



KICKSTART YOUR ABUNDANCE JOURNEY

MINDSET AUDIT

Brittany Fagan

LICENSED THERAPIST + MINDSET COACH



Hey sis! Welcome!

I'm Brittany Fagan, a dynamic duoded licensed therapist and abundance mindset coach! I bring over 10 years of experience, powerfully intuition, epic success stories and personal purpose path journey to transform the lives of everyday women to #EPICWomen! I expertly empower women to breakthrough their mindset traps and confidently walk on their purpose path as their highest selves using my amazing, powerful blend of Nuerolinguistic Programming, Emotional Freedom Technique, T.I.M.E Techniques, Hypnosis, Cognitive Behavioral Therapy, Trauma-Focused Therapy and Life + Success Coaching.

Using my tried and true EPIC WOMAN FRAMEWORK, I've transformed the lives of so many purpose-driven women JUST LIKE YOU from a mindset of limitation to one of ABUNDANCE making their heart-aligned deepest desires a legit reality.

So, I'm excited to show you the mindset breakthrough framework I used to kick my fear and embrace my purpose path as a successful entrepreneur, wife & mommy, passion explorer, empowerment mentor, world traveler, and so much more! #HELLOHIGHESTSELF

I truly believe that everything starts with an empowered woman, and YOU ARE THAT WOMAN! Your worth and deservingness for MORE is absolute.. and so is your limitless potential!

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CREATING ABUNDANCE

Engaging in mindset audits are a critical piece to make your desires tangible and achievable. Doing this Kickstart Audit really helps to increase overall self awareness. With that enlightenment brings new learnings about yourself that can be integrated into your everyday life through action to meet the emotional, mental, spiritual, physical, financial, relationship, career, etc needs that you have. Once we meet those needs and cleanse ourselves of what no longer serves us, we have a beautiful, inspired, heart-aligned, clear purpose path that leading to the more we desire. This allows our deepest desires to become our reality today, tomorrow, next month and in the new year!

Getting my practice clients and Hello Highest Self Program students into a deep state of intentionality is vital to making their deepest desires a reality. This mindset audit has been the catalyst for all my major up-levels as well as my clients and students over the past decade.

These intuitively crafted questions are critical to gaining deep self-awareness. The enlightenment you gain is essentially to getting into and maintaining heart-alignment with their purpose path and authentic code as individuals. When you are in this space of clarity, you can then breakthrough mindset traps, limiting beliefs and stuck emotions to embrace a state of freedom and liberation from your past blocks to goal getting. This experience ultimately creates the expansion necessary to allow abundance to flow into your life with an empowered mindset set for abundance.

Wishing you a successful, healthy, abundant and beautiful day, week, month, quarter and year! Continue to be inspired and liberated into your highest self! Don't forget to drop me a comment or tag me on social media about how this experience was for you!

In sisterhood xx

hello highest self

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*Creating expansion within your life starts with **YOU being at cause**, 100% accountable to co-create the life you desire. Take some time to answer these questions truthfully, authentically and surrender to your highest self's intuitive guidance.*



What do I want to call into my life? Is it within heart-alignment? How do I know?

What does the reaching a higher level of womanhood look like for me?

What does my mindset need to be to create the outer reality I desire?

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What will my thoughts, feelings and behaviors be each day when I'm at that level?

What do I need to work through during this journey to make these necessary shifts?

What am I resisting or don't want to work through, and why?

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What judgements do I hold that stops me from calling in my abundance?

In what ways do I lie to myself, hold onto false truths or accept things I should not if I'm truly trying to grow?

What have I decided is now done so that I can make that expansion?

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What do I need to change right now to be this expanded person?

What beliefs do I need to commit to in order to be this person?

What actions and behaviors do I need to engage in to be this person?

Next steps!

Thank you for taking intentional action to create space for your highest self today! Ready to continue this expansion process so you can finally embody your highest self? I got you sis!



JOIN ME IN THESE EPIC WOMAN SPACES TO
GAIN MINDSET MASTERY, INSPIRATION,
EMPOWERMENT, SELF-DEVELOPMENT,
RESOURCES, SISTERHOOD, AND WHOLE LOT OF
ABUNDANCE GETTING!



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WISHING FOR YOUR ULTIMATE SUCCESS. YOUR POTENTIAL IS LIMITLESS!