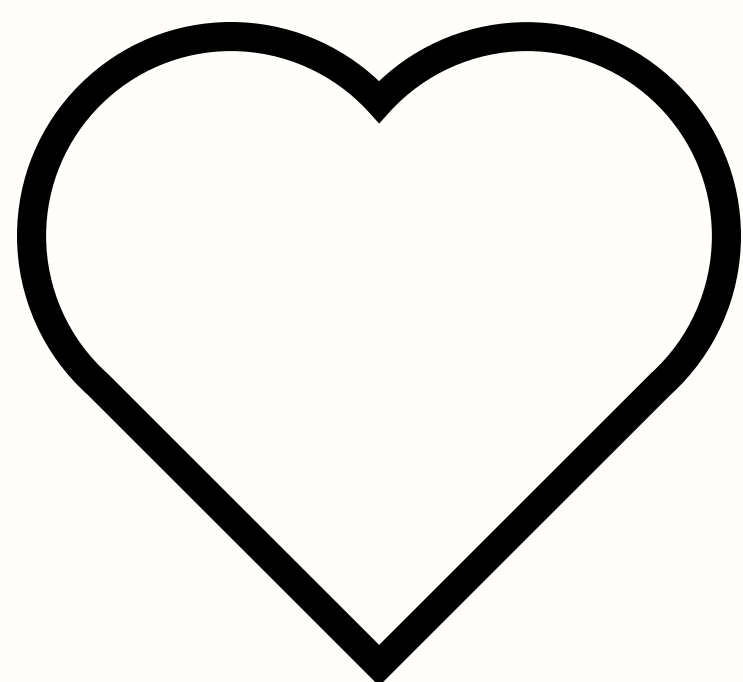
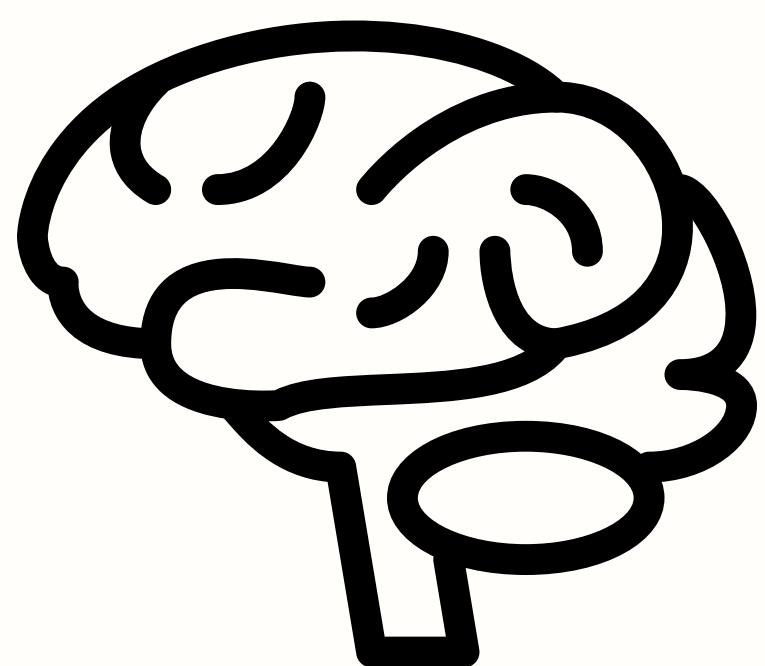




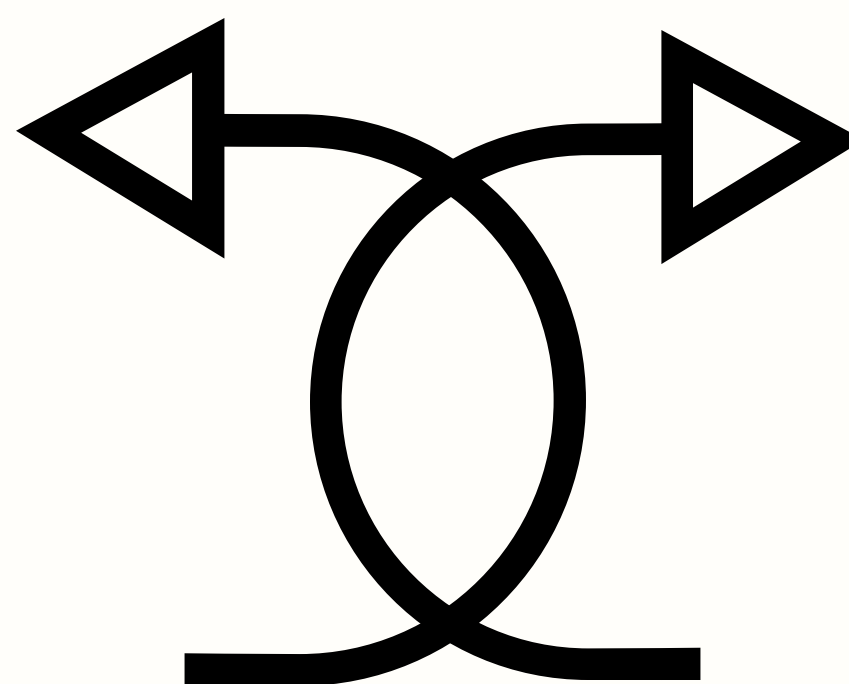
NUUARIA'S HABIT AND BEHAVIOR CHANGE™ FORMULA FOR REAL CHANGE



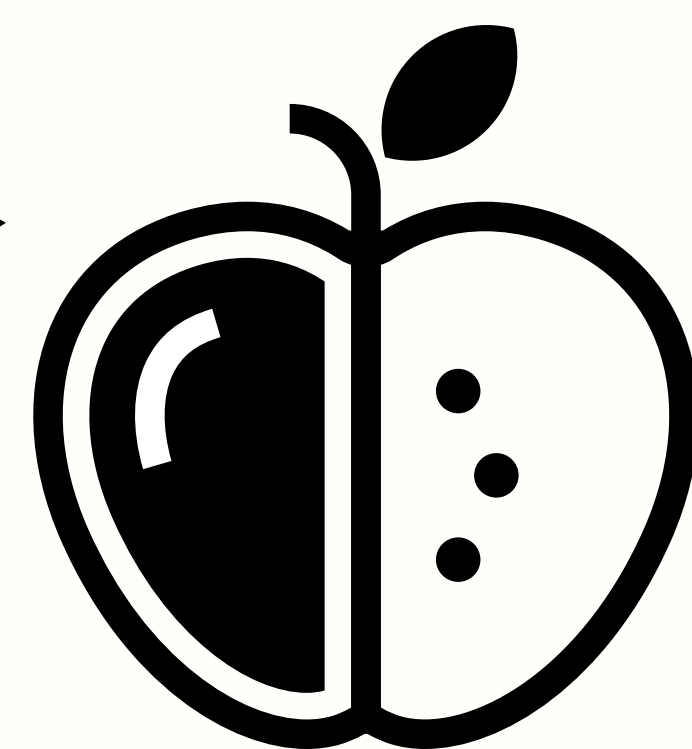
Beliefs, Fears,
Insecurities



Thought
Habits



Emotional
Habits



Physical
Habits

Fear of the unknown, fear of failing, fear of succeeding, belief in one's unworthiness, fear of 'rocking the boat', fear of what others will think of you, belief in 'I don't have time' or 'I don't feel like it' or 'I don't deserve it' or 'I can do it myself/should be able to do it myself', fear of criticism and opinions other than your own, not believing (or being afraid) it's possible

Perfectionism, all-or-nothing thinking, overthinking, catastrophic thinking, obsessive thinking (circling), storytelling (perception distortion), indecisiveness, drama queen-isms/ melodrama, analysis paralysis, identity attachment (that's not me, I couldn't do that, that's just how I am)

Stress, anxiety, overwhelm, depression, despair, hopelessness, frustration, confusion, busy-ness, pride, worry, fear, concern, anger, discouragement, doubt, blame, guilt, insecurity, unworthiness, grief, victim, boredom, impatience...

Eating too much sugar, lack of consistency, not exercising, not eating enough vegetables, hates cooking, eating fast food, not eating during the day due to busy-ness, back-loading and eating all night, no mindfulness practices, excessive alcohol, too much television, lack of energy, getting thrown off track after weekends, holidays, vacations, restricting, bingeing, stress or emotional eating...

Schedule a complimentary consult with us to learn more!

Email: Hello@Nuuarial.com Call or Text: (480) 481-6697

