

# 3-Day Overcome Anxiety

# Challenge

## Workbook



# A little about us

Hello! Thank you for joining the 3-Day Overcome Anxiety Challenge.

Moonbeam Monday (MM) is made up of Mother-Daughter duo, Yvonne and Rebekah King.

We founded MM together in 2019 to help people identify what they want from their own lives, and how to get it.

Learning how our minds work in order to retrain our brain through neuro-linguistic programming and hypnotherapy has changed both of our lives completely and positively. We know it can do the same for you and we want to share the full benefits of this with you.

Almost 1 in 3 Australians will experience an anxiety condition at some time in their life\*... a shocking statistic, and that's precisely why we created this challenge. To help you rebuild the home that houses your mind by discovering exactly what's behind your anxiety, and how to shift it so you feel in control during any situation.

Everything that you'll learn over the next three days is tried and tested by us, and our clients, so we know that it works. In fact, they're some of the exact things I (Rebekah) used to ELIMINATE anxiety completely!

We can't promise that you'll overcome anxiety by the end of these three days. And we can't guarantee what results you'll achieve, because that's up to you. What we can promise is that you'll leave knowing more about what causes anxiety and how to shift it for good, as well as take away a toolbox you can implement to begin seeing immediate changes.

If you're feeling nervous or unsure of what to expect, that's ok. We want you to know that you're in the right place. These three days will be a game-changer for you so get ready, let's go!



Rebekah + Yvonne King

\* <https://www.beyondblue.org.au/mental-health/statistics>

# Let's start at the very beginning...

The Challenge begins on Tuesday 2 April 2024, 7-8pm Adelaide time ACST'

We recommend adding all calls to your calendar and set a reminder so you don't miss any valuable information.

**Call 1** Tuesday 2 April 7-8pm ACST

**Call 2** Wednesday 3 April 7-8pm ACST

**Call 3** Thursday 4 April 7-8pm ACST

[Join the LIVE Zoom room here at  
https://us06web.zoom.us/j/9064396401](https://us06web.zoom.us/j/9064396401)





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We appreciate your understanding and respect for our intellectual property.

Rebekah + Yvonne King | The Brain Changers.

## What others say about working with us

"I was feeling really stuck in my life and wasn't sure what direction I was going in my career and personal life. I knew that I needed to move forward but was feeling unmotivated, anxious and unhappy, and my self-confidence was at an all-time low.

**Thanks to coaching, I now feel confident, calm and comfortable in my own skin.**

I'm not anxious at all, thanks to some amazing tools. I feel like I am a blank canvas, and I have an opportunity to create a really amazing life."

- Monica







# Schedule

Overcoming anxiety is like building a house... you have to start with a solid foundation. So, during the challenge we'll:

## Day 1



**Dig the footings and pour your slab**

**Tuesday 7-8pm Adelaide time**

Define anxiety, identify triggers, and understand how past experiences and beliefs contribute to anxiety, and introduce mindfulness techniques that work.

## Day 2



**Put up the (re)frame and add your roof**

**Tuesday 7-8pm Adelaide time**

Learn how powerful your language is, how to reframe negative thoughts, discover the importance of managing your state, and how to change it instantly.

## Day 3



**Decorate and warm your house (so it's nice and cosy!)**

**Tuesday 7-8pm Adelaide time**

Learn to calm your nervous system, eliminate anxiety in the moment, and visualise a future without overwhelm.



Learn how to rebuild the home that houses your mind by discovering exactly what's behind your anxiety and how to shift it.

# Hi. I'm Rebekah.

**I'll be your facilitator for the challenge.**

I'm an Neuro-linguistic Programming (NLP) Master Practitioner and Hypnotherapist with a passion for helping professional women in their 40's and 50's live a life of joy, meaning and happiness.

A former corporate professional myself, my life took an unexpected turn after navigating years of depression and anxiety when I reached what seemed like an insurmountable low. A pivotal encounter with a renowned Australian Coach, led me to delve deep into understanding my mind's mechanisms, where I embarked on a transformative journey to rewire my thinking.

My own journey inspired me to effect radical shifts in my life, becoming a source of strength and inspiration to others seeking liberation from anxiety and self-limiting beliefs. I now guide people in retraining their brains, facilitating immediate and profound transformations, earning the moniker, 'The Brain Changer'.

My clients have seen incredible shifts that have completely transformed the trajectory of their lives for the better.

**My mission** is to broaden my impact far and wide and reach as many people as possible to demonstrate that they too, can implement game-changing shifts in their lives, enabling them to love the life they choose.





# Day 1



**Dig the footings and pour your slab**









## Day 1



# Triggers

Triggers are stimuli - whether external events, situations, thoughts or even bodily sensations - that activate our body's fight-flight-flee response. They are like little alarms in our system, alerting us to potential threats, whether real or perceived.

**What situations can you recall where you've felt anxious?**

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**Choose one of the above and answer the following questions:**

At the time you felt anxious...

1. What was happening before the situation?
2. What were you thinking?
3. What were you saying to yourself?
4. What physical sensations did you experience?
5. If you secretly knew what was truly creating the anxiety, what is the answer?

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# Beliefs



Beliefs are the stories we tell ourselves and are ingrained very deeply within us, shaped by our past experiences and the people that we interact with.

They are generalisations about how the world is, presuppositions that we have about the way the world is that either create or deny us personal power.

In effect, they are our on or off switch for our ability to do anything in the world and what we hold to be 'true'.

For instance, if someone believes that she can learn anything that she puts her mind to regardless of age, then her experience of life is going to be very different from someone else who believes he is not that smart and can't possibly learn something new.

Beliefs often form the boundary conditions of thinking. Depending on how much individuals are unwilling to believe is possible, beliefs can either keep them boxed in, or allow them to live a bigger life.

The majority of our beliefs are not ours. They were formed at a very young age - between the age of 0-7 years. In fact, approximately 70% of our identity is already formed by the time we are seven years old!

As beliefs are created from past experience, they often make us think that our past equals our future. I.e., I have had anxiety for a long time, I will always have it. But that doesn't have to be the case. We can shift how we think by shifting the content in our neurons. After all...

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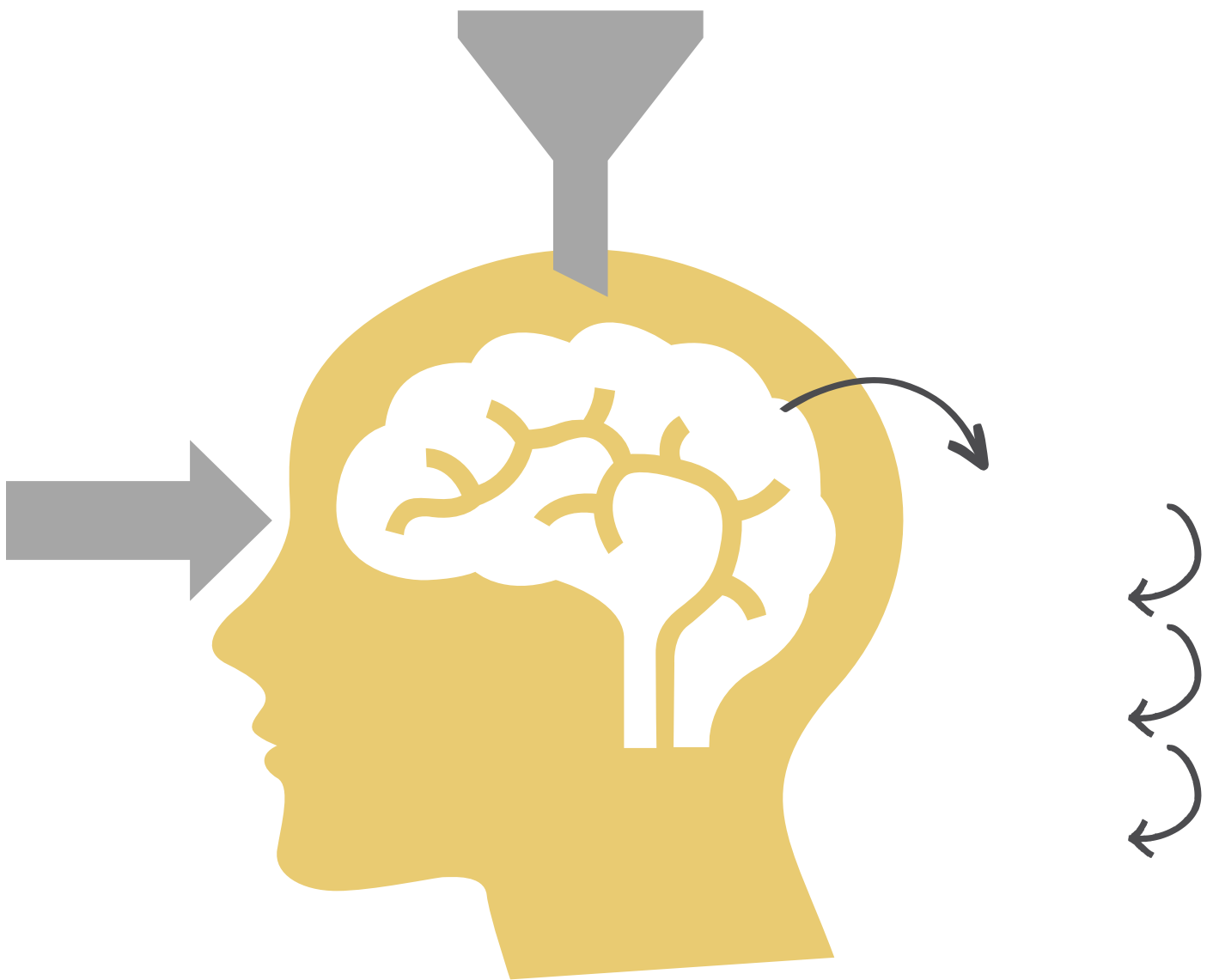
- Mahatma Gandhi



Day 1



# The Filters of the Mind



\_\_\_% of thought emotion and learning occur through  
the \_\_\_\_\_ mind.



## Day 1



# Mindfulness exercise

Find a comfortable seated position, gently close your eyes, and bring your attention to your breath.

As you inhale, notice the sensation of the air entering your nostrils, filling your lungs, and expanding your chest.

And as you exhale, feel the release of tension, letting go of any worries or distractions.

With each breath, anchor yourself in the present moment, letting go of the past and future. Feel your feet connecting with the earth, even imaging roots flowing out through the soles of your feet and deep into the earth.

Notice any thoughts, emotions, or sensations that arise without getting swept away by them.

Simply observe them with curiosity and compassion, like clouds passing through the sky.

Continue to breathe mindfully for a few moments, allowing yourself to sink deeper into a state of calm and centeredness.

Remember, there's no right or wrong way to do this exercise. The key is approaching it with an open heart and a willingness to be fully present.







## Day 1



# Hypnotherapy

To bust a myth, hypnosis isn't about putting you to sleep and getting you to do weird stuff! It's a therapeutic technique that involves inducing a trance-like state in which a person experiences heightened focus, concentration, and suggestibility.

Put simply, hypnosis is like turning on your mind's supercomputer... it's about using the power of your mind to create incredible changes.

During hypnosis, an individual is guided into a state of deep relaxation where the unconscious mind becomes more receptive to positive and powerful suggestions.

We create and use these hypnotic audios to help install positive messages, to create change on the unconscious level, because that is where lasting change happens. It's about rewriting the messages in your unconscious brain, and the only way to do that is to relax and bypass your conscious, critical mind. That's why hypnosis is about relaxing your mind using intentional and very specific language, voice, and subliminal healing music tracks.

**When used with an open mind and a willingness to heal, hypnosis can help you alter how you think and behave so you can heal yourself.**

It's important to know that you have the ultimate control over your own mind. Even when in a trance-state (such as hypnosis), no one can make you say or do something you don't want to. In other words, hypnosis is a cooperative process between the practitioner and client, where the client willingly participates and engages in the experience.

The audio tracks we provide you are hypnotic in nature. You **MUST NOT** listen to them while driving, operating machinery, or anytime where you need to be alert (e.g., when the stove is on or looking after children).

Your unconscious mind is on 24/7 so you can listen to these as you fall asleep... your unconscious mind will still receive the message. In fact, listening to them in bed as you're going to sleep is our preferred method.

You can listen to the audio over and over and the message will continue to be received. We recommend listening to them every night to receive the full benefit because as with everything, consistency is key.



# Day 2



**Put up the re(frame) and add your roof**









## Day 2



# Reframe

When learning to reframe a situation or thought, ask yourself the following questions:

- Is this true?
- What else could this mean?
- What's good about this?

Now that you understand what anxiety really is and what triggers it for you:

What is the positive intention behind the anxiety I experience?

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What are other ways I can fulfil that intention?

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What do I need to do to action this (be as specific as possible)?

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## Day 2



# State Management

### Exercise:

### Get rid of bad memories, by Richard Bandler\*

1. Close your eyes.
2. Think of something that happened to you that still bothers you. You will imagine a life-size scene as vividly as though you were actually there.
3. In your mind's eye, make the picture smaller.
4. Move it off into the distance and drain the colour from it.
5. Make any voices or noises fade away.
6. Make the picture so small you have to squint to see what's in there.
7. Then make it even smaller.
8. When it's the size of a breadcrumb, brush it away, just like that!
9. Now, leave it where it is!

If it comes back, take 10 seconds of your time (that's all it should take), and do it again.

After you've done this a few times, your brain will get the hang of it and start doing it all by itself.

**It's not your past that makes you who you are, but how you respond to it.**

\* Exercise from *'The ultimate introduction to NLP. How to build a successful life'*, by Richard Bandler, Alessio Roberti & Owen Fitzpatrick.





# Day 3



**Decorate + warm the house  
(so it's nice and cosy!)**

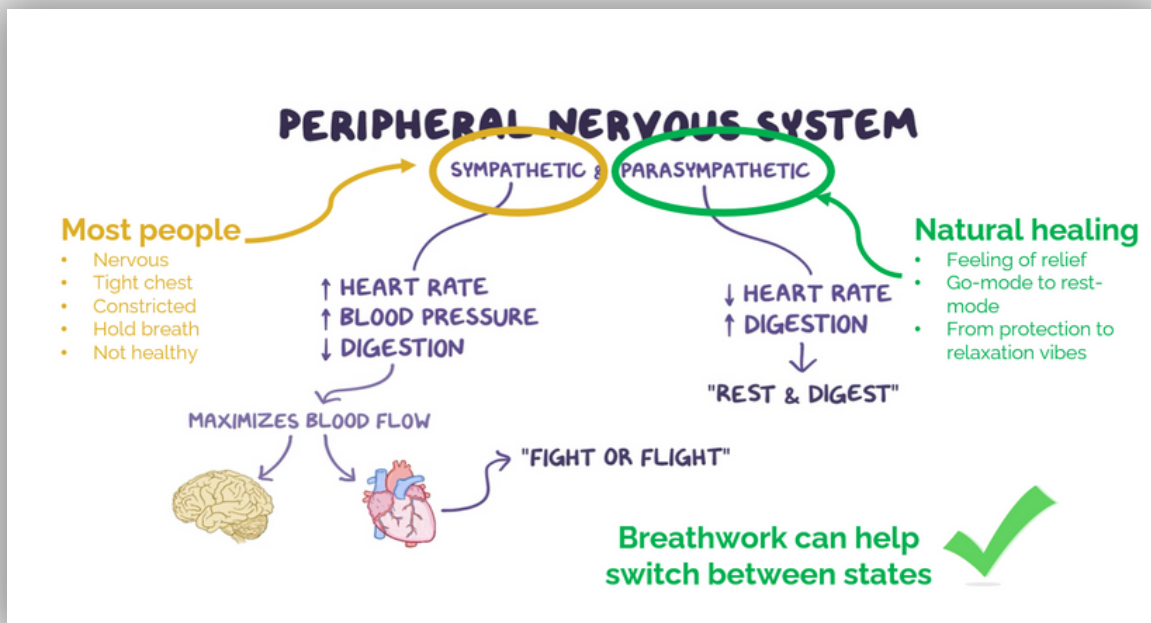


## Day 3



# Nervous system

Understanding your nervous system is the first step to understanding how to overcome anxiety.



Most people exist in their sympathetic nervous system, the part that detects danger, or perceived danger, and activates the fight, flight, freeze response. When this happens you might feel anxious, have a tight chest and feel jumpy.

Imagine being in that state all of the time?! You're always in 'survival mode'. It's not healthy, especially long-term.

Intentional breathing helps you switch into your parasympathetic nervous system, the 'rest and digest' system. When you do this, you can physiologically feel body switch from 'go-mode' to 'rest mode'.

This is a beautiful and natural way we shift from protection vibes to relaxation vibes, and breathwork is something that can help us switch between these states.

Begin simply with box breathing. It needn't take long, only a few minutes several times a day. When you practice this consistently, you'll notice a difference in a short time.

## Day 3



# The Anxiety Model

We receive so much messaging through social media, TV, media etc. All this promotes a state of fear, competitiveness and FOMO! These are all negative emotions that can easily influence us and lead to anxiety, and if we're not consciously aware of this messaging, it's easy to fall into a hypnotic trance, feeling a lot of fear.

As we've learned, **our thoughts become our reality** so those people who have a lot of fear - and hold onto it - will see the world through a lens of fear. You may recognise them as people who come across as quite negative, or often see the 'glass as half empty'.

When we see the world through this lens, we project a future filled with fear. This creates a loop so that when you feel anxious in a situation, the feeling is perpetuated.

We can easily fall into the thought pattern then that our past equals our future. I.e., *"It's happened to me before so it will happen again."* or, *"I've always felt like this so I always will."*

You focus on the things you don't want, often feeling negative about the present and future, and it can go on and on.

We can change this by retraining our brain to think about what we really want, rather than focusing on what we don't want.

Use this technique in the moment when you're feeling anxious and the anxiety will dissipate. Use it consistently and you will retrain your brain.



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# Visualisation

Neuro-linguistic programming harnesses the power of **visualisation as a transformative tool for personal growth** and development. It is a cornerstone technique because it leverages the mind's ability to create vivid mental images to **shape behaviour** and outcomes.

By using your imagination to picture, hear and feel your desired goals and outcomes, you can **reprogram your unconscious mind**, aligning it with your conscious desires by creating new neural pathways.

Why does this work?

**Because your mind doesn't differentiate between what's real and what's imagined.**

So, we can use this to our advantage and create a vivid picture of the outcome we truly want in order to retrain our brain to believe that the vision we've created is real.



By **repeatedly visualising this desired outcome** with clarity and intensity, you activate the brain's reward system, releasing neurotransmitters associated with motivation, confidence, and goal attainment. This means you're more likely to take actions aligned with the outcomes you have visualised, ultimately leading to tangible results.

How is this relevant in the context of overcoming anxiety? Because **you can mentally rehearse 'success'** in advance, and in doing so, reduce (and ultimately eliminate) anxiety and increase your confidence in facing difficult situations.

Through **consistent practice** and refinement of visualisation techniques, you can unlock your full potential and achieve your goals with greater ease and efficiency.

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# Key takeaways

Day 1



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Day 2



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Day 3



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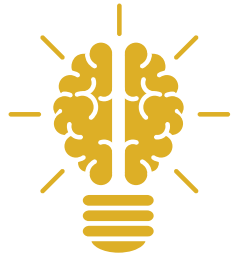
🎉 **Congratulations** 🎉

on taking this vital step in learning  
how to rebuild the home that  
houses your mind in the  
3-Day Overcome Anxiety Challenge!

Want more?

Change your mind and change your life

when you join...



# Mind Masters

The membership helping you take back control of your own mind, reclaim your calm and make lasting changes by learning how to retrain your brain... in non-sciencey speak.

## What you get

- Understand your core values
- Become a master at getting your message across
- Increase your awareness
- Understand how your brain *really* works
- Identify your true 'why'
- Break old patterns + create lasting new habits
- Create the life you've always wanted



For more information, and to join, visit

<https://www.moonbeammonday.com.au/mind-masters>