

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 think 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?



Carol Tuttle

TASK 1:

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 your 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:

TASK 5:

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

TASK 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?
