

Monday

Today we're going to work on identifying what we believe and if we have put up limitations. Choose something that is very relevant to your wellbeing such as a partner, your finances, a career path, or your health. Once you have chosen, close your eyes and imagine whatever you think is the best case scenario for this area in your life. Stop reading right now and try this and then come back to finish. Did you stop and try it? Good. The first thing you'll notice is how far your mind let's you go with this one. Now stretch a little bit further and imagine a better case scenario then the one you just imagined. If you can imagine a better version of what I initially asked for that means you're naturally limiting yourself in this area. Today, see if you can find a few more things where this may be true and extend your imagination and see how far you can take it while still believing it's possible.

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Tuesday

I hope you enjoyed yesterday's exercise. Today we're going to do something similar. Once again choose an area of your life you would like to see going better. Once you have chosen, close your eyes and imagine the best case scenario for this part of your life. This time while you are imagining ask yourself - "and do I believe this is possible for me?" If the answer is no, choose a more believable version of the same scenario and repeat the question again until the answer is yes. Once you have a yes, ask yourself "how long will it take until this is my reality?" Listen carefully to the answer and trust what your inner self knows. If it says ten years, then that is what you believe. If it says three days then that is what you believe. Now ask yourself - "is it at all possible that it could take less time?" If the answer is yes, what is the quickest you believe this could happen? Again you have shown yourself that there is doubt or fear embedded in your automatic thinking, but given a little opening you could in fact believe something better. What changed both times? Actively focusing on what you want without limitations. This is what we're after. Don't let your subconscious doubt stop you from focusing on what you truly want.

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Wednesday

Today we're going to do something very simple and may seem backward. What is going wrong in your life? [Relationships, Finances, Health, Career, Spirit]. Find a piece of paper and write the answers down. Now on a separate piece of paper write down what it would look like in all of these places if things were going right instead of wrong. Take the paper of what is going wrong and throw it away. Read the paper of where things are going right and put it in your pocket. Throughout the day take it out and read it. Time to literally throw away our problems and focus on what we want.

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Thursday

We're programmed into believing that if something good happens, something "else" is around the corner. That anything good takes time, and that everything requires hard work. I suggest taking a moment to ponder what it must be like for God - anything can happen, any time, and without consequence. The Torah says we're made in the mirror image of God. When we are plugged in and aligned good things can happen often, can happen fast, and can come easily. Allow yourself to think about what you are trying to co-create and keep these three things in mind: 1) It can happen faster than you think. 2) It can happen often if you'd like. 3) There does not have to be negative consequences. 4) It can happen effortlessly. Enjoy your high vibrational day!

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