



Control the Voice in Your Head

A practical guide to less anxiety, more
peace, and a life that feels good



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WELCOME, WISDOM SEEKER!

I'm here to help you find peace of mind and a saner way to do health and happiness

I'm going to ask something bold:

set aside what you currently believe about your thoughts, your stress, and what “success” requires. Give yourself permission to try a different way; one built on awareness, kindness, and real tools.

I grew up with intense anxiety. I tried to control everything to feel safe, turned perfectionism into a sport, and used food (and, yes, drugs back then) to quiet the chaos. The turning point came when a meditation teacher told me: “You don’t have to believe everything you think.” That one sentence cracked open a path back to myself.

This guide is your start. Consider it the orientation to freedom—from your own head.

You’ve already taken the first step. Let’s keep going.

Xoxo,

Carly



You are not your thoughts. You are the one who chooses which thoughts to follow.

THE PROBLEM: A RUNAWAY MIND

At any moment, most of us are
wrestling with something

Work, Love, Money, Health.

The mind promises safety by worrying
first and asking questions later.

Win the job? It whispers you'll blow it.

Fall in love? It imagines loss.

Want a calmer body?

It tells you it's impossible.

Here's the guarantee: that
nonstop inner narration is the
engine of your unrest. We chase
achievements expecting
happiness to follow, but without
inner practice, accomplishment
just raises the stakes.



Achievement without inner grounding = more anxiety, not less.
We don't earn peace after success; we build peace to create success.

“

Happiness isn't what happens after you arrive. It's how you travel.



A BETTER STARTING POINT

Why do you want the bikini body, the promotion, the love of your life? Because you believe it will bring happiness. Beautiful. Let's keep the dream and change the path.

Real success is created from peace, gratitude, and presence, not panic and punishment. Separate mind (automatic thoughts) from higher self (wise guidance). Let the higher self lead; let the mind serve.

New Operating Rule

Do less from fear. Do more from love. Results that last are built that way.

MEET YOUR TWO VOICES

The Mind (aka the “Monkey”)

1 *Evolution’s alarm system*

great in danger, dramatic about everything else.

2 *Favorite tricks*

scarcity, comparison, judgment, worst-case rehearsal.

3 *Tone*

loud, fast, absolute



The Higher Self (your inner wisdom)

speaks softly
but clearly.

kind, steady,
compassionate,
and honest.

Always aligned
with your values,
never with fear.

“

The mind is an
excellent servant, but
a terrible master.

— Robin Sharma

“

Turn the volume
down on fear;
turn the light up
on wisdom.

If it’s urgent, shaming, or catastrophizing, it’s the mind. If it’s grounded, kind, and specific, it’s your higher self.

HOW TO ACCESS YOUR HIGHER SELF (IN 60 SECONDS)

The Hand-to-Heart Reset



Sit tall

Right hand on belly, left on heart.



Three slow breaths

in 4, hold 2, out 6.



Ask

What does my highest self want me to know right now?



If you hear nothing, say

I'm willing to make space for wisdom.



When you're spiraling, ask

- ✔ What would love do or say?
- ✔ What would my 20-years-older self advise?
- ✔ What would I tell my best friend in this exact situation?
- ✔ Could the opposite of my thought also be true? What evidence?



“You can’t hear a whisper over a siren. Breathe first.”

Save to Phone

“Higher-Self Script.” Paste the 4 prompts above. Use it daily.

THE LOOP:

SUBCONSCIOUS BELIEFS ➤ THOUGHTS ➤ FEELINGS

Your fastest way to calmer days is to edit the underlying beliefs that feed your thoughts.

Belief:

“I’m unsafe / there isn’t enough.”

Thoughts:

✗ I’ll fail; I’m behind.

Feelings:

✗ anxiety, urgency,
shame.

Actions:

✗ overwork, numb with
food, procrastinate.

New Belief:

“I’m safe/ everything is unfolding perfectly.”

Thoughts:

✓ I can do the next
right thing.

Feelings:

✓ Steadier, resourceful.

Actions:

✓ clear choices, consistency,
self-respect.



“Change the code, change the output.”

Journal Prompt

Name one formative experience. What belief did it create? How is that belief steering today? If you didn’t have it, what would change?

REWRITE YOUR CODE

FIVE CORE BELIEFS



Print these. Put them where you'll see them. Say them daily.

Everything happens for me, not to me.
There's meaning and growth here.

Timing is perfect. My path unfolds at
the pace meant for me.

Out of this, only good will come. Even
now, I'm being guided.

The Universe has my back. I am
supported in seen and unseen ways.

I am enough, and I am loved. I
improve from sufficiency, not scarcity.



“When you change how you look at things, the things you look at change.”

— Wayne Dyer

Implementation

Pick one belief per week. Write it at the top of your planner. Set two phone reminders (AM/PM) to read it slowly, out loud.

DAILY PRACTICES THAT STEADY YOU



Morning Anchor (5–10 min)

One minute of breathing (in 4 / out 6).

Decide your three wins for today (one body, one mind, one life).

Choose your Belief of the Week.

Evening Anchor (5–10 min)

Tech-off for the last 10 minutes

Write 3 gratitudes + 1 lesson learned.

Decide breakfast now (decision fatigue = anxiety fuel).



Body Assist

Hydrate early; caffeine after food

Move your body daily (walk, yoga, strength).

Protect sleep like it's medicine—because it is.



“Rituals make peace predictable.”

Tiny but Mighty

If you can't do 10 minutes, do 2. Frequency beats intensity.

IN-THE-MOMENT TOOLS (WHEN THE MIND GETS LOUD)



The 90-Second Flush

Strong emotions biochemically surge for ~90 seconds. Name the feeling, breathe slowly, and let the wave pass before you act.



The Thought Audit

Write the stressful thought.
Ask: 100% true? If not, reframe to something believable and kinder: I don't know how yet, but I can learn the next step.

Pattern Interrupt

Stand up. Splash water. Step outside.
Change your state; then choose.

Mantra

Slow is smooth. Smooth is fast.

Craving Check

Hungry, or seeking comfort? If comfort, try: hot shower, 10-minute walk, call a friend, legs-up-the-wall for 3 minutes.

WHERE TO GO FROM HERE

You've started rewiring. Ready for structure that keeps you steady?



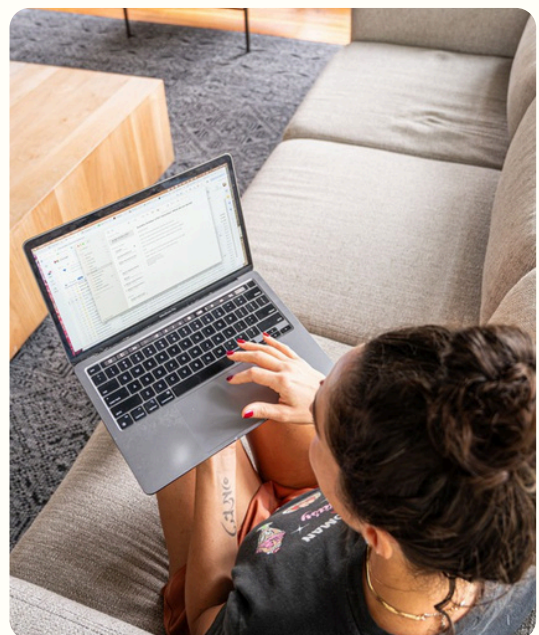
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Concierge-level support, access between sessions, accountability that actually changes behavior. A sacred partnership focused on your peace and results.

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Quick Wins You'll Notice

Fewer spirals. Calmer choices. Better sleep. Smaller cravings.
More self-respect.

WRAPPING UP



“I finally learned how to interrupt the spiral and choose differently. It feels like freedom.”

— J. H.



“The belief work changed everything. Same life, new lens.”

— M. D.



“I’m calmer, kinder, and somehow more productive. Who knew?”

— A. J.

Final thought:

You don’t have to believe everything you think. Believe in the part of you that’s wise and kind, and build a life that matches!

You deserve to feel great.

Where To Go From Here

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