



BLANCA VERGARA

leadership empowerment for intelligent women

Decide: Today is Day ONE

Life changes in an instant. It changes when you decide.

What is it going to be: one day or Day ONE?

To make this real you will sign now a contract with yourself.

Don't take this lightly. When you commit to unleash a tremendous power. You'll see that all will conspire with you to break the pattern that women had suffered for centuries.

Take this decision today and commit to it. This is your starting point for this journey. This is your first step. Take it.

I, _____, decide today that I am an evolving being. I am meant for growth, for learning and expansion. Nothing is fixed in my life: not my qualities, not my shortcomings. I can write a different story than that of all my ancestors.

I believe that I will reclaim my lost powers and emerge as a powerful and peaceful leader. I'll experience this transformation in the measure that I dare to go within. I'm awaiting a plan by which to build a brand new me. I will follow that plan, when it's received.

I, _____, commit myself to excellent self-care (adequate sleep, diet, exercise, and pampering) for the rest of my life.

Signature

Date

Rewrite this contract in your own handwriting. Feel each word. Commit to each statement. Use the space in the next page to do so.



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Signature

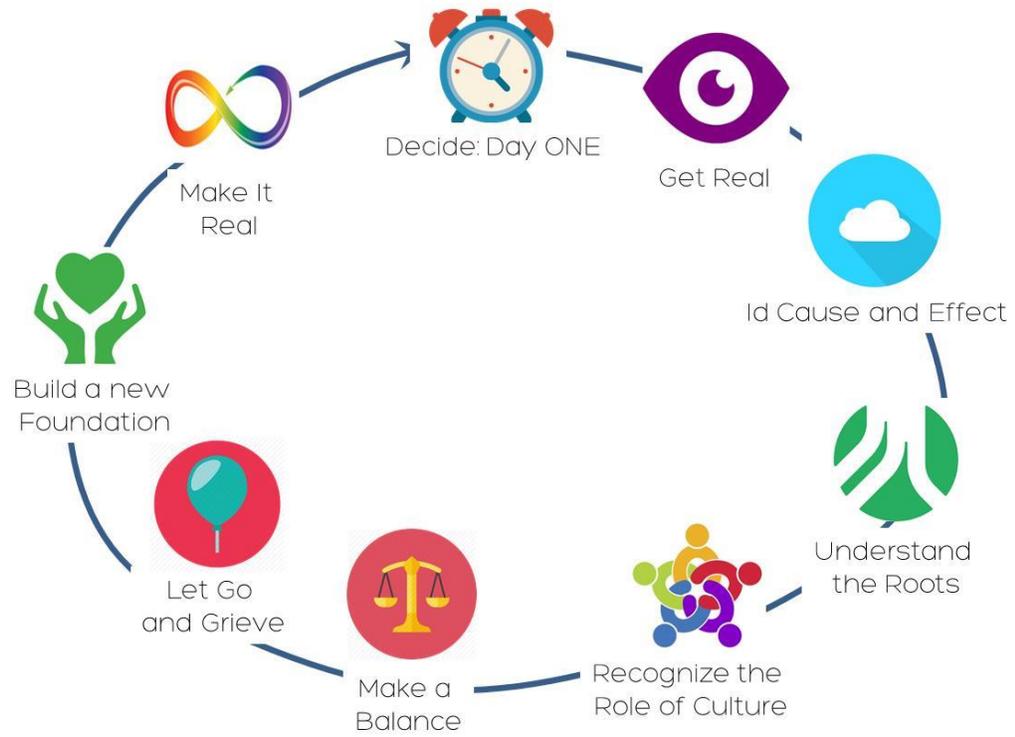
Date



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Play Real Big Blueprint





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It's perfect timing

To get serious about breaking those ancestral chains we have inherited. My signature program Play Real Big (the one that does precisely that) opens few times a year... BUT, you can get a head start the second step in my blueprint: Get Real.

My program “**7 days Get Your Power Back Challenge**” is centered on getting real. This program is magic. This alone has taken out of depression several of my clients. In fact, it's the one technique that turned around my entire life when I was in the darkest moment of my life.

In one short week you'll be able to make a honest and profound look at what's clogging your flow. Daring to stare at the abyss will reveal the bridge. Having the courage to look in the eye the dragon will transform it into the prince. Be bold and enter the woods with me. There lies the gold your soul needs.



The capacity to love the beast (shadow) in ourselves and others often transforms the beast into a prince. Carol Pearson

For a week you'll receive in your inbox daily exercises to make a through audit of what's stopping you.

You can get access immediately here

www.blancavergara.com/get-your-power-back

One last thing! Let me clear. I believe in progress, not perfection. You don't have to take every single step I suggest to you to break with ancestral pain. However, getting real is fundamental when it comes to radical self-reinvention. So I sincerely hope you take me on this invitation, because I long to see more authentic female leadership. Would you be that role model? Let me help you (re)emerge.