



THREE REASONS WOMEN FEEL GUILTY ABOUT PURSUING THEIR OWN DREAMS... AND WHAT YOU CAN DO ABOUT IT

Paula Oleska

Introduction

HEY, it's Paula.

I used to have a ton of guilt. I don't mind admitting it.

Guilt is what undermines your energy, productivity and focus. And it creates inner conflicts that keeps you from being who you truly are and doing what you really want to do.

MY GOAL FOR YOU:

With this guide, you will have a better understanding of what has been holding you back. You will come away with breakthrough insights and a practical exercise to start letting go of guilt.

You will be able to immediately start feeling more in control of your self-esteem as you emerge from the mountain of obligations and are finally able to take a deep breath, feeling good enough as you are.

These are some of the exact insights and methods I used for myself to free myself from guilt, and the exact methods that create breakthroughs for my clients every day.

You'll be surprised how much of your time and energy you can gain back for yourself!

Because I know what it feels like to be held back from what you really want. And I also know the cost. At a crucial point early in my life, I felt I would literally lose my mind if I didn't follow my path. So even though I still felt guilty, I chose what was right for me and changed the direction of my life.

I didn't have the tools I have now, so it was an agonizing process. Now, I want you to have the tools and understandings I have developed since then to spare you the pain and inner struggle I had to suffer to make my breakthroughs. This is what this guide is about.



About Paula Oleska

As the founder of Brain Upgrade, Paula has become known worldwide as a transformational brain coach.

Over 5,000 people from 4 countries have participated in Paula's live trainings.

Paula is a pioneer in field of Specialized Kinesiology. She has had over 10,000 hours of training with the masters in the field and has served on the faculties of the Touch for Health Foundation, Educational Kinesiology Foundation and International Kinesiology College.

Paula's purpose is to use her unique skills to help women liberate themselves from the oppression of guilt and pursue their own dreams. She has created new approaches for achieving that goal, especially her proprietary method of resolving emotional issues, eliminating stress and sky-rocketing time management. She also created many other programs, including The Art of Getting Things Done and The Millionaire Mindset.

WHY INVESTING YOUR TIME INTO YOURSELF IS SUPER IMPORTANT

Do you often find yourself feeling drained?

My experience and observation have taught me that this often comes from an unresolved inner conflict between what you want to do and what you think you should do.

My client Helen went through a period of extremely low energy. She didn't want to get out of bed in the morning so she would rush out of the house 15 minutes before her appointments. She thought she was just lazy and rebellious. When we looked into it, it became clear that Helen was still processing a traumatic loss of a loved one from a year ago. She needed much more time for herself but she had a long list of "shoulds": make plans for family events, see certain people socially, and take care of things that were ultimately not important. Once we applied one of my proprietary methods to help her

resolve the conflict, she was able to say: to hell with all of that, people can adjust to my plans; I don't have to take care of all of them. She immediately regained her energy.

When you shift more of your focus and time to what you really want, your life will really take off, your self-esteem will go through the roof and your energy and motivation will explode.

Time to dive into the insights...

Here are the three reasons why women feel guilty about taking care of themselves:

1. Women are conditioned from an early age to take care of others and put their needs ahead of their own. Most little girls have heard admonitions like: “be nice”; “be a good girl”; “take care of your little brother/sister”; “share your toys”. And so on. Would you agree?
2. From an early age, women are also discouraged from pursuing their own goals. Qualities like “ambitious”, “competitive” or even “strong” are seen as negatives in girls while praised and encouraged in boys. Many women are persuaded that looking after themselves is “selfish”
3. This conditioning creates an imbalance between two crucial brain structures, the Behavioral Brain and the Emotional Brain. This imbalance then drives behaviors that persist for a lifetime.

Good news: with the right method, you can correct the brain imbalance and the conditioning will disappear!

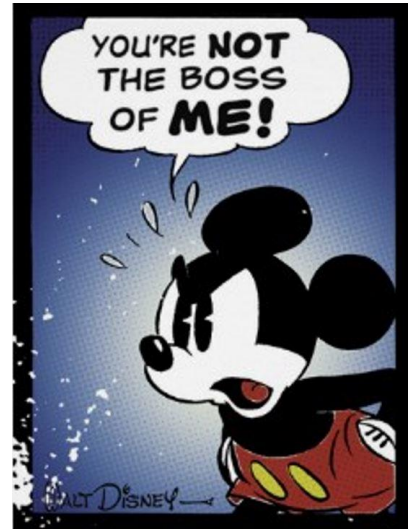
But first, you need to understand a few things about your brain.

Most people know that we have right and left-brain hemispheres. But there is more to the brain than that!

You see, you have three layers of the brain. (This categorization was created by an American neuroscientist Paul MacLean the 1960s. He dubbed it the 'Triune Brain').

The Behavioral Brain is like one-year old:

I, me and mine. It governs your safety and also makes sure that your needs are met.



The Emotional Brain is like three-year old:
full of energy, curiosity, exploration. It also governs your relationships with others.

Little girls are encouraged to emphasize this part of the brain from an early age. But not the exploration part. The relationship part.

They are not encouraged to say no, to stick to what they want, talk back to any grownups, behaviors that strengthen the Behavioral Brain. "Being nice" rules! Pretty soon, the energy of the Emotional Brain goes out the window.

low battery



My client Betsy told me that as a child, she was always praised for being “such a nice girl!” She was quiet and never demanding. Consequently, as a grownup, she had a hard time expressing her feelings and acknowledging what she really wanted to do, even in small things, like choosing a restaurant.

If you ask some women, “*where do you want to go?*”, they would often say “*Oh, whatever you want*”. Do you know women like that?

That’s because the constant repetition of these commands to be nice and agreeable, creates conditioning in the brain that lasts a lifetime. After a while, these commands override the Behavioral Brain and words like “me”, “mine”, “my needs” and “attention” are treated like dirty words.

As a result, women are stuck with excess of the Emotional Brain and deficiency in the Behavioral Brain. That’s why many of my women clients respond with “But that’s selfish!” or “unloving”, whenever anything comes up about taking care of their needs.

They often don’t even recognize people who are demanding or manipulative! My client Maggie described two such individuals and she thought they were her friends!

Several of the women who participated in my programs were still financially supporting their adult children – even when they were struggling themselves! Such is the power of the conditioning that women should always take care of others instead of themselves.

This imbalance between the Emotional Brain and the Behavioral Brain doesn’t allow many women to say no; to do what they really want and to pursue their own interests and dreams instead of doing what is “expected of them” by their parents, peers or institutions.

Are you in that number?

Do women have to stay stuck with this conditioning?

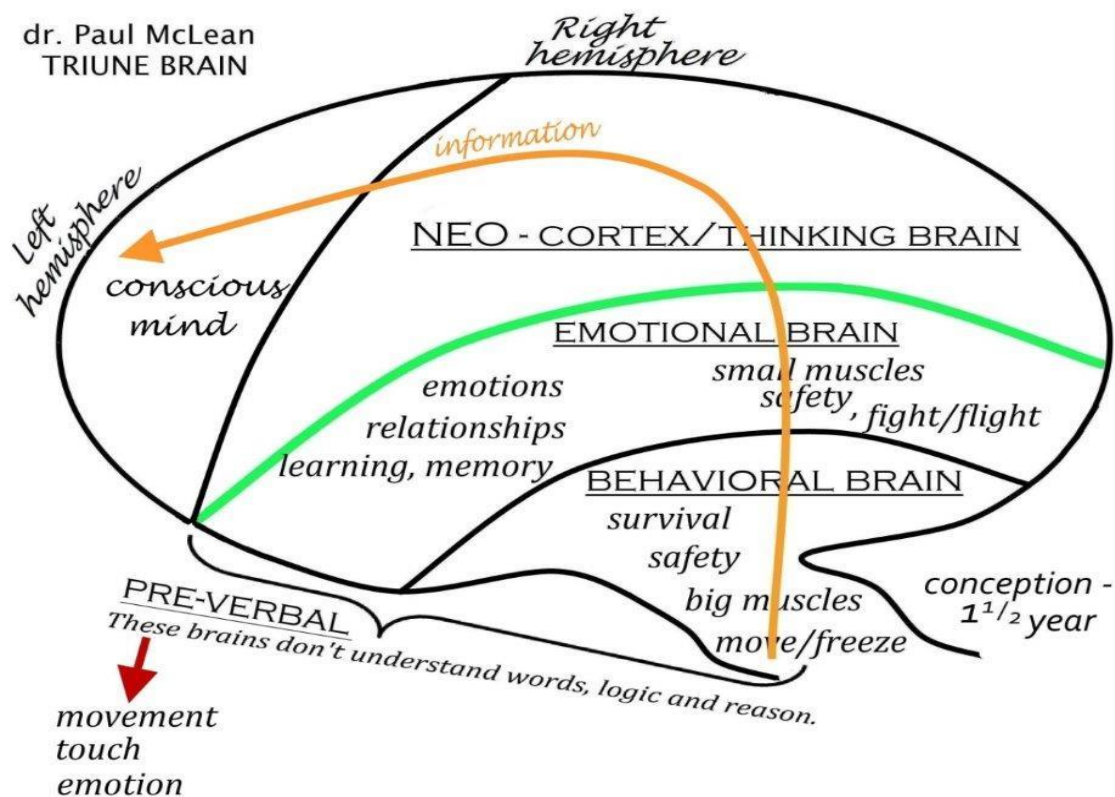
Absolutely not!

The currently popular concept in neuroscience is “neuroplasticity”. That means that your brain is much more malleable than science had assumed until now!

You just need to use the right tools.

In **Brain Upgrade®**, we use the right tools! Tools that help you experience immediate changes.

But before we get into the part where you can experience this for yourself, you need to understand one more thing about the brain: the Emotional Brain and the Behavioral Brain do not respond to words!



That's why most people find so difficult to talk themselves into doing something or talking themselves out of emotional states.

The way it applies to you is that you may know in your head why you are entitled to say “no” or to pursue your own goals - but you may still have a hard time doing it!

That's where **Brain Upgrade®** can really help you.

IN MY SESSIONS, I USE TOOLS THAT THOSE PARTS OF THE BRAIN RESPOND TO!

If you would like to find out how these tools can help you, [here is the link](#) where you can schedule your FREE 30-minute Exploration Consultation.

In your consultation, we will look at where you feel guilty, what you would really like to do and how you can get there. We will look at how I can support you in your process.

What we do in **Brain Upgrade**® sessions is very simple and extremely powerful. You will be able to let go of guilt and start your new life in no time at all. This approach will save you years of therapy and will save you from pain, anguish, guilt, shame, low energy and lack of satisfaction in your life.

If you would like to explore if this approach is right for you, [here is a link](#) again where you can schedule your free 30-minute Exploration Consultation with me.

I look forward to hearing from you!

Paula Oleska



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