

BECOME YOUR

#1  
**FAN**

HOW TO SILENCE YOUR INNER CRITIC  
AND LIVE THE LIFE OF YOUR DREAMS



**WORKBOOK**



This book is all about **EMPOWERING** YOU to be the best version of you, that you can be and in the process 'Becoming your # 1 Fan.'

Chances are, up until now you haven't been. In fact perhaps at times you've been your Worst Enemy versus your #1 Fan. At times I know I certainly was. I used to treat my friends better than I treated myself. How crazy is that? And I'll bet you've done the same thing. Have you ever stopped and wondered why we do that?

Well as you make your way through this book, you'll not only learn why, but more importantly how to stop treating yourself so badly. And how to become your best friend and #1 Fan. I'm not talking about becoming narcissistic or big headed.

I'm talking about feeling 100% comfortable with who you are and how you interact in the world. I'm talking about the amazing feeling that comes from knowing that you can rely on yourself to treat yourself with the love and respect that you really deserve.

Each chapter will give you the **tools, guidelines and exercises** to help you ditch your limiting beliefs and behaviors and replace them with far more empowering ones so that you can Silence your Inner Critic, Become your #1 Fan and Live the Life of your Dreams.

*So let's get started!*



## TABLE OF CONTENTS

CHAPTER ONE: Let's start at the very beginning .....	1
<i>Balloon Exercise</i>	
CHAPTER TWO: What is self confidence? .....	2
<i>Self confidence leaves clues</i>	
CHAPTER THREE: Where do your behaviors and beliefs come from? .....	3
<i>Children learn what they live by Dorothy Nolte</i>	
CHAPTER FOUR: Develop your awareness .....	4
<i>What is self confidence?</i>	
<i>Signs of self confidence</i>	
<i>Self Assessment</i>	
CHAPTER FIVE: Break free! .....	8
<i>Music to rip your paper to</i>	
<i>Power music to celebrate afterwards</i>	
<i>Boxes exercise</i>	
CHAPTER SIX: Silence your inner critic .....	11
<i>Dendrites in the brain forming new connections</i>	
CHAPTER SEVEN: Silence your inner critic .....	19
<i>Who are you really?</i>	
<i>Reconnect with your inner child</i>	
<i>Its time to make your Become your #1 Fan Journal</i>	
CHAPTER EIGHT: Who's in the driver's seat? .....	23
<i>Five Fears</i>	
<i>The five step process to transform your nerves</i>	
<i>In your journal answer the following questions</i>	
CHAPTER NINE: Take control of your life .....	29
<i>Saying yes when you'd prefer to have said no</i>	
<i>Six Human Needs</i>	
<i>The Six Human Needs Self Assessment</i>	
<i>We decide what is real</i>	
<i>The key to building a new attitude, belief or behavior</i>	
<i>Setting and getting goals</i>	
<i>Image of Become your #1 Fan Bank and balance sheet</i>	
<i>30 days to instill a new behavior exercise</i>	
<i>Compliments Box Exercise</i>	

## TABLE OF CONTENTS

CHAPTER TEN: Creating the life of your dreams .....	43
<i>Values exercise</i>	
<i>Letter from the future exercise</i>	
<i>Making your vision board/poster</i>	
<i>Make a Mind Movie</i>	
<i>Track how you're spending your time exercise</i>	
<i>Lessons from Geese</i>	
CHAPTER ELEVEN: Rituals to create the life of your dreams .....	51
<i>Daily affirmations</i>	
<i>Seven health benefits of deep relaxation</i>	
<i>Tips in writing your script</i>	
<i>Make a Gratitude List</i>	
<i>Who do you take for granted exercise</i>	
CONCLUSION .....	58
BONUS .....	65

# Chapter One

Let's start at the very beginning

- **Balloon Exercise**

Imagine standing on the roof of your building and seeing trillions of balloons for as far as your eyes can see, and then some!

Take a moment right now and imagine the room you're in totally filling with balloons in your favorite color/s.

Now see the balloons multiplying and filling the building you're in. Now see them floating out of the windows and down the street.

# Chapter Two

## What is self - confidence?

- **Self confidence leaves many clues.**

- ~ Think about someone you feel exudes Self Confidence.
- ~ What tells you they're confident?
- ~ How do they hold their body?
- ~ How do they move? How do they communicate with others?
- ~ Do they make direct eye contact with whoever they are speaking to?

### What is it that tells you that this person has Self Confidence?

Write down what you've noticed and choose one skill each week to copy.  
Remember that's how we learned to walk and talk.



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# Chapter Three

Where do your behaviors and beliefs come from?

## Children learn what they live

*by Dorothy Law Nolte*

If a child lives with criticism, they learn to condemn.

If a child lives with hostility, they learn to fight.

If a child lives with ridicule, they learn to be shy.

If a child lives with shame, they learn to feel guilty.

If a child lives with tolerance, they learn to be patient.

If a child lives with encouragement, they learn confidence.

If a child lives with praise, they learn to appreciate.

If a child lives with fairness, they learn justice.

If a child lives with security, they learn to have faith.

# Chapter Four

## Develop Your Awareness

- **What is low self confidence quiz**

*Highlight or circle the statements that you think convey a lack of self-confidence*

1. "I may be wrong, but I think the answer is ten."
2. " Thank you for the compliment. I'm really proud of ....."
3. "That was really stupid of me."
4. "I forgot my assignment. I guess I left it at home."
5. (Responding to a compliment) "Oh, I've had this outfit for years."
6. "I would have gotten into the program, but they don't like to take people with my background."
7. "That sounds like a challenge. I'm sure we can figure out how to solve it, though."
8. "I'm sorry to interrupt, but I wonder if I could have a minute of your time."

### COMPARE YOUR ANSWERS TO THOSE LISTED BELOW.

Answers to Quiz Items 1, 3, 4, 5, 6, and 8 communicate low self-confidence. Of course, there are no 100% right answers, since many of the statements depend on context, tone of voice, cultural interpretation, and other factors. For example in the Asian culture showing extreme humility is a sign of confidence which could in other cultures be interpreted as shyness or a lack of confidence.



# Chapter Four

## Develop Your Awareness

### • Signs of Self Confidence Quiz

Let's explore the meaning of self-confidence by taking a quiz. Read the list of statements below and  which ones, in your opinion, are signs of self-confidence.

- 1. Admitting when you are wrong.
- 2. Being flexible when change is needed.
- 3. Talking (versus boasting) about your accomplishments.
- 4. Describing negative events in positive terms. For example, "We didn't make our target, but we sure learned a lot."
- 5. Dressing to "fit in" and be accepted by your friends/colleagues/peers.
- 6. Using a strong handshake.
- 7. Using casual non specific language in an effort to avoid sounding too straight or serious. For example, "You guys did a cool thing."
- 8. Speaking very fast.
- 9. Smiling often.
- 10. Learning new skills.
- 11. Putting yourself down in order to sound humble.

COMPARE YOUR ANSWERS TO THOSE LISTED BELOW.

Items 1, 2, 3, 4, 6, 9, and 10 are generally signs of self-confidence. The others could be seen as self-sabotaging behaviors.

# Chapter Four

## Develop Your Awareness

- **Self - assesment**

Now it's time to focus specifically on you and how you feel about yourself. **ANSWER THE QUESTIONS BELOW TO ASSESS HOW CONFIDENT YOU FEEL AS A PERSON.** Usually the first response that comes to mind is the correct one, so have fun filling out the questionnaire. And remember that awareness is the first step to making positive changes in our lives. It's when we aren't aware that we just keep on repeating similar patterns over and over. Just like a mouse on a wheel running and running, using lots of energy, but getting nowhere.

Answer the questions below. Using a slide scale where:  
0 = Not at all                      5 = Sometimes                      10 = Most of the time

1. I stand up for what I believe in, even if others disagree with me.



2. I feel confident in my work environment.



3. I find meeting new people an exciting opportunity to extend my circle of friends.



4. I have the ability to say no to a friend or work colleague if it doesn't really work for me.



5. I am relaxed around people of authority.



# Chapter Four

## Develop Your Awareness

6. I enjoy my own company



7. I am aware of my strengths and weaknesses and can communicate them to others without fear or judgement.



8. I'm proud of my accomplishments.



9. I am my own best friend and know I can rely on myself to achieve my goals.



10. My self talk (inside my head) is predominantly positive and encouraging.



\*\*\* If you found this exercise confronting, please don't be disheartened by your answers. Remember that self confidence is the result of a lot of hard work. The process takes time. It has been said that success is 99% persistence and 1% talent. Congratulations on answering the questions. It shows your commitment to growing and learning.

The exciting thing is it's never too late to get started on building your self confidence. So take a moment and think of one thing that you could work on this week, that will assist you in taking baby steps towards feeling more confident about yourself?

# Chapter Five

## Break Free!

- **What you need in this exercise**

You'll need a blank piece of paper (not your journal), a pen, a garbage bin, a wash basin, hand soap, a towel and some music:

I suggest "Another one Bites the Dust" by Queen.

And your favorite uplifting piece of music.

Some suggestions: "Roar" by Katy Perry,

"I've got the Power" by Snap,

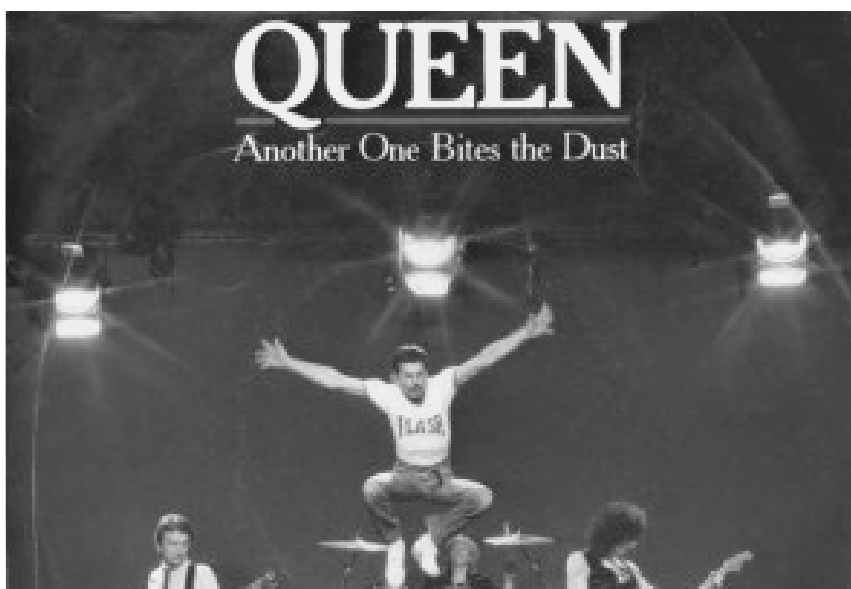
The Theme from Rocky, "Eye of the Tiger",

"I am Woman".

Whatever you choose make sure it puts you in an energized, uplifted state

## MUSIC TO RIP UP YOUR PAPER TO:

*ANOTHER ONE BITES THE DUST* by Queen



Link: <http://www.youtube.com/watch?v=WzDNrKvrQ8>

# Chapter Five

## Break Free!

- What you need in this exercise

### POWER MUSIC TO CELEBRATE AFTERWARDS

**ROAR** by Katy Perry



Link: <https://www.youtube.com/watch?v=CevxZvSJLk8>

**THE POWER** by Snap



Link: [https://www.youtube.com/watch?v=nm6DO\\_7px1I](https://www.youtube.com/watch?v=nm6DO_7px1I)

# Chapter Five

## Break Free!

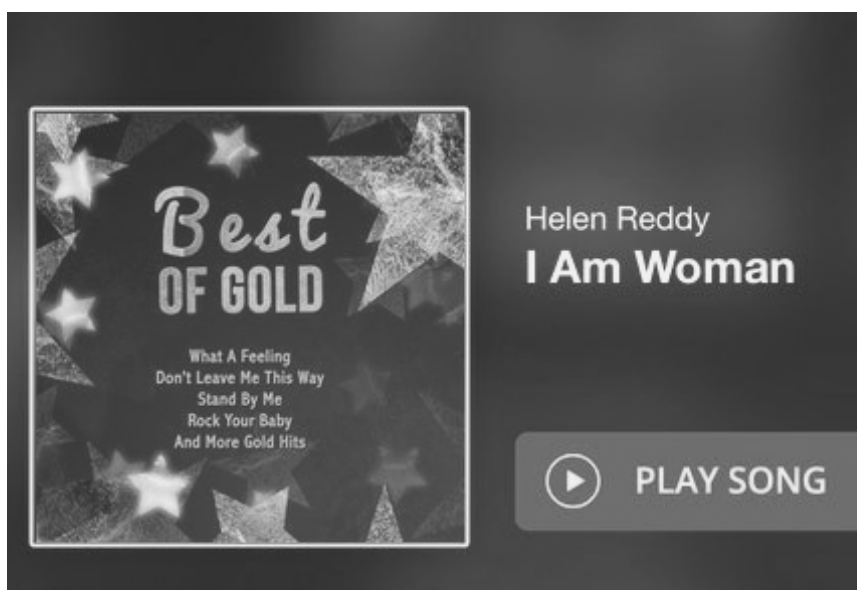
- What you need in this exercise

*EYE OF THE TIGER* by Survivor



Link: <https://www.youtube.com/watch?v=btPJPFnesV4>

*I AM A WOMAN* by Helen Reddy



Link: <https://www.youtube.com/watch?v=rptW7zOPX2E>

# Chapter Five

## Break Free!

*Once you've chosen your song you can move on to the exercise below:*

Take a moment now and think about the boxes and labels that you've been put in? While playing "Another one bites the dust" (or any music you feel represents letting go of something that no longer serves you)

Get out a pen and blank piece of loose paper (not your journal) and write down all the negative things that people (including yourself) have told you about yourself. For example, you're lazy, your ugly, you're stupid, you're dumb, you'll never achieve, you're a loser etc.

Give yourself the time and space to do this and I bet you'll be surprised and relieved to get them out of your head and heart and onto paper.

Once you've done that, scribble all over your paper in big red letters **NOT TRUE!**

Crank up the volume as you rip the paper to shreds, and either burn it or put it in the garbage where it belongs!

Then go and wash your hands and visualize releasing all of those negative emotions as they make their way down the drain.

Immediately after that put on some uplifting music that makes you feel powerful (either from my suggestions or one of your own.) Sing, dance and enjoy the oh so wonderful emotions that come from finally letting those suckers go.

Stand in a Powerful Pose (I suggest you make two fists and raise your arms in the air) and announce to yourself and the world, that you are re-claiming who you really are! (This is called Anchoring and you'll learn more about it in future chapters.)

Then with your music playing in the background write in your journal how doing that exercise made you feel?

# Chapter Six

## Silence Your Inner Critic

- **The power of human brain**

The adult human brain has approximately 100 billion neurons. Education increases the number of branches among neurons, increasing the volume and thickness of the brain. Our brain is like a muscle that needs mental workouts. Learning and brain exercises slow age-related mental decline and even improve brain function.

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Physical exercise promotes creation of new neurons in the brain, the process known as neurogenesis. It also stimulates sensory and motor cortices and helps the brain's balance system.

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Specifically designed brain exercises have been shown to strengthen weak brain functions in children and adults with learning disabilities. For example, rote memorization can help the auditory memory. Handwriting strengthens motor capacities, and adds speed and fluency to reading.

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Stroke patients recover some lost abilities when the brain reorganizes itself to move functions from the damaged location to a new one.

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Because the brain physically changes its state as we think, it is possible to measure the changes electronically. As a result, there's technology that allows completely paralyzed people to move objects with their thoughts and interact with computers.



# Chapter Six

## Silence Your Inner Critic

- **The power of human brain**

V.S. Ramachandran, Director of the Center for Brain and Cognition and Professor with the Psychology Department and Neurosciences Program at the University of California, San Diego, uses imagination and illusion to restructure brain maps and help people manage their phantom pain and some forms of chronic pain, which he believes to be a construct of the brain that is projected on to the body. For example, his invention of the mirror box helped many amputees get rid of the pain in the phantom limb. The brain is tricked into believing that the phantom limb is moving when the patient sees a mirror reflection of the moving good limb in the mirror box

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People can improve performance through visualizations because action and imagination often activate the same parts of the brain. When we need to learn a physical skill, mental practice of this skill can produce the same physical changes in the motor system as the physical practice. This effect has been achieved in experiments that involved people learning to play the piano, as well athletes in training.

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If you were to wear blindfolds for two days, your visual cortex would reorganize itself to process sound and touch. Once you take the blindfolds off, the visual cortex will stop responding to tactile or auditory signals within twelve or twenty-four hours.

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The Sea Gypsies, Nomadic people who live in a cluster of tropical islands in the Burmese archipelago and spend most of their lives in boats on the open sea, can see clearly under water at great depths because they learn to control the shape of their lenses and the side of their pupils, constricting them 22%. Most of us can't do that, and pupil adjustment has been considered to be affixed, innate reflex. However, in one study, Swedish children were able to learn the trick, and their brains responded to the training.

# Chapter Six

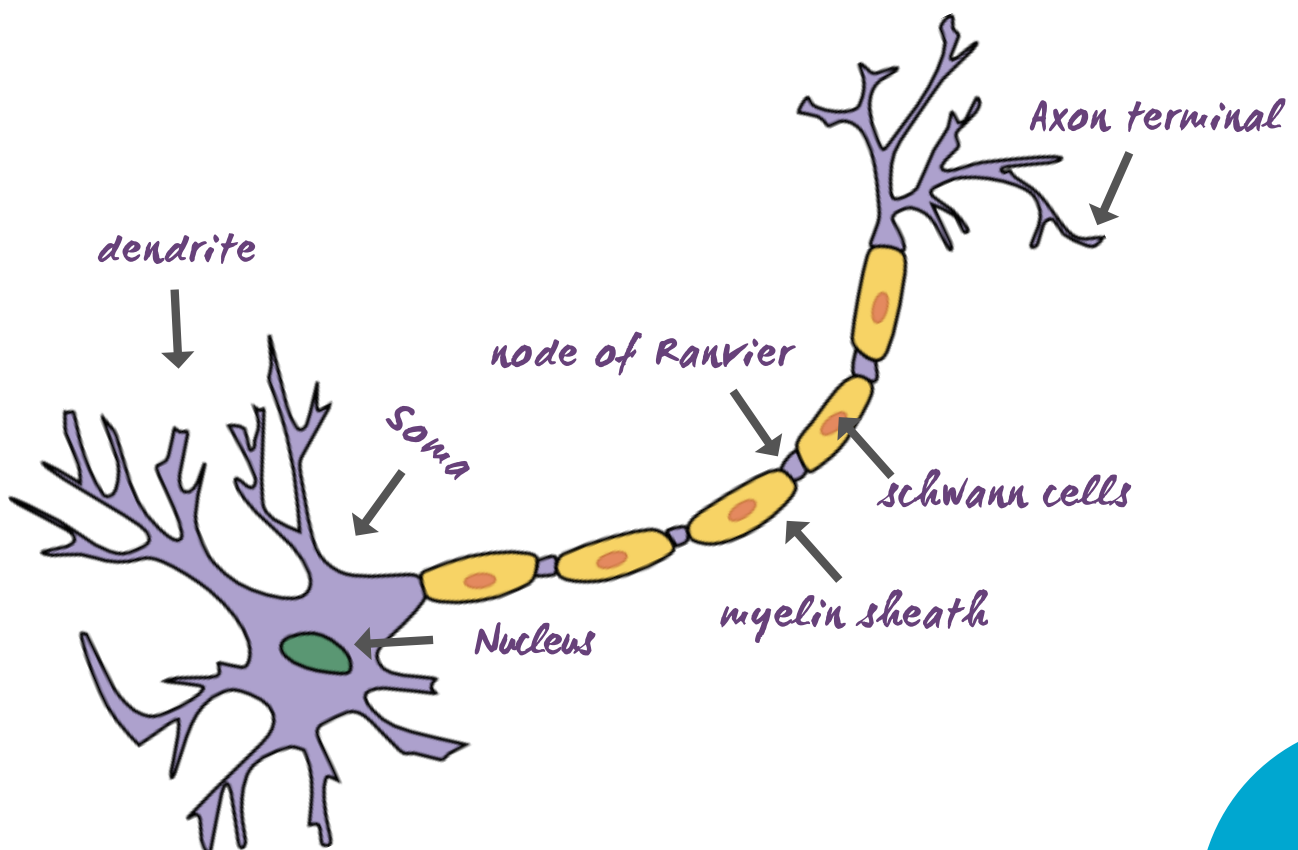
## Silence Your Inner Critic

- **The power of human brain**

Collaboration between Richard Davidson, a neuro scientist at the University of Wisconsin-Madison and the Dalai Lama explored the effects of meditation on the brain. The researchers compared the trained minds of the monks and those of the volunteers. The results showed much greater activation of powerful gamma waves in the monks than in the students during meditation. Moreover, even when the participants were not meditating, the trained meditators' brains showed a large increase in the gamma signal. In previous studies, mental activities such as focus, memory, learning and consciousness were associated with the kind of enhanced neural coordination found in the mediators. The intense gamma waves signaled higher mental activity and heightened awareness.

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Learning to juggle can increase grey matter in the occipital-temporal cortex as early as after 7 days of training.



# Chapter Six

## Silence Your Inner Critic

- **How to re-program your negative self talk**

There are four ways you can re-program your negative self talk. I encourage you to try all four and then decide what works best for you.

# 1

Drown it out. Some people have great success telling the voice "out of here, I don't need you any more."

# 2

Change the volume. Imagine you have a remote control and either hit the mute button or turn the volume right down.

# 3

Change the tone of the voice inside your head. You've probably spent many years perfecting the negative voice, so instead of changing what you're saying, it's usually easier to try changing the emotion behind the words. For example if you say something like "you silly idiot", try saying it now in a Donald Duck or goofy type of voice.

# Chapter Six

## Silence Your Inner Critic

- **How to re-program your negative self talk**

# 4

Change the negative comment to a positive comment. Because your critical voice has probably had years of practice its usually easier to add a positive onto the end of a negative. There are three magical words that can transform a negative statement into a positive one. I've come up with an acronym to help you remember them.

I call them a Y.U.I. Just like when we do a U turn in a car it takes us in a totally different direction, adding one of the phrases below will totally change the way you feel about yourself.

**Y**

*Yet*

**U**

*UP UNTIL NOW*

**I**

*IN THE PAST*

For example:

"I can't reprogram my negative self talk "yet." By adding one tiny word to the end of your sentence it implies that you will be able to do it if you stay focused and persistent.

"My negative self talk has stopped me from applying for that promotion up until now" This phrase creates the impetus in your brain to create a different outcome .

"In the past, I used to let my negative self talk hold me back."  
By simply adding in the past to the beginning of the sentence it puts your limiting beliefs back in the past where they belong, and sets you free to create a new outcome .

# Chapter Six

## Silence Your Inner Critic

- **What is NLP or Neuro Linguistic Programming**



Neurolinguistic programming is concerned with the patterns or programming created by the interactions among the brain, language, and the body, that produce both effective and ineffective behavior.

The founders of NLP were John Grinder a linguistic professor and Richard Bandler a mathematician, at the University of California at Santa Cruz (UCSC), around 1975.

- **Anchoring**



In the field of NLP there's a term called anchoring. Anchoring is a process by which a stimulus triggers a response/state. Our minds naturally link experiences as a way of giving meaning to them.

Through our history many states/ experiences become linked/associated with a different stimuli. Emotional states have a powerful and pervasive influence on our thinking and behaviors influence on our thinking and behaviors. Sometimes, unknowingly we've anchored states in ways that can be very limiting and detrimental. Other anchoring can be very useful; conserving resources and being positive and supportive in many ways. If you watch most elite level athletes they've either been trained to use anchoring or do it instinctually every time they have a win.

# Chapter Six

## Silence Your Inner Critic

- **How to set up a positive anchor**

Every time you have a win reprogramming your critical voice - whether its a small, medium or big win..... celebrate like crazy! Do a celebration dance, blow up a balloon , or if you're out in public find a way to celebrate that works for the environment you're in. Say yes and make a fist or something similar. you want to feel successful.

As I mentioned before, we're all anchoring in positive and negative experiences throughout our day without even knowing it, so take control and make sure that you say something positive, either in your head or out loud, and do something subtle or big with your body at the same time.

The key is consistency; every time you have a win, anchor it in. It's called stacking anchors , and basically what you are doing is building a solid foundation of success in your body so that you can set off your positive anchors whenever

I do it all the time. I have my "power move" that I do every time I have a personal win. I curl my fingers on both hands into fists, take my arms out in front of me at waist height and then pull them in to either side of my hips as I let out a very loud celebratory "YES!!!" If I'm out in public and it's not appropriate I still make my fists, and say yes inside my head!

Just before I'm going to do something that takes me out of my "comfort zone" I set off my positive anchor by doing my power move. My pulse changes, my eyes become focused, my breathing changes and positive emotions surge through every cell in my body. And then I proceed to do whatever I want to do in a state of confidence, joy, curiosity and positive anticipation! And in that state everything I do, I do better!

*So have fun anchoring in your wins and setting them off when you need them.*

# Chapter Seven

## Who are you really?

- The behaviors and beliefs audit



ON A FRESH PAGE ASK YOURSELF:

What beliefs did I unconsciously take on board from my parents/  
caregivers about:


 money (creating it, managing it, deserving it etc....)


 sex

 health

 food

 relationships

 being successful

 leading a happy fulfilling life

 deserving to be financially prosperous

# Chapter Seven

## Who are you really?

- **Reconnect with your inner child**

### Reclaim your true self now:

- ~ Look into your tiny baby's eyes
- ~ While you continue looking into her/his eyes, ask them to forgive you for unknowingly abandoning them.
- ~ Re-assure them that from this moment on you will love them and treat them with the love and respect that they truly deserve.
- ~ Commit to being there for your inner child, starting today!

*\*\*\*Its quite normal to experience tears as you do this exercise. Just allow the tears to flow knowing that deep healing is occurring.*

- ~ Make three copies of your picture and put one up in your bedroom, another one in your bathroom, and carry one on your phone or in your wallet as a constant reminder to treat yourself with the love and respect you deserve.
- ~ Every morning on waking look into your tiny child's eyes and tell them that you're there for them.
- ~ Find your own unique ways to remind yourself everyday to be there for your inner child.



# Chapter Seven

## Who are you really?

- **Reconnect with your inner child**

~ Ask your Inner Child what you can do to nurture them. And listen for the answers (as absurd as they might sound to your adult self.)

~ Perhaps they'd like to sing? Or to dance? Or make paper airplanes? Or jump in puddles? Or roll down a grass hill?

~ When we become adults we often become way too serious for our own good. If the idea of doing something child like horrifies you,

~ I encourage you to take a deep breath and become comfortable being uncomfortable at first. Over time your adult self will enjoy interacting with your Inner Child.

~ Doing things that are playful connects us with our spirit and makes our hearts sing.

~ Reconnect with your Inner Child every day and respect their hopes, dreams and desires (no matter how silly you may feel at first) and in turn watch your self esteem and self worth blossom.

# Chapter Seven

## Who are you really?

- **It's time to make your Become your #1 Fan Journal**

If you haven't done so already, it's time to create your Become your #1 Fan Journal. It could be an exercise or hard cover notebook.

Spend time making it unique like you. You might like to put a photo of yourself as a baby and one of you now on the cover or front page? Or perhaps cover it in your favorite colors, or pictures, or make a collage of your favorite positive affirmations. Do whatever works for you and spend time at least once a week writing down your feelings. Taking the time to really connect with how you are feeling or have felt through the week is a great way to develop confidence in your ability to be there for yourself.

Track your wins no matter how small. It's also a great place to write down your dreams and desires. What do you dream of doing/being/having? What would you do if you knew you couldn't fail?



# Chapter Eight

## Who's in the driver's seat?



There are only five basic fears, out of which almost all of our other so-called fears are manufactured. Those five basic fears are:

**EXTINCTION** - fear of annihilation, of ceasing to exist. This is a more fundamental way to express it than just calling it the "fear of death". The idea of no longer being arouses a primary existential anxiety in all normal humans. Consider that panicky feeling you get when you look over the edge of a high building.

**MUTILATION** - fear of losing any part of our precious bodily structure; the thought of having our body's boundaries invaded, or of losing the integrity of any organ, body part, or natural function. For example, anxiety about animals, such as bugs, spiders, snakes, and other creepy things arises from fear of mutilation.

**LOSS OF AUTONOMY** - fear of being immobilized, paralyzed, restricted, enveloped, overwhelmed, entrapped, imprisoned, smothered, or controlled by circumstances. In a physical form, it's sometimes known as claustrophobia, but it also extends to social interactions and relationships.

**SEPARATION** - fear of abandonment, rejection, and loss of connectedness - of becoming a non-person - not wanted, respected, or valued by anyone else. The "silent treatment," when imposed by a group, can have a devastating psychological effect on the targeted person.

**EGO - DEATH** - fear of humiliation, shame, or any other mechanism of profound self-disapproval that threatens the loss of integrity of the Self; fear of the shattering or disintegration of one's constructed sense of lovability, capability, and worthiness.

# Chapter Eight

## Who's in the driver's seat?

Some other emotions we know by various popular names are also expressions of these primary fears. If you track them down to their most basic levels, the basic fears show through.

*Jealousy* for example, is an expression of the fear of separation, or devaluation: "She'll value him more than she values me." At the extreme, it can express the fear of ego-death: "I'll be a worthless person."

*Envy* works the same way.

*Shame and guilt* express the fear, or the actual condition, of separation and even ego-death.

The same is true for *embarrassment and humiliation*.

Fear is often the base emotion on which anger floats. Oppressed peoples rage against their oppressors because they fear, or actually experience, loss of autonomy and even ego-death.

The destruction of a culture or a religion by an invading occupier may be experienced as a kind of collective ego-death. Those who make us fearful will also make us angry.

*Religious bigotry and intolerance* may express the fear of ego-death on a cosmic level, and can even extend to existential anxiety. "If my god isn't the right god, or the best god, then I'll be stuck without a god. Without god on my side, I'll be at the mercy of the impersonal forces of the environment. My ticket could be cancelled at any moment, without a reason."

# Chapter Eight

## Who's in the driver's seat?



That's all - just those five. Think about the various common labels we put on our fears. Start with the easy ones:

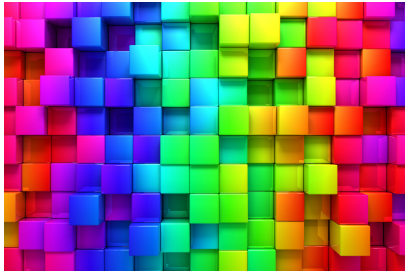
- ~ Fear of heights or falling is basically fear of extinction (possibly accompanied by significant mutilation, but that's sort of secondary).
- ~ Fear of failure? Read it as fear of ego -death.
- ~ Fear of rejection? It's fear of separation, and probably also fear of ego -death. The terror many people have at the idea of having to speak in public is basically fear of ego -death.
- ~ Fear of intimacy, or "fear of commitment" is basically fear of losing one's autonomy.

FEAR

# Chapter Eight

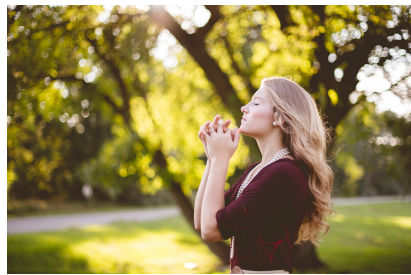
## Who's in the driver's seat?

- THE FIVE STEP PROCESS TO TRANSFORM YOUR NERVES



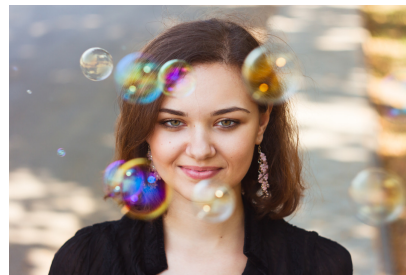
1. Choose a Performance Color/s to suit the mood of what you're about to do

2. Imagine the air around you is that color. And breathe in that color and see, feel and hear that color making its way through your body all the way down to the soles of your feet.



3. Then see roots growing out of your feet going right down to the center of the earth.

4. Put a bubble of light around yourself in your Performance Color/s



5. Check and see if you're still feeling nervous and if so take out your butterfly net and catch your butterflies. And put them in a V for victory formation, starting several inches below your navel and going right up to your waist.

# Chapter Eight

## Who's in the driver's seat?

- In your journal answer the following questions:



1. If you knew you couldn't fail, what would you do?
2. What one thing has been holding you back from doing what you wrote for the previous question?
3. What other dreams, hopes and desires have you given up on? And why?
4. What would it take for you to make whatever you answered in question 3 a priority and a reality?
5. What would you gain from achieving whatever you wrote in Question 3?
6. What are you waiting for? Often in life we tell our self things like "oh the times not right. When \_\_\_\_\_ happens I'll \_\_\_\_\_". But if the truth be told, chances are the time will never be right. All we have however is right now, so why not start making your dreams, hopes and desires a reality?
7. What one thing can you do today before you go to sleep to start the process?



Take a moment now and imagine how amazing your life will be when you take fear out of your driver's seat and replace it with heartfelt determination, joy, perseverance and courage? What is it your heart really desires? Be bold, be brave. Write it in your journal now and take baby steps every day until you've achieved it.

# Chapter Nine

## Take control of your life

- Saying yes when you'd prefer to have said no

*Write down a situation that you found yourself saying "yes" instead of "no" to recently, and then practice by writing down a different response that honors your feelings while acknowledging the other person.*

Scenario:



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The question/invitation:



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How you responded:



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A more empowering response:



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# Chapter Nine

## Take control of your life

- The Six Human Needs

### **CERTAINTY OR COMFORT**

The need for the feeling that everything is settled, secure, and that there are no nasty surprises around the corner. The ability to avoid pain and gain pleasure.

### **UNCERTAINTY OR VARIETY**

The precise opposite, and potentially in conflict with the need for Certainty. The need to feel that life is interesting, diverse, exciting and challenging. If relationships become totally predictable and certain, sometimes one member will pick a fight, or be unfaithful merely to create some excitement and spontaneity which in turn feeds their need for uncertainty.

### **LOVE AND CONNECTION**

The need to feel love from and for, and connection with others. The need to bond, experience intimacy, to feel oneness.

### **SIGNIFICANCE**

The need to feel that you have meaning to others, you are unique, special, important.

### **GROWTH**

The need for the feeling that we are growing, intellectually, spiritually, physically.

### **CONTRIBUTION**

The need to feel that we are giving of ourselves for the benefit of other living things. In other words that we are contributing to life itself.



But remember, you choose the way in which to have your needs met, it does not choose you!

# Chapter Nine

## Take control of your life

- The six human needs self - assessment

Take a moment now to think about how you get your Six Human Needs met? Create a quiet space where you won't be interrupted and in your journal, make headings for the "Six Human Needs".

Underneath each heading, take a look at the various areas of your life for example: primary relationship, family, friends, hobbies and career. Jot down all the ways that you create certainty, uncertainty, significance, connection/love, contribution and growth in your life.

Then, ask yourself the question. Am I getting my needs met in a positive or negative way?

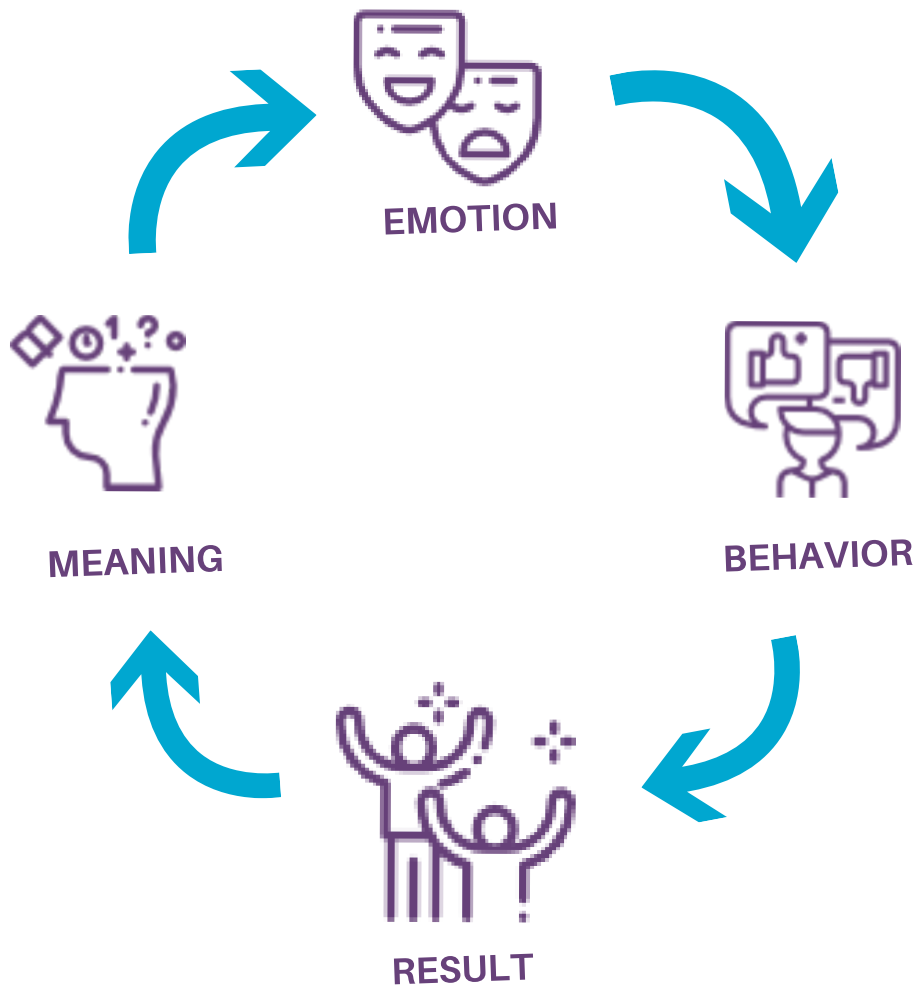
Go back and color code each answer. Choose a color for meeting your needs in a positive way, and then a different color for meeting them in a negative way. Or alternatively, you might like to put a tick next to the positives and a cross next to the negatives.

Take a moment to observe how much of your life is being directed by you in a positive, life affirming way, and how much is being met in a negative/destructive way?

# Chapter Nine

## Take control of your life

- We decide what is real - diagram



WHAT WE FOCUS ON



OUR REALITY

THE MEANING WE GIVE  
SOMETHING



DETERMINES THE  
EMOTIONS WE FEEL

THE EMOTIONS WE FEEL



DETERMINES THE BEHAVIORS  
WE DO

THE BEHAVIOR WILL



PRODUCE A RESULT

# Chapter Nine

## Take control of your life

- The key to building a new attitude, belief or behavior.

**ACKNOWLEDGE** the old way of being and then find a way to let it go. You might like to write it down and then scribble all over it. *"I don't need you anymore"* then go ahead and rip it up and throw it in the garbage, or you might prefer to scream it in your head or out loud.

Use **WINNING WORDS** like, Yet, Up until now, In the past, to set yourself up for success

**ACKNOWLEDGE** that it will probably, *feel uncomfortable* but by persevering over time it will feel more comfortable

Try to make it **FUN!**

Create an *"impending event"* to give you **MOMENTUM**. For example your birthday, the date you plan to go on holiday or a family celebration. Remember the impetus for me to shed the weight I'd gained was me turning 50.

If you **GO OFF TRACK**, be gentle on yourself, *review and correct* until you're back on track

Do it for at least **30 DAYS!**

Who we hang out with, **IS WHO WE BECOME**. So make it easier by spending time with people that *already do* the new behavior, attitude or way of being.



*attitude is  
everything*

# Chapter Nine

## Take control of your life

- Setting and getting goals

Part of taking control of your life is about believing in yourself enough to set and achieve goals. The following S.M.A.R.T. Model Below is a great tool to help you not only set goals, but also achieve them.



specific

One of the keys to achieving your goals is to break them down into smaller achievable goals. That way it won't feel overwhelming.



measurable

Each small goal then serves as a stepping stone towards your bigger goal which I refer to as your outcome. And in turn creates a sense of achievement. You've probably heard the phrase "Success breeds success."



achievable



relevant

By breaking your goals down into bite sized achievable pieces you're creating a strong foundation for success, which will in turn will create the emotions that will catapult your forward to achieving your next goal and eventually your major outcome.



time frame

\*\*\*For example if your outcome is to release 20 kilos your smaller bite sized chunks/ goals could be to lose 1 kilo per week.



### ASK YOURSELF:

- ~ What exactly do I want?
- ~ Where, with whom and when, specifically do I want this outcome?
- ~ Can I achieve this outcome by myself, or do I need the actions and behaviors of others first?
- ~ How will I know when I have achieved my outcome? What will be my evidence procedure?
- ~ How else can I achieve my outcome?

# Chapter Nine

## Take control of your life

- Setting and getting goals

### STEP ONE

Write your goal in the positive, keep it short, concise and specific. Write it as if you have already achieved it, starting with your name or I. Be sure to state what you do want versus what you don't want. It should be measurable and an appropriate size. It should also be self initiated and self maintaining i.e., not reliant on someone other than yourself.

Can you create a detailed mental experience (sight, sound and feelings) of what it will be like once your outcome is achieved?

Enter your Outcome Description



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### STEP TWO

Expected Completion Date



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### STEP THREE

Step up to your Meta outcome ? The Meta Outcome is the one that hovers above your goal and is usually the driving force to achieve your desired outcome. What does achieving your goal give you? In my instance shedding my excess weight allowed me to wear the type of clothes I enjoyed wearing and I also felt fitter, stronger and better about myself.

# Chapter Nine

## Take control of your life

- Setting and getting goals



### ASK YOURSELF:

- ~ For what purpose do I want this outcome?
- ~ What will this outcome get for me?
- ~ What does my outcome really mean to me?
- ~ Ask yourself, once I've achieved my outcome, what will it have done for me?



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### STEP FOUR

Is your outcome ecological? In other words, is achieving your outcome not only good for you, but is it good for the greater good? For those around you and the environment?



### ASK YOURSELF:

- ~ Am I ADDING CHOICE rather than taking it away?
- ~ Are there any contexts of my life when having this outcome would NOT work well for me?
- ~ Where do I want this outcome to be present?
- ~ Where don't I want this outcome to be present?
- ~ How can I modify my outcome so that it works in all contexts?
- ~ If I got my outcome straight away would I take it

# Chapter Nine

## Take control of your life

- Setting and getting goals

*These considerations alert you to issues you will need to attend to as you are achieving your outcome*

### STEP FIVE

What are your beliefs about the outcome?

- ~ Is my outcome really what I want?
- ~ Do I have any beliefs that might limit my success in achieving my outcome?
- ~ What would be a more empowering way to think about my outcome?
- ~ Do I believe I can achieve my outcome?
- ~ What are more empowering beliefs I want to emphasize?
- ~ Do I believe it will be easy to achieve my outcome?

Are all of your beliefs **POSITIVE AND SUPPORTIVE** of your outcome?

If **NOT** then either **CHANGE YOUR BELIEFS**, to support the direction of your outcome, or rewrite your outcome to be more believable.

Enter your beliefs about the outcome, for example:

- ~ Is it achievable?
- ~ Is it realistic?
- ~ Is it the right size?

You should explore all your beliefs around your outcome, both positive and negative, especially including those beliefs which might limit you or not support you fully in achieving your outcome.



# Chapter Nine

## Take control of your life

- Setting and getting goals

BELIEFS ABOUT THE OUTCOME - Negative and positive

### STEP SIX

What might prevent you?



### ASK YOURSELF:

- ~ What are the benefits and secondary gain of the present state?  
How can I achieve my outcome and maintain my benefits?
- ~ What prevents me from having my desired outcome **NOW**?
- ~ What can I do to overcome any possible limitations?
- ~ What are the most crucial elements of achieving my outcome?  
What might prevent these?

These considerations alert you to the issues you will need to attend to as you are achieving your outcome? Enter any limitations or things that might stop you from achieving your outcome. Ask yourself, "What stops me or might prevent me from achieving my outcome? You should explore all the 'benefits' (secondary gains) of the present state, determining whether your outcome preserves all of the secondary benefits. Those benefits not preserved may prevent you from fully achieving your outcome.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

# Chapter Nine

## Take control of your life

- Setting and getting goals

### STEP SEVEN

What resources are needed?



### ASK YOURSELF:

- ~ What resources do I need to achieve my outcome?
- ~ Imagining that I have already achieved my outcome, what did need along the way?
- ~ What resources have I used in similar situations?
- ~ What resources have other people used in similar situations?
- ~ What internal resources would be most useful?

Enter the resources necessary to achieve your outcome, for example: training, materials, skills, people etc... You should list all those resources you will need to obtain or gather in order to achieve your outcome.



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# Chapter Nine

## Take control of your life

- Setting and getting goals

### STEP EIGHT

Step down to Short Term Goals



### ASK YOURSELF:

- ~ What do I need to achieve my desired outcome?
- ~ Is my first goal or first step easily and completely achievable?
- ~ Are all my goals positive and expressed positively?
- ~ Is each goal or step of an appropriate size? If not then do a separate outcome for those that are too large.

These considerations alert you to the issues you will need to attend to as you are achieving your outcome. Enter short term goals that easily lead you to your outcome. Break your outcome into smaller, easily achievable steps, so that each short term goal is of an appropriate size, set within an appropriate time frame and so that you are easily guided from success to success in achieving your outcome.

### STEP DOWN:



Short - term goals



Expected completion date

_____	_____
_____	_____
_____	_____
_____	_____

# Chapter Nine

## Take control of your life

- Setting and getting goals

Are all your goals easily achieved and of an appropriate size, guiding you swiftly in the direction of your outcome?

Have you created a detailed mental experience (sight, sounds and feelings) of what it will be like once each goal is achieved?

IF YOU HAVE ANSWERED NO TO ANY OF THESE QUESTIONS, THEN PLEASE ADJUST YOUR GOALS.

And remember to celebrate like crazy every time you achieve one or your short term goals, because that will juice you up to forge ahead and ultimately achieve the big one!



### ASK YOURSELF:

What can I do right now to begin achieving my Outcome Today!



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# Chapter Nine

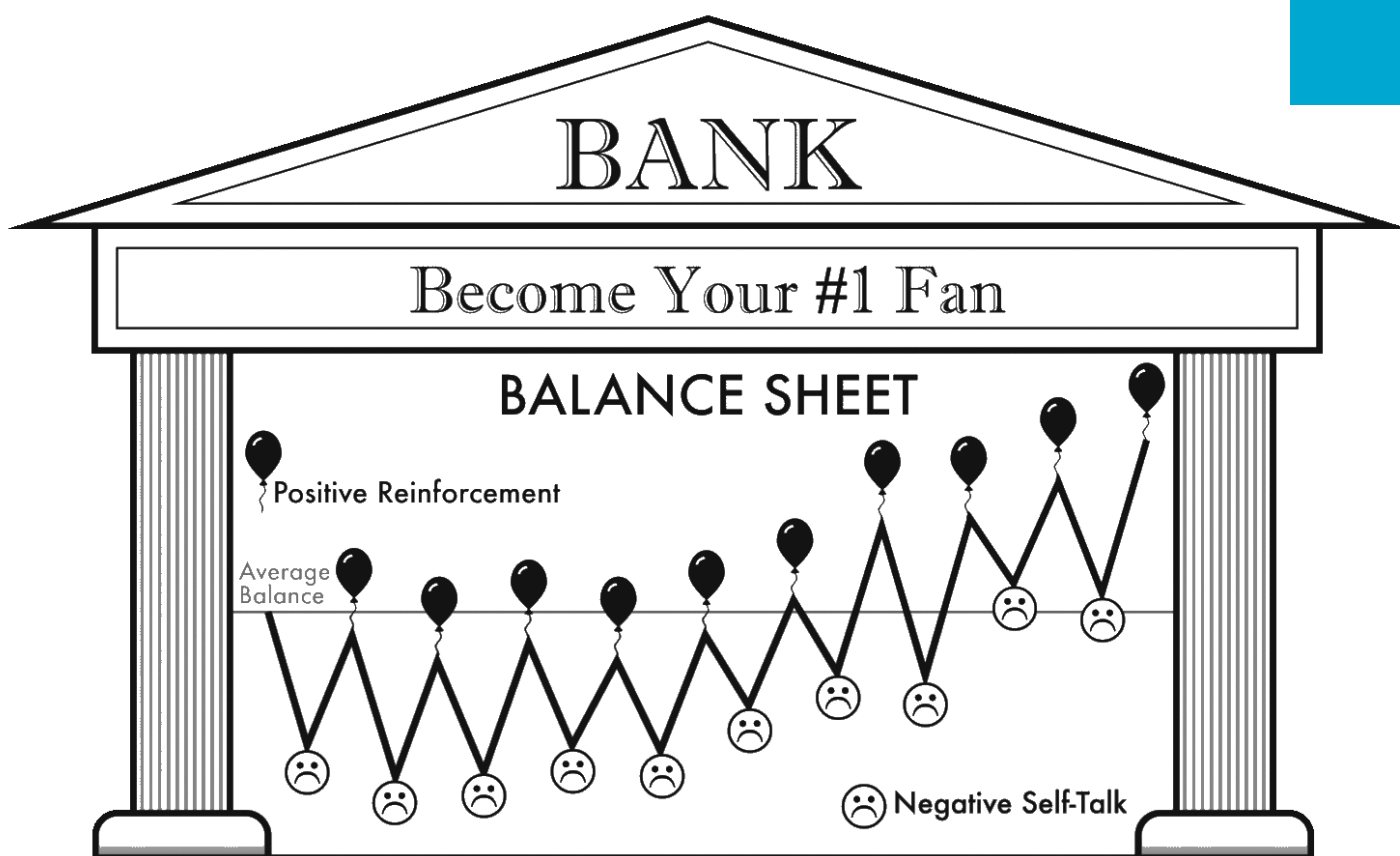
## Take control of your life

- Setting and getting goals

### OPEN YOUR #1 FAN BANK ACCOUNT

Just like the analogy I used earlier about having an infinite amount of balloons when we are born, that represent our self esteem, I'd like you to imagine that you have a bank account . Not a traditional bank account . More like an emotional bank account that represents your Self Esteem, Self Worth and Self Confidence.

Every time you put yourself down or do something that negates who you are, you're making a withdrawal from your bank account . On the flip side, every time you compliment yourself, re-program your negative self talk, try on a new behavior or attitude or celebrate a win, you're putting a deposit into your bank account.



# Chapter Nine

## Take control of your life

- 30 days to instill a new behavior



Get out your calendar and choose one new behavior that you are going to do or say right now. Write it down in your journal or on a piece of paper and put it up somewhere as a reminder.

Each time you do it, make a tick on your calendar! After the 30 days, if the new behavior is working for you, continue to do it, if not discard it and try another one!

- Compliment Boxes

You can use any type of small box. I like to go to craft shops and buy small heart or star shaped paper mache boxes.

That way after you've done the Compliments Activity you can decorate your box however you like, to make it uniquely yours.

You can paint it, decorate it with glitter, sparkles, collage cut outs etc. You'll also need some blank paper cut up into small rectangular pieces approximately 6 cm or 2.5 inches wide and 3 cm or 1.5 inches deep.

Make sure you have enough for everyone in the group to write at least two compliments for each person including themselves.



# Chapter Ten

## Creating the life of your dreams

- Values exercise

### GAIN CLARITY ON YOUR VALUES

Once we are clear on our values, what's important to us, we can make the majority of our decisions based on those values. Having clear values and making choices based on them, not only builds our Self Esteem and Self Confidence, it propels us forward to create the future we dream of.

Below is an exercise to explore some values and identify what's important to you. A list of common values have been provided for you below.

Review the list and select the top ten values that are the most important to you. Consider which values serve as guides for how you behave, or are important components of how you want to live your life. If you think of any other values that aren't on this list, you can still make them part of your list of top ten values.

You might like to highlight all of the ones that resonate with you and then narrow them down to your Top Ten.

Adventure  
Achievement  
Advancement  
Affection  
Arts  
Calm, quietude,  
peace

Challenging  
problems  
  
Change and  
variety  
  
Cleanliness,  
orderliness

Close  
relationships  
Commitment  
Communication  
Community  
Competence  
Competition

Concern for  
others  
Contentment  
Continuous  
improvement  
Cooperation  
Creativity

Customer  
satisfaction  
Democracy  
Development  
Discipline  
Ecological  
awareness

Economic  
security  
Equality  
Efficiency  
Ethical practice  
Excellence  
Excitement

# Chapter Ten

## Creating the life of your dreams

- Values exercise

### GAIN CLARITY ON YOUR VALUES

Faith  
Fame  
Family  
Feeling  
Flair  
Friendship

Honor  
Hard-work  
Harmony  
Honesty  
Innovation  
Integrity

Intellectual  
status  
Involvement  
Loyalty  
Love and romance  
Leadership

Maximum  
utilization  
(time)  
Meaningful work  
Merit  
Money  
Nature

Openness  
Optimal health  
Order  
Perfection  
Personal growth  
Preservation

Pleasure  
Recognition  
Religion  
Responsibility  
Resourcefulness

Respect for  
individuals  
Results Driven  
Responsiveness  
Reputation  
Self-giving

Self-reliance  
Service (to others)  
Security  
Self respect  
Serenity

Simplicity  
Sophistication  
Speed  
Spiritual life  
Strength

Stability  
Status  
Systematization  
Success  
Teamwork  
Time freedom

Tolerance  
Tradition  
Truth  
Trust  
Wealth

Wisdom  
Work  
Working with  
others  
Working alone



# Chapter Ten

## Creating the life of your dreams

- Values exercise

### VALUES HIERARCHY

Once you have identified your 'top ten' values, it's time to put them into a hierarchy format for example, most important = 1, least, important = 10 and list them below .

Often this takes some time to ponder, so what I suggest you do is write down each value on a separate post it note. Then put them up on a whiteboard or mirror in the order you think they might go, and each day spend a bit of time playing with the order. I know when I did this exercise my post it notes moved around considerably until they landed in a place that I felt was spot on.

And it's also a fun exercise to revisit at different stages of our lives. I know my values changed quite dramatically when I became a mother. Ultimately we choose to spend our time based on our highest values.

So if you have a goal that isn't aligned with your highest values its highly likely you won't achieve it. If the goal is important to you, then you may need to re-arrange your values? Once you feel you have your values in order write them down below:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

# Chapter Ten

## Creating the life of your dreams

- Letter from the future exercise



Choose a date some months or even years ahead, a date that means something to you, an anniversary or a birthday. Then imagine your life has gone rather well.

Things have turned out the way you wanted them to. Write a letter telling yourself about the developments in your life. Try to imagine how your life would feel if you were successful and fulfilled.



Another way of creating your vision is to visualize how you want it to be. If this appeals to you, then you might like to take a moment to stop and think about what you want. Some people find closing their eyes works, while others prefer to look up and off to the right. Whatever works for you, take a moment now to visualize how you want your future to be. The key is to be as specific as possible. Really stimulate all your senses:

- ~ What have you achieved?
- ~ What do you see, what do you hear inside your head and around you?
- ~ How do you feel? Include your sense of smell and taste.

Once you have a clear vision, write it all down in a journal, or notebook, or even on your computer and write it as if you were writing a script for a movie. And be sure to **WRITE IT IN PAST TENSE AS IF ITS ALREADY HAPPENED** Once you have it all down, read it every morning before you get out of bed, and in the evening before you go to sleep.

\*\*\*If you don't enjoy writing you might like to make a Vision Board/Poster? Or in my case do both.

# Chapter Ten

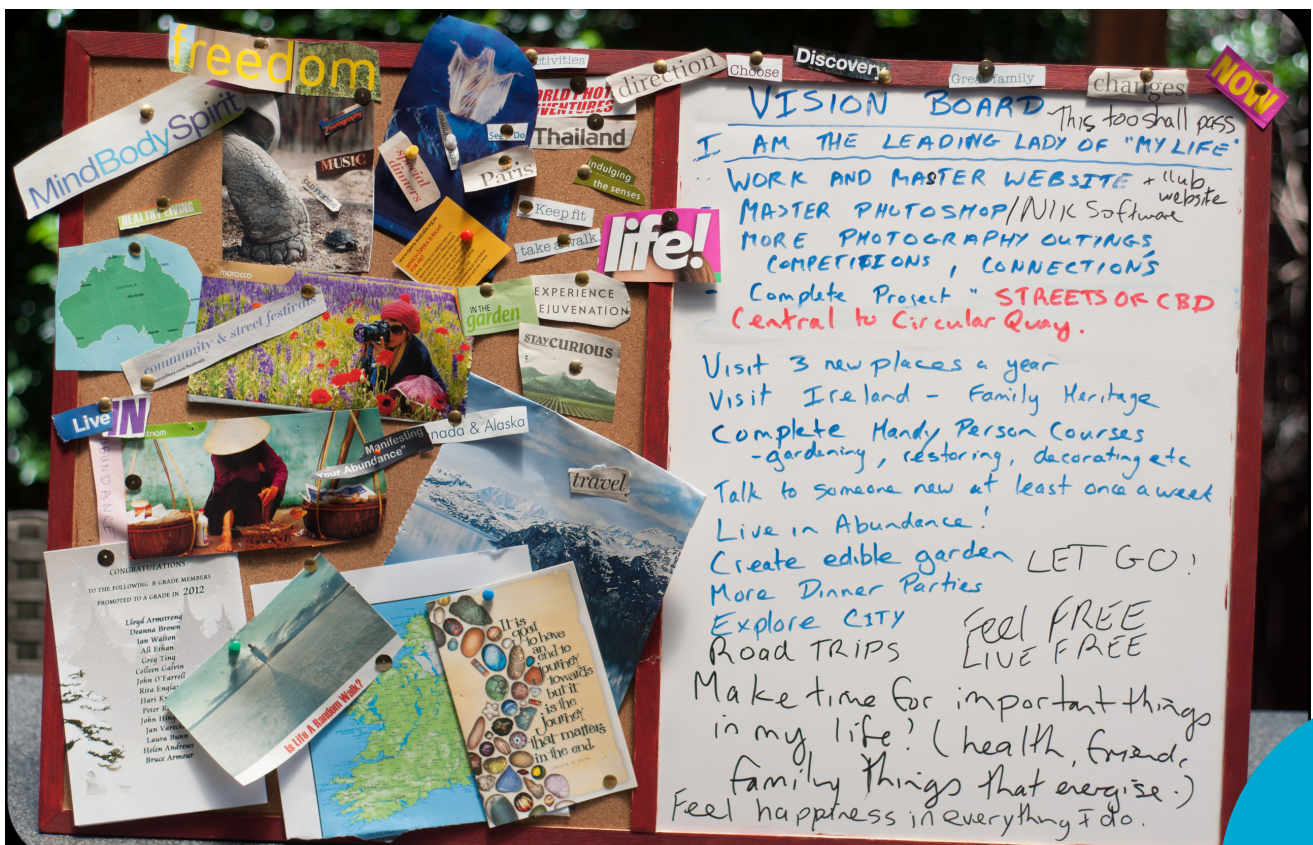
## Creating the life of your dreams

- Making your vision board/poster

You'll need a large piece of cardboard, if you're very artistic you might like to draw your images, otherwise if you're like me, you might like to cut out key words and pictures from magazines and glue them onto your cardboard. Or alternatively use a combination of both. Have fun with it and feel free to use stickers to make your board as beautiful as possible. And be sure to include a picture of yourself in the middle of the board.

Once it's made, put your vision board/poster in a spot that you will see a lot. I have mine in my bedroom so that I can see it as I wake up and go to sleep. Which by the way is the most powerful time to access our unconscious mind, which ultimately rules the show. You might however prefer to have it in your bathroom, office or school locker? Just do whatever works best for you.

I made a Vision Board a couple of years ago when we lived in Sydney (and voila! Guess where we bought a house? Heavenly Honolulu.) A few weeks before we were due to fly out a dear friend pointed out to me that a lot of the images I'd chosen for my Vision Board looked as though they were taken in Hawaii. So in my experience, this stuff works! I'm sure you've heard the saying "be careful what you wish for?" Well that's especially true when making your Vision Board.



# Chapter Ten

## Creating the life of your dreams

- Make a mind movie

Mind Movies are an extremely powerful tool as you can choose images (either yours or the ones provided) that are aligned with your Vision for the Future and add affirmations and music so you end up with your own Vision for the Future Movie that stimulates all of your senses.

I love this wonderful tool and I've made several different ones for different areas of my life i.e: relationship, career, health, family. You can use their images, your images or a combination of both. And the same goes for the affirmations. And then you get to choose what music to have in the background. Its very cool.

Here's the [link](#) to the website where you can make your own. And to get you started immediately you might like to use their pre-made one's? They focus on the 6 key areas of life: Wealth, relationships, attracting the perfect woman, attracting the perfect man, spiritual fulfillment and health and fitness.



Once you've downloaded and/or made your movie, be sure to watch it the moment you open your eyes in the morning and last thing at night.

Within a week of making my first Prosperity Mind Movie I received an unexpected check for several thousand dollars in the mail. And was blown away as one of the images I'd included in my Prosperity Movie was that money came to me from unexpected sources. I also noticed in one of my Mind Movies I had pictures of Hawaii, and voila! Guess where we live now? Heavenly Honolulu.

*So this stuff works (as long as you believe you deserve it.)*

# Chapter Ten

## Creating the life of your dreams

- Track how you are spending you time



Most of us seem to lead very busy lives these days, but in all that busyness, are you utilizing your time to your advantage?

For the next week, just notice how you are spending your time. You might like to keep a small notepad with you and track the time you spend doing each activity.

- Lessons from Geese

### Lesson 1 - The Importance of Achieving Goals

As each goose flaps its wings it creates an **UPLIFT** for the birds that follow. By flying in a 'V' formation the whole flock adds 71 percent extra to the flying range.

**OUTCOME:** When we have a sense of community and focus, we create trust and can help each other to achieve our goals.

### Lesson 2 - The Importance of Team Work

When a goose falls out of formation it suddenly feels the drag and resistance of flying alone. It quickly moves back to take advantage of the lifting power of the birds in front.

**OUTCOME:** If we had as much sense as geese we would stay in formation with those headed where we want to go. We are willing to accept their help and give our help to others.

# Chapter Ten

## Creating the life of your dreams

- Lessons from Geese

### Lesson 3 - The Importance of Sharing

When a goose tires of flying up front it drops back into formation and another goose flies to the point position.

**OUTCOME:** It pays to take turns doing the hard tasks. We should respect and protect each other's unique arrangement of skills, capabilities, talents and resources.

### Lesson 4 - The Importance of Empathy and Understanding

When a goose gets sick, two geese drop out of formation and follow it down to the ground to help and protect it.

**OUTCOME:** If we have as much sense as geese we will stand by each other in difficult times, as well as when we are strong.

### Lesson 5 - The Importance of Encouragement

Geese flying in formation 'HONK' to encourage those up front to keep up with their speed.

**OUTCOME:** We need to make sure our honking is encouraging. In groups and teams where there is encouragement, production is much greater. 'Individual empowerment results from quality honking'



**WATCH HERE**

# Chapter Eleven

## Rituals to create the life of your dreams

- Daily affirmation

Every morning, I awaken centered, strong, happy, full of love and confidence, faith and joy. I am peaceful, full of vigor and life and ready to take on and complete with **AMAZING SUCCESS** anything that is put in front, behind or anywhere near my sphere of influence!

Every day I grow stronger and stronger in my faith and my ability. There is a clear, clear window in which to see the glorious future that is my birthright!

I wake up grateful and full of positive love and calmness. I am as calm and comfortable as a placid pond early on a warm spring dawn, and I remain that way throughout the day and into the night, where I feel even more of the positive feelings and emotions that make me function at my very best!

God's gift of prosperity continues to flow freely to me, in oceans of glorious abundance, confidence, focus and health, and wealth beyond my wildest dreams. And I am grateful beyond measure as I continue to create even more health, wealth, happiness and joy for all that I have the privilege of meeting and touching.

All of these things are here in my life right here, right now, and I experience them even more with each and every breath I take. I am **LOVE**, I give **LOVE** and I receive **LOVE** from myself and all that are in my life.

# Chapter Eleven

## Rituals to create the life of your dreams

- Seven health benefits of deep relaxation

### 1. Increased Immunity

Relaxation appears to boost immunity in recovering cancer patients. A study at the Ohio State University found that progressive muscular relaxation, when practiced daily, reduced the risk of breast cancer recurrence. In another study at Ohio State, a month of relaxation exercises boosted natural killer cells in the elderly, giving them a greater resistance to tumors and to viruses.

### 2. Emotional Balance

Emotional balance, means to be free of all the neurotic behavior that results from the existence of a tortured and traumatized ego. This is very hard to achieve fully, but meditation certainly is the way to cure such neurosis and unhealthy emotional states. As one's consciousness is cleansed of emotionally soaked memories, not only does great freedom abound, but also great balance. As one's responses then are not colored by the burdens one carries, but are instead true, direct and appropriate.

### 3. Increased Fertility

A study at the University of Western Australia found that women are more likely to conceive during periods when they are relaxed rather than stressed. A study at Trakya University, in Turkey, also found that stress reduces sperm count and fertility, suggesting relaxation may also boost male fertility.

### 4. Relieves Irritable Bowel Syndrome

When patients suffering from irritable bowel syndrome began practicing a relaxation meditation twice daily, their symptoms of bloating, diarrhea and constipation improved significantly. The meditation was so effective the researchers at the State University of New York recommended it as an effective treatment.



# Chapter Eleven

## Rituals to create the life of your dreams

- Seven health benefits of deep relaxation

### 5. Lowers Blood Pressure

A study at Harvard Medical School found that meditation lowered blood pressure by making the body less responsive to stress hormones, in a similar way to blood pressure-lowering medication. Meanwhile a British Medical Journal report found that patients trained how to relax had significantly lower blood pressure.

### 6. Anti Inflammatory

Stress leads to inflammation, a state linked to heart disease, arthritis, asthma and skin conditions such as psoriasis. According to researchers at Emory University, relaxation can help prevent and treat such symptoms by switching off the stress response. In this way, one study at McGill University found that meditation clinically improved the symptoms of psoriasis.

### 7. Calmness

The simple difference between those who meditate and those who do not, is that for a meditative mind the thought occurs but is witnessed, while for an ordinary mind, the thought occurs and is the boss. So in both minds, an upsetting thought can occur, but for those who meditate it is just another thought, which is seen as such and is allowed to blossom and die, while in the ordinary mind the thought instigates a storm which rages on and on.

# Chapter Eleven

## Rituals to create the life of your dreams

How to switch off stress: How can you use relaxation's healing powers? Harvard researchers found that yoga, meditation and even repetitive prayer and mantras all induced the relaxation effect. "The more regularly these techniques are practiced, the more deeply rooted the benefits will be," said Toby.



Try one or more of these techniques for 15 minutes once or twice a day.

### Body Scan

Starting with your head and working down to your arms and feet, notice how you feeling your body. Taking in your head and neck, simply notice if you feel tense, relaxed, calm or anxious. See how much you can spread any sensations of softness and relaxation to areas of your body that feel tense. Once your reach your feet, work back up your body.

### Breath Focus

Sit comfortably. Tune into your breath, follow the sensation of inhaling from your nose to abdomen and out again. Let tension go with each exhalation. When you notice your mind wandering, return to your breath.

# Chapter Eleven

## Rituals to create the life of your dreams

### Mantra Meditation

The relaxation response can be evoked by sitting quietly with eyes closed for 15 minutes twice a day, and mentally repeating a simple word or sound such as "Om."

### Guided Imagery

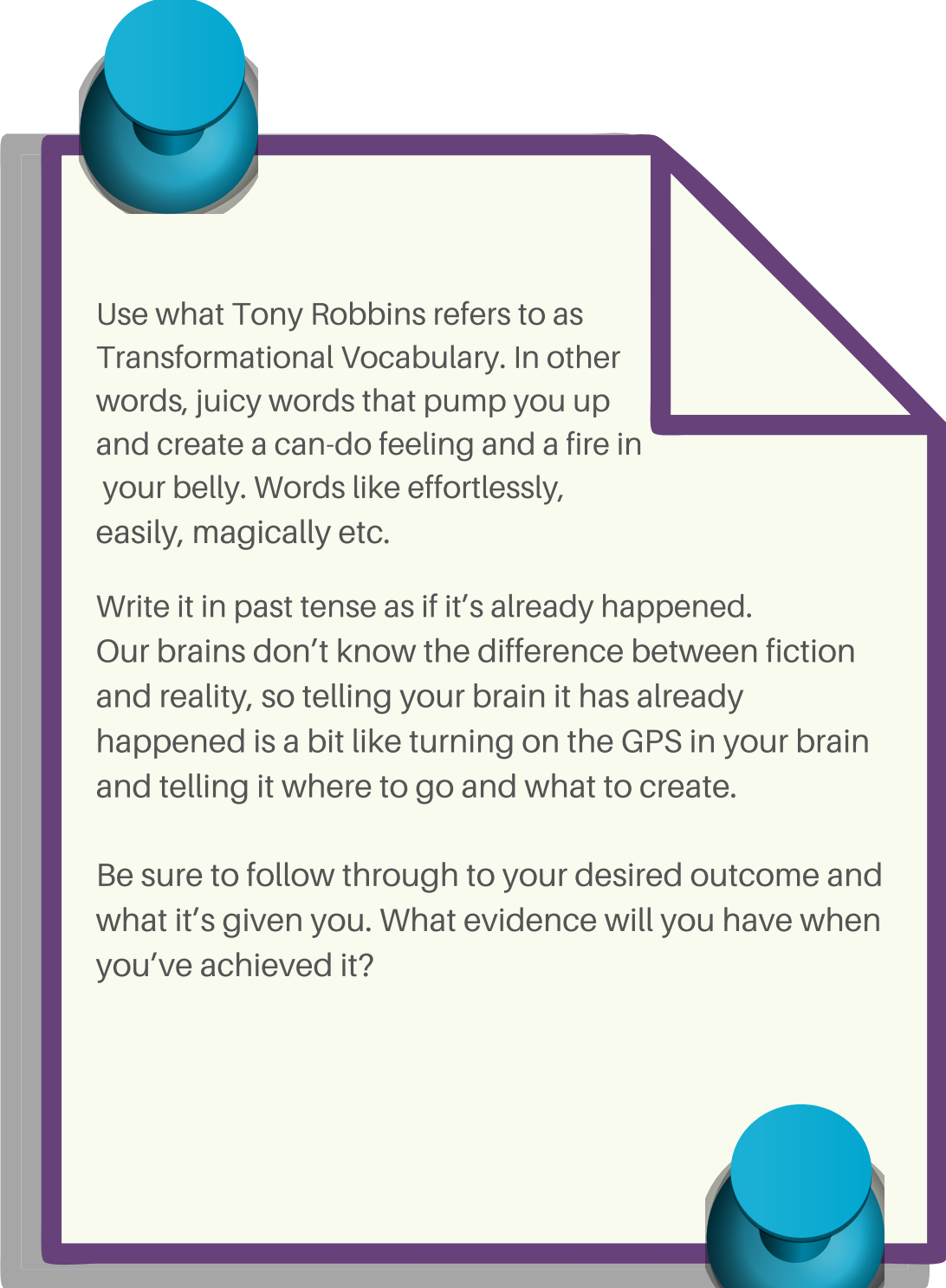
Imagine a wonderfully relaxing light or a soothing waterfall washing away tension from your body and mind. Make your image vivid, imagining texture, color and any fragrance as the image washes over you.

\*\*\* If you're a total novice you may find guided visualization is a great place to start. You'll find lots on [youtube.com](https://www.youtube.com)

# Chapter Eleven

## Rituals to create the life of your dreams

- Tips in writing your script



Use what Tony Robbins refers to as Transformational Vocabulary. In other words, juicy words that pump you up and create a can-do feeling and a fire in your belly. Words like effortlessly, easily, magically etc.

Write it in past tense as if it's already happened. Our brains don't know the difference between fiction and reality, so telling your brain it has already happened is a bit like turning on the GPS in your brain and telling it where to go and what to create.

Be sure to follow through to your desired outcome and what it's given you. What evidence will you have when you've achieved it?

# Chapter Eleven

Rituals to create the life of your dreams

- Make your gratitude list

## Grateful

Make a Gratitude List in your journal or on a piece of paper, or on your computer? Then read it every morning for the next 30 days before you get out of bed and notice what shows up as you do your day!

- Who do you take for granted?

## Remember

Who do you take for granted in your life? How could you let them know how much you appreciate them? It might be as simple as a quick text message or email, or if you have time a hand made card?

# In Conclusion

Let's summarize what we've discussed so far in this book:

When you were born, you had an infinite amount of Self Esteem and Self Worth

As a tiny baby, you didn't know the meaning of the word fail, so didn't have any fear of failure. You interacted with the world around you with a sense of joy, curiosity and spontaneity!

The first piece of negative feedback that you received changed all of that, and because your brain and language skills were in their infant stages of development, you didn't understand that it was just a behavior that you were doing or perhaps a negative sibling, so you decided that you were flawed in some way.

Ever since then you have looked for evidence to support that belief and that in turn created the belief "I'm not good enough".

You are not your behaviors, you learned those from everyone around you.

The essence of who you are is magnificent and far stronger and greater than any obstacle that life presents you with.

CONCLUSION  
What we discussed...

# In Conclusion

Let's summarize what we've discussed so far in this book:

Knowing that you are not your behaviors, which behaviors would you like to ditch?

Acknowledging behaviors that don't serve us, is the first step in discarding them so that we can try on new some ones.

Friends, family, teachers, work colleagues will try to put you in a box and label you! Your job is to see it for what it is, and not buy into it. Instead break free and be proud of who you ~~are~~ and love yourself warts and all!

There is no such thing as failure, only feedback. Feedback is a valuable tool to review, correct and adjust our sails!

Beware of Dream Busters. They're the ones that don't have the courage to dream. So your courage and commitment to yourself shines a light on their darkness and feelings of inadequacy, and causes them to react badly and try to burst your bubble/ dreams.

Just as toxic, is what we call in Australia the "Tall Poppy Syndrome". Once again, these people don't feel good about themselves, so whenever someone around them dares to stand tall and proud, they feel the need to cut you down to their size, so that they feel more comfortable around you. So keep an ~~eye~~ out for them, and never choose them to share your hopes, dreams and desires with.

# In Conclusion

Let's summarize what we've discussed so far in this book:

Instead surround yourself with positive, uplifting people who have a healthy self esteem and value you.

Choose your favorite picture of yourself as a baby and carry it with you all the time as a reminder to be gentle on yourself.

Journals are a great tool to get to know yourself and build your self esteem.

Write or give yourself, your friends, family and colleagues at least one compliment every day.

Celebrate every win, no matter how small!

Blow up at least one balloon each day by doing something that builds your self esteem and self

CONCLUSION  
What we discussed...



# In Conclusion

Let's summarize what we've discussed so far in this book:

worth and makes a deposit into your Become your #1 Fan Bank.

Teach everyone around you to do the same. That way you'll be surrounded by like minded people.

If someone isn't willing to develop their self esteem, it's their choice. If I were you I'd choose not to spend much time with them from now on; knowing that who we hang out with we become.

Our brain is like a computer. It believes what we tell it, so be very careful what you tell it!

Directionalize your language. Focus on what you DO want versus what you don't want.

Use affirmations to fertilize the soil for your self esteem, self worth and self confidence to blossom and grow.

CONCLUSION  
What we discussed...

# In Conclusion

Let's summarize what we've discussed so far in this book:

Where your attention goes, your energy flows. So what are you going to focus on?

Try on some new behaviors, attitudes and ways of being?

Use a Y.U.I (Yet, Up Until Now and In the Past) to reprogram your negative self talk and thought patterns.

If it's to be, it's up to me! No one else can do it for you. You are in control of your life. So what sort of life do you want?

Use Transformational Vocabulary to transform your day.

Nerves are a sign that what you're about to do is important to you. So embrace them, catch your butterflies, put them in a V Formation and breathe deeply as you put up your Performance Bubble.

CONCLUSION  
What we discussed...

# In Conclusion

Let's summarize what we've discussed so far in this book:

Roadblocks are often divine guidance. Your biggest nightmares down the track are always your biggest gift. The quicker you look for the gift, the quicker you'll move through the situation.

Bounce forward versus back from set backs. Turn the crisis into success.

Lessons from Geese. Collaboration and Teamwork is the name of the game. Stop trying to achieve things on your own. Ask for help, surround yourself with like minded people and people that have the qualities that you want to develop.

Your past does not dictate your future. You do, based on the choices you make.

Listen to your Intuition. Its never wrong.

Take the time to express your gratitude. Let those around you know how much you care.

CONCLUSION  
What we discussed...

# In Conclusion

Let's summarize what we've discussed so far in this book:

Make the time to go to your "special place" to feel relaxed and rejuvenated. Meditate, do a guided visualization or just sit peacefully surrounded by nature.

Really connect with your Inner Child and allow him / her to come out and play in some way every day.

You are an extraordinary person with huge gifts to share. So please be brave enough to get out there and share who you really are, and together we will transform our beautiful planet!

CONCLUSION  
What we discussed...

# Bonus!!!

**CONGRATULATIONS** on completing this whole workbook.

To help you start telling yourself a brand new story I'd like to gift you **FREE ACCESS** to my 31 Day Become your #1 Fan Affirmation Challenge. To access the challenge click on the link below:

 [kathrynorford.thinkific.com](http://kathrynorford.thinkific.com)

**Then click on: 31 Days Affirmation**

When you get to the payment section enter the coupon code: #1Fan.

And be sure to join us on our **Facebook Group**. I look forward to interacting with you in real time, answering your questions and hearing all about your wins.

 [Click here to join our FB group](#)

Yours in becoming your #1 Fan,

Kathryn



BONUS FOR YOU

Congratulations!!!