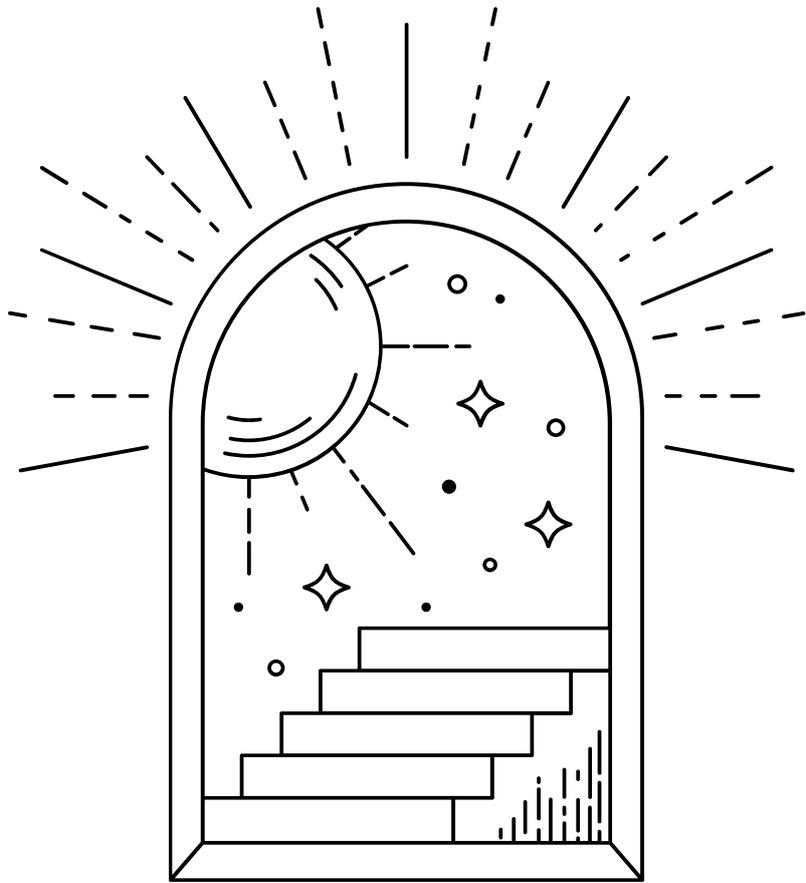


MINDSET

Workbook



IGNITE YOUR TRUE SELF



30-Days to Design Your Clear Path Forward

Unlock the clarity and confidence you need to lead your life authentically

- Daily reflective prompts for immediate clarity.
- Empowering practices to break free from limiting patterns.
- Inspirational messages that fuel your bold journey.

Activate Your Alignment Journey Now

START YOUR JOURNEY TODAY AND TRANSFORM YOUR TOMORROW.

This course is designed to help you:

- Uncover your core values and break free from old patterns.
- Discover daily practices that fuel your energy and empower your decisions.
- Embrace the bold, authentic life you were destined to live.

This process can be started anytime and offers an opportunity to align your mindset, actions, and energy with the life you truly desire.

Sign Up Here...



PRE-WORK

Current Situation

SELF-ASSESSMENT

Mindset work and personal development can impact all areas of your life. Starting from the center, color in the blocks on the wheel to indicate how satisfied you are with each area of your life.

On a scale of 1-10, the center is a 1, and outside of the circle is a 10.



Which Area Do You Want to FOCUS ON next?

PART ONE

Set Intentions and Affirmations

Intention and Affirmations

Reflect on what you hope to achieve through this workbook.
Write down at least 3 intentions for your mindset shift.

Create three positive affirmations that resonate with your intentions (e.g., “I am aligned with my highest good” or “I am worthy of all that I desire”).



Set a reminder to say or meditate on these affirmations at least 3 times a day.

Intentions and Affirmations

Optional: Write down any other power words, phrases or affirmations that inspire and empower you.

PART TWO

Addressing Limiting Beliefs

Identify Limiting Beliefs

Use this page to write down any recurring thoughts or beliefs that create doubt, fear, or negativity in your life (e.g., “I’m not good enough” or “I always fail when I try something new”).

A large, empty, light beige rectangular area intended for writing down limiting beliefs. The area is completely blank and occupies the majority of the page below the introductory text.

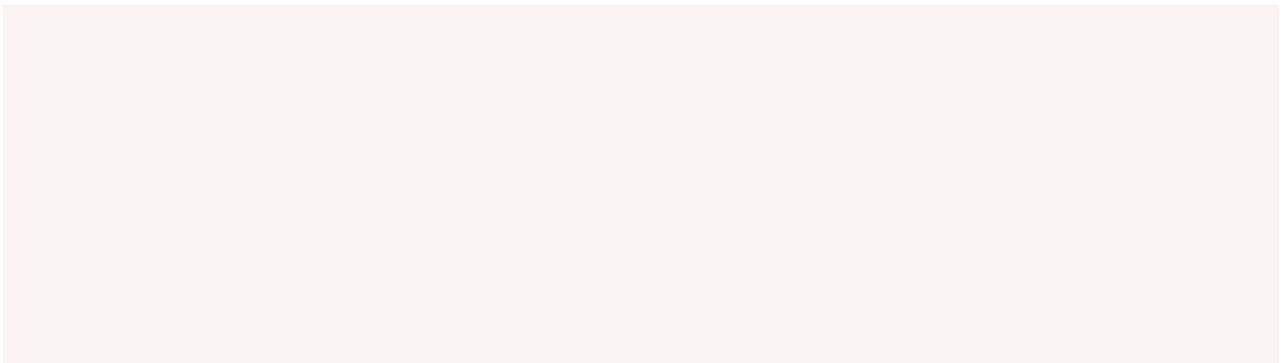
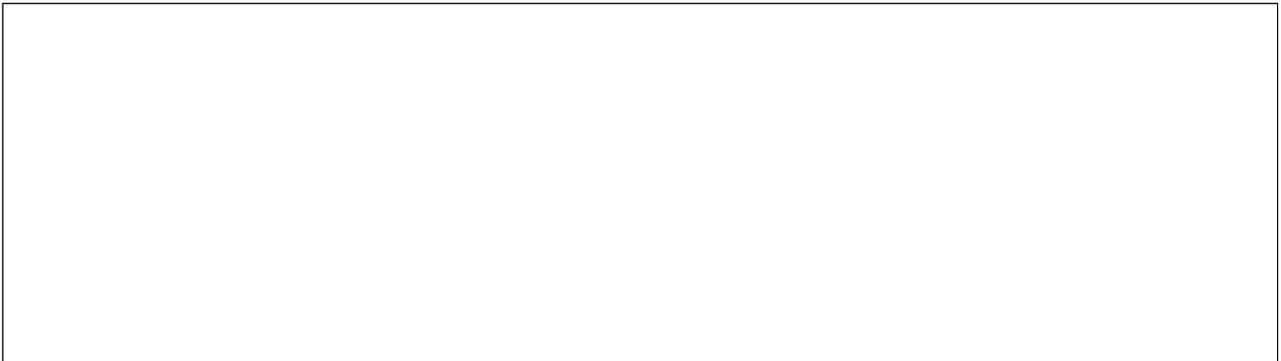
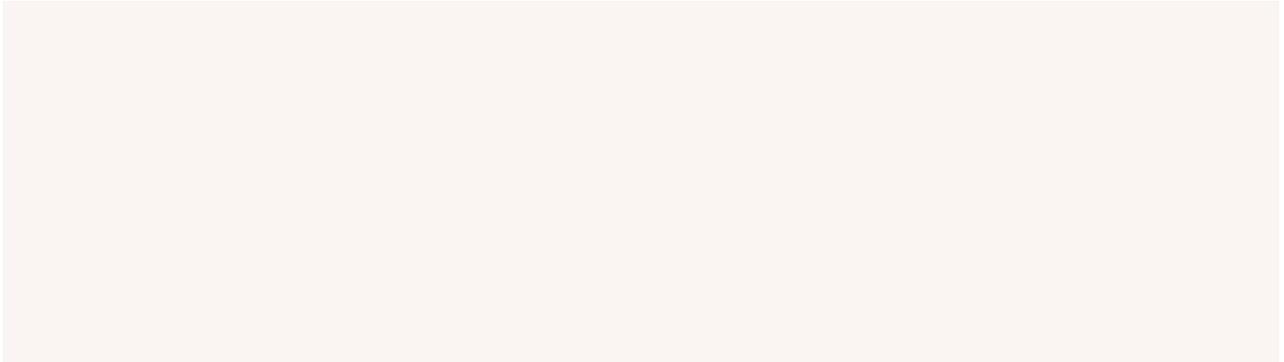
Identify the Root Cause of Limiting beliefs

Use this page to reflect on where these limiting beliefs and stories came from

A large, empty, light beige rectangular area intended for reflection. It is a solid color with no text or markings inside. The rectangle is positioned centrally on the page, below the introductory text. It is bounded by thin grey lines on the top, bottom, and right sides, while the left side is open to the page margin.

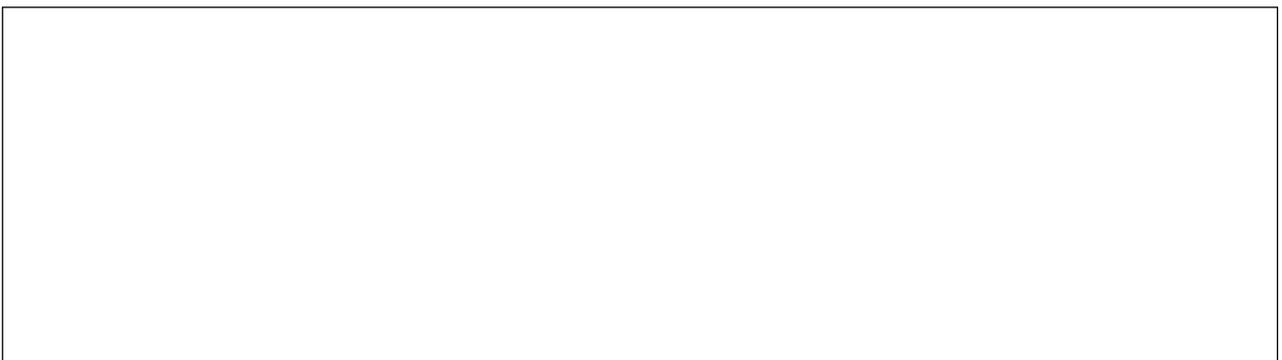
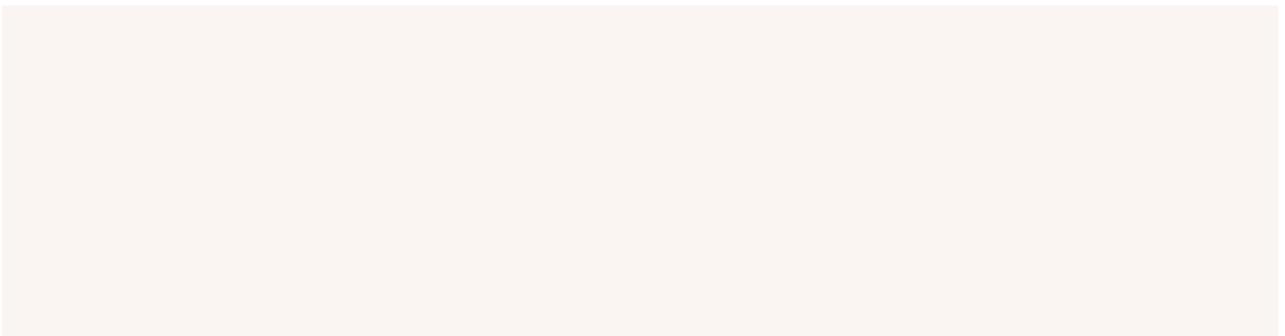
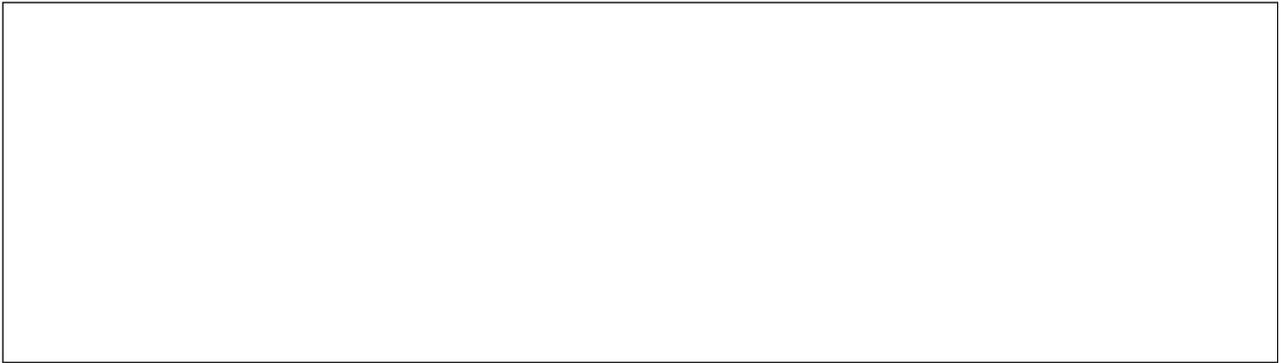
Disrupt the Limiting Beliefs

For each limiting belief, write down the belief or story again. Then find evidence or examples from your life that show why it is not true.



Reframe the Limiting Beliefs

Next, take the limiting belief and reframe the belief into a positive, supportive statement. For example, change “I always fail” to “I am learning and growing through every experience.”

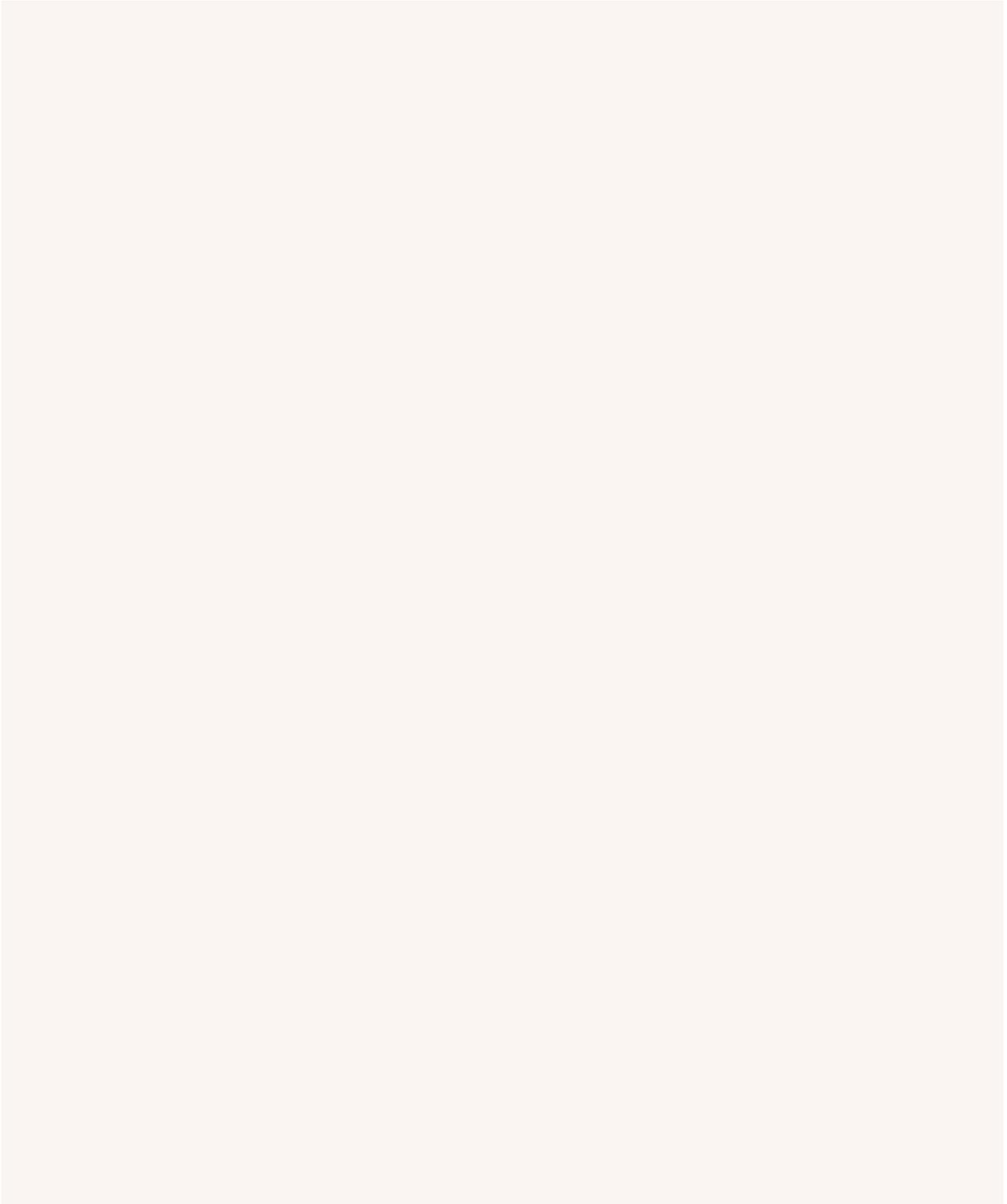


PART THREE

Gratitude and High Vibration Practices

Gratitude Journaling

List five things you are grateful for right now. Include both big and small things that bring you joy or comfort. Describe how each item on your list makes you feel. Notice any physical or emotional shifts as you write.

A large, empty, light beige rectangular area intended for writing. It occupies the majority of the page below the instructions, providing a space for the user to list five things they are grateful for and describe how they feel.

Tips Sheet for Good Vibes

Practice Gratitude

Gratitude is a powerful way to shift focus from lack to abundance. Regularly acknowledging and appreciating the good in life increases your vibrational state.

- **Exercise** - Write down 5 things you're grateful for every morning.
- **Tips** - Include both big and small things, and focus on the feeling of gratitude rather than just the words.

Meditation

Meditation helps to clear the mind of clutter and negative energy, allowing you to connect with your higher self. Mindfulness practices keep you present, which helps to reduce stress and anxiety.

- **Exercise** - Try a guided meditation focused on "Raising Your Vibration" or practice mindfulness by focusing on your breath for 10-15 minutes.
- **Tips** - Add essential oils like lavender or use healing crystals like amethyst to enhance the meditative experience.

Visualization

Seeing yourself in a high vibrational state or visualizing positive outcomes helps to create those experiences energetically before they manifest in reality.

- **Exercise** - Close your eyes and imagine a golden light filling your body, raising your frequency. Visualize yourself experiencing joy, love, and success.
- **Tips** - Use vibrant imagery, colors, and positive emotions to amplify the visualization process.

Positive Affirmations

Affirmations can help reprogram your subconscious mind, replacing negative beliefs with empowering ones that raise your frequency.

- **Exercise** - Write or speak affirmations daily, such as "I am a magnet for miracles," "I am in alignment with my highest good," or "I radiate love and positivity."
- **Tips** - Repeat affirmations in front of a mirror for added effectiveness or create affirmation cards to place around your home.

Sound Healing

Listening to high-frequency music, chanting, or using sound healing instruments like singing bowls, tuning forks, or chimes can immediately raise your vibration.

- **Exercise** - Listen to music at 528 Hz (frequency of love) or 432 Hz (frequency of harmony) while meditating.
- **Tips** - You can also chant mantras like "Om" or "Ah" to stimulate energy centers in your body.

Tips Sheet for Good Vibes

Movement and Exercise

Physical movement releases stagnant energy and promotes a natural high, raising your vibration through endorphin release.

- **Exercise** - Practice yoga, dance, or take a walk in nature. Focus on connecting each movement with your breath.
- **Tips** - Try “shaking meditation” to release stuck energy—stand, shake your body gently from head to toe for a few minutes, then breathe deeply.

Connect with Nature

Nature naturally has a high vibrational frequency. Spending time outdoors can help you ground and raise your energy.

- **Exercise** - Walk barefoot on grass (earthing) or hug a tree. Feel the earth’s energy moving up through your body.
- **Tips** - Try sitting in silence near a body of water or under a tree, and visualize yourself absorbing nature’s healing energy.

Consuming High-Vibrational Foods

What you eat affects your vibration. High-vibrational foods are fresh, organic, and minimally processed.

- **Exercise** - Include more raw fruits, vegetables, and herbal teas in your diet. Avoid processed, sugar-heavy, and fried foods.
- **Tips** - Before eating, take a moment to express gratitude for your meal and set the intention to nourish your body.

Declutter Your Space

A cluttered environment can lower your vibration by creating a sense of overwhelm or stagnation. Clearing your space is akin to clearing your mind.

- **Exercise** - Take 15 minutes to declutter a part of your home. Throw out items that no longer serve you or donate them to create space for new energy.
- **Tips** - Smudge the area with sage, palo santo, or incense to remove any lingering negative energy.

Surround Yourself with High-Vibrational People and Media

The people and media you engage with greatly influence your state of being. Choose wisely to ensure they elevate rather than deplete your energy.

- **Exercise** - Make a list of people, books, and activities that make you feel positive, inspired, or empowered. Aim to incorporate more of these into your daily life.
- **Tips** - Limit exposure to negative news, gossip, or drama that can lower your vibration.

Tips Sheet for Good Vibes

Acts of Kindness and Service

Being kind and helping others naturally raises your vibration by creating a sense of fulfillment and connection.

- **Exercise** - Perform one act of kindness each day. It could be as simple as complimenting someone, helping a neighbor, or volunteering your time.
- **Tips** - Notice how your energy shifts when you make a positive impact on others.

Creative Expression

Engaging in creative activities, such as drawing, writing, or playing music, taps into your soul and raises your vibrational state.

- **Exercise** - Dedicate time to a creative hobby that brings you joy. Allow yourself to create freely without judgment.
- **Tips** - Use vibrant colors, upbeat rhythms, or whatever materials feel energetically uplifting to you.

Breathwork Practices

Breathwork exercises increase oxygen flow and stimulate the nervous system, raising energy levels and vibrational frequency.

- **Exercise** - Practice deep diaphragmatic breathing or a specific breathwork technique like the 4-7-8 method (inhale for 4 seconds, hold for 7 seconds, exhale for 8 seconds).
- **Tips** - Try breathwork outdoors to enhance the experience with fresh air.

Daily Spiritual Rituals

Incorporating daily rituals like lighting a candle, saying a prayer, or creating an altar can remind you of your spiritual connection and uplift your energy.

- **Exercise** - Start or end your day with a ritual that honors your spirituality. It could be lighting a candle with an intention, pulling a tarot or oracle card, or placing fresh flowers on your altar.
- **Tips** - Focus on creating rituals that feel sacred and nourishing to your spirit.

3 Good Things Worksheet

Practice the “Three Good Things” exercise: At the end of each day, write down three positive things that happened to you, no matter how small.

M T W T F S S

DATE _____

3 Good Things from Today

1

2

3

Try New Methods to Raise Your Vibration and Track them

There are many ways to help balance chakras: journaling, coloring, meditating, etc. Try one you've never tried before.

Which method and why?

Document your experience. What happened?

How did you feel afterward?

Rate your experience on a scale of 1 - 10

1 = Not for me; 10 = I need a recurring membership!

1 2 3 4 5 6 7 8 9 10

PART FOUR

Align with Your Higher Self

Connect with your higher self

Sit in a quiet space and take a few deep breaths. Imagine connecting with your higher self—the part of you that is wise, loving, and intuitive.

Ask your higher self what message or guidance it has for you today.

Write down whatever thoughts, images, or feelings arise.



Connect with your higher self

How can you embody this wisdom in your actions, thoughts, and interactions moving forward?



PART FIVE

Visualize and Manifest

Visualize Your Ideal

Close your eyes and visualize your ideal life or situation. Picture yourself living your dreams and embodying your highest and best self.

Write a detailed description of this visualization. Include where you are, what you are doing, and who you are with. How do you feel in this moment?

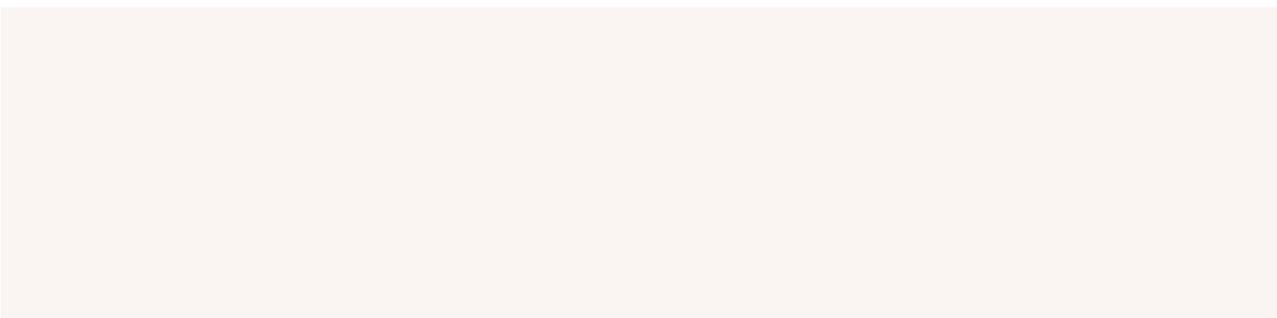


Create Aligned Action

Brainstorm a list of the aligned actions you can take this week to move closer to this vision



Review the list and identify the top 3 actions you can take within the next 2 weeks.



PART SIX

Positive Self-Talk and Compassion

Identify Negative Stories

Write down any negative stories or self-talk you noticed this past week. Consider whether or not you would say that to a loved one by writing "YES" or "NO" In the column on the right.

Negative Story / Thought / Self-Talk	YES or NO?

Visualize Your Ideal

Write a compassionate response for each negative thought. Imagine what your best friend or guardian angel would say

Practice saying these compassionate responses out loud or in your mind when negative self-talk arises.

The form consists of ten horizontal, light pink rectangular bars stacked vertically, providing space for writing compassionate responses to negative thoughts. Each bar is approximately 60 pixels high and spans the width of the page content area.

PART SEVEN

Energy Healing and Chakra Balance

Conduct a Body Scan

Take a few moments to scan your body and notice any areas of tension or heaviness. Write down any insights or sensations

A large, empty, light beige rectangular area intended for writing down insights or sensations from a body scan.

CHAKRA ASSESSMENT

Next narrow in and sense which chakras (energy centers) you feel might be blocked or out of balance? Use the information on the next 2 pages to assist your assessment.

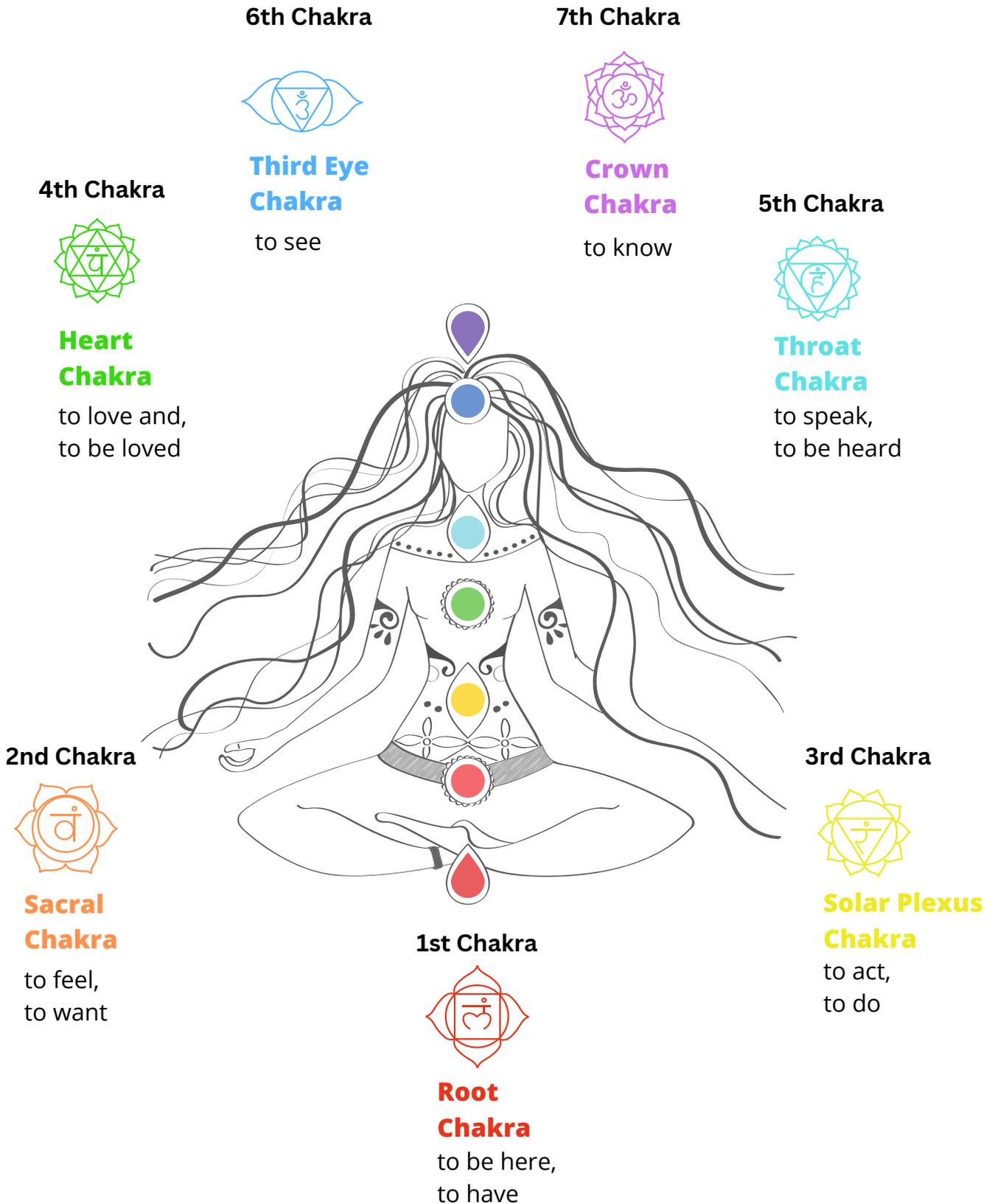
CHAKRA	INSIGHTS
 Crown	
 3rd Eye	
 Throat	
 Heart	
 Solar Plexus	
 Sacral	
 Root	

CHAKRA REFERENCE

CHAKRA	BLOCKED	BALANCED	OVERACTIVE
 Crown	Depression, learning difficulties, weak faith, anger at divine, brain fog.	Strong faith, universal love, intelligent, aware, wise, understanding.	Dogmatic, judgemental, spiritual addiction, ungrounded.
 3rd Eye	Poor judgement, lacks focus, poor imagination, can't see beyond physical.	Imaginative, intuitive, clear thoughts and vision, sees beyond physical.	Nightmares, delusions, hallucinations, obsessive, see too many spirits.
 Throat	Can't express self or speak out, misunderstood, secretive, not a good listener.	Confident expression, clear communicator, creative, diplomatic.	Opinionated, loud, critical, gossipy, yell or talk over others, harsh words.
 Heart	Lack of empathy, bitter, hateful, trust issues, intolerant.	Peaceful, loving, compassionate, tolerant, warm, open.	Jealous, codependent, self-sacrificing, give too much.
 Solar Plexus	Low self-esteem, feeling powerless, inferiority complex.	Confident, feel in control, personal power, drive, good self-image.	Power hungry, domineering, perfectionist, critical.
 Sacral	Low libido, fear of intimacy, no creativity, isolated.	Passionate, creative, healthy libido, optimistic, open.	Over-emotional, fixated on sex, hedonistic, manipulative.
 Root	Fearful, anxious, unsure, financial instability, ungrounded.	Safe, secure, centred, grounded, happy to be alive.	Greedy, lust for power, aggressive, materialistic, cynical.

CHAKRA SYSTEM

Finally, take 5 to 10 minutes meditating and visualizing each chakra as a vibrant spinning wheel of energy. Image that a white light runs through each chakra and activates it with a healing energy.



CHAKRA UNBLOCKING

Optional: Consider taking action to unblock your chakra's. Here is a list of ways to unblocking

CHAKRA	Ideas for Unblocking
 <p>Crown</p>	Meditation and mindfulness, Spending time in nature, Violet light therapy, Consuming violet-colored foods (e.g., purple cabbage, blackberries)
 <p>3rd Eye</p>	Meditation and visualization, Spending time in quiet contemplation, Indigo light therapy, Consuming indigo-colored foods (e.g., eggplant, black grapes)
 <p>Throat</p>	Journaling, Singing or chanting, Blue light therapy Consuming blue-colored foods (e.g., blueberries, blackberries)
 <p>Heart</p>	Loving-kindness meditation, Spending time with loved ones, Green light therapy, Consuming green-colored foods (e.g., spinach, avocado)
 <p>Solar Plexus</p>	Affirmations and visualizations, Yoga poses that strengthen the core (e.g., boat pose, plank pose), Yellow light therapy, Consuming yellow-colored foods (e.g., lemons, bananas)
 <p>Sacral</p>	Engaging in creative activities (e.g., dancing, painting), Spending time in nature, Orange light therapy, Consuming orange-colored foods (e.g., carrots, oranges)
 <p>Root</p>	Grounding exercises (e.g., walking barefoot, imagining roots growing from your feet), Deep breathing exercises, Red light therapy, Consuming grounding foods (e.g., root vegetables)

PART EIGHT

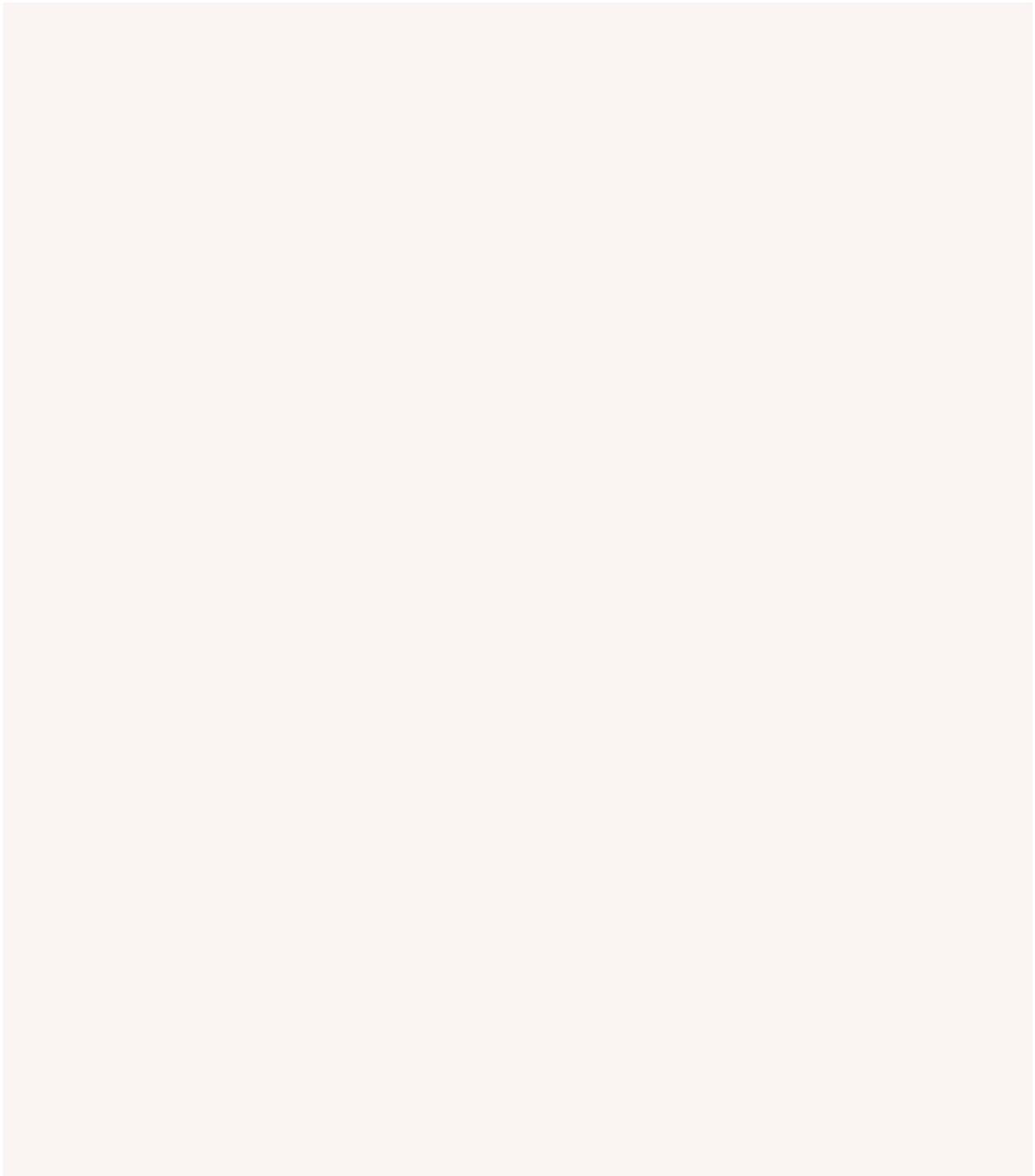
Self-Reflection

It's a good time to go a little deeper

Choose a journaling prompt:

- “What makes me feel most alive and fulfilled?”
- “What parts of myself do I need to embrace more fully?”
- “What fears are holding me back from being my true self?”

Write continuously for 10 minutes without stopping. Let your thoughts flow freely.

A large, empty, light beige rectangular area intended for journaling. It occupies the lower two-thirds of the page and is completely blank, providing space for the user to write their responses to the prompts.

It's a good time to go a little deeper



It's a good time to go a little deeper

Review what you have written. What insights, emotions, or patterns are emerging?

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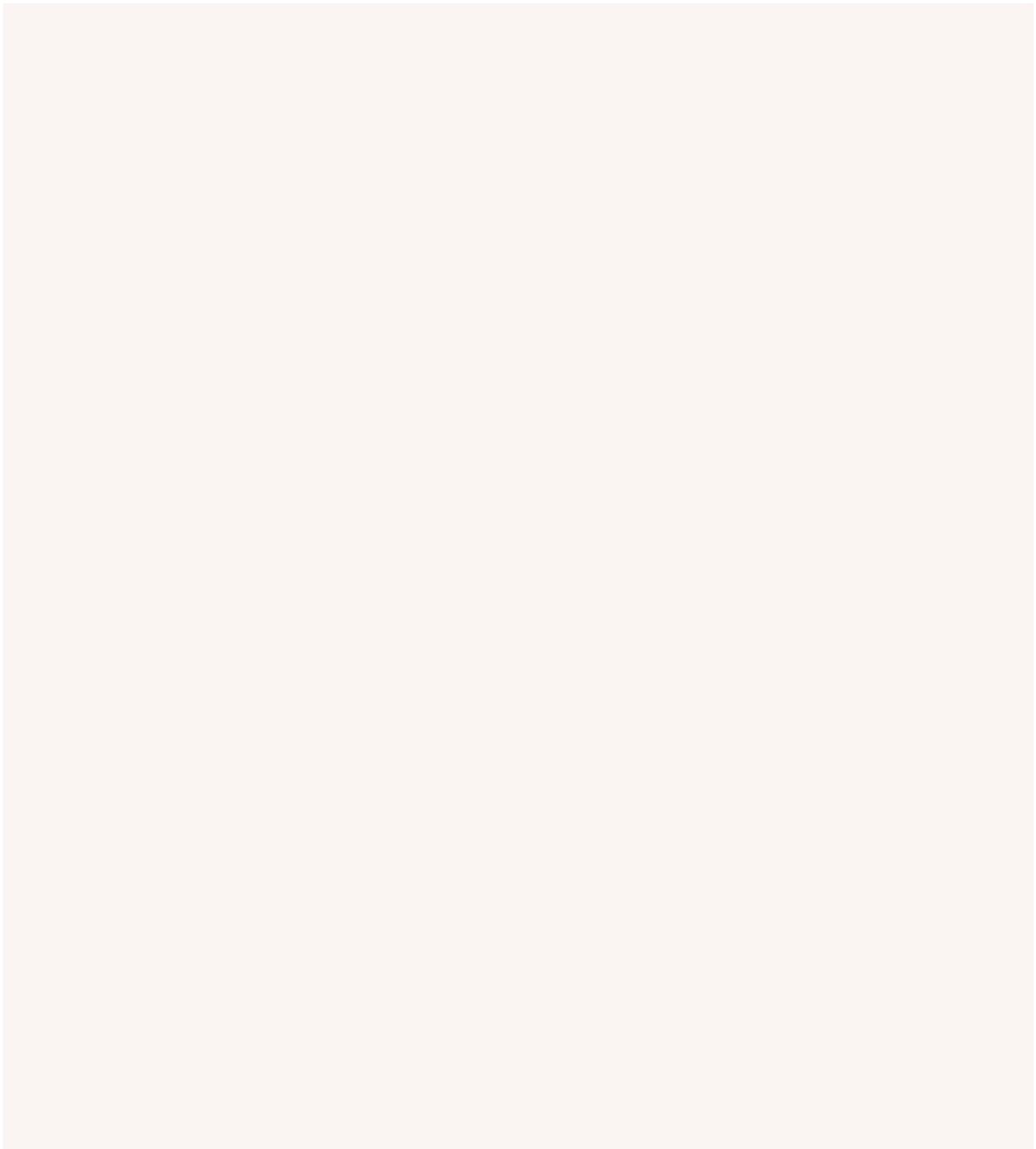
PART NINE

Design Your Own Mindset Ritual

Brainstorm Ideas

Next, it is time to design a daily ritual that includes 3 activities to set a positive tone for your day or night. This might include meditation, gratitude practice, reading motivational quotes etc.

Use this the next few pages to brainstorm a list of ideas that you might include in your practice. Check out the list of Mindset Practice ideas at the end of this section



Design Your Mind Set Practice

Now, use this worksheet to create your own mind set practice.

Identify the space or environment. (e.g, in bed, in nature, in a specific room)

Identify the first practice? (e.g, candle, visualization, power words)

Identify the second practice? (e.g, meditation, mantra, music)

Identify the third practice? (e.g, essential oils, gratitude, releasing)

Use this page as your reference for your mindset practice. Make a commitment to do this ritual on a daily or weekly basis - whatever works for you!

Consider using the tracker on the next page to log your sessions.

MINDSET PRACTICE TRACKER

DAY	MINDSET PRACTICE	DURATION
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		
SUNDAY		
		TOTAL TIME SPENT:

MINDSET PRACTICE IDEAS

Meditations

- Guided Meditations on audio, podcasts, youtube or apps to focus on specific intentions or visualizations.
- Mindfulness Meditation - Pay attention to the present moment without judgment.
- Body Scan Meditation - Gradually focus on different parts of your body to release tension.

Affirmations and Visualization

- Daily Affirmations - Create and repeat positive statements about yourself and your goals.
- Vision Board - Create a visual representation of your desired future.
- Visualization Exercises - Imagine yourself achieving your goals and experiencing positive outcomes.

Journaling and Gratitude

- Morning Pages - Write freely for three pages to clear your mind.
- Gratitude Journal - List things you're thankful for each day.
- Journaling Prompts - Use prompts discovered on the internet to explore your thoughts, feelings, and experiences.

Movement and Physical Activity

- Yoga - Combine physical postures with breathing exercises for mind-body connection.
- Tai Chi - Gentle, flowing movements that promote balance and relaxation.
- Walking or Running - Enjoy the benefits of physical activity while clearing your mind.

Nature and Connection

- Spending Time in Nature - Connect with the natural world to reduce stress and improve mood.
- Connecting with Loved Ones - Nurture relationships with friends and family.
- Acts of Kindness - Perform acts of kindness to boost your mood and sense of purpose.

MINDSET PRACTICE IDEAS

Creative Expression

- Art Therapy - Express yourself through painting, drawing, or other creative outlets.
- Music Therapy - Listen to music that evokes positive emotions or play an instrument. Also explore sound bowl healing.
- Writing - Explore your thoughts and feelings through writing poetry, short stories, or essays.

Rituals and Symbolic Actions

Light a Candle - Create a calming atmosphere and focus your intentions.

Burn Incense - Use the scent of incense to promote relaxation and spiritual connection.

Breathing Exercises

- Deep Breathing - Inhale deeply through your nose and exhale slowly through your mouth.
- Diaphragmatic Breathing - Place one hand on your chest and the other on your stomach. Breathe deeply, focusing on your stomach expanding.

Mindfulness in Everyday Activities

- Mindful Eating - Pay attention to the taste, texture, and aroma of your food.
- Mindful Walking - Focus on the sensations of your feet on the ground and the rhythm of your steps.
- Mindful Showering - Pay attention to the warmth of the water and the sensations on your skin.

ADDITIONAL TOOLS

