

# Hi!



My name is Supreet and i'm an intuitive life, mindset & business coach. Thank you so much for checking out these beautiful truths that I ground myself in everyday to see how magical life really is. These are the truths I help my clients embody through my Radical Shift Program for the ultimate transformation into an aligned being.

The game of life can be magical once you understand the "rules". The biggest rule: you're ultimately the one that is in control of your personal experience rather than outside circumstances. Why do you think one activity is so boring for one person, but amazing for another? Why do you think some things bother one person, but the other person couldn't care less?

The truth is: thoughts become things, so you need to be very mindful of what's allowed in your space. The more insecure thinking that happens, the scarier and more unfair the world feels. The more you think and focus on what you want, the more opportunity and connectedness you see around you.

The truths below are facts of life and the more you embody them, the more magic you will start seeing.

Feel free to print them out and hang them in a space you see everyday to ground yourself in their understand.

Enjoy!

xoxo

Supreet

# 10 UNIVERSAL TRUTHS

Intuitive Life, Mindset & Business Coaching  
by Supreet Chahal

## YOUR WORDS MATTER

The universe is always listening and it can't distinguish negative and positive self-talk, it will give you proof of whatever you say. Example: Instead of saying "I'm broke", say "I'm financially abundant" and see what your mind does.

## THE FORCE IS WITH YOU

Just like there's a force behind nature that lets it flow and be, the same force is behind us, it's called Universal intelligence. Universal Intelligence always has your back whether you believe it or not.

## THE CULPRIT: INSECURE THINKING

You are what you think. If you think everyone is out to get you, that is what you will see. If you trust you are safe and held, that's what you'll see. What you see becomes your reality.

## YOUR BELIEFS ARE NOT YOURS

A lot of your beliefs were passed down to you by someone else and a lot of these beliefs aren't even yours to keep. Your mind needs spring cleaning just like your home. What limiting beliefs were you fed by someone else?

## YOU ARE LIMITLESS

You can do and be anything you truly want in this life. Seriously. Now, imagine embodying this truth, even if it's for a second, how does it feel in your body? This feeling can be your day to day if you let it.

 [www.supreetchahal.com](http://www.supreetchahal.com)

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## A THOUGHT ON THOUGHTS

Thoughts are not even real things. They are made up little bubbles that pop up from time to time. We decide to put weight on them and start feeling them in our body. Just as easily as they appear, they can disappear with your permission.

## A CLEAR MIND

A clear mind is your most natural and successful state. What's the opposite of a clear mind? Overthinking. This type of thinking makes you create mountains out of mole hills and distracts you from the peace that reality has to offer.

## LIFE IS HAPPENING FOR YOU

Everything you've experienced or been through is working for you and guiding you somewhere. Connect the dots backwards to understand why something happened for you.

## TURN YOUR PAIN INTO WISDOM

Your pain is what will get you to spiritual awakening. Without pain, you wouldn't learn lessons and grow. Stop hiding from your pain. Instead, be friends with it. Talk to it. Ask what you were meant to learn. Let your pain empower you, not consume you.

## BE UNAPOLOGETICALLY YOU

There is nothing wrong with you. You are fine the way you are. Once you start working with who you are, life becomes easier. There is no more of trying to fit a circle into a square and forcing yourself to be a certain way. Want to fall in love with yourself? Work with all your beautiful quirks.

# LET'S WORK TOGETHER!

Interested in starting your transformation? Here are a couple of ways for us to work together:

## **1:1 Limiting Belief Workshop**

Get a 1:1 2 hour session that will help you dismantle a limiting belief that has been blocking you from living your best life. Think: what's blocking you from taking the next step to something big. After this workshop clients have let go of shame, started their businesses, realized their self-worth, found their dream job, found their ideal partner... you name it and your wish is my command.

## **The Radical Shift Program**

This beautiful program is the ultimate transformation in realizing you are a part of the oneness that is life. Whether it's running your business better, parenting, navigating relationships, establishing trust within yourself... you get to work on whatever you want.

### **What we cover:**

- Understanding how your mind works
- Meeting your highest self
- Tapping into your inner wisdom
- Experiencing your world from outside -> in to inside -> out
- Running your life, business, relationships from your intuition
- Becoming a powerful manifestor
- Understanding universal intelligence on a deep level

### **The program consists of:**

- 10 1:1 coaching calls
- 1 Written Assignment
- 2 Books
- Unlimited text, email or voicenote support
- Videos and links to help deepen your understanding
- End with a 2 Hour virtual wardrobe session to embody the new you inside and out

Interested in learning more?

Email: [supreetchahal.rising@gmail.com](mailto:supreetchahal.rising@gmail.com)