

THE ©TRANSFORMATION CODE SUCCESS GUIDE



9 KEYS TO
TURN YOUR
LIFE TO
GOLD

by Hedi Schaefer

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HI THERE! I'M HEDI

I'm so excited that you've snagged the code and these powerful keys for your successful transformation journey.

My mission is to support people like you create a life to remember.

Whether you want to change what you do for a living, your relationships, or who you are, this life is an ocean of possibilities, and I'm here to find your unique way of living your best-case scenario every day.

Now. You've watched the Masterclass giving you an overview and deep dive into how to succeed..

This guide is your ad-on gift for more. It is chock-full of advice to help you confidently go for it. And achieve it!

Cause transformation is much like surfing. Just like a surfer, you decide to get on to the board. And do it. But then you differentiate.

Most people get on their transformation journey without direction and no solid equipment. Getting tossed around by outside waves - their circumstances - running into blocks and hurdles, feeling lost and exhausted and with little to no results.

You seem to be different. And this is where your guide comes in.

This guide gives you the nine keys to successfully transform your life. And the affirmations to make positive changes right away.

It starts with the basic equipment you need to succeed and unblock yourself: The keys behind your willingness and what they mean for your entire journey.

Then you turn the transformation blocker, "I know what to get out of, but don't know where the h*** into?" around into clarity and focus.



SAY IT WITH ME: "I AM POWERFUL!"

And finally, you find out what else is a must-do when you successfully want to transform: Your energy! Meaning the mindset you hold, the emotions you create, and the actions you take.

This guide is a concise deep-dive with an affirmation checklist for you to see where you're at and what actions to take next to transform successfully.

Now. What are affirmations and how to use them?

An affirmation is a sentence of powerful positive words put together, aimed to tap into your conscious and unconscious mind to motivate you, to challenge you, to push you to reach your full potential in life.

Affirmations have the power to motivate you to act on certain things, help you to concentrate on achieving your goals,

give you the power to change your negative thinking patterns and replace them with positive thinking ones. They assist you in accessing a new belief system, but above all, affirmations can reaffirm the positivity back into your life and help you regain or increase your self-confidence.

So you go for it!

For these Affirmations to truly work:

✓ Pick one transformation success key you truly want to nail and a sentence you feel would be beneficial to internalize when going for it.

✓ Repeat this sentence, your affirmation daily. 3-5x after waking up and 3-5x before going to sleep, and truly believe in the words you are saying. Breathe deep while doing so.

✓ And repeat this process for at least 21 days to "marinate" the power in your mind.

Here's to creating a life
that makes you
celebrate at the end of
time.





WILLINGNESS

Where there is a will there is a way!

If you want to transform anything in your life, you need to be willing to wait no longer but to make it happen.

The willingness is the foundation for any process, large or small, to succeed.

And it comes with three magical keys - see next pages. Pick your affirmation(s) and let's get moving'.



KEY NO. 1

AWARENESS

If you become conscious about your life and the way you create it day in and out plus use the power of choice, you can create a new life immediately as the equation is this: New decisions = new life.

Pick your power affirmation down below. Feel your power growing and expanding!

- I know that "change is the only constant in life." (quote by Heraclitus).
- I am aware that I create my own reality. Cause I see the world not as it is but as I am.
- I know of my power to change anything.. And when I change inside, I change the outside too.
- I know that transformation is just a process I can use to grow, expand and create the life I want.
- I always have the choice to move forward or remain stuck in the past..



KEY NO.2

PERSPECTIVE

When you step out of victimhood and into your creator's shoes, you can shift anything. The biggest blocker is not the reality outside but the learned helplessness and standing (forever?) in the waiting line - Waiting for something to happen.

These powerful affirmations are helping you succeed in turning this learned helplessness around.

Pick your power affirmation down below. Feel your power growing and expanding!

The power is within me. Entirely.

I don't blame anybody for my circumstance but instead, I use this energy to create my new reality.

I'm not waiting. I am starting to create.

I know that life does not happen to me but for and by me.

KEY NO.3

INTUITION

We've been programmed to believe that if we control and micromanage our life, we will get to our goals. The truth is, it's exhausting, and there is such a different way to live with ease, grace, and flow: With (re)activating your intuition.

These affirmations are helping you succeed.

Pick your power affirmation down below. Feel your inner guidance growing and expanding!



I am willing to go within and listen to my inner voice.



I am guided by my heart, not my head.



I no longer force and fight my way through life. I allow and flow!

NOTES

Here is your space to take some notes about the WILLINGNESS key set and your experience by using the affirmations.



CLARITY

Most people know what they want to transform out of. But not what to change into or move towards.

Your clarity is like your inner compass giving you the focus and motivation to create a purposeful life based on your values and grand visions. Making you immune to around circumstances. And simply this: Joyful!

Three magical keys are the foundation - see next pages. Make sure you pick your magical affirmation to create changes in your life today.



KEY NO. 4

PURPOSE

Your purpose is your reason for being. It's what you passionately do and what gives you energy. Because we are often programmed to believe we have to follow certain paths, most people never get to find out, let alone live their purpose out loud.

Your purpose also keeps you grounded and anchored when the outside is in chaos. Similar to the roots of bamboo: The wind can blow you over, but, no prob, you stand up again in no time because you are deeply grounded and know why you are here and what to do next.

Pick your power affirmation down below. Feel your power growing and expanding!



I will focus on my purpose, on why am here. And not let anything distract me.



I am following my inner guidance, and let it motivate me day in and day out.



I'm clear about what gives and drains my energy.



I live my purpose out loud and without excuses.



KEY NO. 5

VALUES

Your values are the basis for any decision-making. They are your quality standards, i.e., for your relationships, family, business, and any creation you'll do to make your world meaningful and thriving.

Living a value-based life is no more exhausting. It is in alignment and, therefore, the base for your ultimate flow.

Pick your power affirmation down below. Feel your power growing and expanding!



I create relationships, my family, and a business based on my values.



I let my values make my decision-making processes easy and fun.



I don't play roles, but I am myself.



KEY NO.6

VISIONS

Your visions give you direction. Most people know they want something to change, but they get forever stuck because they don't know what they want to change into.

Visions are the perfect picture of your personality, your private life, and the creations you want to give to this world. When coming from the heart, visions have massive pull effects. They guide you and eventually become your reality.

Pick your power affirmation down below. Feel your power growing and expanding!



I follow my vision for my body, mind, and soul, giving me the base to live a balanced and highly energized life.



I follow my visions for my relationships, so I can surround myself with the people that nurture me and help me thrive.



I follow my visions about my work-life integration, so I can do what fits my idea for a blissful life.



I follow my visions about my surrounding and "home".

NOTES

Here is your space to take some notes about the CLARITY key set and your experience by using the affirmations.



Every change starts with one step and then moving ahead. To step into this unknown territory, a place your hard-wired brain wants to naturally keep you from, you have to actively reshape your thoughts and beliefs into "YES, I Can", master your emotions and create magical actions.

Three magical keys are the foundation - see next pages. Make sure you pick your power affirmation to move ahead. YES!



KEY NO.7

MAGICAL MINDSET

Everything starts with a thought. Whether or not you feel able to fulfill your dreams and think you're worthy of living them unapologetically is up to the thoughts about yourself and about your ability to shape the world.

What you believe to be true creates an emotion, which then turns into action and a result. Plus a frequency that helps you manifest your desires. The challenge is about 95% of our thoughts are unconscious and on autopilot. So what to do? Become conscious, identify your limiting beliefs, reshape them into uplifting thoughts, and practice until it's your reality.

Pick your power affirmation down below. Feel your power growing and expanding!



I know that everything starts with a thought and that I can master the way I think and therefore act in this world.



I practice kind and uplifting thoughts about myself. I love myself!



I know that I am worthy of a magical life full of bliss and flow.



I shift my negative beliefs to knowing that "Yes, I can.". I know: Yes I can!



KEY NO.8

MAGICAL EMOTIONS

Mastering your emotions is the basis for a life full of wonder. When you live in a state of love, peace, and joy, you naturally create the same. The challenge is we have been growing up in a system full of drama, (past and passed on) trauma, and fear. To break free, we have to let go of locked-in emotions, and process them by forgiving and turning the wounds into wisdom.

On the other hand, we can create the frequency (love and above) by practicing gratitude, peace, and love daily and thus become the same.

Pick your power affirmation down below. Feel your power growing and expanding!



I can master my emotions by letting go of what I do not want. I let go.



I can master my emotions by creating the emotions I do want. I'm the creator.



I practice gratitude and self-love daily to get into higher frequencies. I love myself!



I know that what I feel inside is what I send out and the base for my creation based on the universal law of resonance.



KEY NO.9

MAGICAL ACTIONS

Lastly and how you bring all your dreams into reality are your actions. Being aligned, though, after your clarity work and equipped with thoughts and emotions that work for you and vibrate at the highest level, all you do here is "flow ahead." It's bringing us back to where we started: The surfer.

Now you can enjoy the ride and play with the waves —no more pushing and forcing. But feeling ALIVE!

Pick your power affirmation down below. Feel your power growing and expanding!



I've done the work and can therefore flow through life and feel alive.



I know that perfect is the enemy of progress.



I'm ok with stepping into the unknown.



I'm ok with getting help whenever I'm stuck.

NOTES

Here is your space to take some notes about the ENERGY key set and your experience by using the affirmations.



CONGRATULATIONS!

You've reached the end of your @Transformation Code Success Guide and put the 9 keys successfully and even deeper into your pocket.

I hope you're feeling excited about your transformation now?

I personally can't wait to see your dream life finally coming true! See YOU come alive!

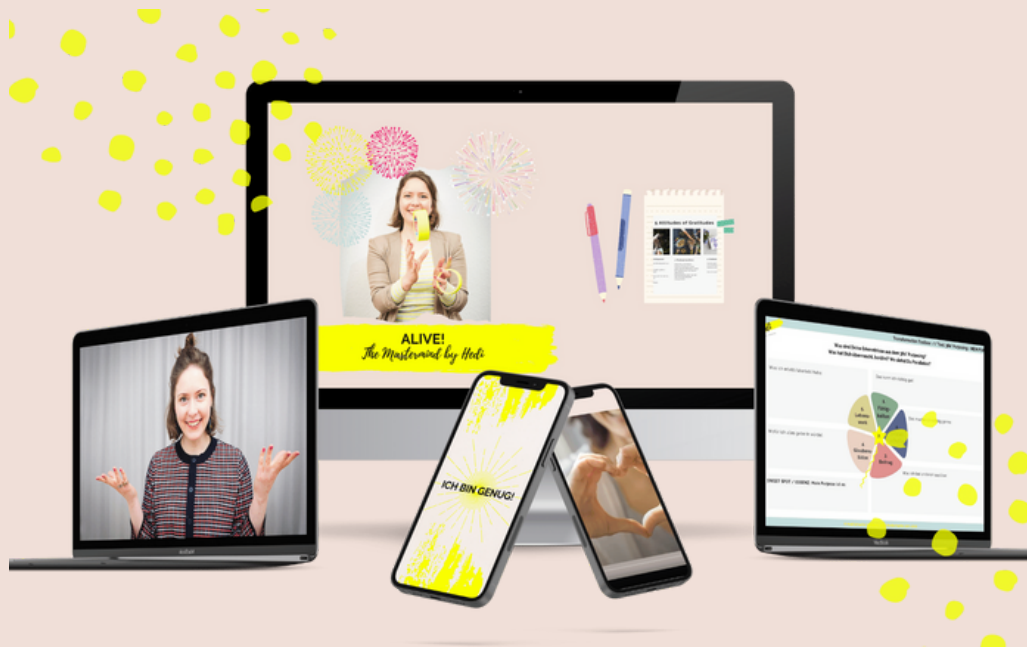
While you may have finished reading and using the @Transformation Code Success Guide... the fun is just beginning.

If you're ready to start taking inspired action on your transformation dreams, I'd love for us to work together in my VIP coaching and ALIVE! transformation experiences.

I created my products to help you master your transformation step by step.

All fo it takes place online, so you can join from anywhere in the world, in your pajamas/ sweats/yoga pants, anytime.

**CLICK THE LINK IN YOUR MAIL TO
CLAIM YOUR
FREE 1:1 CALL**



Former (s)heroes have re-designed their life in magical ways. Here are some voices.

"This is priceless. I'm now where I never thought I'd be."

- Antonia Roggendorf

"The package was perfect for me: Honest, empathetic support and lots of great inputs and exercises took me by the hand week after week and guided me through the mud. Now I'm standing in front of a freshly sown lawn, have made decisions and found relaxation. Goodbye to roller coaster rides and hamster wheels. I have learned to live myself and no longer let myself live. I'm really looking forward to what's ahead of me: my SELF.

- Nadin Schmolke

"Thanks to the TC, I am no longer stuck in a victim attitude but live in complete power. Instead of not accepting parts of myself, I know: I am perfect the way I am. Instead of being constantly stressed and under pressure to perform, I know: I don't have to. I can. My relationships are now connected instead of superficial chit-chat - even without words. And thanks to the clarity of my purpose, values, and vision, I know exactly where I want to go."

- Larissa Pauli

"Working with Hedi is like magic. She hits the tone, she hits the timing and she helped me to overcome my dark days with her sparkling attitude."

- Caroline Schroth

Hop on your free Discovery Call today! Don't wait. But create a life to remember.

**CLICK THE LINK IN YOUR MAIL TO
CLAIM YOUR
FREE 1:1 CALL TODAY
SAVE 10%!!! WITH THE CODE: YES, I CAN"**