



**TAKING CARE OF YOURSELF:
A COMPREHENSIVE GUIDE
BY OXANA MATTIOCCO**



**How to Overcome
Your Mental
Blocks**

**This guide is designed to
help you have a better
understanding of your true
self!**

Welcome



I am Oxana Mattiocco, an Intuitive Business Coach with multiple successful businesses under my belt.

As a licensed psychologist and NLP master, I've got a special ability to see through your limiting beliefs, inner resistance, mental and energetic blocks, and help you rewire them.

I specialize in healing traumas because it's the fastest way to your true self.

After coaching sessions with me, I will help you find complete clarity on your path and mission.

Learn how to manifest your dreams and discover your personal and spiritual blueprint.

Best regards,

Oxana Mattiocco

Are any of these familiar to you?

"And then there is the most dangerous risk of all - the risk of spending your life not doing what you want on the bet you can buy yourself the freedom to do it later. " - Randy Kosimar

- You have a successful six figure business or career, a fancy car, a beautiful home, and a family you are proud of, but there is an unsettling feeling that something is missing.
- You rarely feel a sense of accomplishment or celebration when you reach a new goal, since there is always the next one.
- When you compare yourself to others, you feel like you need to hustle and grind in order to make more money and create more impact than people with less talent and skills.
- You have sacrificed time with your family and friends, neglected yourself, and are on the verge of mental and emotional breakdown just to get where you are.

You are a unique result of the events you've experienced, the people you've interacted with, and the temperament you were born with.

Are any of these familiar to you?

“If life is a stage and you are your own agent, then don’t hesitate to play the character you wish to play.”

— Richelle E. Goodrich

- You're interested in the next level of income and impact, but realize you can't build a system since you've exhausted all your resources already.
- You thought having more money would bring more freedom and happiness, but instead experience more stress, anxiety, and daily worries about how to sustain it and grow it.
- Due to your constant desire to control everything in your life, your relationship with a significant other is suffering.

**PERHAPS YOU BELIEVE THAT THE
ISSUE IS THAT YOU NEED TO LEARN
BETTER STRATEGIES TO IMPROVE
YOUR BUSINESS BUT...**

What you really want is:

- 1. Be at peace with yourself.**
- 2. Appreciate and love yourself.**
- 3. Maintain passion and harmony with your spouse/partner.**
- 4. Make your business creative and resourceful.**
- 5. Manifest a constant flow of money into your life and business.**
- 6. Enjoy success and abundance in all areas of your life.**
- 7. Get in touch with your true self and potential.**

**As you look at your reality,
you can't help but ask - Why
is it so frustrating?**



**Despite knowing what you want,
deep within you know that you
have potential, but in reality it feels
like you have to push, hustle, and
chase the results every day, and
despite loving what you do, the
entrepreneurial journey starts to
become less and less enjoyable.**

**An intense sense of things
spiraling out of control
permeates everyday life as
people struggle with anxiety
and stress, everyday
challenges, and not seeing
the desired outcomes. Toss
in the pressure of being a
mother, wife, friend,
community contributor, and
you've got an overwhelming
sense that things are
spiraling out of control.**



Why do I have so much inner resistance even though I'm a doer and an achiever?

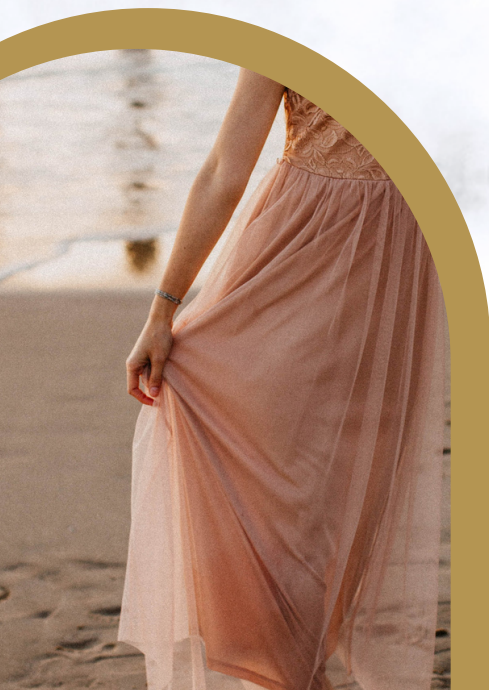
How do you explain all of this to yourself?

As you start to make small changes in your life for the better and heal from an existential crisis, you are bound to encounter resistance. No matter how often creative influencers talk about this when they're starting their own business, resistance can happen to anyone.

Having to deal with resistance is traumatizing. When this happens, you feel like you have a formidable force within, only to fall into paralyzing self-destruction and anxiety.

Whenever you plan to become more productive, you feel stuck for long periods of time and are unproductive during that time. That's why you fluctuate between operating with a scarcity mentality and an abundance mentality in alternating cycles.

As a result, you ruthlessly battle yourself from within, do the things you don't want to do, and delay the things you really desire for yourself, which leaves you exhausted, defeated, and overwhelmed with fear of the future.



Is your life ready for transformation?

Discover yourself, heal yourself, and create abundance as you embark on a mystical journey.

First things first. You need to examine your mindset - it's a map and an indicator of all your focus, every day behavior, and results you consistently produce.

Put yourself in the driver's seat and imagine it as a vehicle.

Your conscious mind is your mental, emotional, and physical awareness of what you desire. You are usually clear about your goals, aspirations, or direction.

The trick is that it is using only 5% of our mind's power and in reality, is just sitting on the back seat while 95% of our thinking goes through the unconscious mind, which controls our mental processes and is clearly in charge.

Your thoughts, beliefs, emotions, behaviors, and habits are controlled by it. A person's identity is shaped by how they see themselves.

Do you want to know the answers?

In order to succeed, it must support your conscious goals, and when this does not happen, there is a conflict between the two, which creates constant struggle, failure, or quitting.

Trying to push through them is one of the reasons why achievers suffer from anxiety and depression.

These conflicts are mainly caused by beliefs. Beliefs are your mind's guide to a destination.

When you're trying to break a plateau in your business and other areas of your life, understanding them, rewiring them, and creating new ones is crucial.

A second obstacle is that our 2 million a year brain's main task is to protect itself from danger, real or unreal. It is, therefore, like a computer running a program which identifies danger. It identifies the threat and deletes it.

By adhering to your beliefs religiously, you maintain certainty at all costs.

Consciously, it looks like:

- **Clarity is needed**
- **Cloudy mind**
- **Misinterpreting, disregarding everything that contradicts them**

Because uncertainty is perceived as death, it induces a "panic mode".

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In other words, if you believe you aren't good enough to produce \$1MM, then just like a genie, your brain will come up with matching thoughts, reactions, ideas to match them.

As a result of your deep inner belief that you are unworthy of love, your mind will actively create a guide that is bound to lead to a series of failed relationships and/or loneliness.

Where did I learn all this? Well, aside from being a licensed Psychologist, NLP Master, and Tony Robbins' Certified Strategic Interventionist, I have my own story to tell.

"I have sold millions of dollars worth of products and services for major corporations and my own business, conducted personal trainings and helped to change many lives.

Lived a luxurious life with my former spouse and have an amazing son who is now 20 years old. I've enjoyed 5 star trips to beautiful destinations and tasted the dolce vita."

Meet Oxana





ME FIRST

During some of my child's growing up years, I even stayed at home.

Although I had it all, I didn't feel happy. I was never content with material blessings or even the love of my family. In fact, I became depressed and resentful. It was a sad face with a smile on it. I was embarrassed and angry for no apparent reason.

A dark day that brought me to my knees sobbing turned out to be one of the best days of my life! It became my personal Mission to find my Life's Purpose, discover my Calling, find out what truly makes me happy, fulfilled, and balanced. It became my personal mission to help others find the same!

I learned about our energetic body, frequencies, and energy centers (chakras) and practiced how to diagnose and heal myself and others after getting my soul activation.

my story

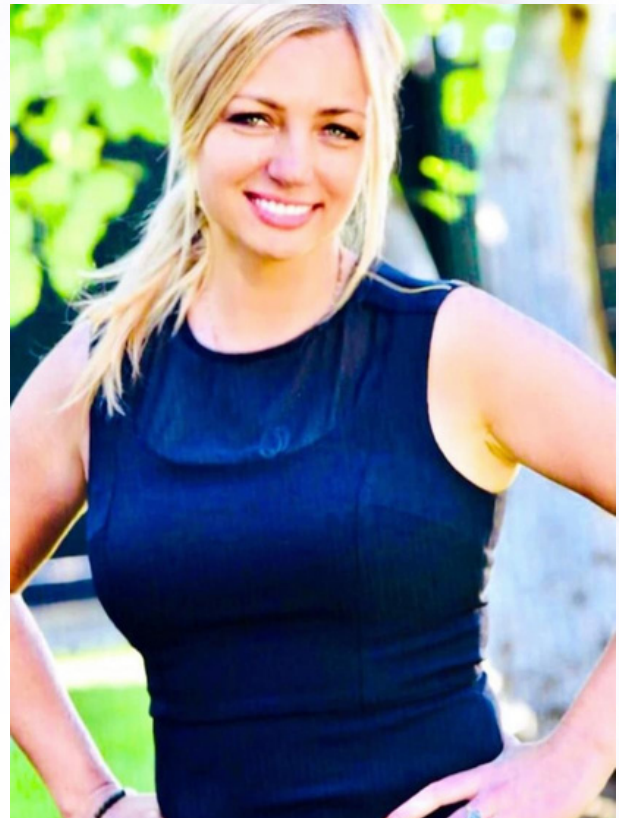
I have learned how emotional blocks create diseases on our subtle bodies (energetic frequencies) long before they manifest in our mental and physical health.

Storing, reserving , not feeling emotions, 'swiping them under the rug' were the best guides to how my limiting beliefs affected my every day actions. I lived in " auto-pilot mode " for years, accumulating emotional (and physical) weight until I had a complete breakdown and changed my operating system (beliefs).

To empower yourself to change this paradigm, you have to identify your limiting beliefs, surrender them, and create new ones on a daily basis.

This will support your new life style with new daily activities like meditation, journaling, shadow work.

“You’ll never know who you are unless you shed who you pretend to be.”



The spiritual Enlightenment will become your inner mentor to heal emotional traumas of the past through the process of surrender, becoming a new unstoppable, confident, balanced Badass version of you. It changed my life and the lives of many of my clients!



THE ULTIMATE GUIDE TO YOUR TRUE SELF

Once we realize we are here for a divine mission to live our lives to the fullest and create positive impacts in the lives of others!

Many people on this planet have similar limiting beliefs to mine.



This manifested itself in a constant hustle, grind, and desire to succeed.

My mind has always been very powerful, and anything I desired always came true. In this same mind, everything, including myself and others, had to be controlled and analyzed. My actions to justify my beliefs of not being enough are a result of my childhood traumas and subsequent events that "proved themselves right".

You'll get there.

Believe in yourself and see results

”

I knew it would work if I kept trying.



It resulted in constant overthinking, "analysis paralysis," constant sabotage, and I morphed from a dynamic, driven individual into a doubting, questioning machine that drove slowly, ineffectively. Feeling ashamed, brain freeze, and angry.

Throughout my career, I have become a notorious perfectionist and saboteur. Every day, the gap between what I wanted and what I believed I could achieve was growing.

The bet the same notions are going through your mind; I know every step, pain, and frustration you are feeling.

To guide you on your incredible and beautiful journey to your authentic self is an honor, a heartfelt desire, and a drive of mine! The way God created you. With no validation, with all your too muchness, with all your intuition and creativity. Live them, enjoy your life and share your Light and love with others!

I have a signature program called "Activate Your Magic Within" that aims to help you realize your full potential, your understanding of who you are and what your superpower is.

the strategy

01

Spiritual activation of the body and soul. Learn about the energy body and quantum field, kundalini awakening, chakras. Create balance and vitality.

Learn to master your mind and emotions by healing emotional trauma, improving confidence, developing a healthy self-image, and embracing empowering beliefs.

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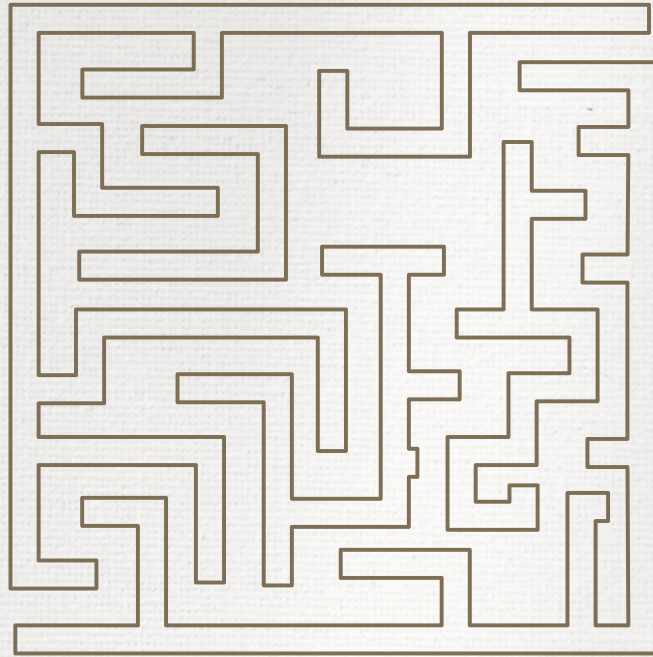
The Business Guru. Branding and story alignment. Making an irresistible offer based on your niche and ideal client.

CREATING LONG-TERM, LIFE-CHANGING CHANGES STARTS WITH BRUTAL HONESTY WITH YOURSELF, COURAGE, AND A STRONG DESIRE TO FOLLOW YOUR PATH, DESPITE FEARS AND UNCERTAINTIES, BUT FOLLOWING YOUR HEART, BECAUSE IT KNOWS WHERE YOU BELONG!



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FIND THE WAY TO
YOUR MAGIC!



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THE ULTIMATE GUIDE TO YOUR TRUE SELF



Ready to activate your magic within? Would you like to learn what is preventing you from attaining ideal clients and abundance?

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