

Chapter Seven ~

Visualize. Imagine. Rehearse Your Future.

Let's enrich the picture you are painting of your new reality. In seeing yourself having, being and doing what you want:

- Where are you?
- Who is with you?
- What are you wearing?
- What do you hear?
- What do you smell?

Use all of your senses: touch, taste, smell, see, hear, feel...

Example: I am sitting on a tropical beach in lounges with my sister and my niece. We are having exotic cocktails and sighing and relaxing as we watch the glorious sunset happening as if is just for us. The sky is painted with a golden hue and studded with pink, bronze and lavender clouds in the most beautiful formations. The air is warm with a gentle breeze caressing our skin. I am bonded with my sister and my niece and we smile at each other satisfied that we deserve this.

Describe your desires *in detail*.

Shift Happens: Worksheets

Where do you live?

What does your new personal space look like?

Shift Happens: Worksheets

What do you do during the day?

What kind of people are your friends?

Shift Happens: Worksheets

What kind of vehicle do you drive?

What color is it?

What does it smell like?

Who rides in it with you?

Do you believe you can have it all? A belief is a thought you think over and over. It's just a thought. Your old beliefs can hold you back from success. Entertain the idea of changing them. It is done unto you as you believe, simply because you believe.

Chapter Nine ~

WHAT'S UNDER THE MONEY?

- Why do you want what you want?
- How do you feel when you have it?

Fill in the blanks with things and experiences money can give you that you would like to have...

I want:

Because:

<i>Example: A white Cadillac Escalade</i>	<i>It is classy. It makes me feel rich.</i>

Chapter Ten ~

Believe

What do you believe about your life? This is important. A belief sets up a vibration through your thoughts, attitudes and emotions that are matched by the Law of Attraction and it is reflected in the people you meet and the situations you are in. You will attract new people and events as you “vibrate” to the new you. Examine your beliefs and see if there are any you would like to change. What new beliefs would you like to create?

My OLD beliefs

My NEW beliefs

Example: I can't write a book.

If I just begin I can write a book.

Your mind is your most incredible tool. It takes anything you give it and attract its like vibration to you!

Chapter Eleven ~

TAUGHT/NEW THOUGHT

What things did your parents say that are still limiting you?

What I was taught...

My new thought...

Example – There is not enough

There is always enough when I look for it

If I *believe* I can be a millionaire but I'm *feeling* like I do not never have enough money, then I would be placing my positive thoughts against my old habitual thinking from the teachings I have received.

Most importantly, what you *feel* is dominant! When you give your attention to things that are not in vibrational harmony with your highest and best self, it does not *feel* good.

Shift Happens: Worksheets

List 10 positive words that have meaning for you...

Examples: Happiness, Contentment, Peace

Now get 10 pieces of paper, any size, and write one positive word on each piece of paper. You now have 10 positive reminders! Take these 10 positive reminders and place them in your environment. See how easy this is?

List 10 results or benefits that you achieve from doing this work...

Chapter Twelve ~

Gratitude

Use the 10 benefits you just listed and write them again below after the words ***'I'm so happy and grateful now that...'*** putting your words in present tense (as if you already have them).

What are you grateful for before it manifests?

Examples: ... now that I have a coach. ...now that I am doing what I love. ...now that I have written my book.

I am so happy and grateful now that...

I am so happy and grateful now that...

I am so happy and grateful now that...

I am so happy and grateful now that...

I am so happy and grateful now that...

Shift Happens: Worksheets

I am so happy and grateful now that...

I am so happy and grateful now that...

I am so happy and grateful now that...

I am so happy and grateful now that...

I am so happy and grateful now that...

Your mind is the connection between your body and your spirit.

When you are grateful it affects you on all levels, body, mind and spirit.

Shift Happens: Worksheets

Remember the exercise I told you about where anything you say after the words 'I am' becomes a truth? Think about who you want to become and put that after 'I am'.

Example: I am a motivational speaker and coach

I am

I am

I am

I am

Shift Happens: Worksheets

I am

I am

I am

I am

I am

You have to adjust your life and adjust your time to create your success. Remember, the definition of insanity is doing the same thing over and over expecting to get different results. Go ahead, do things differently, adjust! You are worth it!

Chapter Thirteen ~

Having a vision and a mission is important because it communicates your intentions and motivations to create a conscious future. Your mission is what you are about and your vision is what you want to become.

Your **vision** is your mental picture of the future.

Your **mission** is your purpose – what you do, who you do it for and why you do what you do.

You design your ultimate life:

State your intentions. What is your...

Vision

My vision is

Mission

My mission is

Now state what your values and legacy are. Your **values** are qualities of special worth, ideals that you operate from like integrity, honesty, etc.

Your **legacy** is your mark that you leave after you are gone, what do you want to leave for your children and the world?

Values

My values are

Legacy

My legacy is

My Goals:

Let's make this easy and create your goals in chunks...

Thirty days....

In thirty days I ...

Examples: have an extra \$1,000 in the bank, have created a home-based business, have met _____, have signed up for _____ class, have gotten myself a coach, etc.

Shift Happens: Worksheets

Declare it.

Every day I ...

These are the skills I want to master....

Know thyself. Know your inner environment. What are you thinking? You have to give your dreams it a lot of attention. Make it your daily focus. Feel it. Use your new toolbox.

The Law of Attraction is at the heart of everything.