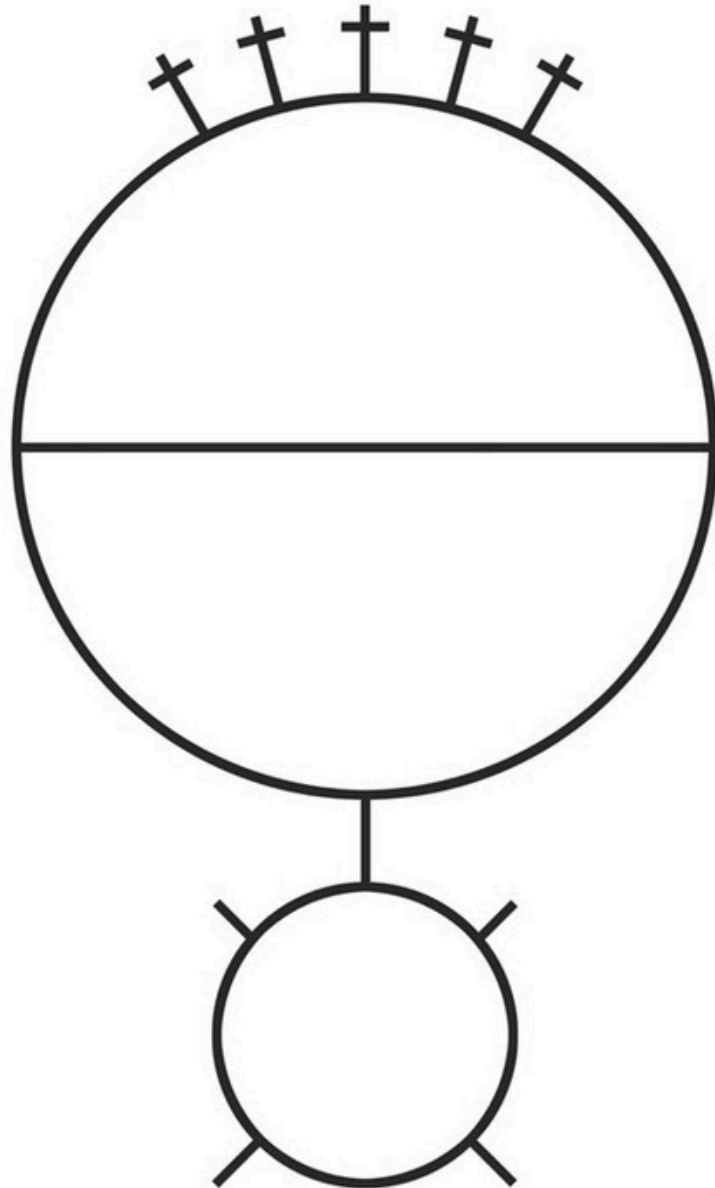
Yes Or No Answers:

1) I compare my self with others	1) YES	NO
2) I don't trust my decisions	2) YES	NO
3) I'm worried about other people's opinions	3) YES	NO
4) I put things off until later	4) YES	NO
5) I'm afraid of making mistakes	5) YES	NO
6) I'm afraid of rejection from others	6) YES	NO
7) I have trouble concentrating	7) YES	NO
8) I have a problem with procrastination	8) YES	NO
9) I don't feel like a great leader I'm afraid to sell	9) YES	NO

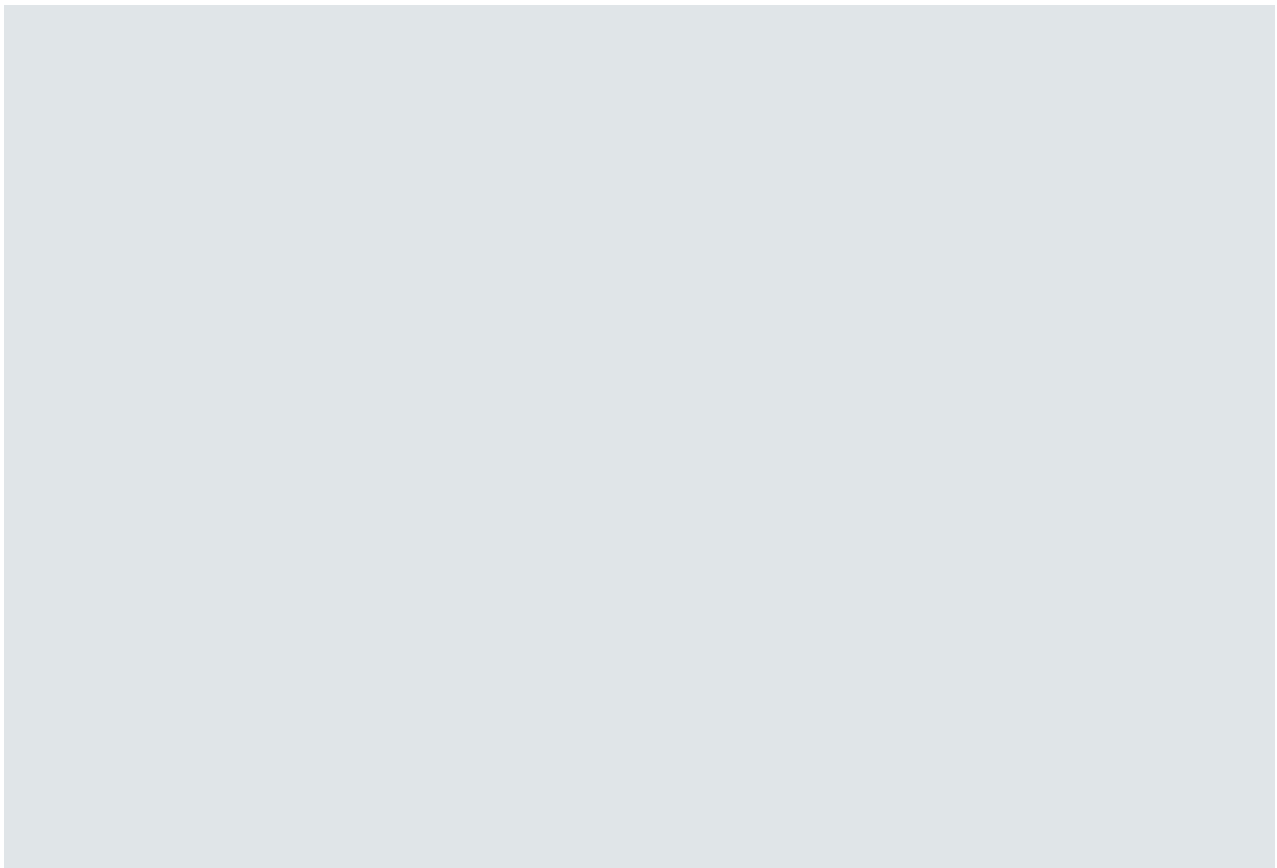
On a scale of 1-10:

**** (1 Being Least & 10 being Highest)**

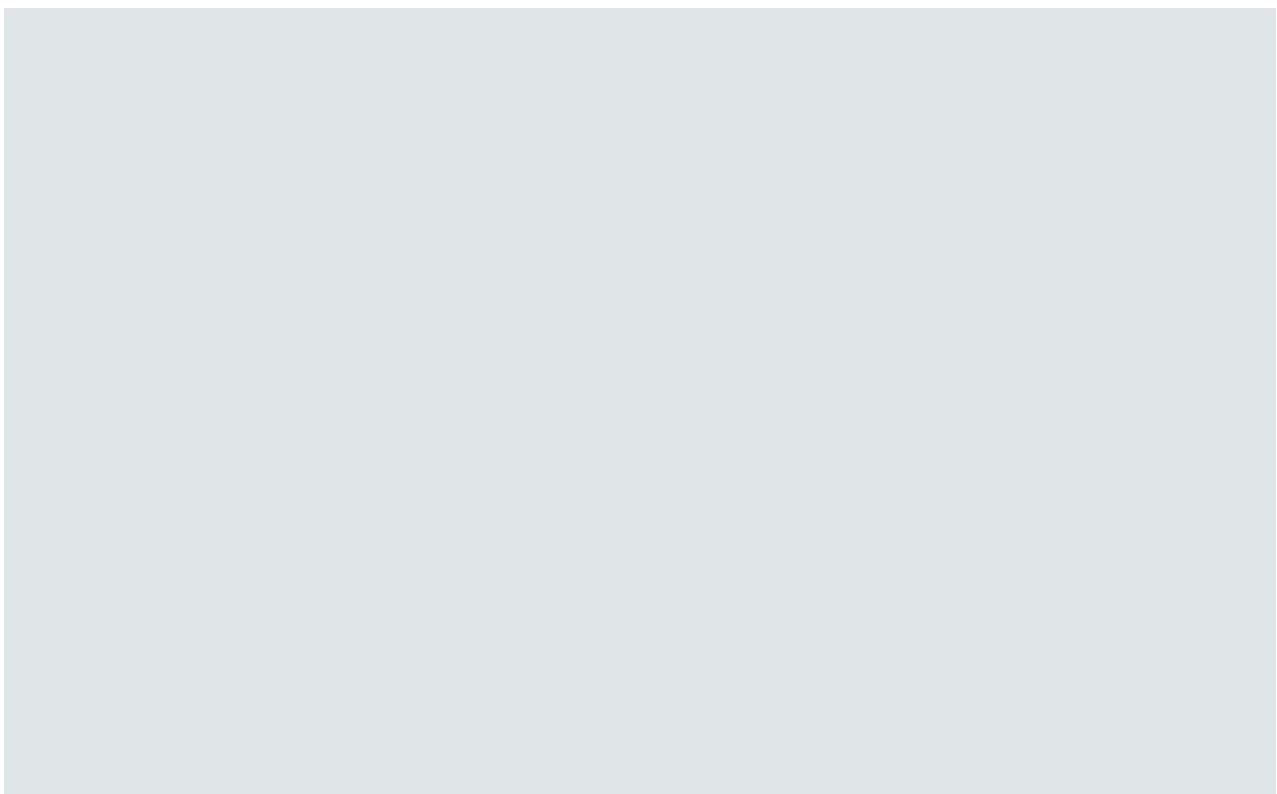
Do you believe in yourself?	☐
Do others' opinions of you matter to you?	☐
Are you a confident Person?	☐
Do you respect yourself?	☐
Do you appreciate your achievements?	☐
Do you give your all every day?	☐



What is your strongest Paradigm?



How much has your paradigm cost you so far? Specify the amount:



Write down 5 things you know you should do to achieve your goal, but you don't do them:

Write down the 5 destructive beliefs you have about your goal or yourself:



Now number them 1 to 5 one being the strongest



Choose one habit and one belief from the list above and write down the formula for a paradigm shift.

DOWNLOAD FREE PDF:



SESSION 2 EXERCISES

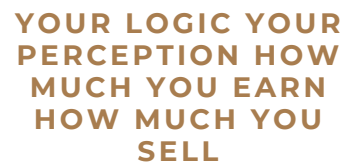
- ☐ Answer the questions above.
- ☐ Take a photo of your Stick Person notes (mind image) and post it in our Facebook group. Let us know what you learned from the second session.
- ☐ Everyone who completes the exercises will be entered into a daily prize draw (we're still rewarding your perseverance!)

At this link you will find a complete set of materials and recordings.

 WWW.TURNINGDREAMSINTREALITY.CO.UK/PORTAL 



Get The Key To Unlock It All



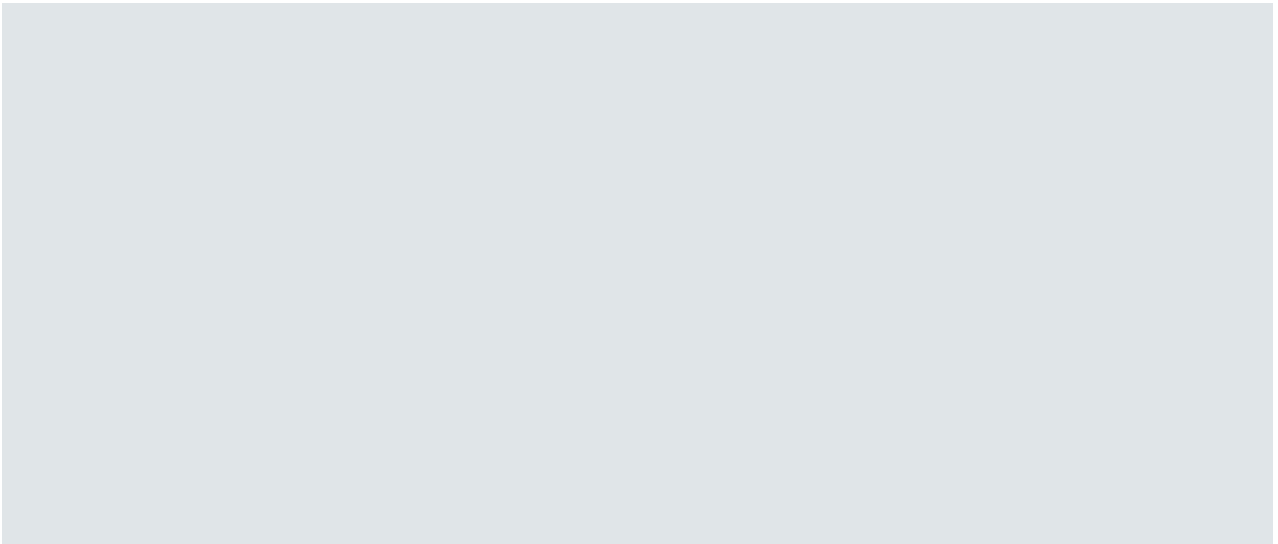
IT'S A CHOICE

DAY 3

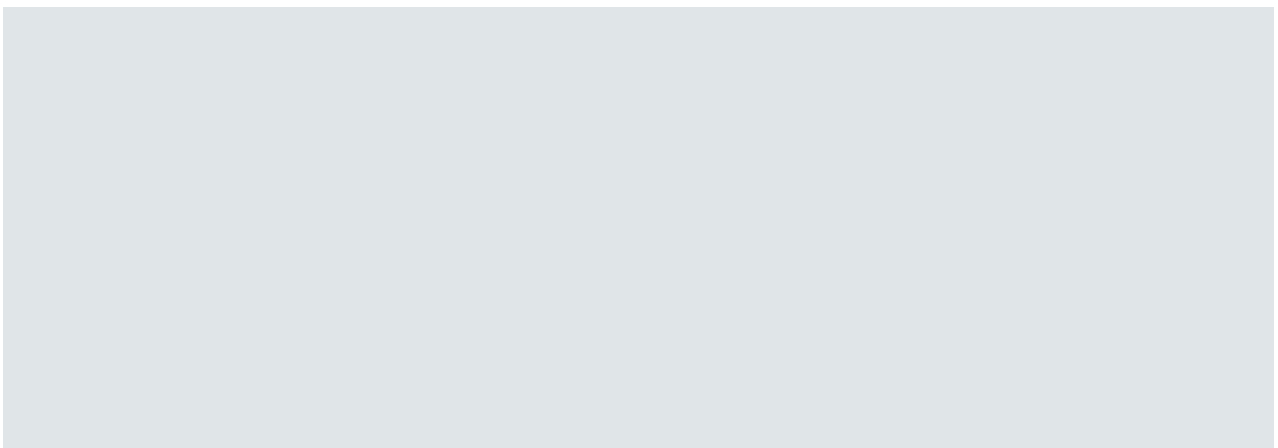
WEDNESDAY | 7:30PM

BREAK THE WALL OF FEAR

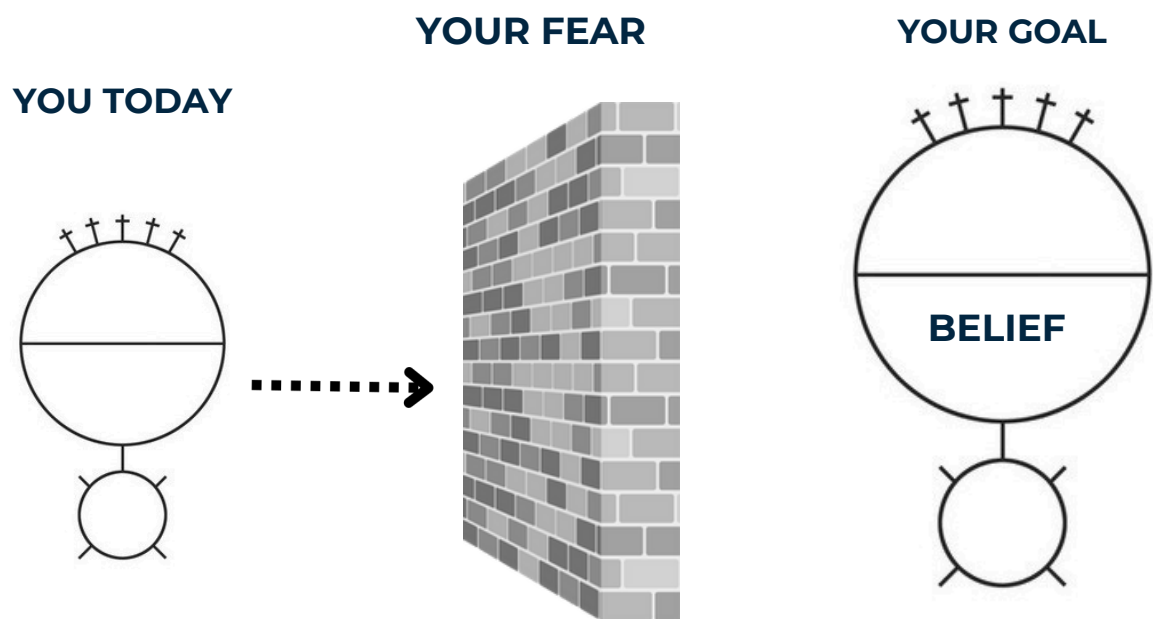
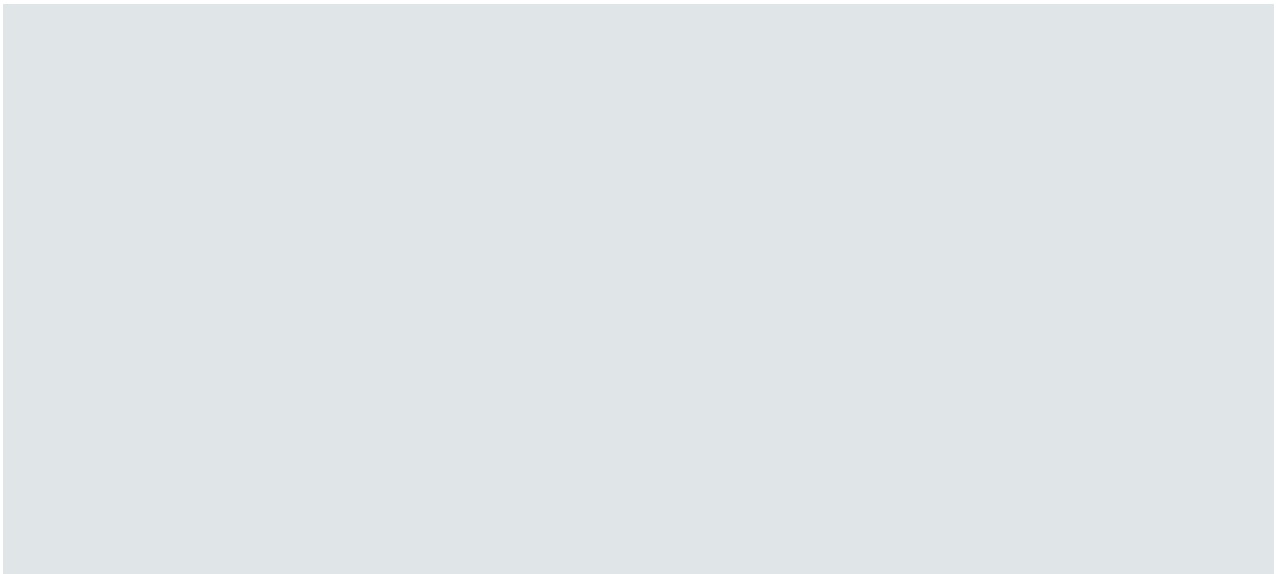
What are your biggest fears that keep you from achieving your goal?



How would you feel if you got rid of the fears listed above?



Choose one thing you are afraid to do, but you commit to doing it because you know it will bring you closer to your goal.



- ☐ Yes, I want to overcome my fears and anxieties because I want to create my reality consciously!
- ☐ No, I make the decision to stay where I am and allow my paradigms to continue to control my life!

SESSION 3 EXERCISES

- Answer the questions above.
- Go Live on our FB group to break your protection from criticism from others and public speaking.
- Video should be at least 1 minute long, share with us what you have gained from our challenge so far.
- Everyone who completes the exercises will be entered into a drawing for daily prizes!

“

*God placed the best things in life on
the other side of fear.*

WILL SMITH

At this link you will find a complete set of materials
and the previous days recordings.

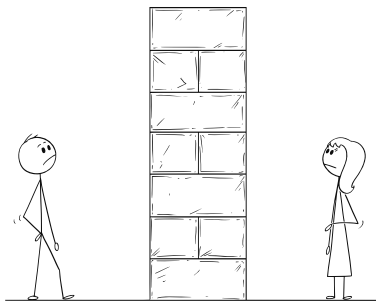
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SUMMARY

DAY THREE OF THE CHALLENGE

BREAK THE WALL OF FEAR



Can you afford to stay where you are?
How much is your paradigm costing you?



"If your goal conflicts with the information that is encoded in your subconscious mind, your self-image will never allow your goal to become a reality."

MAXWELL MALTZ

NO-NO EFFECT???



PARADIGM EFFECT

I'm not suitable
what if...
what others will say



I can't cope
it is impossible
I will disappoint others
myself and

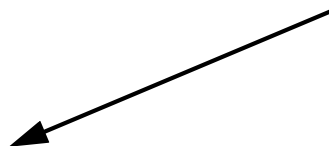
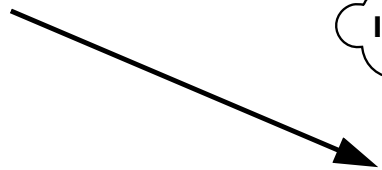
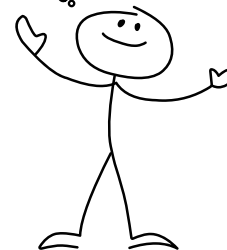


WHAT DO YOU WANT TO BELIEVE?

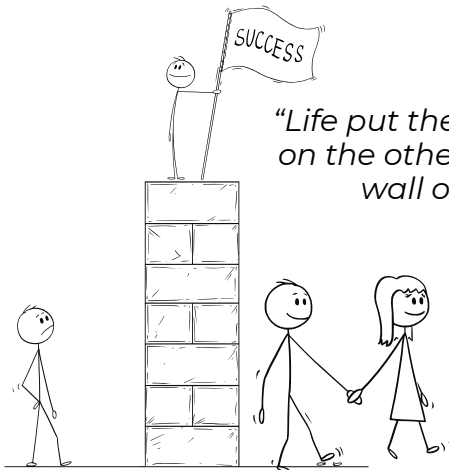
I can!

OR

I can't



"Life put the best things on the other side of the wall of fear."



Understand BEING AFRAID AND DO IT ANYWAY.

ADEL AND RICHARD BRANSON GET AFRAID TOO!

FAITH
OVER
FEAR

"Faith is the power to achieve anything."

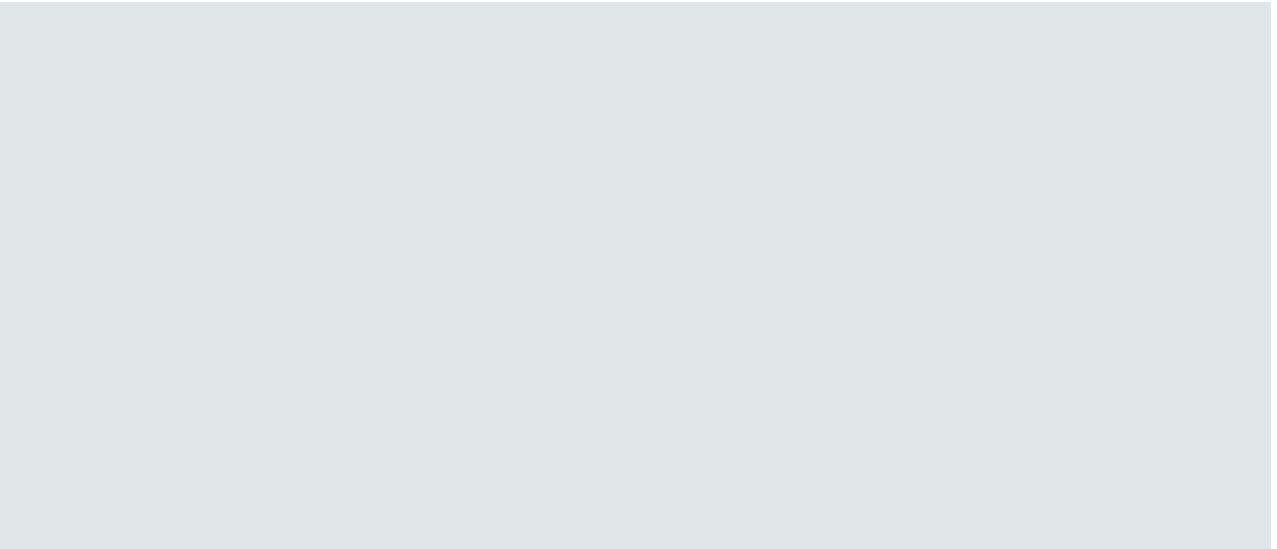
BELIEF
OVER
DOUBT

FAITH WITHOUT ACTION IS DEAD

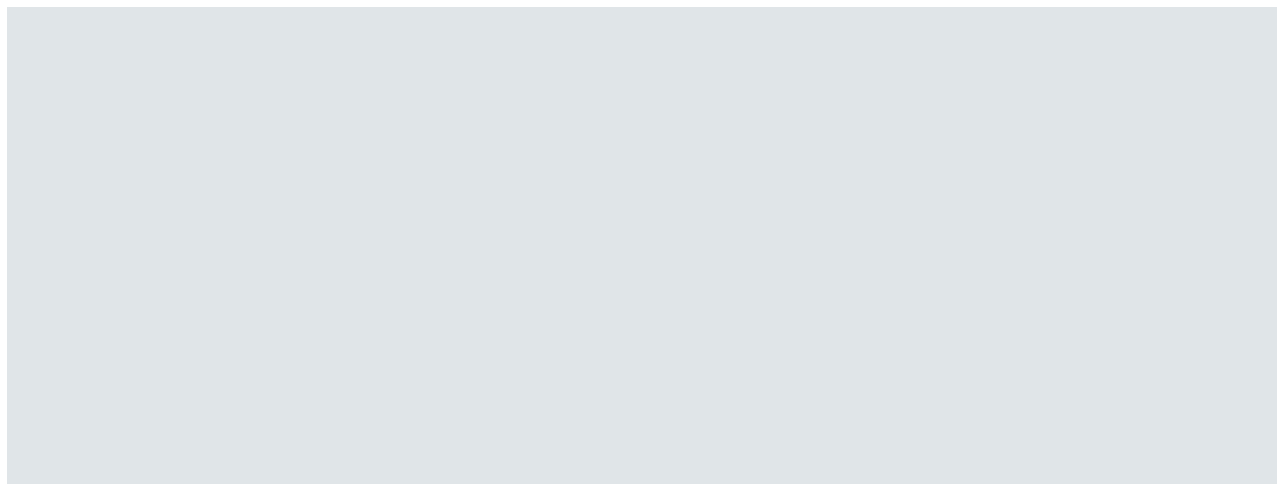
DAY 4 THURSDAY | 7:30PM

THE TIME IS NOW

How long have you been at the same level with your results in life? Be honest with yourself.



Think about a time in your life when you wanted to make a decision, but fear stopped you.



Write down the names of the people who would suffer the most if you stayed where you are in life now:

- 1.
- 2.
- 3.
- 4
- .5

- ☐ Yes, I want to get out of my own way and build the life I deserve!
- ☐ No, I want to stay exactly where I am!

SESSION 4 EXERCISES

❑ Make a decision that will change your future forever. Schedule a call to learn more about the 'Turning Dreams Into Reality Institute' and how working with us over the next nine months will completely transform your life.

Schedule a call:

<https://bit.ly/60-Minute-QA-Discovery-Call>





NO MORE SEF_SABOTAGE TIME FOR A CHANGE?

Do you feel like you're capable of achieving so much more, but don't know where to start? Do you feel stuck in the same place and don't understand why? Would you like to start fulfilling your dreams, but are afraid of failure? Would you like to discover your true path in life? Would you like to eliminate negative thoughts about yourself?

The Scan Me and the Link goes to a Book A Free Call where appointment can be booked

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**WE WANT TO HELP YOU GAIN GREATER CLARITY AND AWARENESS ABOUT
HOW YOU CAN MOVE FORWARD IN LIFE.**

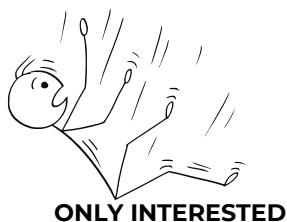
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SUMMARY
DAY FOUR OF THE CHALLENGE

TAKE THE FIRST STEP



VS



REAL WANTS

C-GOALS

EXCUSES?
&
THE SAME?

C-GOALS
FREEDOM

YOU CAN EITHER CONTINUE

WITH THE SAME?

OR

CHOOSE THE
RESULTS YOU
REALLY WANT



THE STORY
OF THE FLY

"The fly continues
to struggle to get
out the window
even though it is
only 10 seconds
away from the
open door to
freedom."



IN THE AGE OF
EASY ACCESS
TO
INFORMATION,
SUFFERING IS A
CHOICE



TAKE THE FIRST STEP



"Decide what you want
and say NO to
anything that wants to
take it away from you!"



SUCCESS IS FAITH
EXPRESSED IN ACTION

The prison
doors are open



THIS IS HOW MUCH YOUR TIME IS NEEDED TO MAKE A
LIFE ALTERING DECISION

A SPLIT SECOND

DAY 5

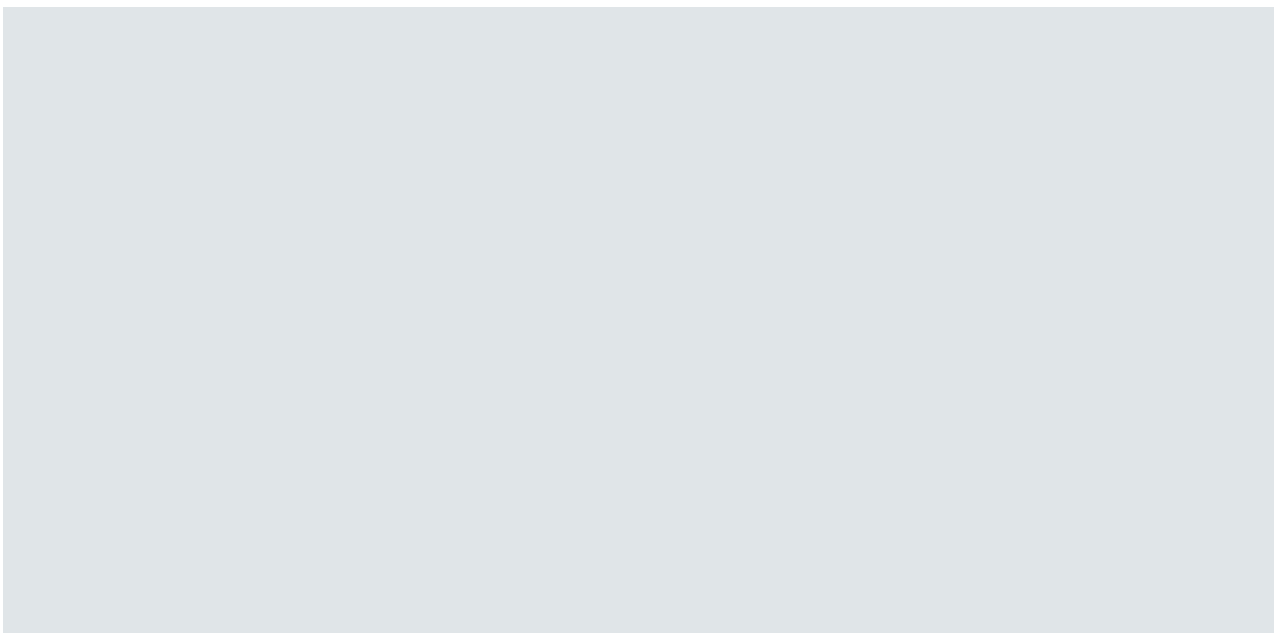
FRIDAY | 7:30PM

CREATE YOUR OWN IDENTITY

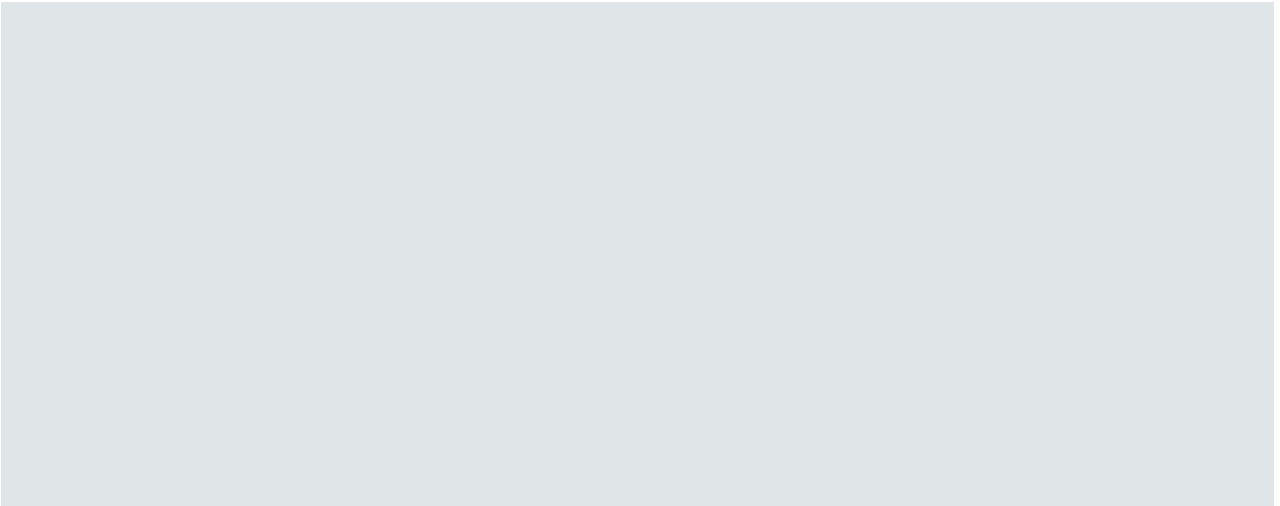
The Law of Compensation states that the amount of money you earn in your lifetime is directly proportional to:

- > Demand for what you do
- > How good you are at it
- > How difficult it is to replace you

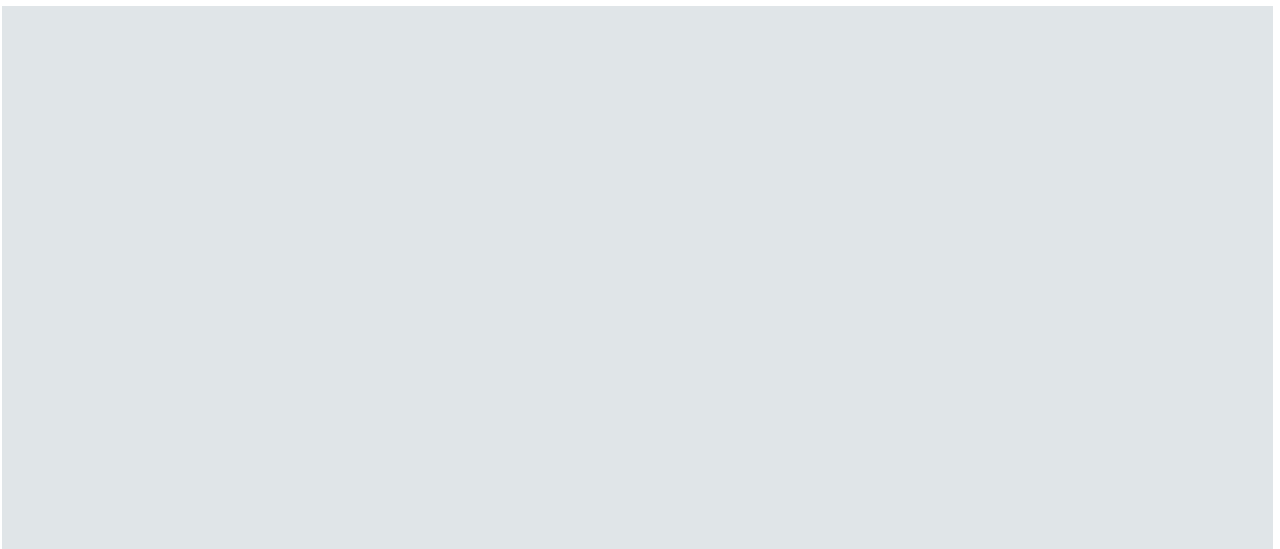
Finish the sentence: Money and Me are...



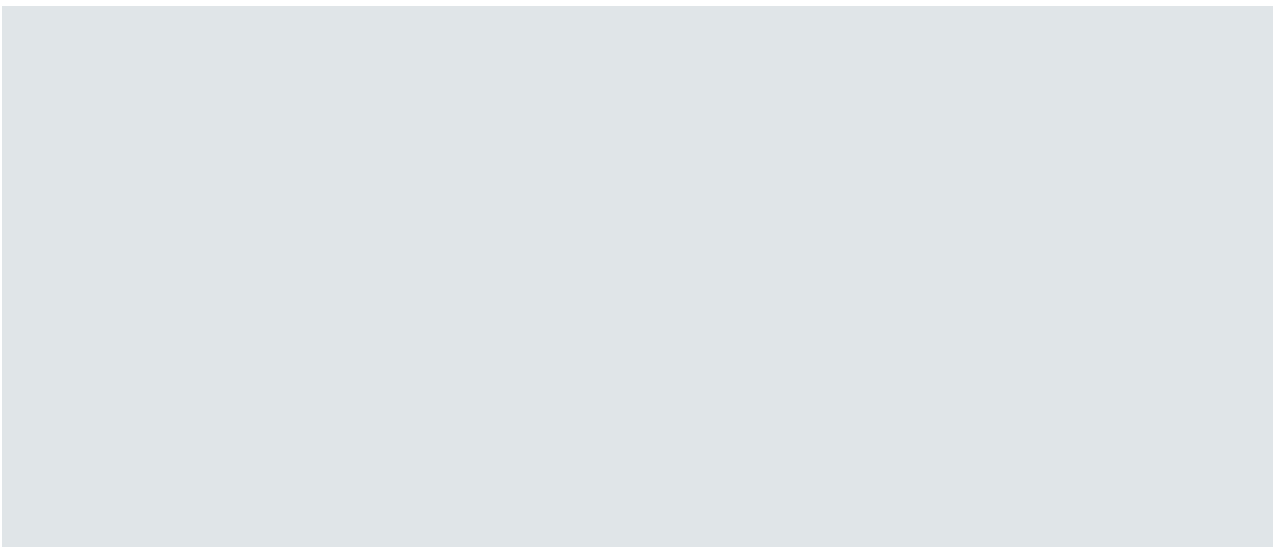
How do you feel about your current financial situation?



What negative beliefs do you have about money?



Are you ready to make the decision to start earning more?



SESSION 5 EXERCISES

- ❑ Join our VIP Zoom meeting at 8:30pm where we will be answering all your questions for a few hours.

Join our exclusive VIP Zoom meeting tonight at 8:30 PM! We'll be available for a couple hours to answer all your questions and share valuable information. Don't miss this opportunity to interact in a small group and receive personalized support. We cordially invite you
See you tonight!

CHANGE IS INEVITABLE

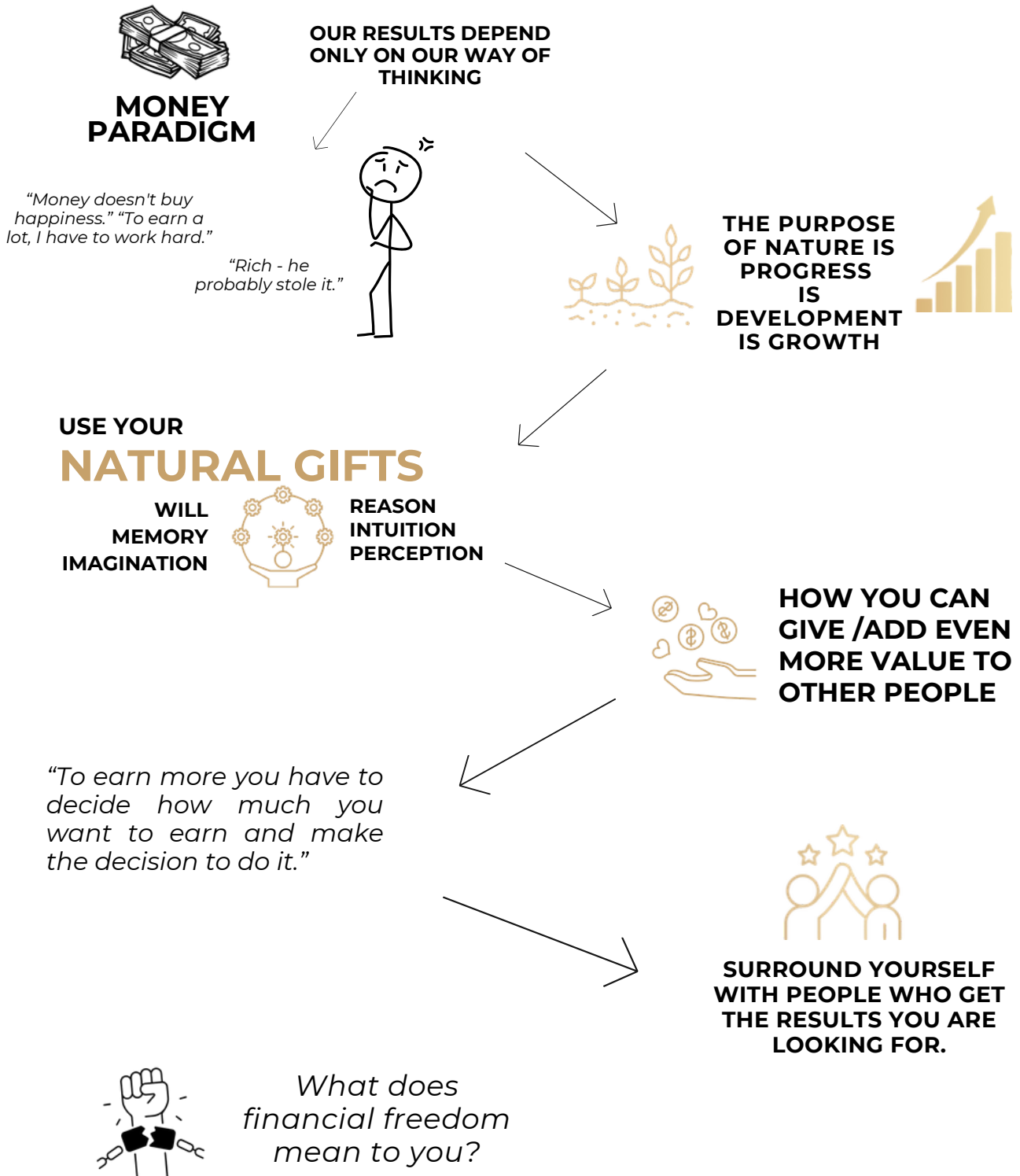
**YOUR PERSONAL GROWTH
AND SUCCESSES ARE A CHOICE
YOU MAKE or DON'T MAKE!**

**WHAT WILL IT BE
MORE OF THE SAME OR A LIFE YOU'VE
ALWAYS DREAMED OF**



SUMMARY
DAY FIVE OF THE CHALLENGE

THE TRUTH ABOUT MONEY



EARNING IS MIRROR OF SERVICE



CREATE Your Own Reality!



MORE OPINIONS AND RESULTS:



***"The world as we have created it is a process of our thinking.
It cannot be changed without
changing our thinking"***

- Albert Einstein



YOU KNOW IT'S TIME FOR A CHANGE?

**Yes you Know you're capable of achieving so much more, maybe
you don't know where to start? Being stuck in the same place and
don't understand why, it's frustrating? Start the change and
fulfilling your dreams, it's all your choice!
Discover your true path in life?**

**Click The Link Below And
An Appointment Let's Talk about
You and What You Really Want.**

> Let's Talk <

>> www.turningdreamsintoreality.co.uk <<

**WE WANT TO HELP YOU GAIN GREATER CLARITY AND AWARENESS ABOUT
HOW YOU CAN MOVE FORWARD IN LIFE.**