## Your Subconscious Is Always Taking Orders

Your Life Is a Garden — Protect the Soil

### 🔆 INTRO (2–3 minutes)

"Let's get one thing straight: Subconscious reprogramming doesn't just happen at night while you sleep. Your subconscious is listening *all day long*.

So if you're listening to your reprogramming tracks at night — but planting weeds in your mind all day — you're canceling out your own progress."

(Pause)

"I want you to imagine this: Your subconscious is the soil. Your words, thoughts, feelings, and behaviors are the seeds. And your life? It's the garden.

Every day, you are either planting something beautiful — or letting weeds take over. There is no neutral. You are always growing something."

### PART 1: WHAT SUBCONSCIOUS REPROGRAMMING ACTUALLY IS

Subconscious reprogramming is not just about affirmations or good vibes. It's about training your nervous system and identity to expect, allow, and normalize the very things you've said you want — love, peace, overflow, connection.

The track you're listening to at night is giving your subconscious new code. It's planting the roots of your future self. But during the day? *You* are either watering those roots... or ripping them out by accident. And most people do it unconsciously — with one spiraling thought, one toxic conversation, one fear-based action at a time. But not you. Not anymore.

### Y DAILY GARDEN RULES

Here's what you need to know:

Every thought = a seed Every feeling = water or poison Every action = planting or pulling Every word = instruction to your subconscious

### 🔽 WHAT TO DO DAILY

#### This is how you water your future:

- Listen to your tracks daily.
- Speak only what you want to grow.
- Choose actions aligned with your future self not your fears.
- Anchor yourself in the moments that test you.

And when you slip — because you're human — re-anchor quickly. One moment of awareness can save a whole day of spiraling.

### X WHAT TO AVOID LIKE THE PLAGUE

#### Here's how people accidentally poison their garden:

- Replaying past pain like it's their favorite song
- Fantasizing about a man who's never emotionally available
- Saying things like 'nothing works for me' or 'I always ruin things'
- Taking fear-based action just to feel in control

These are not neutral. These are *instructions* to your subconscious. And your subconscious? Follows orders.

### **\*** PART 3: DAILY INTEGRATION PRACTICE

Here's what I want you to do starting today:

At the end of each day, ask yourself:

- Y What seeds did I plant?
- What weeds did I pull or let grow?
- What did I water with love and aligned action?
- Where did I sabotage or dig up the roots?"

You don't need to be perfect — you need to be *aware*. Because the more aware you are, the more powerful you become.

### **I CLOSING: FINAL WORDS**

Your life is a garden. Your thoughts are seeds. Your subconscious is the soil.

What you choose today will grow. So choose with love. Speak with faith. Act like it's already happening — because it is.

Use the Daily Garden Rules checklist.

Re-listen to this anytime you feel like you're slipping into your old self. This is how you protect the work. This is how you accelerate the transformation.

### The "I-CAN-I-DESERVE-I-AM" Model™

(Or short: The IDA Formula<sup>™</sup> — Identity, Deservability, Ability)

#### These are the 3 subconscious belief categories that create your results in any area:

### **1** Can (Capability Belief)

"I believe I can do this or learn to do this."

- This is your **competence circuit**.
- Your subconscious must believe that the skill is learnable, the patterns are changeable, and you are capable of operating differently.
- In love: "I can build a great relationship. I can express my needs. I can spot emotionally available men. I can choose healthy love."
- In business: "I can sell. I can market. I can build my audience."
- In fitness: "I can lose weight. I can stick to a routine."

*d* Without this belief, you feel powerless. You don't even try or you self-sabotage because you assume it's not possible for you.

### **2**I Deserve (Deservability Belief)

"I believe I deserve this and I am worthy of it."

- This is your receiving circuit.
- Your subconscious must believe that this level of love, success, abundance, or joy is *for you*.
- In love: "I deserve a man who chooses me, pursues me, provides, and leads. I deserve emotional safety."
- In business: "I deserve to make money doing work I love."
- In fitness: "I deserve to feel good in my body. I deserve to be confident."

*d* Without this belief, you may attract things but feel guilty, unworthy, or uncomfortable receiving them fully — so you block or sabotage them.

### **3** I Am (Identity Belief)

"I believe I am the type of person who does this."

- This is your **identity circuit**.
- Your subconscious must see this result as part of who you are.
- In love: "I am a woman who is loved, chosen, pursued, cherished."
- In business: "I am an entrepreneur. I am a leader. I am seen, heard, and paid."
- In fitness: "I am healthy. I am fit. I am a woman who moves and nourishes her body well."

*d* Without this belief, you create temporary wins but can't sustain them because you don't see yourself as the kind of person who maintains that reality.

### Simple Visual Anchor:

 $\begin{array}{l} \textbf{CAN - DESERVE - AM} \\ (\text{Capability} \rightarrow \text{Deservability} \rightarrow \text{Identity}) \end{array}$ 

I AM (Identity) / \ I DESERVE I CAN (Receiving) (Capability)

Yes, yes, yes — this is how you help her *live* the transformation, not just understand it conceptually. Re-anchoring in the moment is how we move from subconscious autopilot  $\rightarrow$  conscious choice  $\rightarrow$  subconscious rewiring.

# 🧠 IDA Re-Anchoring Practice™

A 30-second realignment with your true self — anytime, anywhere.

### I CAN (Capability)

When you feel overwhelmed, unsure, or afraid to speak up

### Vhat to Say:

- "This is new, not hard I can learn this."
- "I can express what I need with calm and confidence."
- "I can stay grounded even if I feel triggered."
- "I can receive love without chasing it."
- "I can pause, breathe, and respond instead of reacting."

### **What NOT to Say:**

- "I'm not good at this."
- "I don't know what to do."
- "I always mess this up."
- "Dating is so hard."
- "I need him to validate me or I'll spiral."

#### **Re-Anchoring Moment Example:**

He takes a few hours to reply, and you feel the urge to over-explain or chase.

 $\rightarrow$  Pause. Breathe. Say to yourself:

"I can hold space. I can stay soft and steady. This is new, but I can learn how to stay connected to myself."

### 2 I DESERVE (Deservability)

#### When you feel guilty, unworthy, or like you're "too much"

#### What to Say:

- "I deserve to be loved exactly as I am."
- "I don't have to earn love I just have to receive it."
- "It's safe to be treated well."
- "It's safe to take up space."
- "Receiving love is my natural state."

#### **What NOT to Say:**

- "I should be grateful for any attention."
- "I probably scared him off."
- "Maybe I expected too much."
- "He's doing his best I should be more understanding."
- "Who am I to ask for that?"

#### **Re-Anchoring Moment Example:**

You're on a date and he doesn't walk you to your car or follow up after.

 $\rightarrow$  Instead of rationalizing, say:

"I deserve presence, effort, and care. I don't need to convince anyone to see my value."

### **3** I AM (Identity)

When you're questioning your worth, doubting your energy, or shrinking yourself

#### What to Say:

• "I am a woman who is loved, chosen, and cherished."

- "I am a safe place for healthy love."
- "I am the prize and the chooser."
- "I am becoming her now."
- "I am a woman who lets love be easy."

### **What NOT to Say:**

- "Men don't choose women like me."
- "I'm always the one left behind."
- "I must be too intimidating/too sensitive/too much."
- "This always happens to me."
- "Maybe I'm just meant to be alone."

#### **Re-Anchoring Moment Example:**

You're getting ready for a date and start obsessing over your looks, second-guessing your energy, feeling "not enough."

 $\rightarrow$  Look in the mirror and say:

"I am the woman he's been praying for. I don't need to perform — I just need to be."

# Y How to Practice This

You can re-anchor in 30 seconds or less:

- 1. Notice the old script.
- 2. **Pause** and breathe.
- 3. Name the belief that's lacking (I CAN / I DESERVE / I AM).
- 4. Speak your truth out loud or silently.