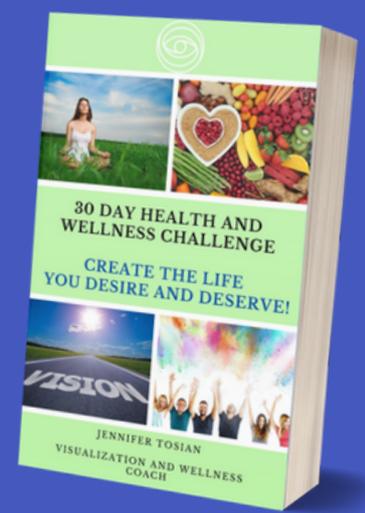


## Welcome to the 30 day Health and Wellness Challenge!

In the next 30 days you will experience an inner journey like you never have before and you will be amazed of how quickly you become aligned with your goals and your health.

*NOTE: I know we all have the tendency to see what is coming next, but please do not skip ahead. It is important that you take this challenge in the steps it has been created in.*



The first step to accomplish any goal in your life, you must remove any negative, limited beliefs, patterns, or thoughts that you are still holding and believing around that goal...and that begins in the Subconscious Mind.

You see since the moment you were born, you started recording every experience, every emotion, every moment in your subconscious mind. When you experienced something and felt emotion about that experience whether it was something you saw or something someone said to you, immediately your subconscious mind created a belief about that. The problem is that these negative beliefs and patterns are what is running the You that you are today. Those negative, limited beliefs and thoughts that you keep telling yourself is from your subconscious mind. It is your comfort zone; your auto pilot and it runs 95% of everything you do. It is the Why beneath who you think you are today. Until you reprogram your Subconscious Mind to match the frequency of your Conscious desires, nothing will change permanently in your life.

Think about New Year's Eve, you are all excited to make that one powerful and exciting change. You have talked about it, thought about it and decided that this time you are going to do it! For the first week, nothing can stop you, you are determined. Then something happens, you start hearing a voice telling you that you can't do it, you're not worthy of it, take a break, do it tomorrow, all the little excuses come up of all the reasons not to do it. Soon those reasons overpower your excitement and momentum and you gradually return to doing what you did before.

It is not because you did not want to accomplish that goal in your life and it is not because you are not worthy of it or not supposed to have everything your heart desires...it is because the negative, limited belief patterns and thoughts in your subconscious mind that you have believed for decades will win every time.

It must! It holds much more momentum and energy from you believing it all the years and most likely from your childhood.

The good news is that you hold the power to reprogram your subconscious mind!

***“Your subconscious is a powerful and mysterious force which can either hold you back or help you move forward. Without its cooperation, your best goals will go unrealized; with its help, you are unbeatable.” ~ Jenny Davidow***

Think of your brain like a computer, all that is needed is for you to download new software that resonates with what your conscious desires are.

Whatever your subconscious limiting beliefs are, they restrict the scope of how you see the world.

These deep-rooted subconscious limiting beliefs keep you from seeing all that there is to the world.

It is like looking at the world through the peephole in a door. You only can see an extremely limited perspective of the limitless opportunities and magic that surrounds you.

Limiting beliefs keep you from seeing what is possible for yourself.

Most of our negative beliefs come from what we were taught as a child or by society and the media. If for example you were told that you are not smart by a parent and you believe that they are right, you will automatically take that opinion and turn it into a subconscious belief for yourself. Then this belief that you are not smart will ripple through your life. It will affect your self-confidence, your self-esteem, your career, your relationships even how you value your reasoning for being born.

If for example your belief is that “I am not capable or smart enough” something that your mom or dad told you as a child, believe it or not, this same toxic belief will rear it’s ugly head when the perfect job or career comes to you. Instead of believing in yourself, in your dreams and in the power of the Universe, you won’t even apply for the job and miss a ripple effect of possibilities just waiting for you.

If for example your belief is that “I am not capable or smart enough” something that your mom or dad told you as a child, believe it or not, this same toxic belief will rear it’s ugly head when the perfect job or career comes to you. Instead of believing in yourself, in your dreams and in the power of the Universe, you won’t even apply for the job and miss a ripple effect of possibilities just waiting for you.

Or maybe you have been hurt in a relationship and rather than try again, you say to yourself, “it’s not worth it, I don’t want to risk my heart being broken again” Maybe you watched your parents all your life fighting and not getting along and subconsciously you have made a belief that relationships only cause pain in the end. However, for you, there is a wonderful, loving, powerful person that you are meant to meet and in joy in your life and as soon as you release this old story of what Love results in, you will attract them into your life.

Unfortunately, subconsciously the program you have continued to play in your life regarding love and relationships since you were a child holds more momentum, so the results are that you attract unavailable partners or abusive partners that prove your belief that relationships never work and the subconscious limited belief about Love wins again.

## Week 1

### Removing old, negative, limited beliefs that are holding you back!

In this first week, choose 3 goals in your life that you want to create and manifest more in those areas. In this exercise, you will delve deep into yourself and discover what old, negative beliefs you are still holding onto regarding your 3 goals. The old, beliefs, patters and emotions that you have been unknowilngly, subconsciously holding onto from even when you were a child. These forms of energy are adding resistance and keeping you from achieving those goals in your life.

Please take out your notebook and complete the written exercises below:

#### 7 Daily Steps to Clearing Limiting Beliefs

Day 1: Write down a list of limiting beliefs you have about  
each of your Life Goals

Look at this wheel of life below, let your heart guide you to 3 areas in your life where you want to create more and experience more in that area. Imagine living your life with these 3 areas fully accomplished and fully fulfilled. **(Make sure to choose one of these goals regarding health as this is such an essential key area in your life.)**



Life Goal #1 \_\_\_\_\_

Life Goal #2 \_\_\_\_\_

Life Goal #3 \_\_\_\_\_

Now that you know what your goals are, let's remove all the beliefs, ideas and thoughts that you are holding onto that no longer serve you anymore!

\*\*If you need any help identifying limiting beliefs, in the next few pages you will find lists of examples of common limiting beliefs.

## Limiting beliefs about Money and Abundance

- Save a penny, earn a penny.
- I never win free things.
- I will never get my big break.
- There is never enough.
- Everyone else gets all the good stuff.
- My spouse/the government is after my money.
- There is never enough to go around.
- I must protect what I have got because there just isn't enough.
- I will never make enough money to support my family.
- Money does not come to me easily.
- Earning money requires working hard.
- Money is the root of all evil
- Money doesn't grow on trees.
- You just can't trust others with money.
- Taxes are evil.
- I just don't know how to manage money.
- I am bad with money.
- Money is made to be spent!
- I will never be rich.
- Rich people are bad people.
- Money turns people rotten.
- Money just does not matter that much to me. I do not need it!
- I do not deserve money.
- As soon as I make it, I must spend it!
- Money is always on its way out the door.
- The rich get rich, and the poor get poorer.
- Making lots of money requires sacrificing who you are.
- To earn money, I must work extremely hard.
- If I had a better education, I could earn more money.

*“Abundance is not something we acquire. It is something we tap into.” ~ Wayne Dyer*

*“Acknowledging the good that you already have in your life is the foundation for all abundance.” ~ Eckhart Tolle*

## Limiting beliefs about Relationships

- I will never find love.
- I am not worthy of being loved.
- I always get hurt (or dumped, or betrayed).
- All the good ones are taken.
- No one wants me.
- You just can't trust anybody in a relationship.
- My relationships just never work out.
- Why don't I know how to make it work?
- I always need someone in my life.
- I am useless on my own.
- I need someone to take care of me.
- Putting yourself out there only results in getting hurt.
- Why am I so bad at this?
- I need to be someone else other than myself for others to like me.
- There just isn't somebody out there for me.
- I am not enough on my own.
- I need somebody else in my life to make me feel useful.
- My family is always trying to keep me down.
- Doing something besides what my family wants is betraying them.
- I cannot do what my family does not want me to do.
- I just must put up with what I do not like.
- I must do what my parents say or else (even as a grown-up).
- Others are going to hate me if I stand up for myself.
- Others are just going to step on my toes, and I will deal with it.
- I need someone to complete me.
- Love never works out for me.
- I hate rejection.
- I hate being alone.
- I always attract abusive toxic people.
- I will not open my heart up, I have been hurt too much.

*“Your task is not to seek love, but merely to seek and find all the barriers within yourself that you have built against it.”*

*~ Rumi*

## Limiting beliefs about work

- I don't deserve to make money doing what I love.
- It's impossible to make money doing what you love.
- It's impossible to make money in the arts.
- I have to be a starving artist to maintain my integrity.
- I am not talented.
- I cannot attract customers/clients/
- I have no special strengths.
- I am not good enough.
- I am not worthy of that promotion.
- I just do not have enough experience.
- Who would want to hire me?!
- I just do not know how to manage big projects.
- I cannot be trusted with responsibility.
- Whenever I manage things, it just turns out awful.
- Everyone else gets the good jobs.
- I never get opportunities to take on big projects.
- No one listens to me.
- I will never find the right job.
- All bosses are crappy.
- My supervisor is never going to listen to me.
- My opinion isn't important.
- Working for the man is soul-crushing.
- You are not supposed to like what you do.
- No one appreciates me.
- Everyone expects too much of me.
- I got passed over for a promotion again - it is just not fair.
- My co-workers do not like me.
- I am too shy.
- I always procrastinate.
- I could never do that!

*"Everyone faces defeat. It may be a stepping-stone or a stumbling block, depending on the mental attitude with which it is faced."*

*~ Napoleon Hill*

## Limiting beliefs about Self-Worth

- I am a failure.
- I cannot make things happen.
- I do not deserve a better life.
- Things just do not work out for me.
- It is all my parents' fault.
- People look right through me.
- That is just my luck!!
- Who am I to have everything I have ever wanted?
- I am not worthy of being happy.
- Why does this always happen to me?
- This is too much for me. I just cannot do it.
- The world is cruel and not nice.
- Life cannot be trusted when things are going well.
- No body hears me.

*“You have been criticizing yourself for years, and it hasn't worked. Try approving of yourself and see what happens.”~ Louise Hay*

## Limiting beliefs about Good Health

- My body just heals slowly.
- Getting sick is unavoidable.
- I don't deserve to be healthy.
- Everyone else in my family is overweight.
- Losing weight is the biggest battle of my life.
- I am helpless to heal myself.
- I will never be healthy.
- I am just big boned.
- I am not pretty.
- I do not deserve that pretty dress/shirt/purse.
- It takes way too much to become healthy.
- I need protein, I cannot be a vegan.
- I eat the way I grew up; I do not know anything else.
- I am destined to get this condition; it is in my genes.
- It is not safe for me to get well.
- I do not deserve to heal.
- Health and healing require specialists.
- My illness is incurable.
- I am always going to be addicted to junk food.
- Healing requires a lot of time.
- I will hurt myself if I work out.
- I must be born with good health to be healthy.

*“Every negative belief weakens the partnership between mind and body.”*

*~ Deepak Chopra*

Perhaps you want to stop limiting yourself at your job or stop limiting your finances, or your health. Maybe you want to stop limiting how happy you can be in a relationship.

*\*Complete each step below for each of your Life Goals. \**

It is essential to write everything down, so you can see what is your greatest resistance in your subconscious mind.

Think back into your childhood, what memories do you have regarding your 3 goals?

What beliefs, patterns and emotions did your family members, teachers, spouses, the media belief about each of your goals.?

For example, in regard to money, here are some limited beliefs about money and abundance that I learned from my parents, friends, and society:

- There is never enough.
- Save a penny earn a penny.
- You are always going to run out.
- You were not born into a rich family; you will end up just like us.
- Taxes are your worst enemy.
- The government is after your money.
- You are not good enough to be rich.
- You never get paid back when you loan money.
- Money is dirty.
- The rich are arrogant and rude.
- The rich never enter Heaven.
- Money is the root of all evil.
- Money does not grow on trees.

Without any judgement, look at these limited beliefs but this time from a higher, broader perspective inside you, almost as if you are watching yourself in a movie.

How have these old beliefs played a part in your life?

What actions have you taken because of these beliefs?

What actions have you not taken because of these beliefs?

Now imagine your life with these beliefs removed from your life completely...

What does your life look like?

What do you look like?

What does your life feel like?

How has your life changed?

**Limiting beliefs can also keep you from taking action to be your most authentic and powerful self.**

Overtime, these old, limited subconscious beliefs become who you are instead of who you were meant to be. They stop you from taking action towards what you want in your life. They stop you from attracting all that you desire and deserve.

This is why most people never truly manifest the life they want, they simply do not believe that they are worthy of having it.

The wonderful news is that you hold all the power to change this negative, old, false programming and become aligned once again with the amazing, powerful, beautiful light being that you are.

Do you want to know who you truly are...?

You are the Universe, and you are magnificent! You are meant to have everything you want in your life and become everything you want to become.

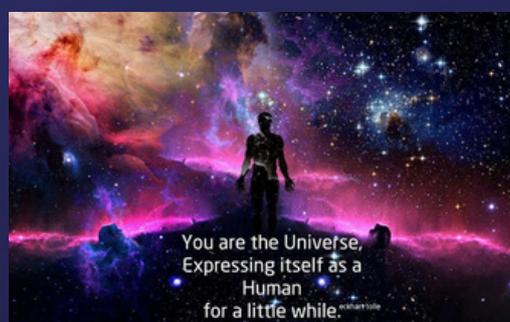
You are a magnetic energy light being that through frequencies of thoughts and emotions puts out a frequency out to the Universe which attracts people, places, experiences and everything else that vibrates at that same frequency. Everything is energy, the wall in your bedroom, the phone you hold, the seat you are sitting on, it's all constantly moving! When you take a piece of it and put it under a microscope, look pass the atom, you will see a vibrating flash of energy moving back and forth. That energy is what everything is made up of.

The world as you know it is an illusion! Everything including you is moving, expanding and vibrating.

This is excellent news because now you realize that through your thoughts and emotions you create the world around you by the energetic frequency that you give off. It's sort of like a radio station, when you tune into a certain radio station it comes through clearly, when you are not on that frequency, you can't hear that station. What ever frequency you put out into the Universe through the energy of your thoughts and emotions you automatically attract EVERYTHING vibrating at that same frequency.

Release today with this thought...

I hold all the power within me to create everything into my reality  
and I do this with my thoughts and my emotions!



## Day 2: Thank your limiting beliefs for how they have protected and honor who you were at the time you had them and who you shared them with.

It may seem counter-intuitive to thank these old, negative beliefs and patterns - after all, they limited you, right? However, it is important to honor these thoughts, as they have been your companions for a long time, your comfort zone and they developed in response to the things that have happened in your life.

For example, perhaps the reason you think you can't trust anyone with money is that you got burned once by someone with money or maybe when you were young your dad had a bad experience and he told you to never trust rich people.

I grew up in a very high resistant, low frequency childhood and my father smoked Marlboro Reds. I remember when I was little and he had gone to work and my mom was in bed, I would sneak out to the living room where his ashtray was, take his cigarette butts and smoke them in my bedroom looking at the moon outside my bedroom window listening to Depeche Mode. As I grew older I would share cigarettes with my dad. Every time he would say to me " I don't like you smoking" and I would reply " I know dad, pass the lighter please". He would give me this sweet look of disappointment, he would light my cigarette and we would proceed to have the best debates, talking about everything. Cigarette after cigarette was smoked until the whole room was clouded in smoke and you know what, those are one of the best times I remember with my dad. I wouldn't trade them for anything. To this day, I can still remember the smell of his smoke on his sweatshirt when I would hug him goodbye.

In June 2014 when he passed away, I released smoking out of my life, quit cold turkey. I created a new belief that ultimately, I wanted better health for myself and continuing to smoke was not in alignment with my higher self and to be healthy. I wanted a better, healthier life mentally, emotionally and physically. That was the turning point when my life changed drastically. In December 2014, 6 months to the day after he passed was the day when I heard screaming in my ear from within me to create my Subliminal Vision Boards app.

I needed to release things in my life that were no longer serving my greatest good, so I could become more aligned, toxin free and connected to the true power within me.

Take out your notebook, and write a letter of Gratitude for the old, limited beliefs and patterns for each of your three goals, honoring and loving yourself throughout the process.

Remember, not all unhealthy habits come from negative, unhappy core reasons... Our Subconscious mind plays tricks on us to keep us in the same pattern and emotional states that we have always had. It doesn't like changes to it's program and it is there to protect us and keep us inside our cozy, all knowing comfort zone and make sure that nothing changes! It will associate beautiful memories and comforting thoughts around an unhappy habit simply to protect you and keep you doing it.

Take your notebook and thank those beliefs for protecting you all this time, and honor and appreciate them for bringing you right here at this moment. This time recognize that you are wise enough now to move past and release those old beliefs and patterns that are stopping you from achieving your goals and you are strong and determined to never have them run your life ever again!

That was a THEN belief, NOW you hold the power to not only choose a different belief about that topic but now that you know what the old, negative believe is, you can reprogram that negative subconscious belief so that it will never come up in your life again!

### Day 3: Forgive yourself and others for all the old beliefs that no longer serve you.

It is tempting to look at your limiting beliefs and think about how much they have kept you down all these years. There is no one to blame. Holding on to the hurt and emotions that can be tied into these limiting beliefs will only keep you playing small.

Forgiving others is essential for spiritual growth. Your experience of someone who has hurt you, while painful, is now nothing more than a thought or feeling that you carry around. That time no longer exists. These thoughts of resentment, anger, and hatred represent slow, debilitating energies that will disempower you if you continue to let these thoughts and beliefs occupy space in your head.

No one and nothing has the power to make you uneasy, unhappy, unloving, unkind without your consent! Once you acknowledge this, you realize that you hold all the cards! All the power to change your thoughts, emotions and by doing this, you will change your life!

Pull out your notebook and write a letter of forgiveness to whoever or whatever caused these negative beliefs from your new higher perspective for each of your three goals.

Focus on forgiving yourself and others for the events that caused any old beliefs and patterns.  
Focus on forgiving yourself for letting them in your life

Understand that everyone is always doing the best they know how to do with what resources they have at the time...including yourself.

Chances are if your dad or mom taught you these beliefs then they were only taught to them growing up and could know no different than to pass down what they knew to you. Forgive them and be grateful that you are aware now to choose differently moving forward in your life.

“Forgiveness is the Fragrance that the Violet Sheds on the Heel that Has Crushed It.”

~ Wayne Dyer

## Day 4: Discovering and Creating Your New Beliefs and Patterns that are in Alignment with your Greatest Potential!

Now that you have acknowledged and released the old beliefs and patterns and thoughts that are not in alignment with who you truly are, now let's shift and discover the ones that do resonate with you and your goals.

In your notebook, write 5 new beliefs about each of your Life Goals. Make these new beliefs empowering and loving. Imagine that they are being told to you by your future self who has released the past and moved forward into the life that you truly deserve!

Example: Old belief: I do not have enough money.

5 New beliefs you can create new neural pathways about money are:

1. Money is Good.
2. I receive money easily and effortlessly.
3. I am grateful for my wealth.
4. I attract abundance into my life.
5. I deserve abundance and prosperity.

NOW it's time to accelerate the creation of these new empowering, self loving beliefs by creating new rewiring scripts and new neural pathways in your brain and reprogramming the old story of your goals forever!

The Subliminal Vision Boards app is the first multi-sensory visualization tool that uses brain science to rewire negative subconscious patterns and reinforces positive, healthy ones by combining these 3 pillars of Healing:

- \* Creative Conscious Visualization
- \* Mind and Body Healing Sound Frequencies
- \* Subconscious Mind Reprogramming



When all 3 Healing pillars are activated simultaneously, new neural pathways between the conscious and the subconscious are created. This is called Brain Synchronization. This is the state when your conscious mind and your subconscious mind function at the same electrical frequency allowing you to rewire your subconscious mind and reinforce your conscious desires. This allows the biggest resistance factor, the subconscious mind to no longer get in the way with it's old pattern and story, because you are writing a new one!

**Click below now to download this powerful multi-sensory app below to continue:**



## Day 5: Time to create and build momentum and energy towards your Goals!

Create 3 Subliminal Visualization Boards on your brand new empowering beliefs for each of your Life Goals.

1. Choose a Gif background- one that really symbolizes this area in your life. When your mind sees a video it associates an emotion to it much more quickly and powerfully than seeing a static image.
2. Add your 5 replacement, new, powerful, and empowering beliefs as affirmations or as images on your vision board. Find the exact image of your new goal belief using Google images or your own images. Choose from over 100 Preselected Affirmations.
3. Record your voice saying your new powerful beliefs. When you hear yourself speaking your affirmations in your own voice, you will start to create new rewiring scripts in your brain. These Affirmations will quickly become your new self talk regarding your goals.

Take 15 minutes every night before you go to bed and 15 minutes each morning when you wake up to immerse yourself in each of your visualization boards using the powerful Subliminal Take 5 feature. This feature will help you to rewire your subconscious with your new empowering and loving beliefs.

As you do this limiting belief exercise and continue to reprogram your subconscious mind, you will feel the emotional shift associated as these new beliefs implement into your mind and into your heart.

*You will feel lighter energetically and more aligned with your higher self and with the Universe.*

As you go through this process, you will start seeing all the infinite possibilities available for you, and you will be ready this time for all the opportunities life will present to you.

Believe in the Process

Believe in your inner strength

Believe in the power of God and the Universe

Believe in YOURSELF!

Know that you are creating and building wonderful momentum and energy and attracting everything that you want.

When opportunities present themselves, take action, and feel empowered and know that anything is possible for you!

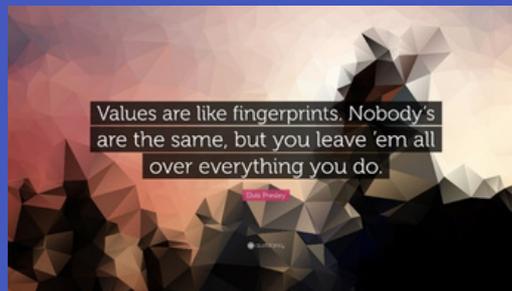
*A belief is only a thought you continue thinking; and when your beliefs match your desires, then your desires must become your reality.*

*~ Abraham Hicks*

## Day 6: Discovering Your Core Values

Your values are the lenses through which you view yourself and your world. As values develop, they are crystalized and prioritized to form a values system. They form your own “personal truth” from which self-esteem, fulfillment, and resilience develop.

By understanding your values, you are in a good place to make a change for the better. If you do not know what your values are then it is likely that you are living your life whether you know it or not according to other people’s principles or priorities and not your own.



Take your notebook out and write down your answers to the questions below on a sheet in your notebook. There is no judgment, just discovery.

### Questions:

- What motivates me to get up in the morning?
- What makes me smile? (Activities, people, events, hobbies, projects, etc.)
- What keeps me up at night?
- What activities make me lose track of time?
- What is my greatest achievement?
- What am I doing when I am at my best?
- Why do I buy what I buy?
- What am I naturally good at?
- If I had to teach something, what would I teach?
- Why do I read and watch what I do?
- Who do I admire? Why?
- When am I happy?
- Why do I long for what I long for?
- Why do I do the work I do?
- Why do I live where I live?
- What makes me feel great about yourself?
- What would I regret not fully doing, being or having in my life?
- What did I want to be when I was a child?
- When have you been most happy?
- When you daydream, what is it about?
- If time and money were not limited, what would you do?

## Day 7: Discovering your Top 5 Core Values

Look at the list below and list your top 5 core values.

If you have a value that you do not see on this list, feel free to write that down :)

1. Accomplishment
2. Accuracy
3. Acknowledgement
4. Adventure
5. Authenticity
6. Balance
7. Beauty
8. Boldness
9. Calm
10. Challenge
11. Collaboration
12. Community
13. Compassion
14. Comradeship
15. Confidence
16. Connectedness
17. Contentment
18. Contribution
19. Cooperation
20. Courage
21. Creativity
22. Curiosity
23. Determination
24. Directness
25. Discovery
26. Ease
27. Effortlessness
28. Empowerment
29. Enthusiasm
30. Environment
31. Excellence
32. Fairness
33. Flexibility
34. Focus
35. Forgiveness
36. Freedom
37. Friendship
38. Fun
39. Generosity

40. Gentleness
41. Growth
42. Happiness
43. Harmony
44. Health
45. Helpfulness
46. Honesty
47. Honour
48. Humour
49. Idealism
50. Independence
51. Innovation
52. Integrity
53. Intuition
54. Joy
55. Kindness
56. Learning
57. Listening
58. Love
59. Loyalty
60. Optimism
61. Orderliness
62. Participation
63. Partnership
64. Passion
65. Patience
66. Peace
67. Presence
68. Productivity
69. Recognition
70. Respect
71. Resourcefulness
72. Romance
73. Safety
74. Self-Esteem
75. Service
76. Simplicity
77. Spaciousness
78. Spirituality
79. Spontaneity
80. Strength
81. Tact
82. Thankfulness

- 83.Tolerance
- 84.Tradition
- 85.Trust
- 86.Understanding
- 87.Unity
- 88.Vitality
- 89.Wisdom

*Write down the 5 Core Values you choose:*

- Value 1 \_\_\_\_\_
- Value 2 \_\_\_\_\_
- Value 3 \_\_\_\_\_
- Value 4 \_\_\_\_\_
- Value 5 \_\_\_\_\_

For each of the 5 values that you have chosen, answer these 3 questions:

- What does the word of this value mean to you?
- Which actions or behaviors display this defined value?
- What other word or words would you add to the initial one to make it embody the value most clearly?
- 

Take each of the 5 values and combine them to come up with a simple sentence that pulls your values together.

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**Share Your Core Values Sentence to the Private Facebook Group!  
[30 Day Visualization and Wellness Challenge | Facebook](#)**

**Week 2**

*Understanding your goals and how to manifest them into your reality.*

*“To reach levels of success you’ve never reached before, you must be committed at a level you’ve never been committed at before.” ~ Hal Elrod*

**There are 4 parts of achieving a goal:**

- 1. Knowing what the goal is.**
- 2. Knowing the “Why” behind the goal.**
- 3. The Action needed to achieve it.**
- 4. The Commitment level from within you to stay consistent.**

## There is a big difference between Motivation and Commitment!

People think that motivation is the answer to achieving goals. How many times have you told yourself, “I just need to be more motivated then I can do it”! The truth is that motivation is great when it is there, but when that leaves and old subconscious habits and thoughts come rearing their head again, it is the “Why” behind the goal and your commitment for that goal that will take you through any obstacle that comes up.

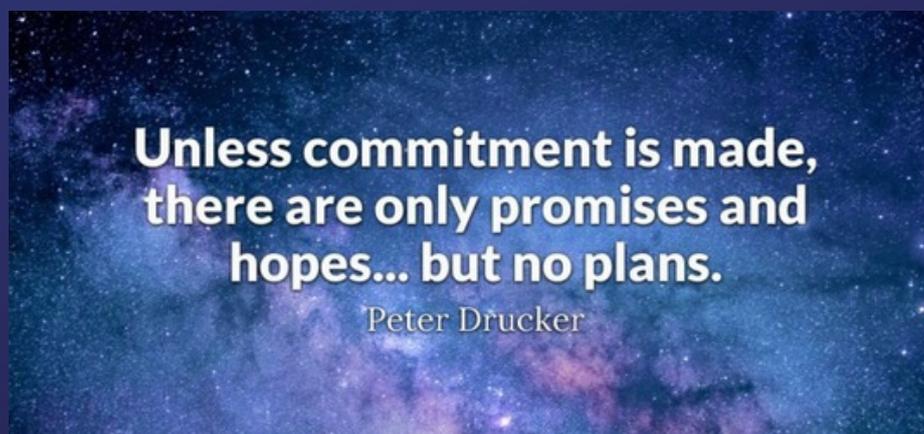
You must become committed to something deeper, something that you can hold onto when motivation goes out the window. This is your Why.

Take for example, you want to release weight, so your goal is to exercise more. The first 2 week’s you are so excited and proud of yourself. You wake up early each morning, you diet changes, you start feeling great and you start seeing the results. Everything is going great and then soon something shifts. The newness and excitement of the goal leaves and challenges appear. Suddenly exercising becomes more challenging, old limited, negative subconscious habits and programming seep in, you don’t want to wake up early anymore, it rains, and your bed is calling you and all the reasons not to continue come flooding in. The result is the motivation of releasing the weight simply isn’t enough and unfortunately you go back to the old habits and actions again that you’ve always done.

Sound familiar?

You must know the deeper reasoning behind the goal of releasing weight. You must know the Why. Once you know the Why, you will stay focused on that. The Why comes from your heart not your mind.

For example, if the Why is that you want to be healthier and be around to see your grandkids grow up. That is a much stronger reason to stay committed vs. just looking nice in a bathing suit.





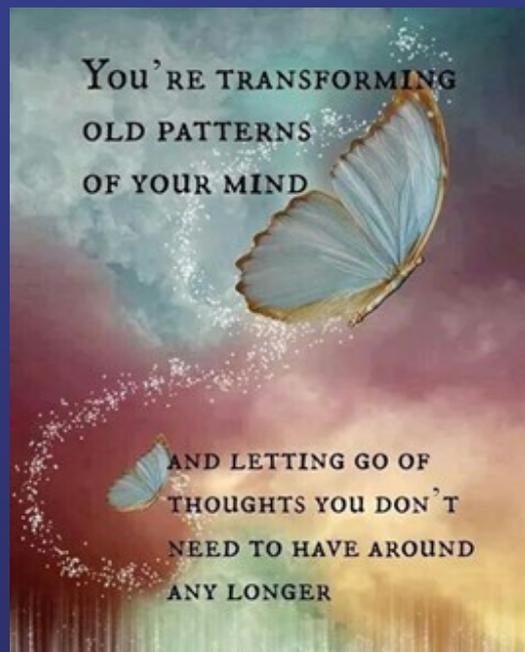
Answer the questions below for each of your 3 goals you chose in Week 1

- What is it that I want more in my life in this area?
- How does having this desire achieved make you feel?
- Do you feel more joy, more freedom, more peace, more Self-Love?
- How will your life change by achieving this goal?

Your answers are from within your heart space, your higher self, your inner voice.

Keep breathing and focusing on this feeling and soon images or pictures will start to appear in your mind.

Hold onto this feeling and these images of your vision. In your notebook, write down any images or feelings for each goal.



**GOAL**  
*Getter!*

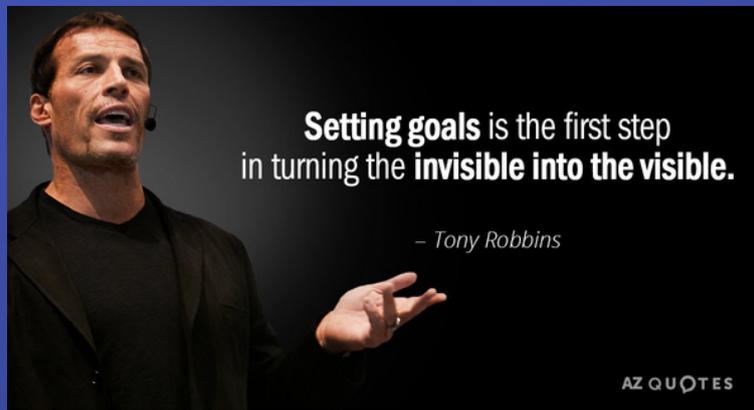
## Week 3: Discovering your Why behind your Goals

In your notebook on a sheet of paper, create 3 sections just like it is shown below.

List each of your goals at the top and continue asking yourself “Why do I want this” to each of your answers.

This will help you look deeper inside you and for the first time you will really understand where your goal is coming from and the true core reasoning behind each of your goals. In the end you will become more clear, more focused and have a real understanding of your goals and the action steps needed to achieve your goals.

<b>Write Goal No. 1 Here:</b> _____	<b>Write Goal No. 2 Here:</b> _____	<b>Write Goal No. 3 Here:</b> _____
<b>Why do I want this Goal?</b> _____	<b>Why do I want this Goal?</b> _____	<b>Why do I want this Goal?</b> _____
<b>Why do I want that?</b> _____	<b>Why do I want that?</b> _____	<b>Why do I want that?</b> _____
<b>Why do I want that?</b> _____	<b>Why do I want that?</b> _____	<b>Why do I want that?</b> _____
<b>Why do I want that?</b> _____	<b>Why do I want that?</b> _____	<b>Why do I want that?</b> _____
<b>My true reason for my goal:</b> _____	<b>My true reason for my goal:</b> _____	<b>My true reason for my goal:</b> _____



For each of your goals, answer the following questions:

1. Is this goal something I truly want, or is it something I think I SHOULD have or SHOULD be doing?(Tip: If it is a SHOULD, it may be someone else's dream...)
2. When I think about my goal does it give me a sense of deep contentment, happiness and/or excitement? (If so, these are good signs that it is a healthy goal that is in alignment with your highest self.)
3. If I could have the goal RIGHT NOW – would I take it? (If not, why not? What issues are there?)
4. How does this goal fit into my life/lifestyle?(Time/effort/commitments/who else might be impacted?)
5. What might I have to give up/stop doing to achieve this goal? (What is the price of making this change?) For example, getting up earlier, not eating like everyone else in the house etc.
6. What specifically have I done so far to achieve this goal?
7. What worked and what did not?
8. How do I normally sabotage myself from achieving this goal?
9. What can I commit to do differently this time?
10. What do I have already (skills and resources) that could help me move forward?
11. What research could I do to help me learn more about my goal?
12. Who could I ask for help in achieving this goal? Think of people and places.
13. What advice would I give my best friend to do if they were in my situation?

14. What other angles and options have I not thought of yet?

15. What is the pain for me in my future if I do not achieve this goal?



Commitment is one of the key ingredients for goal-success. If you are not fully committed to a goal, you will not give it all the effort required to succeed. When you are deeply committed to a goal:

- You do the work despite not feeling like it.
- You work on your goals even though you would rather sleep in or watch Netflix.
- You defy the cold and rain for it. You break old destructive patterns for it, and you push through any obstacles that come in your way.

#### Week 4 - What is your commitment on your goals?

**The stronger your commitment, the more likely you are to succeed as you refuse to give up or give in.**

You make more disciplined and productive decisions, and you are more willing to go out of your comfort zone to achieve success.

On a scale of 1 to 10, 1 being not committed at all and 10 being completely committed how committed are you to achieving each of your goals?

Goal 1 Level of Commitment \_\_\_\_\_

Goal 2 Level of Commitment \_\_\_\_\_

Goal 3 Level of Commitment \_\_\_\_\_

(If it is below an 8 then ask What is stopping you from completing this action and make this be your first action toward that goal)

Answer the following commitment questions for each of your goals:

1. How could I make the tasks/actions more enjoyable or fun?
2. Who else could help me in completing your actions?
3. What is one action I can take in the next 10 minutes?
4. What is one action I can take this week?

Now, close your eyes and take a deep breath in, hold it for 5 seconds and exhale out. Imagine taking those actions and answer the following questions:

1. What am I doing to take those actions?
2. How does it make me feel?
3. Who can I tell about my actions (to support you in completing them)?
4. What specifically can I ask my supporters to do for me to help me stay accountable and focused on my goal?
5. How will I reward myself when I complete my action? (Think of a healthy reward that you love.)
6. What is the MINIMUM/Super-Easy level of this goal to achieve?
7. What is my TARGET level of this goal to achieve?
8. What is my EXTRAORDINARY level of this goal to achieve?

As long as you are taking steps in the direction of what you want, it does not matter the size of the step, just the direction you are going in moving forward.

Create a Subliminal Visualization Board of each of your 3 goals now that you have a fresh new perspective of them.

1. Go into the app and at the bottom menu in my Vision Boards you will see to the right of the Notification Bell, 3 horizontal lines. Click on that and click the first option which is the Action Planner.

**The Action Planner is a powerful brainstorming goal form designed to help you step by step to achieve your goals.**

**Create an Action Plan for each of your 3 goals. (Click on the plus icon in the upper right-hand corner to add another Action Planner for your next goal.)**

**\*Note make sure to enter all the information including an accomplished date. The Universe loves dates and setting a date helps keep you accountable.**

2. Add a background image that symbolizes one of your goals.
3. Add 2-3 images of what your goal symbolizes. You can do this by adding images from your own image gallery, taking a photo or finding the exact image using Google images in the app.
4. Choose a song, Zen or record your voice.
5. Add powerful affirmations stating that you have accomplished each goal and how it makes you feel.

**Look at these new empowering Subliminal Visualization boards for the next 30 days before each morning and before you go to bed.**

