



YOU'RE NOT STUCK. YOU'RE REPEATING.

YOU'VE TRIED TO CHANGE.
YOU'VE STARTED.
YOU'VE STOPPED.

AND SOMEHOW...

YOU ALWAYS END UP
IN THE SAME PLACE.

THIS ISN'T ABOUT MOTIVATION.

IT'S ABOUT WHAT
YOU BELIEVE IS TRUE.

THE SHIFT
THAT CHANGES EVERYTHING.

Cissi Luna

WHY NOTHING IS CHANGING



You're not lazy.
You're not unmotivated.
You're not broken.

You've just been trying to
change the wrong thing.

You try to fix your actions.
You try to stay consistent.
You try to "be better".

But every time you start...
You fall back into the
same patterns.

Not because you can't change.
But because something deeper is still
the same.

THIS MIGHT FEEL FAMILIAR



You think about what you want.

You want more.

More freedom.

More ease.

More clarity.

You start.

You feel motivated.

You feel ready.

And then...
something stops.

You overthink.

You doubt.

You hesitate.

And slowly...
you fall back into the same place
again.

WHAT'S ACTUALLY HAPPENING



You're not stuck.

You're repeating.

The same thoughts.

The same emotional
reactions.

The same way of seeing
yourself.

And that creates the same actions.

Which creates the same results.

So no matter how much you try...

You end up in the same place.

THE PATTERN



Everything you create
follows a pattern.

Thoughts → Feelings → Actions → Results

It happens automatically.

You don't notice it.

But it's running everything.

If your results aren't changing...

It's not your goals.

It's your pattern.

WHERE YOU GET STUCK



It doesn't feel like a pattern.

It just feels like you.

Like your personality.

Your situation.

Your reality.

But if you look closer...

You'll start to notice
the same thoughts...
coming up again and again.

I'm not good enough.

I don't have enough.

What if it doesn't work.

And without realizing it...

They become your reality.

THIS IS HOW IT PLAYS OUT



You think from the pattern.

So you feel from the pattern.

So you act from the pattern.

And your results...
come from the pattern.

Not your potential.

Not what you want.

What you believe is true
becomes your reality.

THE SHIFT



This is where everything changes.

Most people try to change
what they do.

They try to stay motivated.

Disciplined.

Focused.

But it doesn't last.

Because the pattern
is still the same.

Change doesn't start
with your actions.

It starts with
what you believe is true.

WHERE YOU ARE NOW



Take a moment.

Where are you right now?

How do you think?

How do you feel?

How do you act?

What results
is that creating?

Write it down.

Even if it feels obvious.
Even if it feels uncomfortable.

Example:

I overthink everything.

I doubt myself.

I hold back.

WHERE YOU WANT TO BE



Now...

Who do you want to be?
How would you think?
How would you feel?
How would you act?

Write it down.

Not what you think is realistic.
But what feels true
when you stop doubting.

Example:

I trust myself.
I move forward.
I decide and act.

This is where you take your power back.

READY FOR MORE?



This is just the beginning.

Real change doesn't happen
by reading something once.

It happens when you shift
what you believe is true.

If this spoke to you...
you're already ready for more.

I open my program
every 6-7 weeks.
Where we go deeper.

Where you don't just understand the pattern
— you change it.

If you feel ready...

Message me on Instagram
@YOGAWITHCISSI

Write: "READY"

I'll send you the details for the next round.