



BEYOND BROKEN – PHYSICAL

A Fast Track Technique Workshop
 facilitated by Jaz Goven, Creator and Founder

Our bodies are always talking to us but often we prefer to ‘listen’ to a doctor, the internet, our friends or ignore the symptoms and hope it will go away. When we are in balance our bodies are able to heal themselves naturally. However, when we are out of balance things start to go wrong, break down and the innate wisdom of our body and higher self sends messages to get our attention. These messages may be small at first – perhaps a headache, an itch or small accident but if we continue to ignore the message our higher self has no choice other than to turn up the volume until we do pay attention and action the necessary changes for our highest good.

In this section let’s take a look at the messages we aren’t paying attention too as we set our intention to physically move beyond broken and align ourselves with Strong, Invincible, Fit and Healthy

Today we start the process of listening to our body, being curious about the messages and, best of all, actioning a new and healthy relationship with our physical self.

Are you ready to ‘listen’ to your body? The only thing that can change is your health...

- I am aligned with moving beyond physically broken more than 50% Before ____% After ____%
- I am connected to my physical body and its needs more than 50% Before ____% After ____%
- I am physical affected by other people’s opinions more than 50% Before ____% After ____%
- I am physically affected by other people’s expectations more than 50% Before ____% After ____%
- I am physically affected by the collective’s beliefs more than 50% Before ____% After ____%

Desired Outcome:

- I am in alignment with my Desired Outcome:
- Connected: Before ____% After ____%
 - Fit: Before ____% After ____%
 - Healthy: Before ____% After ____%

 - Powerful: Before ____% After ____%
 - Invincible: Before ____% After ____%
 - Strong: Before ____% After ____%

Do I have resistance to change to Moving Physically Beyond Broken? Before ____% After ____%

Release resistance to change

Do I have Root Causes connected to Physically Moving Beyond Broken?

Is it more than? 1 2 3 4 5

Release Root Cause No. 1 2 3 4 5

I Fast Track the release of connected to from my body mind life. I choose to move physically beyond broken and align myself with..... Or something even better – NOW!

Do I have Aspects connected to physically Moving Beyond Broken?

Is it more than? 1 2 3 4 5

Release Aspect No. 1 2 3 4 5

I Fast Track the release of connected to from my body mind life. I choose to move beyond broken and align myself with..... Or something even better – NOW!

Recalibrate Issue

Recalibrate Alignment with Desired Outcomes

Reprogram with Desired Outcome/s: Today I choose to (physically) move beyond broken and align myself with and and I will look for the evidence of this everywhere every day. I Choose to listen to the wisdom of my body and higher self and action that NOW!

