# UNSTOPPABLE YOU WITH MARY LOU RODRIGUEZ

Program Outline

Unstoppable You Now is a life-changing program designed to shift you from a mindset of lack into a state of true abundance. Each week, you'll receive videos, PDF guides, audios, somatic exercises, and coaching sessions to support you in reprogramming your subconscious, reshaping your habits, and transforming your relationship with wealth. By the end of the program, you'll embody a wealth mindset, ready to live the abundant life you deserve.



# Week One Brain Training 101

#### NeuroAccelerate Your Brain - Train Your Mind for Unstoppable Success

Most people think change is all about willpower, but that's not true. Real transformation comes from rewiring your brain and nervous system, aligning them with the future you want to create. In Brain Training 101, you'll learn a unique, science-backed approach to replace autopilot thoughts with empowering beliefs that actually serve you.

This course combines conscious thought training with subconscious rewiring to break free from outdated patterns. Through proven tools and step-by-step guidance, you'll discover how to consciously shift your focus, detach from limiting beliefs, and form new, powerful thought habits.

In **NeuroAccelerate Your Brain**, you'll work with both your thinking and feeling mind—unlocking confidence, resilience, and purpose along the way. It's time to stop letting your old programming hold you back and start building a future rooted in your true potential.

- **Videos:** Deep dive into how to break free from outdated patterns.
- **PDF Guides:** Worksheets for conscious and subconscious rewiring.
- Weekly Audio: Reinforce mental shifts with consistent listening.
- **Somatic Exercises:** Body-based practices to enhance brain rewiring.
- Tools for Conscious & Subconscious Rewiring: Replace limiting beliefs with empowering ones.
- **Weekly Coaching Call & Embodiment Session:** Real-time support to reinforce growth.



## Week Two NeuroAccelerate Your Dream

#### **Embody Your Vision and Make It a Reality**

Most people believe achieving dreams requires focusing on goals and "figuring it out," but true transformation starts with training your brain to believe your vision is already yours. In NeuroAccelerate Your Dream, you'll learn how to rewire your brain to embrace your vision fully, aligning your thoughts and emotions with the future you want to create.

Through guided visualization, thought exercises, and brain-based tools, you'll bypass subconscious resistance and reprogram your mind to feel at home in your future. This course teaches you to cultivate proactive gratitude and visualize success so deeply that your brain begins to perceive your dream as reality. Your brain's Reticular Activating System (RAS) will help you see opportunities and solutions that align with your vision, collapsing the time it takes to reach your goals.

- **Videos:** Guided visualization practices to anchor your vision.
- **PDF Guides:** Journals and exercises to help you embody your dream.
- Weekly Audio: Reinforce your vision with daily listening.
- Somatic Exercises: Ground your vision in your body and nervous system.
- Tools for Conscious & Subconscious Rewiring: Make your dream feel real.
- Weekly Coaching Call & Embodiment Session: Live support to build belief in your future self.



### Week Three and Four

#### NeuroAccelerate Your Identity

#### Step Into the Wealthy, Confident Version of Yourself

Imagine stepping into a version of yourself who not only believes in success but embodies it effortlessly. The NeuroAccelerate Your Identity module is designed to help you transform from the inside out, aligning your subconscious beliefs, daily habits, and core identity with the life you truly want. Here, you'll uncover and release the hidden beliefs and outdated stories that have kept you stuck, replacing them with a powerful, authentic self-image that supports your highest potential.

In this module, you'll learn how to break free from old conditioning and rewire your mind to support the identity of someone who naturally attracts wealth, success, and fulfillment. This isn't about superficial change; it's about transforming your deepest beliefs so your actions, confidence, and motivation align effortlessly with your vision.

- Videos: Techniques to help you cultivate self-image of wealth and success.
- **PDF Guides:** Exercises for identifying and embodying your ideal self.
- Weekly Audio: Affirmations to reinforce a confident self-image.
- Somatic Exercises: Align your body with your new identity.
- Tools for Conscious & Subconscious Rewiring: Make new beliefs natural.
- Weekly Coaching Call & Embodiment Session: Support to embody your new identity and become unstoppable.



### Week Five and Six NeuroAccelerate Your Emotions

#### **Master Your Emotions for Wealth and Success**

Imagine being in full control of your emotions—no longer held hostage by stress, overwhelm, or anxiety. This isn't about simply "managing" emotions; it's about mastering them at their core, reshaping the way your mind and body respond to life's biggest challenges. In this module, you'll experience the freedom that comes from rewiring your nervous system and stepping out of survival mode for good. You'll learn how to interrupt old emotional patterns that keep you stuck, using powerful tools like brain training hypnosis and advanced nervous system techniques to finally break free from reactions that don't serve you. With each exercise, you'll feel yourself shift from chaos to clarity, from reactivity to resilience.

- **Videos:** Training on how to interrupt and reshape emotional responses.
- **PDF Guides:** Exercises to identify and overcome emotional triggers.
- Weekly Audio: Practices to reinforce emotional resilience.
- Somatic Exercises: Techniques to release stress and tension from body.
- Tools for Conscious & Subconscious Rewiring: For emotional freedom.
- Weekly Coaching Call & Embodiment Session: Coaching & guidance to help you stay calm and in control.



### Week Seven and Eight

#### NeuroAccelerate Your Habits

#### **Build Habits That Make Wealth and Success Inevitable**

Ready to make lasting changes that feel natural and effortless? This is where everything you've learned comes together. This isn't just about breaking or creating habits—it's about rewiring your brain to make success automatic. Imagine habits that work for you, shaping every part of your life: your health, your mindset, your wealth, your relationships.

In this module, you'll understand the deep, brain-based science behind habits and learn how to shift from willpower-driven change to identity-level transformation. This means that instead of relying on fleeting motivation, your new habits become part of who you are.

- **Videos:** Training on creating habits that work for you automatically.
- PDF Guides: Journals and exercises for building and tracking new habits.
- Weekly Audio: Reinforcement for embedding these habits into daily life.
- Somatic Exercises: Techniques to connect your body to new habits.
- Tools for Conscious & Subconscious Rewiring: Make success-driven habits feel natural.
- **Weekly Coaching Call & Embodiment Session:** Support to build momentum and consistency.



# Week Nine NeuroAccelerate Your Money

#### **Transform Your Money Story and Feel Wealthy Now**

Welcome to Money Week in Unstoppable You Now! Imagine a life where money flows to you with ease, where abundance is your new normal, and where you feel empowered, worthy, and aligned with true wealth. This week, I'm here to show you exactly how to make that shift.

Here's the truth: Your current relationship with money—your anxieties, fears, beliefs—was programmed by experiences you had no control over. But now? You have the power to rewrite that story. We're going to take the disempowering beliefs about money that have been holding you back and rewire them into success, abundance, and wealth.

- Videos: Lessons on identifying and transforming limiting money beliefs.
- **PDF Guides:** Worksheets for crafting your new money story.
- Weekly Audio: Affirmations to reinforce a wealthy mindset.
- Somatic Exercises: Techniques to make abundance feel real.
- Tools for Conscious & Subconscious Rewiring: Rewire your beliefs around money.
- Weekly Coaching Call & Embodiment Session: Guidance to fully embrace abundance.





#### NeuroAccelerate Your Actions – Take the Bold Steps

Welcome to the next level – where we take everything you've learned and set it into motion. This week isn't just about pushing boundaries; it's about embracing a powerful mix of support and tough love to make real, life-altering progress.

Imagine stepping out of your comfort zone, with every action propelling you toward the life you've been dreaming of. Together, as a community, we'll leap toward our goals. By taking these steps, you're not just creating progress; you're collapsing timelines, fast-tracking your dreams, and making quantum leaps.

- **Videos:** Techniques to encourage inspired action without hesitation.
- PDF Guides: Action-planning tools to track and assess your progress.
- Weekly Audio: Motivation to keep pushing forward.
- Somatic Exercises: Practices to ground yourself as you take bold steps.
- **Tools for Conscious & Subconscious Rewiring:** Reprogram your mind to embrace action.
- **Weekly Coaching Call & Embodiment Session:** Support to build unstoppable momentum.