

# RELEASE & REFRAME JOURNAL

A simple RTT-inspired exercise to shift your mindset in  
minutes.

BY CHLOE BRUCE





# RTT-INSPIRED RESET

## Instructions:

Use this sheet anytime you feel stuck, self-critical, or disconnected..

There's a handy notes page at the end.

### Step 1: Name the Limiting Belief

What thought or belief is keeping me small or stressed?

👉 Example: "I'm not good enough."

### Step 2: Challenge & Reframe It

Is it 100% true?

What's a more empowering truth?

👉 Example: "I'm more than enough, and I am learning every day."

### Step 3: Anchor Your New Identity

Who do I choose to be today?

👉 Example: "I am a confident woman who trusts herself."

**Repeat this daily to rewire your inner world.**





## Section 5

# STAY CONNECTED

---

Want to go deeper?

Book a free RTT discovery call or explore my transformational packages.

Explore RTT and how it can help TRANSFORM you:  
<https://www.equilibriumbodyandmind.co.uk/rapid-transformational-therapy>

You've taken a powerful step towards healing and balance. I'm so proud of you







## Section 6

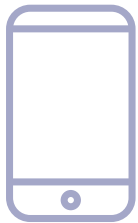
# CONNECT WITH ME

---

My contact details to book an RTT session



chloe@equilibriumbodyandmind.co.uk



07834085518

*Book/  
Now!*

**To book a Reiki treatment or any of  
my services - here's the link**

<https://widget.treatwell.co.uk/place/458786/menu/>







# About ME

I was diagnosed with Multiple Sclerosis in 2010 at the grand old age of 26. I was a Registered Nurse at the time working on a busy and very challenging Cancer ward. For the 10 years that followed my physical and mental health declined so much that at one point I was walking with a stick and my Husband was having to carry me to the toilet. My mental health and self confidence were in tatters and I was merely just surviving.



The turning point for me was when I discovered RTT, Reiki and Meditation. My life has done a total 360! I am no longer suffering with chronic fatigue, anxiety or low self confidence. My mindset has gone from seeing the darkness in everything to now being a light filled being and I can honestly say that I am supercharged and embrace my superpowers. I am so passionate about helping women stop surviving and start thriving—by transforming their energy, beliefs, and mindset so they can shine from the inside out – just as I have done.



DO YOU NEED  
MORE HELP?

[www.equilibriumbodyandmind.co.uk](http://www.equilibriumbodyandmind.co.uk)

SCHEDULE A CALL

