



Transformation Talk Radio™



Take a listen to the videos below
you will be inspired!



Part 1 - 21-Day No Negative Self-Talk Challenge



Part 2 - 21-Day No Negative Self-Talk Challenge

NO NEGATIVE SELF-TALK FOR 21 DAYS

Kornelia went on national news (and did an amazing job), to invite everyone to join her in this challenge. This interview was featured on CBS, Your Central Valley, Fresno California. Monday, July 29th, 2019.

Take the [21 Day Challenge](#) with Kornelia and soon your body will be responding to thoughts like I AM Worthy, I AM Abundant, I AM Joy, I AM

confident, I AM Love, I AM Whole, I AM Free, I AM Pretty Awesome, I AM Beautiful I AM Truth.

The average person has about 12,000 to 60,000 thoughts per day. Of those, 80% are negative and 95% are exactly the same repetitive thoughts as the day before and about 80% are negative. These studies reveal that the quality of our existence rests on the quality of our internal and external communication. It also reveals how our bodies respond to the way we think, feel and act. Of course this is not an easy task, to override the negativity, especially when there is so much of it in the news and and in the world around us.

Take it from Kornelia and the countless of others that are taking the challenge..... you can do it too!

Get Involved. Empower yourself & Others Through Working With Kornelia.

Kornelia offers FREE tools as well as multiple membership levels where you can choose YOUR path to freedom & happiness.

Click on the button below for more information about Kornelia's 21-Day Challenge and to join.

KORNELIASTEPHANIE.COM



THE  KORNELIA STEPHANIE SHOW

**JOIN US LIVE! EVERY FRIDAY
12 PM PT / 3 PM ET**

*Lady Boss - 1st & 4th Fridays
*Living Heaven on Earth - 2nd & 3rd Fridays
*The Millionaire Imprint for Women - 5th Fridays

www.KorneliaStephanie.com

Tune in to The Kornelia Stephanie Show on
Transformation Talk Radio
Every Friday at Noon Pacific / 3 PM Eastern!!
