create
The best version of you

A Complete Step-by-Step Guide to Transform
Your Mind, Spirit and Body

Michelle Thompson

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DIVING IN

Discovering What is Playing in Your Mind

What are your blocks?

DISCOVER

The very best version of you.

What would be the best version of you? Confident, Strong... Be specific...

Who would the best version of you be? Would it change your life choices?

How would that feel?

What is stopping you?

What is stopping you?

What do you believe about yourself? Often times we take our pain from the past, like a past filled with trauma of all types and we allow false beliefs to corrupt the mind. In this first section we are going to dig into what is going on inside your mind, find the areas that are fueled by the beliefs and bring them out. By looking at it from a deeper perspective you will learn how to create a new thought, that you will Consciously Choose to make your new belief.

- Take several days to journal about what has happened to you and the belief structure that came from those events. Focus on areas like self-worth, confidence, fear, discipline and any money blocks you may have.

- Focus on one subject at a time if you can.

- Each day you journal listen to a calming meditative- hypnosis on that subject to let go of the emotions that came out writing.

Journal

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WHAT IS BLOCKING YOU

Listing Limiting Beliefs, Perceptions and Lies

Blocks

Block 1: Limiting Belief. What is a Limiting Belief?

- Limiting Belief's are belief structures that hold you back from desires. As long as you believe you can't then you won't. As long as you believe you might fail then you will. As long as you believe your not smart enough then that will block you from gaining the knowledge to succeed.

Block 2: Perception. What is a Perception?

- A perception is a singular or narrow belief about what will happen or what did happen. It can be viewed as glass half full verses glass half empty.

Example: You get a part time job offer.

Perspective one: They are not giving me hours I want

Perspective two: The part time position ensures my bills will be paid.

Block 3: Lie. What is a Lie?

- Many times we get into the habit of labeling ourselves in extreme ways like: I am stupid, I am a terrible mom, I am not good enough. Perhaps there is room for improvement. We all grow as we pursue endeavors of our desires. But lying to yourself because your haven't found a path to grow into or mastered the thing you desire is destructive.

Listing

- Review your journal and high-lite anything that is a limiting belief, perception or lie.
- Think of yourself like a detective. Find those clues in the journal that have been holding you down.
- Then list them in the blue boxes on the next few pages.
- Once you have listed them, then you will re-frame them.

RE-FRAMING

Change your personal self talk.

Re-framing

List Negative Thoughts and Beliefs	Re-frame: I am, I will, and I can

Re-framing

List Negative Thoughts and Beliefs	Re-frame: I am, I will, and I can

REWRITE

Changing your story

CHANGE YOUR STORY
CHANGE YOUR LIFE

Your story has been the wrong mindset, the pain from the past, the things others have told you and you have made it manifest into your life by your own belief structure. It is now time to change those beliefs by writing the new beliefs down daily until your mind accepts it as truth.

Take everything you re-framed and start writing it daily.

Rewrite

Rewrite

Rewrite

Rewrite

Rewrite

Rewrite