



Rewire Your Mind
Reclaim Your Health

FREE MINI COURSE

WELCOME TO THE

Rewire Your Mind, Reclaim Your Health

CHALLENGE

**Healing doesn't start with a protocol —
it starts with a belief.**

In this introductory mini course, you'll learn how your thoughts, emotions, and nervous system influence your physical health — and how to start shifting them to support healing.

This workbook is your safe space to reflect, grow, and record your insights. Every line you write and every thought you shift matters — because it's literally rewiring your brain.

Take your time, breathe deeply, and allow this process to unfold with compassion.

Each day includes:

-  Lesson Highlights —
main takeaways from the daily video/call
-  Reflection Prompts — space for deep journaling
-  Action Step — practical embodiment or mindset shift
-  Affirmation — a new belief to anchor into your subconscious

At the end of each day:

Take a moment to record your biggest takeaway in the Healthie mobile application or website.

This helps you track your progress and allows me to stay connected and to celebrate your growth with you!

Lesson 1 - The Acknowledgment

Clarify Your Health Objectives

What are your current health goals?

- Reducing chronic pain
- Increasing energy
- Improving sleep
- Lowering inflammation
- Staying consistent with nutrition or movement
- Other: _____

Describe your most important 1-3 health goals in detail:

Explore Your Beliefs

Write every belief, story, or thought you have about your ability to reach that goal:

Lesson 2 – The Reckoning

Rewriting the Narrative: Creating Beliefs That Support Healing

- Each thought you think releases a chemical signal in your body.
- Old beliefs reinforce stress; new beliefs reinforce healing.
- Confirmation bias: your brain always looks for proof of what you already believe.

Exercise — Rewrite Your Beliefs

Write down 2-3 limiting beliefs that you uncovered yesterday:

Create a bridge belief beside each one — something your brain can believe.

Finally, write your empowered belief — your new truth.

Examples:

- Old: "I'll never heal." or "My condition is incurable."
- Bridge: "My body is capable of healing."
- Empowered: "I am healthy, thriving, and living a life of vitality."

Lesson 3 - The Reclamation

Reinforcement: Feeling, Speaking & Acting "As If"

- "I am" statements create powerful subconscious shifts.
- Emotion + repetition = lasting neural change.
- Visualization teaches your body what your mind believes.

How would I feel if I already had the results I desire?

Describe your "healed self."

What do they do, think, and feel daily?

What actions align with that version of me?

A letter from your coach

Dear Beautiful Soul,

If you're reading this, it means you've done something extraordinary — you've said yes to yourself.

You've shown up with an open heart, a curious mind, and the courage to explore the deeper layers of your healing. That's no small thing. In fact, it's everything.

Throughout this challenge, you've learned that healing isn't about doing more — it's about becoming more of who you truly are. You've discovered the power of your mind, the strength of your body, and the wisdom **that's been within you all along.**

You've faced resistance, rewired old beliefs, and taken small but powerful steps toward the vibrant, aligned version of yourself who is already healing. And even if you stumbled along the way (we all do), you kept going — and that is the essence of transformation.

Always remember: You are not broken. You are not behind. You are not too late. Your body is wise. Your mind is powerful. Your healing is already underway.

There may still be days when fear whispers, "What if I can't do this?" — but now you know the truth: You already are doing this.

Every thought, every breath, every moment of self-awareness moves you closer to the health, peace, and joy that you deserve. My hope is that what you've learned here stays with you long after this challenge ends. That you continue to pause, breathe, and choose belief over doubt. That you recognize the power of your own energy and remember that the journey doesn't stop here — **it's just beginning.**

If you're ready to take what you've started here and go even deeper — to bring this awareness into every part of your life and health — I would be honored to walk alongside you inside the Vitality Health and Healing Program. This isn't just about managing symptoms or chasing results.

It's about becoming the woman who embodies healing — mind, body, and soul.

Thank you for trusting me to guide you through this experience. Thank you for showing up. Thank you for reminding yourself that you are worthy of a life that feels good.

With gratitude, love and vitality,

Court

Ongoing Support

Join the Vitality Holistic Health & Wellness Facebook community where you can connect with other women on a healing journey, share wins, and stay inspired.

Schedule a Vitality Roadmap Session with Courtney so you can gain clarity and personalized guidance to help you continue your transformation journey.

“Healing doesn’t end when the challenge does — it’s a lifelong relationship with your body, mind, and spirit.”

Get in Touch

Want to connect further?

Courtney Somma

Courtney@VitalityHolisticHW.com

412-254-4620

Book a Vitality Roadmap Session: <https://www.vitalityholistichw.com/book>

IG: @VitalityHolisticHW

YouTube: <https://www.youtube.com/@VitalityHolisticHW>

FB: <https://www.facebook.com/CourtneySommaVHHW>

Join the group: <https://www.facebook.com/groups/vitalityholistichealthandwellness>

LinkedIn: <https://www.linkedin.com/in/courtney-somma-94327117/>

Supportive Resources

Supportive Resources

Below are some recommended books, tools, and resources to deepen your understanding of the mind-body connection, subconscious reprogramming, and holistic healing. They can help you build momentum and continue applying what you've learned in the Rewire Your Mind, Reclaim Your Health Challenge.

Books & Ebooks

- 📖 "The Biology of Belief" — Dr. Bruce Lipton
→ Explores how thoughts and beliefs influence cellular function and health.
- 📖 "You Are the Placebo" — Dr. Joe Dispenza
→ Explains how mindset and visualization can activate self-healing processes.
- 📖 "Molecules of Emotion" — Dr. Candace Pert
→ Demonstrates the biochemical link between emotions, neuropeptides, and physical health.
- 📖 "Breaking the Habit of Being Yourself" — Dr. Joe Dispenza
→ A practical guide to rewiring thought patterns and creating new neural connections.
- 📖 "Radical Acceptance" — Tara Brach
→ Teaches how mindfulness and self-compassion can dissolve resistance and emotional pain.
- 📖 "The Body Keeps the Score" — Dr. Bessel van der Kolk
- 📖 "You Can Heal Your Life" — Louise Hay
- 📖 "You Are Not Broken" — Christopher M. Duncan

Meditation & Mindfulness Tools

Insight Timer — Free app with guided meditations for healing, sleep, and mindfulness.
Dr. Joe Dispenza Meditations — For visualization, rewiring, and heart-brain coherence.
Available online or on Spotify
Calm / UnPlug / Headspace Apps — Great for daily meditation habit building.
There are also plenty of free resources on apps like Spotify and YouTube.

Disclaimer & Liability

Please read carefully before participating or applying the information provided in this workbook.

Educational Purpose Only

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Personal Responsibility

By participating in the Rewire Your Mind, Reclaim Your Health Challenge or using this workbook:

- You acknowledge that you are fully responsible for your own physical, mental, and emotional well-being.
- You understand that results vary depending on individual circumstances and actions.
- You agree not to hold Vitality Holistic Health and Wellness, LLC or Courtney Somma liable for any injury, loss, or damages, real or perceived, that may occur through your participation.

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Acknowledgment of Understanding

By continuing to participate in this challenge or by engaging with the materials herein, you acknowledge that you have read, understood, and voluntarily agree to the terms of this Disclaimer and Release of Liability. This journey is an act of self-love and empowerment. You are always in control of your choices, and your progress is a reflection of your commitment to your own wellbeing.