

I'm Cina Sherriff, a teacher, and Intuitive Transformational Coach. I'm also the creator of the Redesign Your Mind™ program. I encourage my clients to create their best life by redesigning themselves and their homes from the inside out using the [Redesign Your Mind™ Process](#). [This proven step-by-step process is based on](#) finding and clearing the limiting beliefs that create the undesirable conditions that we experience in our lives. I help others gently and lovingly transform their mindset to create positive and productive thoughts and behaviors to develop the life and environment they want!

I've been a student of transformation studying universal laws, personal development, mind-body wellness, and positive thought for over 40 years. I have an undergraduate degree in Interdisciplinary Studies-Human Growth Potential and Educational Counseling. I've been happily married to my best friend for 33 years, I have 7 children who are really good people and have been blessed with 17 beautiful, healthy grandchildren. I live in a nourishing peaceful home environment and do work that is purposeful and fulfilling to me. My life is good but, it hasn't always been this way.

Many years ago, I was a young, depressed stay at home mom with 4 children ages, 3, 2, 1, and a newborn who felt trapped in an unhappy marriage! To make matters worse, late one night while my family was sleeping a drunk driver, who had apparently fallen asleep behind the wheel, drove his car up over the curb across our lawn and crashed into the side of our house killing a woman in the car with him! The car crashed into my children's bedroom, just missing the bunk bed where my two sons slept by about 2 feet! When I saw the front end of that car, with the poor woman's lifeless body in it, lodged in the wall of my children's room...I completely lost it!

The days and weeks that followed were chaotic...to put it mildly! I was overwhelmed, sleep-deprived, anxious, and very depressed. My home was a total mess and so was I! I am certain that I was on the brink of a mental breakdown!

But even though I was stressed and unhappy, there were two things of which I was certain...one, I didn't like my life and two, I was ready for a change! I knew that I had to move from where I was to get to where I wanted to go, but I had no idea of how I could get there. I decided that I would have to learn how to change myself and my life.

That decision guided me to a path of personal transformation where I have found teachers, tools, processes, methods, and my own intuitive guidance to help me redesign myself. Through my studies, along with my personal insights, I learned how to identify and monitor my unproductive beliefs and negative behaviors and emotions and how to replace them with positive beliefs, thoughts, and behaviors that were in alignment with what I wanted to create.

I have taken my experience and years of years of study and combined them into a system that I share in the Redesign Your Mind™ program. I have used this system to

successfully manage my home, attract a happy marriage, raise children, and maintain my sanity all of these years...well, on most days! I continue to practice these methods and processes and use them daily to help me manage my own thoughts and feelings as I continually work to develop myself and manifest my dreams.

It is my purpose, passion, and pleasure to share the Redesign Your Mind™ programs with those who may benefit from the wisdom and experience that I have received along my journey. I love teaching others how to use their brilliant and magnificent minds, along with some self-compassion to develop the life they dream of!