5 TECHNIQUES TO SHIFT YOUR WORLD





Christie Marie Sheldon

TASK 1: Identify some of the common negative thoughts that you engage in and that might be silently disempowering you: TASK 2: For the next week observe how often do you thing negative thoughts about yourself and your life. Take notes below: TASK 3: What effect do you think your negative thoughts might have on you and your life?

<u>TASK 4:</u>

Now work on turning your negative thoughts into more positive and empowering ones.

Take the negative thoughts you listed in task 1 and turn them around! (Example: *I will never have enough money* to *I have enough money for anything I want in my life*)

Negative:	Positive:



Carol Tuttle

<u>TASK 1:</u>

Answer the following question in line with your true desires: If I could have anything that I really want and if anything could happen, then I would have
TASK 2:
What happens when you're thinking that you "can't afford something"?
TASK 3:
Think about how you are lowering you vibrations to match your belief and how, instead, you can raise your belief:

TASK 4:
Tomorrow morning spend a few minutes contemplating on this truth: You don't have to worry how things will happen. Is there anything you're trying to control or that you stress about? This is the time to let go.
Write down some of the aspects of your life when you know you need to let go and simply let things happen:

<u>TASK 5:</u>

Look back at your Task 1: your true desire.

Before you go to bed tonight, visualize it manifesting and coming to your reality. How would you feel, think, look like, how would you sharing with others? See ad many details as you can. For better results, put your hand on your heart while you do this exercise.



Burt Goldman

IASK 1:
What's the most common dominator of self-sabotage?
TASK 2:
Why do you resonate more or less with some people?
TASK 3:
How can rhythm influence your life?



Bob Proctor

TASK 1:

I want you to think of a few goals that you want to achieve now. Write them down below.
Then, read through them again and choose one that you want the most.
TASK 2:
Take the goal you chose in Task 1 and now re-phrase it in the present tense.

TASK 3:

Here is a challenge for you! For the next 30 days, repeat you goal (always in the present tense) twice a day - in the morning and in the evening. Do it out loud while looking at yourself in the mirror in each eye.



Laura Silva

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How does implementing Laura's advice can impact your life? What do you think you can gain from it?
TASK 2:
If you don't yet meditate, it's time to start! For the next week try to meditate every morning following Laura's tip. If you're new to meditation you may find it a bit challenging, but while you go you'll see your mind relaxing easier every day. Note down your experience below: