

# THE MOST AUDACIOUS BREAKUP EVER

THE DEFINITIVE  
CHECKLIST



#FACTTT



DEE WILLIAMS

# BREAKUP | OVERVIEW



Hey My Champion!

Life is always moving around you, intensifying as you prepare to move on, interrupt, and level up.

Your old nature will try it's best to contend with your will to transform, but it can only stay the same. And that's the last thing we want to do.

When you're no longer captivated with the idea of who you are or where you've been, as if your life is to be a collection of plateaus, you'll walk differently-- confidently; because, you have what it takes to bounce back and propel forward. The hard seasons taught you this and they're worth remembering.

Not all the way sure of how you will fully get to your vision? Relax. No one has it all figured out. Your job is to envision where you're headed and work as if you're always one step away from being there with 100% tenacity.

The very first step is to cut that cord.

There must be a breakup; Not just any breakup, but the most Audacious Breakup EVER!!

It's the breakup of your connection to the untrainable champion within yourself. The version of you that chooses comfort over challenge. You'll find a new love in growth, one based on a new idea of who you can become and what you can achieve.

# BREAKUP | OVERVIEW



Ask yourself:

Are you satisfied with who you are and where you are in life, when you're seen by many and alone with yourself?

Are there things that you can be doing right now that would shift your life in the direction which you truly want to be?

I designed the #FACTT formula to help me commit to my most AUDACIOUS BREAKUPS.

#FACTT stands for:

#	F	A	C	T	T
	O	F	O	U	A
	R	F	N	R	K
	M	I	F	N	E
		R	I		
		M	R	U	A
			M	P	C
					T
					I
					O
					N

# STEP 1. FORM | THE BREAKUP

There are at least seven different forms of breakups that you can administer within yourself. If this is your first time, I would suggest that you start with choosing one breakup form specific to one single topic. Okay, so it's time to create a new version of you! Which Breakup Form will YOU choose?

Example: **1 | Fear**      Afraid to start a business



**1 | Fear**

**2 | Habit**

**3 | Thought / Word**

**4 | Belief**

**5 | Person (energy)**

**6 | Feeling**

**7 | Vision**

# STEP 2. AFFIRM | THE BREAKUP

You've had the power all this time to think, feel, or do things a certain way. I now challenge you to change your perspective. It's super important to remind yourself daily of what you ARE capable of achieving. Far too many times we focus on what cannot happen - what can go wrong.

That's why it's important to Affirm your goals. To affirm means, to validate or state positively, to assert as valid and to express your dedication. Well, today is your **Day One**. Affirm Right Now what you KNOW is possible.

Example: **1** | Fear                      Afraid to start a business  
   Affirmation                      I can start a business



- 1** | **Fear**  
Affirmation
- 2** | **Habit**  
Affirmation
- 3** | **Thought**  
Affirmation
- 4** | **Belief**  
Affirmation
- 5** | **Word**  
Affirmation
- 6** | **Feeling**  
Affirmation
- 7** | **Vision**  
Affirmation



# STEP 3. CONFIRM | THE BREAKUP

Okay, so you decided on the breakup that you wanted to implement. You changed your perspective and affirmed your new truth. Now, it's time to confirm your affirmation.

To confirm means, to ratify, to strengthen, and to give assurance. Believing is one thing, but knowing is another. Make the confirmation today - say it LOUD and know it!

Example:	<b>1</b>   Fear	Afraid to start a business
	Affirmation	I can start a business
	Confirmation	I will start my own business! Or, I am starting my own business



- 1

|

**Fear**

Affirmation

Confirmation
- 2

|

**Habit**

Affirmation

Confirmation
- 3

|

**Thought**

Affirmation

Confirmation
- 4

|

**Belief**

Affirmation

Confirmation
- 5

|

**Word**

Affirmation

Confirmation
- 6

|

**Feeling**

Affirmation

Confirmation
- 7

|

**Vision**

Affirmation

Confirmation

# STEP 4. TURN UP | THE BREAKUP

This is by far the most important part of the process. This is where you **enjoy the feeling of knowing** the breakup is OVER and that you're moving in the right direction. TURN UP is about *Turning Up That Flame* - that energy on the inside of you that moves mountains and makes the impossible happen!

You can **TURN UP That Flame** daily using one of the following flame enhancements coupled with a process I call, "SCAN" which stands for Surety, Confidence And Knowing.

Which Flame Enhancement will you use?



1 | Dancing & Singing

2 | Aerobic Workout

3 | Swimming/Biking

4 | Jogging/Running

5 | Meditation

6 | Dreaming

7 | VisualBeat (Visualization with advanced heart rate)



# STEP 5. TAKE ACTION

Now that we have a clear vision of where we're going, we need to start playing our role and do our part to contribute to actually reaching the goal.

This is where the breakup process becomes complete, because you're moving in the direction of your dreams and goals.

You are already a Champion!

A Visionary.

An Audacious Visionary.

And now it's time to live in your greatness!

**Step One:** Create Your Plan

**Step Two:** Network

**Step Three:** Execute on Your Plan!

You Are A Champion!

An Audacious Visionary!

Now, show your best self!





# *It's time to operate on a different frequency.*

DISCOVER YOUR  
INDIVIDUAL AUDACITY WITH DEE WILLIAMS  
AND LIVE YOUR MOST AUDACIOUS LIFE!!!



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## **About Dee Williams...**

Deemed the Queen of Transformation, Dee Williams brings an authentic, raw, and personable touch to motivating and transforming up-and-comers into success stories. "FEAR IS YESTERDAY'S NEWS. TODAY IS YOUR DAY ONE. YOU HAVE THE POWER TO MOVE FORWARD. I'M THE COACH TO HELP YOU MOVE AWAY FROM FEAR INTO ACTION AND AUDACITY." ~ Dee Williams

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