Stop Overworking, Start Overliving: The Mindset Shift Every Woman Needs with Bri Seeley - Episode 397

In this Episode:

- Why rewiring your subconscious mind—not working harder—is the real key to building a successful, soul-aligned business without burnout.
- How shifting the deep-rooted stories and limiting beliefs in your subconscious can catapult you from stuck to thriving in your purpose and abundance.
- A powerful reframe on brainwashing: if we've all been conditioned by fear and doubt, why not consciously rewire for confidence, success, and worthiness?
- How shaking up your routines and reprogramming subconscious patterns can transform your business and life—creating more ease, flow, and clarity.
- The science-backed benefits of hypnotherapy for entrepreneurs—and how it helps dissolve fear, perfectionism, and overthinking so you can rise into your most empowered self.
- The story behind Bri Seeley's new app—built to make daily hypnosis accessible and create real accountability for lasting mindset shifts.

Notable Quotes:

"Why are we not brainwashing ourselves for success?"

Pearls of Wisdom:

1. If your soul is calling you toward something—do it.
2. Trust those soul callings and give yourself permission to truly begin the subconscious work.
3. Transform the patterns of overworking and underliving into a life where you're overliving and underworking.

Resources:

Bri Seeley brainwashes people for their highest success. She is a TEDx speaker, subconscious activation expert, and award-winning Success Strategist for ambitious women ready to defy reality and achieve their most audacious goals. Known for her unapologetic approach to alignment and action, Bri helps high-achieving women walk boldly into their futures, turning their "unrealistic" visions into sustainable, soul-aligned success—without burnout, self-sacrifice, or hustle-as-identity. Through her signature blend of strategy, subconscious activation, and fierce mentorship, Bri has supported thousands of women across six continents. Her work has been featured on Good Morning America, The TODAY Show, Forbes, Entrepreneur, and Women's Health.

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