

**From:** Tonya Leigh tonyaleigh@schoolofselfimage.com  
**Subject:** TEST: Overcoming Upper Limits  
**Date:** November 10, 2021 at 2:24 PM  
**To:** lyngaret@8snap.com

---

TL

## SCHOOL OF SELF-IMAGE

Have you ever found yourself making progress towards your goals – or even having achieved the result that you’ve been working so hard for – only to suddenly find yourself doing crazy things and subconsciously self-sabotaging?

That’s normal. All that’s happened is that you’ve hit an upper limit.

It’s a part of the journey.

Years ago, I read an amazing book about upper limits, which I’ll share with you in today’s podcast.

Suddenly, it all made so much sense to me- I finally understood why I had been sabotaging myself for so many years.

This is something I hear so often from many of you.

You have dreams. You have goals.

You have things that you want to achieve and yet you end up self-sabotaging over and over.

And you’re wondering, “*What is wrong with me? Why can’t I do this?*”

Well, I’m here to tell you that you can.

It’s all about understanding how your brain works and how to work with it instead of against it.

If we don’t have the proper tools, we just innately work against ourselves.



EPISODE NO. 253

## Overcoming Upper Limits

SCHOOL OF  
SELF-IMAGE



In this episode, I'm going to share with you why that happens and how you can overcome it.

Ultimately, I want to convince you that it is safe to be successful.

It is safe to have abundance.

It is safe to create achievements.

[Click here to listen.](#)

With Love,

A handwritten signature in black ink that reads "Tonya".

P.S. Did you know? The [doors are open now to the School of Self-Image](#), but don't second guess yourself – they close tonight!

Want to know how other women are growing in the School of Self-Image?

Here's what one member has to say:

## TESTIMONIAL

*"I am a lot more confident in myself, and I work through my thoughts and feelings more in a much more healthy way. I appreciate the small things every day. I worry and stress less! I am also feeling more decisive which before was a huge problem for me! Thank you, Tonya!"*

- DAISY FOWLER

