

Reset Your Mindset

YOUR MINDSET IS YOUR MOST POWERFUL TOOL FOR A BETTER LIFE!



mindset
RESET



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Hey Friends!

It's time to elevate our realities to a higher plane. It starts with you making the decision and letting the universe know your decisions.

Here's 3 rules we already live by but might not be aware of

3 Laws of the Mind

1. Every thought creates a physical or chemical change in your body.
2. You can only think one thing at a time
3. Thoughts precede our reality

Think about nails on a chalkboard....does that make you cringe and your body react negatively without actually hearing it? That's the physical or chemical reaction caused by your thought. What do you think about all day? What reaction do you have to yourself when you look in the mirror, your bank account or environment in general?

If you can only think one thought at a time choose to think from the inside out vs the outside in. This means don't let what you see in your environment like your bank account, dictate the way you think. Getting down on yourself is only hurting you more, be optimistic about everything and know better is coming. They say your bank account reflects your self-worth so it's time to remember your value. I remember my full Value. Others see the great value in me.

Thoughts are proven waves of energy and anything that leaves original source comes back hence the saying what you think about you bring

about. The easiest fastest way to upgrade our way of thinking is affirmations! All you have to do is repeat them over and over until the words take over your thoughts naturally.

Did you just say you'll try?

Try is a very confusing command. Try means there's struggle. You either do it or you don't. Eliminate struggle from your vocabulary.

"I choose to make this fun and easy" (Say this every day and for everything you do)

"All the solutions I seek are within me" (Use this to replace I don't know)

"I am a creative genius" (anytime you don't think your good enough or qualified enough....pffff go for it!!!)

"I am so excited about all the great possibilities coming my way today" (anytime you dread your day ahead)

"I am healthy" (anytime you worry about your health, don't create what isn't there yet)

"I am happy" (we create this in ourselves and cannot solely come from others to accept ourselves)

"I am extremely wealthy baby! Woooooo!!!!"

"I am abundant" (Abundance applies to all areas of life, health, wealth, happiness and nature)

"I am loved and I am loving" (It's none of our business what others think of us so be your authentic self!)

Whenever you say or think something negative about the future that technically hasn't happened yet say "STOP! CANCEL CLEAR THAT!" Self-correct, then say "And so it is!"

Here's a big one that can move you forward so much faster.

"I forgive myself and others" (our past experiences affect the way we see the future if we don't let go)

You can also forgive yourself around money which makes it easier to think, hear and see opportunities for multiple streams of income.

"I choose to spend my money on this" (instead of I can't afford this, or referring to yourself as cheap or frugal)

"Thank you for the money to buy this today" (release buyer's remorse about affording basic necessities)

Mirror Neurons

Did you know that if you were to cut a cell in half and place each half in a petri dish and take one of those petri dishes miles away and manipulated one half, the other half would show the exact same thing? Isn't that incredible? Mirror neurons can transfer to the people we talk to as well. Speak about yourself and others using the mirror neurons to match your words. Always end your thoughts and words with the POSITIVE outcome you desire. The universe does not differentiate between don't want and want. It just hears want and the emotional charge you put behind it.

What I want for myself I want for others – "my friends and family are thriving and successful"

Always leave people with a sense of increase – (Inspire others to see their blessings as you have and are)

When things don't go the way we expected do not emotionalize with disappointment. Emotionalize with gratitude that something greater you can't see yet is on its way.

"I'm so happy and grateful now that....." (I have received, I have finished, I am financially free etc)

"I let go of what no longer serves me with ease, joy and grace"

"I only attract my highest good in life and business"

Keep these for reference and write it out! It's easy to come up with your own custom affirmations.....If something in your life isn't great write down the opposite positive outcome as though it's already happened. Write them out, stick on your bathroom mirror, keep in your pocket or wallet, take a pic and save it so you see it every time you pick up your phone or turn on your device. Put sticky notes on the mirror.

I vote for your victory and success using these affirmations!
We aren't designed to get through life alone and it's normal to need help sometimes. I've created some uplifting courses to help you continue on this journey and you can join my mindset groups.

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