



AMY BLAIR LAWSON
MBA, CDFA,
RTT PRACTITIONER, C.HYP



I AM ENOUGH

Write these three powerful words on your bathroom, or vanity, mirror. Every time you walk into the room, look in that mirror, say, "I AM ENOUGH." Do this for 7 days and notice how much better you feel.



HIGH-FIVE

The high-five has good energy around the world, without having any specific meaning. High-five yourself and say, "I AM ENOUGH" every time you look in a mirror for 7 days and notice how much better you feel.



MENTAL LIST

We attract what we focus on. Each night, make a mental list of EVERY THING that went your way that day. (Snagging the great parking space counts!) Do this for 7 days and notice how much better you feel.


Serving Clients Globally with
Virtual Sessions


hello@amyblairlawson.com

3 POWERFUL EXERCISES

These three powerful exercises serve as visual and mental cues to train your brain to believe the truth about YOU, i.e., **You are LOVEABLE, You are LOVED, and YOU ARE ENOUGH.** Do these 3 powerful exercises every day for 7 days and notice how much better you feel.

WHAT IS RTT?

Rapid Transformational Therapy (RTT®) is a therapy method by world-renowned Marisa Peer, blending the best of CBT, NLP, and hypnotherapy. RTT swiftly identifies core beliefs, offering quick and lasting change by identifying and replacing old negative thoughts and limiting beliefs with positive ones, facilitating genuine transformation.

30 **30-minute Breakthrough Session**
← Click here to schedule a virtual, complimentary, 30-minute Breakthrough Session.

90 **90-minute RTT Session**
← Click here to schedule a virtual intake session.

Unstoppable YOU
← Click here to learn more about Unstoppable YOU, our 90-day course designed to help you live your best life.