

I Create My Reality





I Create my Reality Workbook

Complete this workbook as many times as you like, after you have watched the video, and practiced the guided meditation at least once.

AFFIRMATIONS + BASIC CORE BELIEFS (SAY ALOUD + FEEL IT IN YOUR BODY TO REPROGRAM YOUR CONSCIOUSNESS):

I AM THE SOVEREIGN CREATOR OF MY LIFE.

THIS REALITY IS INFINITE

I AM CAPABLE OF ANYTHING

ANYTHING IS POSSIBLE IN THIS LIFE

I AM GOING TO BE O.K.

JOY, PEACE AND ABUNDANCE ARE MY NATURAL STATES.

Notes:

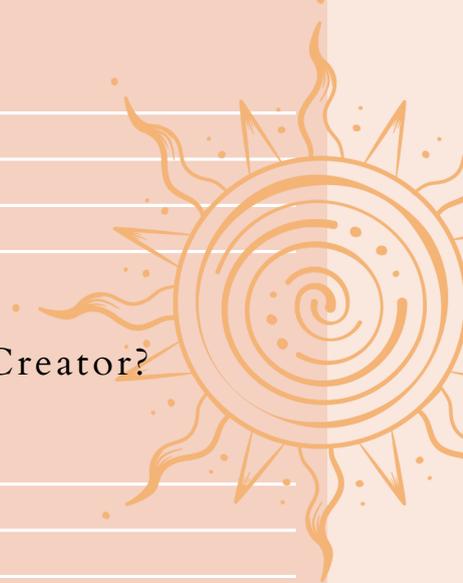
ENERGY MOVES FROM SUBTLE TO GROSS



What evidence can you find in your life that your THOUGHTS have created your REALITY?

Where in your life do you feel like a Victim?

How can you change your mindset to feel like a Creator?
Where is the "open window"?



SELF-LOVE AND GRATITUDE ATTITUDE



Name 18 things you are grateful for in your life right now. Notice your mood while you write.

What makes you feel GOOD in your life? When do you feel GOOD about yourself?

What makes you feel BAD in your life? When do you feel BAD about yourself? How can you love yourself in those moments where you'd usually beat yourself up?

YOUR DREAM LIFE



What does your typical day look like, in your dream life?

A large rectangular area with a light orange background, containing ten horizontal white lines for writing.

If you had no limits on time or money, what would you do and who would be around you?

A large rectangular area with a light orange background, containing ten horizontal white lines for writing.

What is one thing you can add or take away, from your current life, that will move you in the direction of your dream life?

A large rectangular area with a light orange background, containing ten horizontal white lines for writing.