



MASTER YOUR MINDSET WORKBOOK

You are the source of all your success!

Pretty daunting sometimes to consider that, I know, I've been right where you are. Often YOU are preventing yourself from accepting and receiving all of the abundance coming your way and instead focusing on the areas where you don't want to focus on. Creating more LACK, more FEAR, more DOUBT.

Let's stop that right now, shall we? ;)

THOUGHTS + BELIEFS = REALITY

What would you do today if you knew you could not fail?

I'm guessing when you decided to go into business for yourself, the first thought was not all the reasons why you couldn't or shouldn't do it, but all the reasons why **you could and should**. You were focused on how and who you could help, how wonderfully fulfilling that would make you feel. Knowing that you were truly making a difference with your life, your skills, your expertise.

Now truthfully. When you answer that question what comes up for you? How do you feel thinking about **actually** doing those things? Does it make you shaky kneed, palms sweaty nervous or so afraid you feel dizzy and like throwing up it feels impossible right now? Whatever comes up for you is totally fine. Just be aware and write it all down. It's important to understand where you are **right now** so we can take you where you want to go. Indeed, where you're **meant** to be.

WHAT I WOULD DO IF I KNEW I COULD NOT FAIL

GRATITUDE

Having an attitude of gratitude allows you to attract abundance instead of lack. What you focus on expands. So focusing on areas that are going well instead of what isn't is the best way to bring more good into your life. It's human nature to want to improve and focus on what's wrong. But that often creates a snowball effect with attracting more of the same (not so good!) stuff into your life.

Usually there's WAY more that's going well than poorly in your life, but oftentimes it's easier to focus on what's wrong and ignore all that is good. Don't feel bad if this is you! This is like most people, including myself. I have been there too, focused on fixing what's wrong only to have thing after thing go wrong.

When I started an extensive gratitude practice, I began to see more good instead of bad. More joy instead of frustration or sadness. Yes, it takes more time and effort, but you will reap the rewards of this daily practice.

ACTION ITEM:

Daily write down at least 3, but up to 10 things you are grateful for.

These don't have to be earth-shattering revelations. Sometimes simple is the best. Now if doing this daily is going to feel like a chore, do it weekly. You should feel joy and abundance fill your spirit while you reflect on what you have in your life that you're grateful for.

AFFIRMATIONS

What are you saying to yourself? Are you your best friend or your worst enemy. So often we say things to ourselves that we would never imagine saying to anyone else. Why is that? As we think, so we become. When we say these thoughts out loud, we bring them to life. They hold power over us. So choose to say words that will bring life into you. That will reflect the direction you want your life to go forward towards.

The key with affirmations is to write them in the present tense. As if they are already here and happening. Write what you'd like your life to look like, what you'd like to be true for you.

I AM _____

I AM _____

I AM _____

I AM _____

I AM _____

I CAN _____

I CAN _____

I CAN _____

I CAN _____

I CAN _____

I WILL _____

I WILL _____

I WILL _____

I WILL _____

I WILL _____

Say at least 1 affirmation every day morning and night, if you can say more that's great, but aim to say at least one of these daily. You can also add one to your phone as a reminder, or post them on your bathroom mirror to remind you and it will reinforce what you want to create for yourself. You can even record yourself reading these off so you can listen to them while you are driving, brushing your teeth, really anytime!

MEDITATION/ PRAYER/ SILENT TIME

Having daily time to sit in silence and allow you to connect with your inner thoughts and intuition is very important. Often we create noise in order to shut out our deepest inner longings that we're too scared to acknowledge or admit. It's often in listening to these inner whisperings that you are inspired to create your next program/ package/ offer or business direction. Allowing time and space regularly so you can tap into your inner power, your gut instinct helps you to become more aware of those inner longings so you can hear those messages throughout the day, not just during meditation/ prayer/ silent time.

ACTION ITEM:

1. Set the intention before you begin. Are you asking for guidance on a decision? Would you like to gain clarity on something that's weighing on you? What would you like to spend this time on?
2. Start with 2 minutes to begin. If you can work your way up to a longer period of time you will see greater benefits, but even 2 minutes every single day can be helpful. I will often do my meditations at the end of the day to reprogram my subconscious with thoughts I'd like for the next day. I will do a shorter meditation after I wake up to give me guidance on the day's activities. See what works best for you in your own routine and the key is to schedule it in.
3. If you're struggling, try a guided meditation. There are lots of free apps: Calm, Insight Timer, Headspace, Breathe are all on the iOS platform.
4. The key is not to worry about doing it right or wrong, but to focus on your breath and your intention and listen to what pops up.

VISUALIZATION

Visualizations are used to increase the performance of high performance athletes. That's how I first learned about the power of visualizations. As a competitive gymnast, I had to practice my routines physically as well as mentally. Over and over again, I'd see myself doing my routines perfectly. With minute and specific details, I'd review each portion of my routine, down to my perfectly pointed toes and hands placed just so.

The power of visualization is in helping your brain believe that it's actually happening as if it's real. Cool, huh?

The key to visualizations is you have to have **detail, emotions**, and you need to **believe**.

What do I mean by these?

DETAIL

Be super specific. Leave no stone unturned to include in your visualization. The more specific and detailed you can be the better. Focusing on your 5 senses can help: What can you see? What can you smell? What can you hear? What can you touch/ feel? What can you taste? The details make the difference between this exercise feeling **real** and just imagined. Details matter! What you include will depend on what's important to you.

For example, one of my visualizations is focused on how I want to feel day to day. I imagine waking up refreshed, calm, peaceful and positive about the day. I walk with a spring in my step, light in spirit and body. I can hear my husband eating breakfast and my kids cheerfully getting ready for school. I visualize taking time to reconnect with myself in the morning as I eat my breakfast and leisurely sip my tea. I can smell the fragrant aroma with each sip and the heat warm my body as it travels from my mouth to my stomach.

Now imagine if this visualization was not as detailed: I wake up refreshed, calm, peaceful and feeling positive about the day ahead. My family is getting ready for their day and I eat breakfast and drink my tea in peace and quiet.

Can you see the difference those details make? You can probably imagine yourself more clearly in the first example. That will be the same for the scenario you create for yourself.

EMOTIONS

The details will help to infuse an emotional element to your visualization. The key here is that you can actually **feel** yourself in the situation as it occurs. When you act as if and create the emotions that will go along with that situation, you raise your vibration (yes, I'm going woo woo here!). Positive emotions are higher on the vibration scale than negative ones, so focusing on the positive feelings you're likely to have when you will achieve what you're visualizing can help you break through limiting beliefs and push past your upper limit (if you're not sure what this mean, please read *The Big Leap* - by Gay Hendricks).

Remember that we all connect to one another through emotions, not through logic. We feel pulled to stories that are emotional, whether they are happy or sad or otherwise. Emotions create interest and allow us to more fully "sit in" the moment we are focusing on. Think about the most engaging movies you love. Even for those that are fast-paced action oriented, you're feeling something. Usually the stronger the emotion, the more you feel connected to the story and able to fully immerse in the movie. When you feel as if you're right there, able to lose yourself in the moment, that's the experience you're aiming for with your visualization.

The first time I did my visualization and said how I felt out loud, I burst into tears (from relief, joy and pride). I felt lost in the moment and truthfully was a bit shocked by the intensity of how I felt. But this is what I want for you. Again, your brain doesn't know the difference between real and imagined, but adding in emotions makes it harder to distinguish between real and imagined, especially for those of us who are more logically minded.

BELIEF

Visualizations can be a powerful exercise, but only if you believe and give into the experience you're creating for yourself. When you focus on your first visualization, don't go from zero to 1000 overnight. Your brain is always looking to protect you (that's our old lizard brain mechanism - your amygdala, if you want to be technical) and what I've experienced is if you take too big a leap between your reality and what you desire most, your brain is going to shut it down. It's going to turn on your inner skeptic and subconsciously and consciously tell you that it's not possible for this to happen.

You have to 1000% believe this visualization **can happen**. It needs to be outside of your comfort zone because otherwise it would be playing it safe. The purpose of this visualization is to help you achieve something **not yet realized**. It can be 2-3 steps ahead of where you are now, or it can be a few steps further than that. Play around with this part because everyone is going to be different. The key to test is whether or not you **believe** it to be possible. So if you want to make \$1 million and haven't made your first \$100K, it may be hard for you to believe now, maybe your visualization will be \$100K instead. But if you've already made \$100K or multiple 6 figures, your visualization of \$1 million will be much easier to both imagine and **believe**.

Your visualization is allowing you to act in your mind, **as if** you've already achieved what you desire most **right now**. You're imaging what you would do, say, be, feel in that moment when it arrives. Essentially practicing for the big event. If you feel resistance when you're visualizing, know that you believe it's possible, try to visualize 1 degree less from that achievement and see if that helps you decrease the resistance that comes up during this exercise.

ACT AS IF

When you believe so strongly that you will achieve what you set your mind to and focus on it daily, you will create inspired actions in line with that single minded attention. You will find yourself starting to act as if you have already achieved that level of success, whatever it is that you've visualized for yourself.

You will find yourself asking yourself different questions.

You will find yourself looking for different opportunities.

You will find yourself stopping or getting rid of actions/ people/ circumstances that no longer serve you.

This is what happens when you create the mindset foundation that will hold up the walls of your true sustained success.

Without inspired, aligned action, your ideas remain just that. IDEAS. Money, success, results, impact all love ACTION. Yes, God/ Universe/ Divine/ Goddess/ Spirit will do it's part, especially when you act with full belief, but the key here is you need to do your part and ACT. Belief is not enough. The most successful people have a strong mindset, but they also act in line with those strong beliefs and practices. You must do the same.

ACTION ITEM:

Consider what your future version would be doing. What do you need to release or let go of, or do more of in order to match that vision of your future self? Evaluating your current situation with your desired state will highlight any disconnects and what you need to do differently to get you from point A to point B.

Well, there you have my 5 key mindset practices that have propelled me from virtually no online business to a highly successful one in less than 4 months time. I now have the freedom and flexibility to decide who and when I want to work because I know exactly what I need to do to generate the results I want in my business.

Yes, strategy and tactics are important, but without the foundation of a strong mindset geared towards growth, strategy and tactics won't produce results. I have seen this when I've faltered and struggled most (usually from lack of belief and consistent practice of my mindset routine) as well as when my clients struggle. It can feel strange doing mindset work because truthfully it's focused more on BEING than DOING, but being is more important than doing. When you have this down pat, you can actually do less with more impact and greater results. And who doesn't want to work less while achieving more?

Create a consistent routine. Some days I spend 10 minutes total, other days I can spend up to 30 minutes or even longer. I don't do less than 10 minutes and I dedicate time each.and.every.single.day without fail. I can confidently say that this is the single thing I do everyday in my business and life. Not posting on FB or other social media. Not emailing my list. Not following up with potential clients. Mindset. Every day. No excuses.

ACTION ITEM

My mindset practice, I will schedule time for: _____ minutes

The activity that will be hardest for me to do is:

My intention in committing to my mindset:

The focus for my visualization will be: