

28 Days to Unstoppable

Break the Patterns That Block Your Health, Happiness, and Abundance —and Awaken Your Inner Badass

A Body Smarts® Toolkit for Rewiring Your Subconscious So You Can Create the Life You're Meant to Live

Inspired in part by *With Winning in Mind*, by Olympic gold medalist Lanny Basham.

Welcome, StruggleBuster®

You're holding pages that can change the trajectory of your life — not because it's magic, but because *you* are. This toolkit helps you tap into the wisdom already living inside your body so you can shift out of survival mode, and step into the identity of the person you're becoming.

This is your starting point.
Your reset button.
Your invitation to your next level.

Patricia
STRUGGLEBUSTER[®] in Chief

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INTRODUCTION


Why You Keep Falling Back Into Old Patterns (Even When You *Want* to Change)

If you've ever tried to improve your health, boost your happiness, or increase your abundance — only to slide back into old habits — you're not alone. And you're not the *problem*.

Most people assume they're failing because they *lack* discipline, motivation, or consistency. But the truth is far simpler — and far more *liberating*.

By the time you're 35, up to 95% of your actions are driven by subconscious programming.

That means most of what you do each day isn't coming from conscious choice — it's coming from patterns your mind and body learned long ago. Patterns built for survival, not success. Patterns that once protected you but now keep you stuck in self-sabotaging loops of behavior.



This is why you can set goals, make plans, repeat affirmations, or start fresh on Monday... and still find yourself slipping back into the familiar, even when the familiar is the very thing you want to change.

It's not a lack of discipline.
It's not a lack of desire.
It's not a personal flaw.

It's simply that you've been trying to change your life using the small, *conscious* part of your mind — while the much larger, *automatic* part has been running the show underneath it all.

This toolkit is here to change that.

Over the next 28 days, you'll learn how to work with the deeper part of you — the part that drives your habits, your reactions, your choices, and your follow-through —

The part that determines whether change sticks... or slips away.

This is where your Inner Badass comes online. This is where change finally becomes possible—and lasting.



SECTION 1

Choose Your Transformation Target

What I'm Ready to Change?

Choose ONE area to focus on for the next 28 days:

- Health
- Happiness
- Abundance
- Other: _____

1. What specifically do I want to change?

2. Why does this matter to me right now?



3. How will my life improve when this change becomes my new normal?

4. Now, it's time to get really real and honest. What has stopped me from making this change before?





SECTION 2

The Thought-Feeling-Action Reset System

Your subconscious runs on loops.

To change your life, you must change the loop.

This system helps you identify:

- The **thoughts** that keep you stuck
- The **emotions** your body has memorized
- The **actions** that follow automatically

Then, you'll consciously choose new ones.

A. My Survival-based Loop

1. Thoughts I think that keep me stuck:





2. Emotions I feel that keep me stuck:

3. Actions I take, or *don't* take, that keep me stuck:





B. Reprogramming your Subconscious to Create the Life I Want

1. The reframed thoughts I choose that align with my transformation are:

2. The elevated emotions I choose to feel that align with my transformation are:

3. The actions I choose to take to step into my new state of being are:





SECTION 3

Create Your New State of Being

To prepare you for writing your *Statement of Being™*, your personal subconscious reprogramming script, first explore the following.

1. My new state of health, happiness, or abundance:
(Describe it clearly and vividly.)

2. How it feels in my body to embody this state: (Use sensory language — warm, open, grounded, energized, etc.)

3. The actions I take as this version of myself:

Your **Statement of Being™** should read like a snapshot of the future you — written in the present tense, as if you are already living it. Keep it clear, embodied, and emotionally charged so your subconscious knows exactly what it's moving you toward.

Write in tone of certainty — no “trying,” “hoping,” or “wanting,” only being. You're not describing a wish. You're declaring a reality your subconscious can begin aligning with today.



Include the following in your **Statement of Being™**:

- Who you are becoming — the identity you are stepping into
- What your new state of health, happiness, or abundance looks like
- How this new state feels in your body (sensations, emotions, energy)
- The actions you consistently take as this version of yourself
- The elevated emotion you practice daily (confidence, calm, joy, strength)

Example: *I live the lifestyle of a yogi. I begin each day with a calm, focused, fifteen-minute yoga practice that supports my body, quiets my mind, and lifts my mood. I feel grounded, open, and centered as I practice my postures, knowing this routine reduces my pain and sets the tone for a happier day. I honor this commitment by preparing my space and clothing the night before, protecting my quiet morning time, prioritizing the sleep I need, and going straight to my mat in the morning without touching my phone first. I review my Statement of Being™ and track my daily practice with pride because each checkmark reinforces my identity as a person who shows up for myself. I am a yogi.*



My Statement of Being™



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SECTION 4

Copy 5 Times and Hang Your Statement of Being™

For best results handwrite your Statement of Being™ five times. Alternatively, make five photocopies of the previous page.

[I wrote my Statement of Being multiple times to solidify the content in my mind and then typed it and printed five copies so I could actually read it.]

Hang five copies in places you see regularly each day, such as your fridge, desk, laptop, nightstand, bathroom mirror, car gearshift or for use as a bookmark in the book you're currently reading.

Every time you see your Statement of Being™ throughout the day:

1. **Think** about or visualize your clear, detailed intention of already living in this new state of being
2. **Feel** the elevated emotion associated with this new state of being in your body
3. Let your body **memorize** this new identity

Make Change That Finally Sticks— Powered by Your Inner Badass

SECTION 5

1. Hang this accountability page somewhere convenient like your fridge.
2. Each day you complete your visualization + elevated emotion practice, mark a star ★ on the day.

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SECTION 6: Accountability Partner Invitation

Transformation accelerates when you're witnessed.

Share your Statement of Being™ with a trusted friend and invite them to check in with you weekly.

WHAT'S NEXT: Your Path to Full Transformation

You've just scratched the surface of what's possible when you work with your subconscious instead of against it.

To continue your transformation:

Get the Book

Learn the full Body Smarts® method for rewiring your subconscious, releasing trauma patterns, and creating the life you want. Visit bodysmarts.com

Join the 3-Day Body Smarts® Immersion

This is where StruggleBusters® become creators. This is where your new identity becomes your new reality. Visit bodysmarts.com

Your next level is waiting. Step into it.



BONUS: Daily Habit Tracker

1. Select at least five thoughts, emotions, or actions you want to track each day. These should directly support the transformation you're creating.
2. Prepare Your Tracker. After you've selected your thoughts, emotions, and actions:
 - Fill them into the Daily Habit Tracker once, along with the health, happiness or abundance goal you're currently working on. [TIP: Save a blank copy of and schedule a reminder on your calendar 28 days from today to rework this program.]
 - Print 14 double-sided copies (for 28 days), OR
 - Adapt the format into your own paper or digital journal.
 - Keep your tracker somewhere visible — your nightstand, planner, or bathroom mirror — so it becomes part of your daily rhythm.
3. Near the end of each day: Rate each thought, emotion, and action on a scale of 0–5, where:
 - 0 = Not at all
 - 5 = Fully embodied or completed
4. Write briefly about what went well today and what you'd like to improve tomorrow about the thoughts, emotions and actions you had about the transformation you're making.

Reflecting and completing your Daily Habit Tracker should take no more than 2–3 minutes. The goal is consistency, not perfection.

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BONUS: DAILY HABIT TRACKER

DATE:

Health, Happiness or Abundance Goal:

Thought/Emotion/Action	0-5

What I did well today and what I want to improve tomorrow:

Thoughts	Emotions	Actions



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