

# RESET AND RISE

4 Tools To Reclaim Your  
Energy And Purpose



# Why you are so successful yet lack confidence?

We live in a world of negativity.

Did you know that more than 85% of news coverage is negative!

Think back to the amount of praise you received versus the amount of criticism.

Praise builds confidence. Criticism destroys confidence and self esteem. Yet all the people I work with have experienced far more criticism than praise.

From early on in life we are so used to having the things we do wrong pointed out.

Throughout school, college or university every test or exam the focus was on what you got wrong. Once a mother wanted help with her son who was struggling in school. The teacher knew he was capable of getting 10/10, yet the most he got was 7/10. I told her next time he comes home with a test result ask him how he managed to get the 7 questions right. She called me the next week saying he got 10/10!



# Your childhood is not your excuse for you who are

– it is your explanation!

YOCHED LEVIN

Blaming your parents, carers or teachers will get you nowhere. All it does is keep you stuck in the past.



Taking responsibility for who you are will empower you to achieve incredible success.

Like many people, my life has been a bumpy journey with lots of challenges. I made the choice to do differently. You too have a choice to learn from your experiences.

Take a look at happy people, none of them had it easy and yet they CHOOSE to be happy.

You can become bitter or better - you choose!

When you feel your best you achieve your potential.

You cannot become the best you by thinking nothing of yourself.

Rome wasn't built overnight and of course making life long changes takes time. In this guide I give you the first few steps that you can take to build your self worth to kick-start your confidence so you ABSOLUTELY LOVE LIFE.



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# 1. Be Kind To Yourself

**People are often encouraging and motivating to others yet critical and harsh on themselves**

If you were your friend how would you speak to them?

Use that same compassion and encouragement for yourself.

Speak to yourself the way you speak to your friend.

Quit the self criticism! Replace it with compassion!

Speak kindly to yourself!



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## 2. Start Positive

### Start your day the positive way

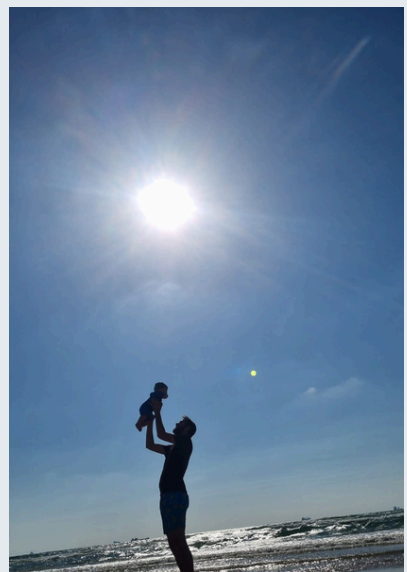
When you wake up in the morning think of three positive things you are looking forward to that day.

If at first it is a struggle to find three things, start small.

Everyone always has good in their life.

You just have to change your frequency and tune in to noticing the positive.

Just 3 things you are looking forward to:





## 3. Replace Negative With Positive

**You are so used to thinking and speaking negatively as well as criticizing yourself.**

For every negative thought put in a positive thought.

A positive thought is:

- Motivating
- Encouraging

Example:

You made a mistake and realize you are thinking how stupid you are for doing that. Switch that negative thought to: It was a mistake now I know to do it differently next time.

I have just learnt a valuable lesson.

I am continuously learning and growing.

I am a good person.



Your thoughts should be positive instructions so that your mind knows exactly what to do.

Remember your thoughts impact how you feel and how you feel impacts your behavior.

*To modify unhealthy behaviors modify your thoughts.*





## 4. Gratitude Journal

**It has been scientifically proven that gratitude:**

- Improves self esteem
- Improves physical health
- Improves psychological health
- Increases empathy and reduces aggression
- Improves sleep
- Increases mental energy

These are some comments, on gratitude, from the thousands of people I have helped through the Mindset Changer Program:

*'Once I started showing gratitude for what I have I realized just how much I have!'*

*'I teach my kids to be grateful. This has made me realize that I myself wasn't expressing gratitude. I now show gratitude to others and it makes them feel good and I feel good for making them feel good!'*

*'Appreciating what I have made me realize I have everything and I don't need to ask for anything'*

*'Ending my day by expressing gratitude for what I have makes me wake up in a good mood.'*



**At the end of each day WRITE down six things you are grateful for from that day.**

Writing it down is even more effective than just saying it.



# Summary

1. Write down examples of being kind to yourself:

2. Write down what you are looking forward to:

3. Write down your new positive thoughts:

4. Write down what you are grateful for:



## WHAT'S NEXT

I would love to hear from you how this has helped you Reset Your Thoughts and Reclaim Your Energy and Power.

- Share what you have gained
- Share your challenges and what you still wish to achieve:-

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Join my FB group - a wonderful community of like minded individuals all here to help you boost your confidence and ABSOLUTELY LOVE LIFE.

[Join here](#)

*You too can go from  
Exhausted to Exhilarated...*

**RESET AND RISE**

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# ABOUT YOCHED



Yocheved is an empathetic, intuitive and dynamic Hypnotherapist and Mindset Coach.

Well known for her positive mindset transformation methodology and excels at helping others sleep better by overcoming trauma, anxiety, OCD and unhealthy behaviors. Her holistic approach fine tunes the positives and carves the way to face and overcome challenges. Having overcome post natal depression as well as many other challenges she utilizes her understanding and knowledge to infuse others with confidence and self esteem. Genuine care for the client lies at the root of her high success rate.

Yocheved won the 2019 CoE Outstanding Therapist's Award and has been featured in the Women's Uplift and JLife Magazines. Her passion lies in helping you Reset and Rise so you too can shine.

For the full program to RESET and RISE email Yocheved at [yg@trancework.co.uk](mailto:yg@trancework.co.uk)

