



BELIEVE | RELEASE | EMBRACE | ACCEPT | TAKE ACTION | HEAL | ELEVATE

Dr. Obioma Martin



As your Premier Accountability **Breathe** coach, Dr. Obioma Martin has over 20 years of experience helping organizations, business leaders, entrepreneurs and individuals unlock their potential and reach their personal and professional goals.

She's an international leadership coach

TEDx speaker

7x bestselling author

Founder of the Omazing You National Holiday

She's the creator of:

- The Accumulated Systems Approach (ASA)
- CEO of OMAX Institute
- The Center for Early Education
- The Entrepreneurship and Leadership

Dr. Obioma uses her seven-step **Breathe** framework to get you from being stuck in overwhelm to living an abundant stress-free life. You'll connect deeply with her authenticity as she creates a safe space for you to transform into your best self from the inside out.

Introduction to Breathe

Welcome to Breathe

Thank you for taking this journey with me!

And it is a journey of continuous self-development.

I'm confident that, if you do the work, when you've completed this training, you'll be equipped and empowered to:

- Face your fears
- Take back your life
- Stand up
- Stand out
- Advocate for yourself
- Walk in your purpose
- And live a stress-free life!

3 JOHN 2 SAYS, "BELOVED, I PRAY THAT YOU MAY PROSPER IN ALL THINGS AND BE IN HEALTH, JUST AS YOUR SOUL PROSPERS."

You prosper in your spirit, soul, and body when you learn to *Breathe*.

In this training, I will walk you through seven tools that will empower you to *Breathe*.



When I learned how to *Breathe*, I could see the innermost parts of myself and understood my battles with depression. I finally saw how I was trying to be a superwoman for everyone—but myself.

So let me walk you through a brief overview of what you're going to learn over the next 14 weeks.

There are seven modules, and we'll spend two weeks in each module, giving you time to process and dig in deeper.



Breathe is an acronym that stands for:

- B* **Believe**
- R* **Release**
- E* **Embrace**
- A* **Accept**
- T* **Take Action**
- H* **Heal**
- E* **Elevate**

Module 1: *Believe*

You must believe in yourself.

This module will help you identify your struggles with your identity and the lies you've believed about yourself.

You'll learn strategies to tear down the lies and overcome the pressure of the world's view of you.

Next, you'll create your foundation according to what your Creator says about you in His Word.

Module 2: *Release*

I'll share with you how to release People, Places, and Things that are toxic in your life so that you can relax and enjoy the fruits of your labor.

Module 3: *Embrace*

In this module, you'll learn to embrace the new you.

Your life is about to change for the better and I want you to get excited about this new season you're about to experience so you can sustain it.

Module 4: *Accept*

I'll help you accept your past so you can move forward, change what you can change and be at peace with the things you can't.

Module 5: *Take Action*

In Module 5, you'll learn to take control of your life by taking action.

Module 6: *Heal*

You can't move forward still dealing with the emotional pain of the past.

In this module, I'll give you practical, easy-to-apply strategies so you can heal and move into a new peaceful place of grace and ease.

Module 7: *Elevate*

This final module will bring it all together so you can elevate your life, business, finances, and relationships. You'll gear up and push through to a new way of abundant living.

The 5 P's

In each module, I'll give you five tools that you'll use to work through each concept.

I call these tools the 5 Ps:



Pause

To make a change, you must first pause and think.



Process

Next, you need to process what happened.



Pray

Then you'll take it to God through prayer.



Plan

Next, you and God will plan how to change or move forward.



Pivot

Finally, you'll take that plan and Pivot, making the necessary adjustments to grow.

I'll show you how to use these tools in each step on your way to *Breathe*.

Each Module will also include a prayer to implement what you're learning and extra scriptures for you to dig in further.

Module 1: Believe

Have you ever wondered why names are so important?

How you see yourself and what you believe about yourself are connected to your name.

Who here can relate to struggling with your identity as a child? Maybe you're still struggling with it now.

Our belief system is at the root of every great thing and every struggle in our lives.

So many times, we think negative thoughts about ourselves and we've done it so often that we're on autopilot.

We need to pause and think about what we're thinking.



Pause

Let's pause and discover our limiting beliefs because they hold us back.

Limiting beliefs hindered us from being who God created us to be. It holds us back and prevents us from moving forward. It affects how we show up in the world and how we allow people to treat us.

When I paused, I discovered that I believed I wasn't valuable and beautiful, and my name was the genesis of my poor self-esteem and caused the rejection in my life. I could then create a new belief that allowed me to flourish. I finally believed in myself, knowing I'm beautiful, valuable and powerful.

It's time to PAUSE and discover what you believe and where it originated.

Pause Exercise

Identify the Root:

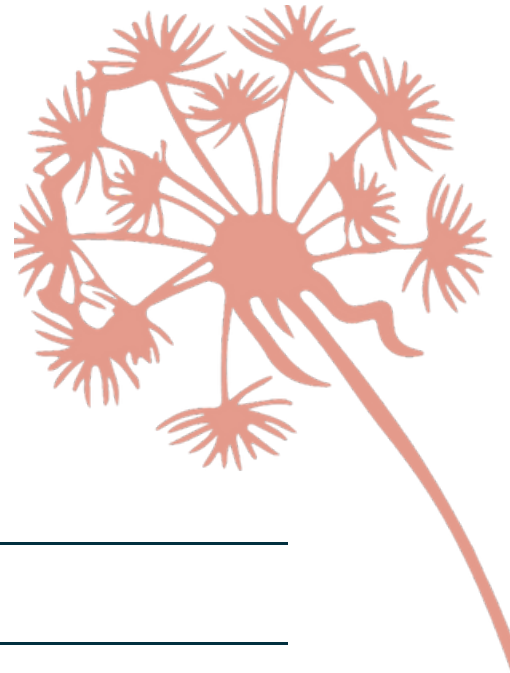
Revisit your childhood.

Who were you at 9, 13 and 16 years old?

How did you see yourself or believe about yourself growing up?

What contributed to you believing that?

Who shaped your self-perception?





Pause

Now, think about your adult journey. Using the Beliefs worksheet under the Old Beliefs, write down everything you believe about yourself up to this point.

Old Beliefs

New Beliefs

Wait for page 16 prayer exercise



Pause



1 2 3 ...

Process

Now that we've PAUSED to think about what we've been thinking about, it's time to use Tool #2 – PROCESS.

We need to PROCESS our beliefs.
Process what happened to us.
Process the internal and external stimuli.
Process what's true and what's not true.

Guidelines to PROCESS:

Don'ts

Don't condemn yourself.
Don't be the judge and juror.

Do's

Do ask yourself, "Why would I do that?"
Do ask, "What are the facts and what are feelings or opinions?"
Do give yourself Grace – God does, so do the same for yourself.

Consider This

Truth or Lie:

As we're processing, if we discover our belief is not true, we need to acknowledge we created the box we're living in by what we chose to believe about ourselves.

Adds or Subtracts:

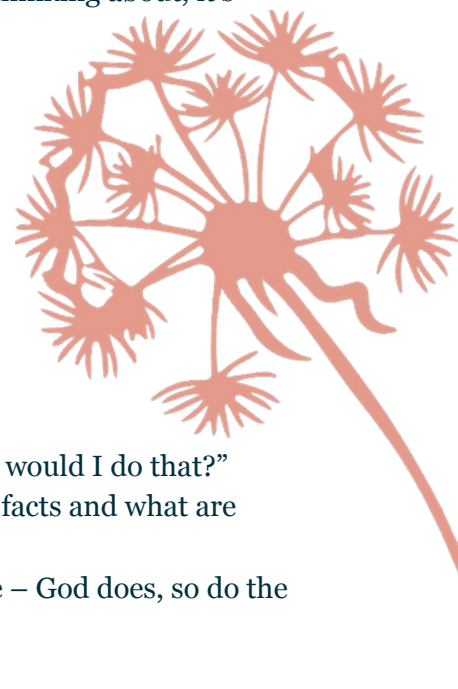
How does this belief add or subtract from your life?

Keep or Replace:

We also need to process to discover if it's something we should keep or replace.

Process Alone or Together:

Do I need to process with someone? Some things are easier to process with a trusted friend, coach or therapist.





Before we Process, let's talk about Beauty for a moment.

When you Paused and wrote down your beliefs, many of you wrote something to do with your body or looks.



The truth is that beauty is in the eye of the beholder.

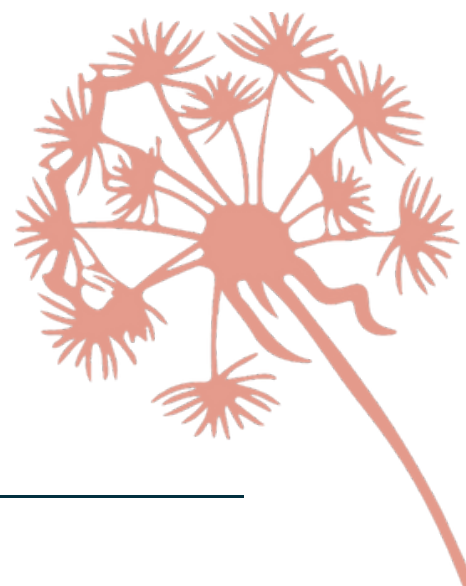
Beauty is a culmination of:

- How we feel about ourselves and others
- How we carry ourselves
- How we treat ourselves
- How we treat one another
- How we serve God

So you must define beauty for yourself and embrace who we really are so we can be in a place and space to appreciate the diversity of the beauty of ourselves and others.

Beauty Exercise

Create your definition of beautiful:





Process Exercise

Alright, let's go back to the beliefs you wrote down on your Beliefs Worksheet.

Identify which beliefs stemmed from childhood or other experiences during your adult years.

Are any of the beliefs from what other people told you growing up?

Are any of those beliefs that you later realized weren't true?

i.e., image, body, intelligence, talents, etc.

Ask yourself:

What triggered you to question what you believed?





Pray

Now that you've processed your beliefs and see where they've come from, it's time to challenge those beliefs. Just because we believe it doesn't make it true.

There may be components of your beliefs that are facts, but are they the **TRUTH**? Is it what God says about you?

So, we need to pull out tool #3 – Pray.

Pray and ask God if this thought or belief aligns with what He told you or says about you.

Here are just a few things that God says about you:

“YOU’RE THE RIGHTEOUSNESS OF GOD IN CHRIST JESUS.” – 2 CORINTHIANS 5:21

“YOU’RE AWESOMELY AND WONDERFULLY MADE.” – EPHESIANS 2:10

“YOU’RE HIS MASTERPIECE CREATED IN CHRIST JESUS.” – PSALMS 139:14

There are more scriptures about who you are in the resources section of this workbook.

Next

God will give you **wisdom** on which negative thoughts or beliefs to change and empower you to change them.



Prayer Exercise

Pray and ask God to show you the truth about the old beliefs you just wrote down.

Next, read through your beliefs on page 9 and ask yourself these questions:

Are these beliefs the truth?

You're checking if they align with God's Word.

Are they serving me?

You're checking if these beliefs help or hinder you.

Are they kind to me?

God is love and full of grace, so if your beliefs are degrading, punishing or hurtful, they're not kind, and they're not from God.

If your beliefs are not true, serving you or kind to you, get rid of them.

How do we get rid of the old beliefs?

ROMANS 12:2 NKJV

AND DO NOT BE CONFORMED TO THIS WORLD, BUT BE TRANSFORMED BY THE RENEWING OF YOUR MIND, THAT YOU MAY PROVE WHAT IS THAT GOOD AND ACCEPTABLE AND PERFECT WILL OF GOD.

Remove a belief by using the **Law of Replacement**. Replace or exchange the old belief with a new belief. This Process helps push the old belief out and gives room for the new belief. This is how we renew our minds.



Pray



**Take a moment and pray.
Ask God what He says about you.**

Then using the right side of your worksheet, write new belief statements on page 9.

Write statements that remind you of what God says about you.
Write as if you see your purpose fulfilled.

Write empowering affirmations.

Write what will serve you on your new journey to **Breathe**.

*Use your Pray tool anytime to get
God's wisdom.*



Pray





Plan

Planning is the part where you get proactive in your journey. Being proactive is being preventive. It sees what could happen and plans what you'll do if it does.



BENJAMIN FRANKLIN WISELY STATED, "IF YOU FAIL TO PLAN, YOU ARE PLANNING TO FAIL."

PROVERBS 3:5-6 NKJV

5 TRUST IN THE LORD WITH ALL YOUR HEART, AND LEAN NOT ON YOUR OWN UNDERSTANDING; 6 IN ALL YOUR WAYS ACKNOWLEDGE HIM, AND HE SHALL DIRECT YOUR PATHS.

God will guide you so that you will know His plan for you.

Plan Your Next Step Exercise

**Now that you've changed your beliefs, what will you do differently?
What is God leading you to do next?**

Plan Your Responses Exercise

Even though you've been working on your belief system, there will be moments when the old negative thoughts come up.

- Someone will say something.
- You'll see a particular action.
- You might even feel an old feeling, and it triggers an old, negative response.

Renewing our minds is a continual process. We need to plan our responses, so we're ready for whatever comes.

Looking at your old beliefs, make a plan using these questions:

- What are you going to do when you're triggered?
- How will you respond when people question you or talk about you?
- What are you going to do if you start questioning or doubting yourself?

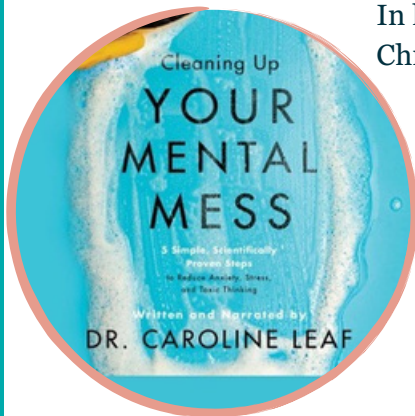


Plan



Plan Your Thinking Exercise

Everything starts with our thoughts, and our thoughts are powerful.



In her book, *Cleaning Up Your Mental Mess*, Dr. Caroline Leaf, a Christian cognitive neuroscientist, said:

We Think

We Feel

We Choose

We're literally shaping our destinies one thought at a time.

The best part is we have the power to choose our thoughts! **It's a power God gave us.** We get to choose if a thought stays and we dwell on it or if we're going to replace it with thoughts that will serve us.

You can't think one thing and expect to experience something completely different.

I can't think about how much a particular family member bothers me and then expect to experience loving feelings towards them.



The Apostle Paul reminds us what we should think about.

PHILIPPIANS 4:8 NIV

FINALLY, BROTHERS AND SISTERS, WHATEVER IS TRUE, WHATEVER IS NOBLE, WHATEVER IS RIGHT, WHATEVER IS PURE, WHATEVER IS LOVELY, WHATEVER IS ADMIRABLE—IF ANYTHING IS EXCELLENT OR PRAISEWORTHY—THINK ABOUT SUCH THINGS.

These are the thoughts that will serve us so we can *Breathe* and live a stress-free life.

We need to plan ahead of time what we're going to think.

Plan Your Inputs Exercise



We're constantly surrounded by messages on social media, news, music, and TV, and so much of it is negative.

What we feed ourselves affects what we think about.

Garbage in, garbage out.

Like a human sponge

we soak up and absorb the influences of our environment.

This is why I don't listen to secular music or watch TV.

We're unconsciously feeding our minds with everything we see and hear.

Have you ever noticed that you can fall into negative self-talk after watching or listening to something negative?

We protect our homes, cars, families, and country, **but do we give any thought to protecting our minds?**

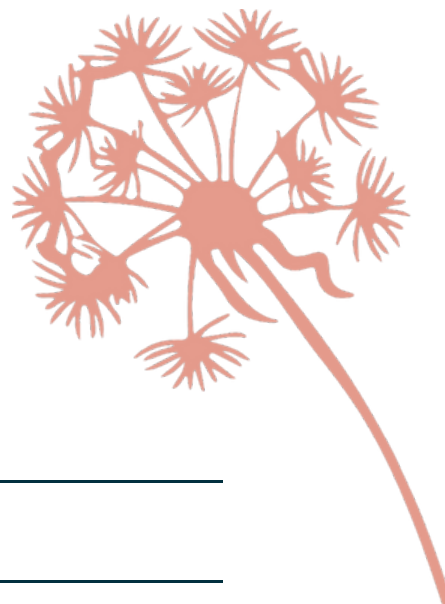


Plan to take in positive messaging and music.

Ask:

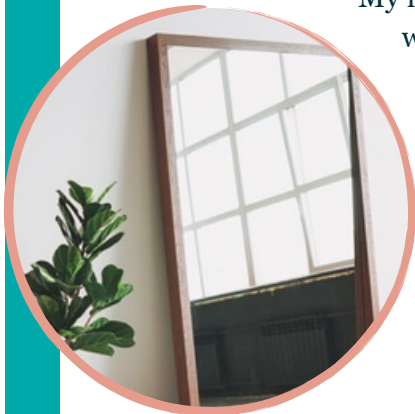
What negative inputs in my life do I need to remove?

What positive inputs can I add?





Plan Your Self-Talk Exercise



My mother often tells me how she looked at herself in the mirror every day when she was a teenager and said positive affirmations because she didn't get it from her mother or village.

Affirmations are positive statements that help you overcome self-sabotaging and negative thoughts. These planned self-talk statements combat those old negative beliefs you've been rewriting.

Affirmation Examples:

- I'm a beautiful, wonderful child of God.
- I can do everything God's called me to do.
- I am enough because Jesus is enough.
- I have the mind of Christ.

Write three to five affirmations that you can feed yourself daily.

We'll go deeper into affirmations in Module 5 – Take Action.





Pivot

Pivoting is changing direction.

You can plan all day long, but nothing will change if you don't pivot your beliefs to the truth. You must implement the plans you put in place to see the benefits in your life.

Pivot from the negative thought to a God thought.

We Think > We Feel > We Act < We Become

Our thoughts turned into emotions. Then those feelings turn into words and actions. Then, we become what we think about the most.

What we think about will become our beliefs.

Are the thoughts you're thinking now, who you want to become?

If they're not, then pivot. Turn and go another direction. Change your thoughts to empower yourself to become who God's created you to be.

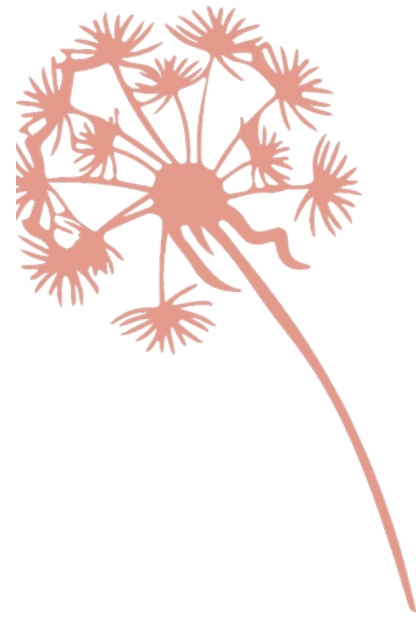
And, just because you have a thought doesn't mean you have to keep it. Pivot to a new, God thought.

Pivot to stay on task:

Pivoting will keep the main thing the main thing.



Pivot Exercise



Thinking about your beliefs, how will you Pivot?

Ask these questions:

What are the reoccurring thoughts I have that I need to Pivot?
What “God thoughts” will I Pivot to?

Module 1: Believe Review

Make the 5 p's part of your daily routine



Pause

Think about what you are thinking about.



Process

Process what you think about; notice how your thoughts affect you.



Pray

Take what you've processed to God and get His wisdom.



Plan

Plan what you need to change.



Pivot

Pivot your thoughts and beliefs.

Make this a lifestyle.



Extra Credit: Journal

A daily journal habit will help you keep on track.

It gives you a place to reflect, meditate on scriptures you want to integrate into your life and record your progress.

God made you beautiful from the inside out. So continue to shut out the negative influences and believe in your inner beauty so you can **Breathe**.

Prayer of Belief

In the name of Jesus, I walk out of the realm of failure, low self-esteem, and doubt and into the arena of success, giving thanks to You. Father, You have qualified me and made me whole. Father, You have delivered and drawn me to Yourself out of the control and the dominion of darkness, failure, doubt, and fear and have transferred me into the Kingdom of the Son of Your Love, in whom there is good success and freedom from fears, and moral conflicts. I rejoice in Jesus who has come that I might have life and have it more abundantly.

Today I submit to the Word of God. I consent and attend to Your sayings, Father. Your words shall not depart from my sight. I will keep them in my heart. For they are life and success to me, and healing and health to all my flesh. I keep my heart with all vigilance, and above all, I guard it, for out of it flows the springs of life.

Your Word exposes, sifts, analyzes and judges the very thoughts and purposes of my heart. Today I shall be transformed by the renewing of my mind so that I may prove what is the good and acceptable perfect will of God.

Today I fix my mind on whatever is true, whatever is worthy of reverence and is honorable and seemly, whatever is just, whatever is pure, whatever is lovely and lovable, and whatever is kind and gracious. I ask for all these things or better in Jesus' name. Amen.



What I can control and What I can't

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