

Name:

Date:

 **SEGMENT 1: Law of Attraction**

Start each your day as if you are living your goals and your dreams. Get dressed as if you are in the moment starting the new day living your dreams. Have conversations with yourself on decisions you would make or things you would say. Act and feel as if you are living it right now. Discipline yourself with focus and feeling.

Close your eyes right now and imagine you are in your dream life. What would be on your 'to do' list for today? Think about this list and write down five items. For example, you might want to write down shopping for a new Mercedes, booking a Fiji holiday, having dinner with your soul mate.

Shopping List

- 1.
- 2.
- 3.
- 4.
- 5.

 **SEGMENT 2: Belief Patterns**

Make a list of your negative beliefs or analyse what negative situations you are attracting, this is a way to find out your subconscious beliefs. Analyse where they originate? Who said it and why? How it manifest in your life?

Negative Belief	Who said it & why	How it manifests in my life

Now replace the belief systems with positive affirmations. You can be creative as you like.

Negative Belief		Positive Affirmation:

Belief System Ritual. Take this list and tear it down the middle leaving only the list of Positive Affirmations. Take the negative belief list and burn it. Imagine the negative beliefs dissolving in your subconscious mind. Place the remaining Positive Affirmation list where you can view it daily on the bathroom mirror or fridge.

 **SEGMENT 3: Self Talk**

1. Imagine a bin that has a fire burning in it, visualise all your negative thoughts and negative statements burning and dissolving in it.
 2. Replace your thoughts or words with positive ones. For example, you receive a large electricity bill and you feel depressed. See yourself throwing your negativity in the “fire bin” and make a statement such as “this was unexpected; it is a reminder that my desire is to be financially free and abundant.”
- Your statement to start the day is: “I choose to find solutions and think and talk proactively”

 **SEGMENT 4: Thought**

Make a list (be specific) of all the things you want regarding:

1. **How you want to FEEL**
2. **How you want to ACT**
3. **How you want to BE**

- 4. Finances
- 5. Career
- 6. Spirituality
- 7. Health
- 8. Relationships

“Whatever the mind can conceive and believe it can achieve.”-Napoleon Hill

 **SEGMENT 5: Karma Clearing**

I (your name) choose to release all karmic debt with(their name). This debt is void and cancelled. I choose to be released and free for ever from this point forward”

This command can also be used to clear curses. Replace the word “debt” with “curse”

Anytime you can lend a helping hand or give a smile to someone, do so. Always send love and blessings when you can. Focus only on the good. Create good karma and release negative thoughts and feelings towards people or situations. Ask the universe to erase your memories and perceptions that create negative situations or negative people you encounter. Make amends with your past that weighs you down.

Practice the Ho’oponopono method, using the four statements to clear negativity in any situation.

- I’m sorry
- Please forgive me
- I love you
- Thank you

 **SEGMENT 6: Altering Behaviour**

Make a list of ways you sacrifice yourself and why you do it and how you will change it.

How you “sacrifice” yourself	Why you do it	How you will change

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Make a list of situations or people that disempower you and the solution.

What disempowers me	What I will change or do


 **SEGMENT 7: Meditation**

Schedule time each day (10 – 30 minutes) for meditation.

 **SEGMENT 8: Personal Wellbeing**

Make a plan to improve your diet, exercise and cleanse the body

Foods to Eliminate Things to do	Foods to include	Exercise/What to do

 **SEGMENT 9: Your Surroundings**

Environment Action List: Create a list of what you are going to do to immerse yourself in an inspiring environment.

Example:

Environment	Action List
