

MASTER YOUR MINDSET
GROUP COACHING PROGRAM

28 Days:

Transformative
Inner Work

Reality, as you know it, is a direct reflection of
your mind. The significance of the internal
shifts that you make will multiply ten fold
when outwardly expressed in
your physical reality.

Day 1: *Personal Rulebook*

Reality is a reflection of what you've created in your mind. Unfortunately we have spent our whole lives creating limits and conditions to our happiness and our potential.

On the following page, I'd like you to identify what you believe is possible for you in you're *current* version of reality.

Now, you'll find your *logical mind* pipe in and say '*but anything's possible!*', and today I'm not talking to Logic. I'm talking to your Personal Rulebook. Your Personal Rulebook is a compilation of all the limiting beliefs that you've gathered over your lifetime that make sure you are happy, but not *too happy*, and successful, but not *too successful*.

And it's done a damn good job at keeping you locked in this limiting version of reality. So let's bust out the Personal Rulebook and riffle through the pages to see what it has to say.

Use the following page to write down what you think is 'realistic' for you to do, have, and achieve in your life. Not what you hope to achieve, but what you really believe is realistic.

Day 1: *Personal Rulebook*

Now that you've been honest about what your Personal Rulebook has to say, I'd like to close it up, and let's talk to the dreamer inside you.

The one who has dreams for your life, bigger than life itself. She might be harder to find, but she's in there. She used to run things when you were younger, but as your life has been burdened with limits and rules, she's been told to stop being so unrealistic.

We all have that dreamer in us, but life has a way of beating her down. We're told to get our heads out of the clouds and met with a cold slap of 'reality' when we step too far out of line.

But that's not reality, that's the reality that everyone is playing into. What they don't realize is that they made the rules.

So for the next 28 days, I'm going to ask that you let the dreamer in you take the wheel. It might seem a little strange at first, or it might feel familiar. On the following pages, I'd like you to toss the Personal Rulebook and all the limitations placed on you by your current reality, and tell me what that dreamer has to say.

What would you have your life look like if there were no rules confining you? Are there places you would go, a certain career you would take, experiences you would seek? What have you wanted to do with your life, but have been convinced is unrealistic?

If you keep that life locked up in your mind, that's where it will stay. You only get one try at this lifetime, and it will be as much or as little as you allow it to be. This will become the baseline for the new reality you will be creating for yourself over the next 28 days. Dream big.

Day 1: *Personal Rulebook*

On the following page describe your ideal life. If there were no limits on your life, what would you have it look like? Don't hold back.

Day 2: *Mirroring*

We all have people we look up to in some way or another. Someone who seems to possess an ability that we haven't yet mastered.

Maybe it's the ability to strike up conversation with ease, having the confidence to be bold in their decision making, or even the ability to learn new things quickly.

Let's pretend that you could have a conversation with their subconscious mind. I want you to imagine how their mind might respond if you could ask it what their beliefs were that enabled them to do so well in this particular area of their life.

What beliefs do you think they might have that would allow them to excel so easily?

Put yourself in their shoes and imagine what it might be like to listen in on their thoughts.

Use your imagination and think up 3-5 potential beliefs that they might have, and what it would take for you to adopt that belief, so that you could mirror their ability.

Day 2: *Mirroring*

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Day 3: *Global Beliefs*

Within our subconscious, lie two types of beliefs. The first are "Global Beliefs". These are beliefs we have about the bigger things in life.

These types of beliefs can be identified by finishing sentences such as "People are..." "Life is..." and "I am..." If you listen for them, people often give away their global beliefs unknowingly in casual conversation.

If someone were to say "People will screw you over if they get the chance", this gives us a pretty clear idea of this person's belief about the integrity of others. You might even hear people use metaphors to compare life and expose their beliefs, such as "Life's an up hill battle".

We might even hear our own self talk, such as "I am way too shy to speak up", and this shows us what kinds of limiting beliefs we might have about ourselves that could be holding us back from what we desire.

Identify five of your own Global Beliefs, then ask yourself if this belief is working for you or against you.

Day 4: *Rules*

As we discussed on Day 3, there are two types of beliefs held in your subconscious mind. The second type are "Rules". These are beliefs that say if one thing happens, another must follow, and they can be identified with sentences that start with "If" and close with "then".

For example: "If I put myself out there, *then* people will laugh and judge me", "If this goes poorly, *then* I'm a failure" or "If I yell at my kids, *then* I'm a terrible Mother".

And the thing about your subconscious mind is that the beliefs it holds don't even have to make sense.

You might say something, then immediately correct yourself because you know that statement was *complete bullshit*, but still act as if it were true because it's still ultimately controlling your behaviour.

On the following page, identify five subconscious "Rules" that are holding you in a limited version of reality.

Day 4: *Rules*

Day 5: *Why not?*

Doing the inner work is all about those breakthrough, "*Ah-Ha*" moments. It's a chance for you to look inward and see for yourself what is causing you to spin out instead of push forward.

Today, I want you to have a really honest conversation with yourself. I want you to think of a few of your classic "I can't" thoughts, *you know the ones*, and start asking yourself "*why not?*"

Let's be real, the reason you aren't living your dream life right now is because some part of you doesn't even believe it's possible. So call that part of you out, and ask her *why the hell not?!*

The answers you get might surprise you. They might surprise you how ridiculous they sound, or maybe that there is no reason at all. And from there, you can see if there's an obstacle that needs your attention, or just an outdated belief with no grounds to stand on.

On the following page, identify five of your classic "I can't" thoughts, then ask yourself what caused you to think this about yourself.

Day 6: *Window sittin'*

Contrary to popular belief, reality is not what is "out there", but actually what is "in here", as in, what is going on in our minds. And reality is created by what we tell our minds to see, not what is actually in front of us. Our five senses lie to us all the time about what we are experiencing by *excluding* a huge majority of what is actually going on.

Your assignment today is an experiment to prove just how much of reality is not entering your inner world.

Today, I want you to take a mental note of every opportunity that presents itself. You don't have to take the opportunity, you just have to notice it.

The purpose of today's assignment is to condition you to see opportunities. All our lives, we've been conditioned to believe in scarcity and lack, as if there's never enough. But the fact of the matter is, abundance is all around us, in every form. It's just that our minds are not consciously recognizing it.

Today we are focusing on opportunities because if we began to notice, and actually act upon the opportunities that are all around us, we could so effortlessly and dramatically change our lives.

Opportunities are not always so bold as to knock, they may just be passing by, and the only way to notice them would be to sit at the window and wait.

At the end of today, write down all the opportunities you noticed today. I don't care how small or distasteful the opportunity was, write it down.

Some examples might be:

- an opportunity to get help with something
- an opportunity to help someone else with something
- an opportunity to participate in someone's low-vibes
- an opportunity to learn something new

Day 6: *Window sittin'*

The page contains 20 horizontal dashed lines for handwriting practice, evenly spaced and spanning the width of the page.

Day 7: *The Illusion of Time*

By now, my hope is that you realize that reality is just an illusion created by our beliefs, and that it can be manipulated simply by shifting your mindset. One part of reality is time itself. What if I said you could also manipulate your reality of time?

No, I don't mean speed up time or slow it down, I mean change what factor time plays in our lives. For example, you've been on this Earth for a few decades and you probably feel like you've got a pretty good grasp on how things work, and how long things take. Well, what if I told you, that was an illusion as well?

What if I said that things take a certain amount of time because we believe they will take a certain amount of time and that's the only reason? What if the belief you had about how long something would take was actually slowing down the process of it getting done?

Here's an example, maybe you can relate: back in school when a project was due, and you had a month to complete it, how long did it take you to complete? About a month, right? Now, imagine that you forgot about the project until about two days before it was due.

Somehow a project that would normally take a month could be completed in just two nights. It would appear that you have altered your illusion of time by simply changing the timeframe of the project.

We do the same thing in life. We assume, with our narrow perspective of time, that things that we want to accomplish will take months, years, or even an entire lifetime, but in fact they could unfold much sooner if we simply believed they could, and took immediate action.

Day 7: *The Illusion of Time*

Bill Gates once said "most people overestimate what they can do in one year, and underestimate what they can do in ten". This is because we have a skewed perception of time.

Take a few moments to think about a long-term goal you have, then imagine it being completed in half the time that you've been expecting.

I want you to believe, even for a second that this goal really could be in your near future. How does it feel?

I want you to think outside the box, use your imagination. Whatever you deem as "realistic" or "reasonable" is most likely highly overestimated. When you have exciting goals for your future, they seem to pull you instead of you having to push yourself to achieve them.

Remove the illusion of time, and start anticipating progress in this area and watch how it starts to take form in your physical reality.

Today's assignment is to expand your vision of the future, and anticipate massive progress towards your dreams.

I want you to expect progress, because when you expect something, it means you believe that it's going to happen.

On the following page, write down a goal and imagine this goal being completed in half the time. Write down how you would feel, or how your life would be different, and start brainstorming what kind of changes you may have to make to allow this goal to manifest sooner.

Maybe you need to take immediate action, or make a bold decision, or maybe you need to redirect your self-sabotaging thoughts.

Day 8: *Story Time*

We are amazingly capable creatures, but we are confined by how we interpret reality. Think of your interpretation as a story that you tell yourself. And it's *the story* that triggers the emotion, not the actual event itself. Judgement is a great example of this.

When you negatively judge someone for something that they do or don't do, you are interpreting their actions as negative, and therefore, triggering a negative emotion. So in other words, you've created a negative story about what they did and that story evokes a negative emotion that you project onto that person.

For example, if you negatively judge someone because they keep a messy home, it's because you have a story that says keeping an messy home is negative and undesirable.

The story might say that people who keep a messy home are lazy, have improper priorities, or are somehow less than people who keep a tidy home.

Whatever it is that causes you to judge them is on you, and not on them. To master your mindset, it's extremely important to take responsibility for your emotions, and understand that you have the ability to manage them yourself.

On the following page, identify three times you have negatively judged someone, then identify the story that evoked the negative emotion.

Once you identify that it's not the event that triggers your emotion, but actually your interpretation of the event, you can take responsibility for your emotions and therefore, take control of your happiness.

Day 9: *90 Seconds*

Reframing is a skill that can change your life. I couldn't possibly put enough emphasis on that fact. Once you begin noticing your low-vibe thoughts, and redirecting them, you'll find your life opens up in ways you never imagined.

Tony Robbins is a great example of a man who is an expert reframer. He speaks of his 90 second rule and how it has changed his life. It's something I've adopted, and I think everyone could use in their mindset toolbox.

The 90 second rule says that when you find yourself having negative, low-vibe thoughts, you get 90 seconds to come up with a powerful reframe and shift out of the low-vibe energy and into a high-vibe state.

It sounds easy, but even Tony admits it took practice and diligence to be able to shift out of the negative emotions within just 90 seconds.

Your assignment today is to implement the 90 second rule. Each time you notice you're having negative thoughts, reframe your thoughts and shift into a high-vibe state within 90 seconds.

Use the following pages to write down all the positive reframes you were able to come up with today.

Day 10: *Tapping Out*

I want to put emphasis on one major negative emotion: *stress*. Why? Because this emotion is extremely common, and extremely powerful in bringing us down to a low-vibe state. Letting this emotion go wild in our mind is like inviting illness and disease into your body. *Yes, it is that powerful.*

So today, I want you to tackle three situations that are making you feel stressed, and decrease or even eliminate those negative feelings using EFT.

If you find it easier to map out what you might say during your tapping session, I've attached some pages that you can use to prep your tapping session.

Continue tapping on each stressor until you've either dramatically reduced it or eliminated it all together (depending on how intense the starting emotion was).

Day 10: *Tapping Out*

Identify an emotional issue:

Be very specific about what bothers you:

Rate your emotional intensity from 1-10: _____

Beginning of Set-Up Statement: "Even though..."

Ending of Set-Up Statement: "I fully love and accept myself" or "I choose to believe..."

Rate your emotional intensity from 1-10 after tapping is complete: _____

Day 10: *Tapping Out*

Identify an emotional issue:

Be very specific about what bothers you:

Rate your emotional intensity from 1-10: _____

Beginning of Set-Up Statement: "Even though..."

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Rate your emotional intensity from 1-10 after tapping is complete: _____

Day 11: *Tapping In*

Tapping is an incredible tool for releasing unwanted negative emotions, but it is equally as good at getting us in touch with positive emotions as well.

It's likely that you've heard of affirmations; a statement you repeat about yourself that encourages you, and chips away at your negative subconscious beliefs. Well, tapping is a great way to multiply the power of affirmations!

Today's assignment is to write down 5 affirmations and 'tap them in', so to speak. To do this, all you have to do is repeat your affirmation on each point of your tapping sequence, just as you would if you were tapping out a negative emotion.

I recommend choosing an affirmation, then tapping through the entire tapping sequence three times (from top of head to side hand) or until you feel an emotional shift in your energy.

What this means is you will feel a shift from just saying the words, to really feeling the emotion and believing the statement. The most important part of affirmations is that you don't stop repeating the statement until you actually feel an emotional shift.

On the following page write down your five empowering affirmations below and begin tapping!

Day 11: *Tapping In*

The page contains 20 horizontal dashed lines for handwriting practice, evenly spaced and spanning the width of the page.

Day 12: *Unburdened*

Negative emotions are like poison in the body. Stress, anger, and guilt are great examples of this. Today, we are going to focus on guilt.

Sometimes we create a really heavy feeling of guilt for far too long, and for no good reason.

The thing about guilt is that it's all in our perspective. We feel the guilt because we have perceived our decisions or actions as wrong, and become burdened with that feeling.

How good would it feel to release that burden? How free would you feel if you could put that heavy emotion to rest?

Today's assignment is to identify a feeling of guilt that you have been burdening yourself with and let it go. Feeling the burden of guilt doesn't actually help or fix anything.

So you have a choice, if you feel action is required of you to be able to let that burden go, take that action. If you feel like no action is required, and it's as simple as forgiving yourself and letting it go, then do that.

Using EFT, you can release the heavy emotional burden of guilt. Simply tapping on the situation and choosing to forgive yourself and let it go is all that is necessary.

On the following page, you can fill in the tapping sheet to prepare for your tapping, and notice that the second part of the set-up statement is already filled in.

Tap at least three rounds or until you feel the release of the guilty burden. See how low you can get your emotional intensity rating, if you need to make changes to the set-up statement, feel free to do so.

Day 12: *Unburdened*

Identify the emotional burden:

Be very specific about what bothers you:

Rate your emotional intensity from 1-10: _____

Beginning of Set-Up Statement: "Even though..."

Ending of Set-Up Statement: "I choose to forgive myself and release this emotional burden", adjust if necessary.

Rate your emotional intensity from 1-10 after tapping is complete: _____

Day 13: *Right vs. Happy*

We are all created differently with different perspectives and opinions. Even though this causes friction sometimes, this friction is how we grow and evolve as individuals.

The part of you that is constantly comparing and competing with others is called your *Ego*. Our Ego fuels our need to feel significant, and to fill this need, we sometimes feel it's necessary to appear superior to others, even if just in our own mind.

There's a rule in relationships that says *sometimes its better to be happy, than to be right*. And in this case, it's better to release the competitive and comparing nature and *just be*, than to constantly be needing to validate your significance through the pitfalls of others.

On the following page, identify three specific areas of your life that you have been seeking validation through comparison, and for each, write down how you could change your perspective to release comparison, and how your life might be affected if you chose to embrace happiness instead.

I'll give you an example:

Ways that I've been seeking validation: I feel validated as a Mother when I see Jane Doe* disciplining her kids poorly.

A new perspective on this: Every Mother was raised differently and who am I to say that she is doing it wrong. She knows her kids better than I do and I'm sure she's only doing the best that she can, just like I am. I don't need to highlight her struggles to feel like a good Mother. I know I'm a good Mother.

*names have been changed to protect the innocent.

Day 14: *Evolve*

Reframing is the single best tool you can have in your mindset toolbox. If you use it correctly, it can change your entire life.

Today I want to focus on the biggest challenge in your life right now. That might be your health, your relationships, your finances, your career, or something else that feels like it challenges you on the deepest level.

It doesn't matter how frustrating or seemingly impossible this challenge feels right now, it can be reframed. The best reframe for these types of challenges is to see them as an opportunity.

Think about the biggest challenges you've faced in your past and how they have created who you are today. Whether you feel they had a negative or positive effect on you, would depend on how you've chosen to perceive them.

What if you chose to perceive every challenge as positive? After all, growth can only occur when change is present, and these challenges have caused you to change in some way.

What if you could change your perception of those challenges and just see them as the rain that brings the flowers, how do you think that would change your level of happiness?

Today's assignment is to reframe the biggest challenge that you're currently facing, and see it as a huge opportunity to grow, change and evolve.

On the following page, describe how this challenge is causing you to make necessary changes, as well as teach you a valuable lesson, and ultimately help make the leap into an even better version of reality. How is this struggle ultimately challenging you to evolve into a more loving, and aware individual?

Day 15: *Giving Your Energy*

You bring about what you think about, it's as simple as that. Case in point:

When you come up against that inner resistance, what is your first instinct? Probably to dissect the resistance, overthink why you feel that way, predict the worst possible outcome and dwell over what could go wrong.

Is this helpful? Some say it's a form of preparing. I have a very different name for it. I call it self-sabotage.

All you're doing when you allow yourself to focus on the negative is to give more energy to the outcome that you don't want than the outcome that you do want.

What you focus on will expand. How many times have you had one bad thought lead to another, then that one lead to another, then that lead to another, then another, and another, and another....

You are then in a negative headspace and you are anticipating things going badly. What does it mean to anticipate? It means you believe that it will happen. You are putting all your energy into what you don't want. How is that helpful?

What can you do instead? What about focusing on the positive. Focus on the outcome that you do want, or the silver lining. Give all of your energy to the positive. Guess what happens when you do that? You'll notice that one positive, hopeful thought leads to another, which leads to another, and another and so on.

And instead of being left in a pit of negativity, you're buzzing with positivity, and you are in a resourceful state.

A resourceful state means that you can problem solve effectively, and you

Day 15: *Giving Your Energy*

can think clearly. And that doesn't come from giving all your energy to the negative, it comes from giving your energy to the positive and living on a higher vibration.

Today's assignment is to apply this to your life. If you find yourself coming up against some resistance today then be aware of your inner dialog and get yourself in line if you notice the thoughts are focused on negative.

If not, take a few moments to think of something that you are currently dealing with that you could benefit from being in a resourceful state.

Any issue, big or small, that is on your plate at the moment, give all you're energy to the outcome you want, choose to see things from a glass-half-full perspective and notice how one good thought turns into many good thoughts. You may find that you become very resourceful and even bring some clarity or a good solution to the issue.

You can use the following page to journal this experience.

Day 16: *Dispelling all Doubt*

The type of fear that stops you from pursuing your big goals is almost always *irrational*. That means it's a fear that doesn't actually protect you from harm, it's a fear that protects your Ego. And although your ego plays an important role in your life, there are times when it needs to take the back seat.

One of the quickest ways our Ego kills our drive to pursue our big life goals is by filling us with doubt. And when we doubt ourselves, we don't put in the time and energy that we are capable of because part of us is pulling back. And when we don't put in the time and energy that we could, we don't see great results. And when we don't see great results, it just fuels the doubt even more because we've just proven to ourselves that we were right to listened to the doubtful thoughts instead of believing and going all in.

Today, your assignment is to identify an area of your life that you are feeling doubtful. Maybe it's a relationship, your career, whatever it may be, and I'd like you to answer two important questions.

The first question is: "If I allow my doubt to stop me from chasing my dreams, what will become of my life?" I want you to think about how much this doubt is limiting your happiness and success. Identify what your life will inevitably look like if you allow doubt to take over. Write it down and decide if you're okay with the outcome.

The second is a two part question: "What good is coming from me succumbing to my doubts? Who benefits from this outcome?" You may find that nothing comes to mind, and that's kind of the point.

This is your life and you only get one shot. How long do you really want to put off your happiness? How long do you want to stay in the painful limbo of not giving up, but not having the courage to push forward? Have you finally had enough?

Day 16: *Dispelling all Doubt*

If I allow my doubt to stop me from chasing my dreams, what will become of my life?

Day 16: *Dispelling all Doubt*

What good is coming from me succumbing to my doubts? Who benefits from this outcome?

Day 17: *Damsel in Distress*

The purpose of these daily assignments is for you to look inward to areas of yourself that you may often overlook. It's about improving yourself and increasing your happiness and fulfillment in life. But sometimes, that means asking yourself some hard questions.

Today's assignment is to look inward at yourself and ask yourself the tough question: am I taking responsibility for my life or am I putting that responsibility off on someone else?

There may be aspects of your life that you don't feel fully fulfilled in, or maybe there's areas that need a lot of work. And it's so easy to blame our circumstances, our upbringing, our boss, our spouse, or even our family for our pitfalls, but as your coach, I'm here to tell you that it's on you, *sista*!

You are the only one who truly has control over your life. If your life is a mess it's not because of anyone else's actions, but yourself. You are the only one who chooses your behaviour and your choices. Even if you feel pressure from others, it's still ultimately you that makes the call.

Are you the hero of your story or are you the Damsel in distress, awaiting her saviour? He's not coming, honey. Because it's you. It's always been you.

On the following page I'd like you to look inward and answer a few tough questions.

1. Are there any areas of my life that I've been waiting for someone else to come fix my problems?
2. Have I been playing the blame-game in any areas of my life that are actually my responsibility?
3. If I stopped blaming others or waiting for others to fix my problems and started taking responsibility for these areas of my life, how could I make the changes that are necessary for my happiness?

Day 18: *The F Word*

I'm not talking about dropping an F bomb, I'm talking about something much more devastating... *Failure*.

Failure itself can cause quite an emotional uproar internally, however, ten times more devastating than failure itself, is *the fear of failure*.

Here's why: when you *fear failure*, a few different things happen:

1. You don't take action.
2. Your mind festers in the ten million things that could go wrong if you were to try.
3. You continue not to take action and life moves on while you stay stuck in this horror movie.

In contrast, here's what happens if you actually fail:

1. You learn what doesn't work
2. You try something else
3. You make progress

Not only is *actually failing* better than simply fearing failure, but *actually failing* is still making *actual progress*.

If you were put in a room with 10 doors and told that one door leads out and the others are dead ends, and you open one door to find a dead end, did you fail?

Well, if you sat down in the middle of the room and declared that it's hopeless to continue, then you fail. But if you can muster the courage to continue, then you've made progress. You now know that one of the other nine doors leads out.

Day 18: *The F Word*

It's the same in life, except nobody tells you how many doors you will have to walk through before you find the right one. So in actuality, you never fail unless you give up, every other option leads somewhere, and somewhere is infinitely better than nowhere.

So today's assignment is to give the fear of failure the middle finger, and focus on the ten million things *that could go right*, even if you fail.

On the following pages, identify an area of your life that you are being held back by the fear of failure, then list as many outcomes as you can possibly think of that would aid in your journey by helping you *make progress*, even if you were to fail.

The point of today's assignment isn't to convince yourself that you will fail, but to *take the fear out of failing* so that you aren't afraid to *try*.

Remember, failure is your ally, it's the *fear of failure* that is causing you to suffer.

Day 18: *The F Word*

Identify the area of your life that is being held back by the fear of failure.

Brainstorm as many outcomes as you can possibly think of that would aid in your journey by helping you make progress, even if you were to fail.

Day 19: *Adopted Reality*

Have you ever watched babies and how they will mimic people around them? If you stick out their tongue, they stick out theirs too, if you laugh, they laugh even though they don't know what was funny. They'll even get scared if they see someone else scared, or cry when someone else cries.

I'd like to think we've all come a long way from that stage, but the truth is we still do this, even as adults!

It's like an instinct built right into our psyche. Which is great because it helps us bond with our peers, but it can also be a slippery slope.

For example, fear, stress and anger can be adopted in the same way. If we are around people that stress about money, we too will stress about money. If we are around people that are always waiting for the next shoe to drop, we begin to wonder if we should be worried too.

Maybe as an adult you find it easier to hold your ground when around these types of people, but what about when you were a child?

Our parents are our biggest teachers of what life is like, and unfortunately we can actually pick up their big fears, stressors or triggers and mould our reality around their perception.

For example, as a kid, how did your parents think about money? Were they always worried about not having enough? Is that how you feel about money too? Or what about their jobs, did they make work seem like a fun way to spend their life, or more like a punishment for being alive? And how do you feel about work? Are there similarities?

If so, don't sweat it. You are a grown adult and you're not relying on them to tell you what life is like. You can look around and see for yourself. You can see that money is always finding its way to your bank account, and that it's

Day 19: *Adopted Reality*

always been there when you needed it, so there is no need to worry about whether there is enough. You know there is enough, in fact, there's plenty.

You know as an adult that if you dislike your job, there is always a better one out there. There is no ball and chain, it's something you choose to go to everyday, and if it doesn't make you happy, you can choose to go somewhere less tomorrow.

Our parents gave us our first glimpse of this world, but it's not the only lens to look through. We don't have to play into our parents fears, stresses and anger just because it's what we were taught.

And I just want to add a quick note, especially being a parent myself, I'm not blaming your parents. Heck, their parents did the same thing to them! It's not about blaming anyone for anything, it's about realizing that we have the ability to change our perspective and rewrite those limiting beliefs and fears that our parents had.

On the following page, think back to your childhood and the role models that you had and ask yourself if there is anything that you adopted from them that no longer serves you.

Day 20: *The Lazy Suit*

What is the biggest thing standing in your way from achieving your goals and creating the life that you want?

Say it with me: "I don't have time"

I used to think that too. Because honestly, it feels like every minute of every day is already spent. How can I give my time to something else if I don't have any left??

You can't. You can't create more hours in the day or days in the week. There is no pause button on the clock, and somehow, some people still manage to "find the time".

I thought I had no time, then I had kids and I realized I was kidding myself if I thought I didn't have time back then because I sure as hell don't have time now. Then I managed to keep up with a daily workout routine, read every night, write content for my blog and social media, take online classes and build a business from the ground up while still being the sole caregiver for my two toddlers five days a week....

That's when I figured it out. I figured out that we actually do have time, and a lot of it. Because when you want something bad enough, *you find it*.

I realized that all those times I said that I didn't have time to do something, I was really just delaying it. I was procrastinating! And I realized something pretty profound about procrastination. It's just fear in a lazy suit.

The reason I made up excuses like "I don't have time" was because a small part of me was terrified. I was scared that I would fail, I was scared that I would disappoint myself or others, I was scared I would miss out on something, or I was scared I would have to give up something that I wasn't ready to give up.

Day 20: *The Lazy Suit*

But it all came down to fear. And that fear did an incredible job of hiding in plain sight because anytime it was questioned, it looked like I was just being lazy! But laziness isn't the reason I wasn't pursuing my dreams, fear was!

Now, please don't assume that I'm a changed woman and that I don't still let that fear stop me. It's something that I'm aware of and that awareness has helped me make some big adjustments in my life, but I'm far from perfect.

I still "procrastinate" getting back into a regular workout routine. That fear is telling me that I might put in all that work and not see results, and it's telling me that missing out on all those sweets is really going to make my life less enjoyable, and that I by spending time working out, I'm taking away valuable time with my kids, my spouse, or my business.

On the following page, ask yourself if there is any area of your life or big goal that you seem to be procrastinating, and find out what the fear behind that lazy suit really is.

Day 21: *Ctrl+Alt+Delete*

Let's use our imagination for a moment: Imagine if we were able to delete all the *irrational fears* from your psyche, as if cleaning up the hard drive on a computer. You will still have rational fear that keeps you safe, but all the irrational fears that are keeping you small would disappear.

It's pretty clear that without irrational fears, your life would change significantly.

But my question is, how would anyone else know that you no longer had irrational fear? How might you appear different to them?

My guess is that you might:

- have a huge increase of confidence
- fearlessly pursue your goals
- use failures to propel you towards success
- become the truest version of yourself
- and more...

Today's assignment is to choose a person who you are close with in your life, maybe your spouse, or sibling, or good friend, and imagine how you might appear different to them if you deleted all irrational fears from your mind.

What might they notice about you? How might you act or speak differently? What kinds of things would this person notice? Be creative and think of all the ways this "new you" might be perceived from this person's perspective.

Day 22: *Release + Accept*

An important component in building your confidence is accepting all the parts of you, past and present. Acceptance means forgiving all the people and experiences that have helped shape who you are, and forgiving yourself for any mistakes or shortcomings that you feel you've made.

Acceptance is being okay with who you are at your core because it's exactly who you are supposed to be. It's who you were put on this Earth to be. We are meant to be happy, we are meant to thrive, and we are meant to shine our light. You are meant to shine your light.

On the following page, list 10 people, experiences, mistakes, or shortcomings that need your forgiveness so that you can step fully into who you were meant to be. Then it's time to go through the process of forgiveness to fully release the hurt and accept your True Self.

Forgiveness Process:

1. Identify the lesson learned
2. Thank the person/experience/mistake for teaching you this lesson
"Thank you for..."
3. Forgive yourself for holding onto this negative perception of your past
"I'm sorry I held onto this for so long"
4. Forgive the person/experience/mistake for any hurt that it caused you.
"I forgive you"
5. Imagine send the person/experience/mistake love through time and space, from you to the them and watching it wrap them up like a soft, warm hug.

Day 23: *Letter of Forgiveness*

To truly up level your mindset, it's crucial that you have nothing weighing you down, and forgiveness is like a propeller jet for leveling up your mindset.

Today's assignment is to write a letter of forgiveness to whoever you feel you need to forgive the most. This may be someone from your past, someone in your present, or even yourself. It's up to you who you write it to, the purpose is to release all the emotion onto the page.

Keep in mind, this is not a letter to call out and blame. It's a letter to finally release the hurt and heavy feelings from within you.

When you've completed it, you may choose to send it to that person, or you may choose to keep it to yourself. The key to this is not that they hear your message, it's that you free yourself of those shackles.

Day 24: *In Alignment*

What sets apart the good people of the world from the bad? Their morals and values? Maybe. But I think it's equally as important that they actually live in alignment with those morals and values, isn't it?

It's like knowing something is good for you but not doing it. Did it help that you knew it was good for you? No! Because your actions didn't align with it.

On the following page, take a moment to answer the following questions:

1. What are my values in life, in order of importance.
2. How have I been living in alignment with my values?
3. How have I been living that is not in alignment with my values?

You might find that there are areas of your life that you have not been living in alignment with your values, and in that case, ask yourself what actions you can take or choices you can make that will get you back in alignment with those values.

Day 25: *Love Letters*

To have confidence in ourselves, it absolutely necessary that we love ourselves. But for whatever reason, we have a tendency to only see our faults.

It's easier for us to see the good in our close friends and family. It's easier to point out the favorable qualities and traits of others than to see ourselves with the same love.

That's why today's assignment is to step out of your shoes and into the shoes of the people who can easily see the good in you.

Today's assignment is to identify five people in your life that see your worth and see your value, then write down five qualities or traits about you that you think they admire.

This assignment is going to allow you to see yourself in the same loving, compassionate light that your loved one see you in. It's going to show you that there is a lot about you that is admirable.

Using the pages below, think up five different people in your life, and identify five unique things that you think they admire about you.

Day 25: *Love Letters*

Person #1: _____

Person #2: _____

Person #3: _____

Day 25: *Love Letters*

Person #4: _____

Person #5: _____

Day 26: *Your Needs*

It's been said before by many great thought leaders that you are the average of the people you spend the most time with. Not only do these people shape your lifestyle, they can also have quite an impact on your personality.

Tony Robbins teaches the 6 Human Needs. The first four are our basic needs that every human will fill, in a healthy way or otherwise. These are Certainty, Variety, Significance, and Connection.

We all crave a degree of certainty in our lives, whether that be that we'll have food on the table tomorrow, or people around us that will love us. We crave the stability of knowing that some things are predictable.

This leads into the next need, for Variety. We like spontaneity in life as well. If everything were predictable we would become very bored.

Our need for significance is our desire to feel needed or wanted. We love to feel like our existence is important and that we are noticed by those around us. We may fill this need by being flirtatious, or drawing attention to our appearance. We may fill this need by being a caregiver to our family, or by having an important role in our career.

The last need is for connection. We are social creatures, we crave connection and love from others. Feeling alone or feeling rejected is one of the most painful feelings, so to avoid this, we may fill this need by being what we think people want us to be instead of who we really are.

Your assignment today is to ask yourself how you are filling these four needs in a healthy way, and in an unhealthy way.

And for bonus points, you can ask yourself if you are currently filling the last two Human Needs; Growth and Contribution. These needs often get overlooked, but they are a key to a truly fulfilling life.

Day 27: *Something Bigger*

Today builds off of yesterday's assignment by discussing the final two Human Needs; Growth and Contribution.

To survive, we must find a way to fill our four basic human needs; Certainty, Variety, Significance, and Connection. But to truly live, we must find a way to grow and contribute to something bigger than ourselves.

Some ways that you may already be filling your need for Growth is by taking this Program that has made you look at where you can improve your life. Maybe you like to grow through other forms of educations such as classes, books, masterminds, meaningful conversations, or maybe you focus on growing your skills, your endurance, your body's abilities, or even to grow culturally or ethnically.

There are endless avenues that can fill this need, and all will contribute to a stronger feeling of fulfillment.

Filling the need to Contribute is all about giving without expectation. It's about donating your time, your money, or your resources for the greater good. It's about giving value and contributing to something bigger than yourself. You may fill this need by adoption, volunteer work, teaching, mentoring, or even finding more sustainable ways of doing things. Feeling like you are part of a bigger whole is an indescribable feeling. Like your life does matter, and that you are here for a reason.

Today's assignment is to ask yourself two questions:

1. Am I currently fulfilling my need for Growth and Contribution?
2. How can I fulfill these needs in a bigger, more consistent way so that I can feel even happier and more fulfilled every day?

Day 28: *Full Circle*

Today is the final day of your 28 Days of Transformative Inner Work. *Congratulations!* You've dedicated your entire month to mastering your mindset and shifting your reality. You deserve a big pat on the back, *I'm friggin' proud of you!*

Today's goal is to bring it full circle. Twenty-eight days ago you wrote down what your version of reality told you was possible. Your Personal Rulebook was limiting your success and happiness and telling you what you can and cannot do in your life.

Well, that Personal Rulebook has been tossed out, how does it feel? How does it feel knowing that your reality is as limitless and abundant as the Universe? How does it feel knowing that anything you desire in life is out there and available for you?

Over the last twenty-eight days something inside you has shifted. A literal shift in your thinking has occurred and it has created an entirely new reality for you.

And this new reality is free of the limits and barriers that your old one was burdened with. You have stepped into a new, more empowered version of yourself and in doing so, took back control.

On this final day, your assignment is to write down what you truly feel is possible for your life. Write down how amazing, fulfilling and beautiful you believe your life will be, now that you know anything is possible.

This life is what you make it, how beautiful will you make yours?

When completed, compare it to what your Personal Rulebook laid out for you on Day 1, and see for yourself how much growth has happened within you.

