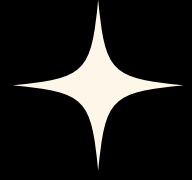




REESE EVANS



CREATE

Unlock your
potential



YOUR

YES
LIFE



A Step-by-Step
Workbook for those who
are creating their life from
the inside out.

Thoughts & Feelings Create Reality

It's clear: Your thoughts and feelings create your reality.

Everyone knows that you must reprogram your subconscious mind, but very few people know how.

In this workbook, I will guide you through deciding on your new programs that will create your success with my proven creation process, knowing which techniques will support this, and understanding the science behind the method and techniques.

Who am I?



I'm Reese.

Im a Subconscious Mindset + Abundance Coach.

I grew up with very little, in a single parent house hold. Later living in a very abusive home. I always felt alone, different from everyone else, and ostracized.

I always felt so much scarcity, so much anxiety. Like there was never enough. I would never have enough, be enough and feel enough to feel calm, secure and in control of my life.

Until I learned how to reprogram our subconscious mind + energy

I stumbled across a coach online that taught me about the tie between our subconscious mind + energy, and how that creates our reality.

I became hooked, and realized a proven process that works again and again, and then hired a PhD Neuropsychologist to ensure our process was backed by science and proof.

We've read hundreds of studies and have conducted our own to find the link between our thoughts, emotions and what creates reality.
I'm so thrilled to share it with you.

How do you reprogram the subconscious mind?

All your life you received messages on repeat.

But did those messages serve who you are and who you want to be?

If not, its time to imprint new messages that actually support who you want to be.

The most effective way is to learn the language of the mind and impress the subconscious mind with your new way of life.

What would I ask for if I knew the answer would be yes?

Get clear on exactly what it is you want. Allow it to be something that energizes you, excites you and is bigger than what you previously thought was possible.

Write your answer here...

Allow it to be something that is for the greatest good of all. Visualize it and allow it to become real in your mind. Visualize it daily.

The Science:

Muscle Testing: Humans have a natural tendency to know what is good for them. If your goal contributes to the whole, there is a higher likelihood that it will muscle test as a higher vibration. In one study, researchers found that practitioners were able to determine if a spoken statement was true significantly more accurately than guessing whether it was true (69% correct for muscle testing, 49% correct for guessing (Jensen, A. M., Stevens, R. J., & Burls, A. J. (2018). Muscle testing for lie detection: Grip strength dynamometry is inadequate. *European Journal of Integrative Medicine*, 17, 16-21).

Visualization: Research has shown the power of mental rehearsal. When humans visualize, we activate specialized areas of the brain (such as sensorimotor planning areas), and we begin to embody the imagery and thoughts as sensations and emotions. Our brain helps make this happen by activating sensorimotor planning areas (such as the putamen), and by signaling the release of neurotransmitters that match our visualization. (Wang, F., Yang, J., Pan, F., Ho, R. C., & Huang, J. H. (2020). Neurotransmitters and emotions. *Frontiers in psychology*, 11, 21.)

Who is the version of me who easily receives and lives in this reality?

In this self-image: Consider your characteristics, personality traits, beliefs, feelings + perspective.

What you would like to Program in:	Aspects of your self-image that dont serve you:

Cultivate your self image so you see yourself as this person when you look in the mirror and as you move through the day and interact with the world.

The Science of internalizing beliefs: In our own study, we found that when someone internalizes a belief that they will perform well, their ability to perform the task increases by 17%. (YES SUPPLY Institute research)

To do this, we used a technique called "Swish" that helps elevate behaviours, and identity.

What habits, behaviors, and routines would make your success inevitable?

What are your daily habits, routines, things you love to do, places you go that please you, joyful experiences and opportunities you have?

What you would like to Program in:

Program out:

Give yourself permission to receive, and do as many of these things right now. Begin being this person now and match your ideal reality.

The Science of Habit Change: Cue-Response-Reward Behaviour Change: The science of changing a habit draws from several fields, including psychology, neuroscience, and behavioral science, with key components of the science behind changing a habit based in the Cue-Response-Reward Loop. Source: Gardner, B., Rebar, A. L., & Lally, P. (2022). How does habit form? Guidelines for tracking real-world habit formation. *Cogent psychology*, 9(1), 2041277.

Neuroplasticity: The brain is highly adaptable, and it can rewire itself through a process called neuroplasticity. When you repeat a behavior in response to a cue and receive a reward, the neural pathways associated with that habit strengthen. This makes the habit more automatic and ingrained in your daily life.

Source: Malvaez, M., & Wassum, K. M. (2018). Regulation of habit formation in the dorsal striatum. *Current opinion in behavioral sciences*, 20, 67-74.

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Living in the place where it's already done: What do you no longer feel, believe, or tell stories about that allows you to feel lighter and rise up?

What triggers, limiting beliefs, uncomfortable emotions, internal conflicts, feelings of being stuck, labels and limitations do you need to let go of?

Write your answer here...

Use self awareness through your day, and listen to your language. This is bringing awareness of programs that you can release programs that don't support you

Science: Being able to name and verbalize a feeling actually makes you feel it less.
Source: Craske, M. (2012) Feelings into Worlds: Contributions of Language to Exposure Therapy

With our tool NEE, 84% of students were able to release a deep emotion like anger or sadness within minutes.

Our emotions affect our behaviours which creates our results. When we have better emotions we set ourselves to create better results.

What is the vibration, energy, and expectation you hold all day as you know it's already yours?

How do you feel in your body, what emotions do you feel, what do you expect, assume and know is going to happen living in the place that it is already done?

Write your answer here...

Use self awareness through your day, and listen to your language. This is bringing awareness of programs that you can release programs that don't support you

Observer Effect: Scientific studies that show that how we observe something collapses the wave function and forms reality

Studies have shown how our energy communicates and effects the world around us. Our intention and expectation changes reality.

Know it will
happen

The YES SUPPLY
Process

Write down all the reasons this really could happen for you.
All the ways things can shift in your favour.
All the reasons why this is truly possible.

Write your answer here...

I believe in you.

It is my true belief that the reason why you want something is because **it is meant for you.**

It is your internal GPS guiding you towards what is for the greatest good of you and the greatest good of all.

Say yes to it, say yes to your dreams and say yes to yourself.

Make it real in your mind

The YES SUPPLY
Process

Create a vision board or collect images to
visually represent your new program & life



Write words that
describe how you feel
and what you believe
about you

Take the next step with:

yes,
IT'S YOURS.

Ready to program this in?

In this exercise, you've identified the programs that would serve you to live within your subconscious mind and what would serve you to release.

We think over 60,000 thoughts a day. Those thoughts we are subconsciously thinking, and the emotions we are primarily feeling are forming our reality, they are influencing how we act, feel, and create our life.

In **YES, it's Yours**, you'll learn exercises and be guided through reprogramming your subconscious mind to align to the life that you want so you can become it with ease.

Believe in you.

Release your limitations.

Know it's already yours.

Take the next step with:

yes,
IT'S YOURS.

Learn a step-by-step proven process

I've earned millions of dollars, lost 60 pounds post-partum, had 2 perfect natural births without anesthesia, drive my dream car, live in a multi-million dollar home, have an incredible family, freedom to travel, and amazing clients I love.

Amazing opportunities and synchronicities come into my life from living in alignment with my YES and following this process in my daily life.

Learn how to reprogram your subconscious mind with tools you can use for a lifetime

STEP 1

Your Envisioned Success

Learn how to get clear on the reality you want to create, how to be supported by the universe to see it manifest.

Tools you'll use:

- Creating achievable outcomes
- Building a model for your life
- Creating an action plan
- Place your goal in your future
- Future anxiety release technique
- Subliminal to believe in your goal
- Visualization technique for impressing + normalizing your goal on your subconscious

STEP 2

Your Empowered Self

Decide and elevate your self image to become the version of you who already lives in your dream reality.

Tools you'll use:

- Create your programs for your elevated self image and identity
- Neural Energetic Encoding for claiming + imprinting self image
- Embodiment and Rehearsal Exercises

STEP 3

Your Essential Skills

Develop yourself, follow inspired action, and become a participant in your success. Know when to take action, and when to be in the moment.

Tools you'll use:

- Design your ideal day and live it
- Learn how to model success so you know exactly what to do
- Create new subconscious strategies and rewire your actions and ways of being
- Feel the feelings of 'its already done' as you take inspired action

STEP 4

Your Exoneration of your past Self

Learn how to identify your triggers, limiting beliefs, uncomfortable emotions, and stuck states that are slowing you down the vibration of the life you dream of.

Tools you'll use:

- NEE to release the root cause of a unsupportive belief or emotion
- Parts integration to release nagging voices in your head
- Nervous system regulation exercises to relax and support your feeling calm and ready to recieve

STEP 5

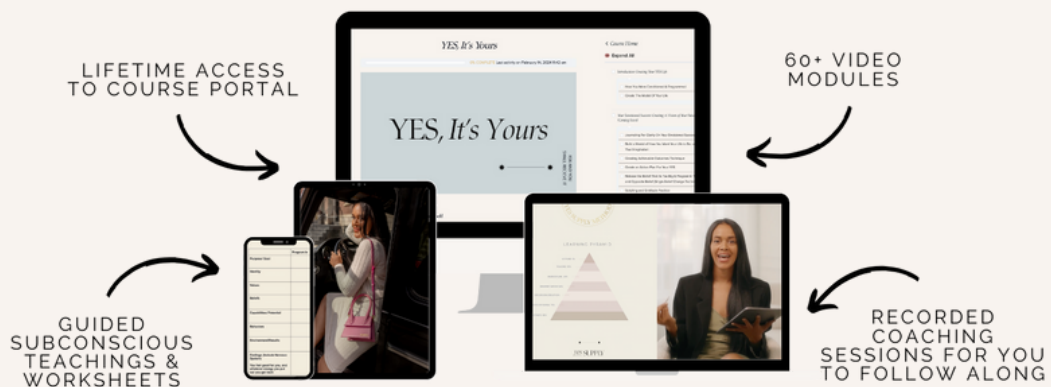
Your Expectant State

Live in harmony with the law of expectation and the law of assumption and observe your dream life happening, which collapses it into reality

Tools you'll use:

- Create a resource anchor to feel as if it's already done
- Use EFT tapping for any circumstance to get into alignment
- Subliminals to create the faith and belief that its already done
- Meditations to align your energy to the knowing state

If you're ready to finally learn how to reprogram your subconscious mind and energy for the life you want, this course will walk you through the steps that you can integrate into your life.



You are worth it.

Let's go:

You've created the programs to create the life of your dreams. Now I want to give you the steps and equip you with the tools to integrate the new programs and paradigms into your life so you can live out a life that allows you to live at your fullest potential feeling happiness, joy and freedom.

The support you receive in this course will help you break free of fear, doubt, and emotions that don't serve you so you can live in alignment with who you truly are.

“You never change things by fighting the existing reality. To change something, build a new model that makes the existing model obsolete.” -Buckminster Fuller

Everything is rigged in your favour. What you expect to happen will come true. You are more powerful than you realize. You have the power to create a massive change in your life and the lives of those around you.

I believe in you.

Join YES, Its Yours.

Best,

Reese Evans