

Thriving

NOT SURVIVING

ACTIVITY BOOK

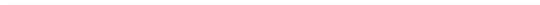
THE 5 SECRET
PATHWAYS TO
HAPPINESS,
SUCCESS AND
FULFILMENT



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PART 1 UNDERPINNING PRINCIPLES





Week 1

UNDERPINNING PRINCIPLES - PERMISSION

Permission comes in many forms. You may have “that” voice in your head which is in reality your mother’s, your father’s or that of your boss. It may be the thought of what everyone will think of you which governs your decisions or it may be your sense of self-worth and what you believe you deserve.

Whose permission do you seek? Do you allow yourself to thrive and shine or do you hide behind other’s perceived restrictions? Ask yourself the following questions. Be honest with yourself.

1.] Consider whose permission you seek before you do something. Remember it doesn’t have to be a physical conversation, more often than not it is an internal dialogue. That voice in your head which either encourages or instils fear of failing or being hurt – whose is it?

Make a note over the next few days how often you seek the approval of others before stepping out of your comfort zone.

2.] How would the quality of your life be different if you took ownership of the level of permission you give yourself to shine?

3.] Do you give yourself permission to be vulnerable or ask for help when you need it?

4.] Do you give others permission to treat you in a way which keeps you small or is in some way abusive – emotionally or physically?

5.] How easy do you find it to say no when you'd far rather say yes? How would you feel if you said no and could do it graciously?"

Week 1

UNDERPINNING PRINCIPLES - PERSEPECTIVE

Perspective is the way in which we see the world – it is our point of view. Our perspective is based on the beliefs we have about ourselves and the world, it is our reality. It doesn't make it true, however it feels that way. Learning to challenge our perspective is important as it provides the gateway into seeing ourselves and the world differently.

One type of perspective which has an enormous impact upon the way we interact with others is the meaning we give to others words and actions. What we assume to be their motive.

MOTIVE

Motives are not always what you think. It is very easy to assume we know why people are acting in the way they do. Our judgement is based entirely on our interpretation of the situation. I suggest that you question your perspective and the assumptions you make particularly when they are negative.

It is really common when you have been upset by something someone has said or done, or failed to do, to make the assumption they've upset you deliberately. The reality is very often quite different. They've upset you simply because they're embroiled in their own stuff.

They are completely oblivious to the potential impact they will have on others, and you have made a very specific meaning of the situation.

Over the next few days be aware of how you interpret and make meaning of the motive of others. Do you generally assume a negative or a positive motive? Does this change according to the person you are inter-acting with?

Consider the situations you have identified above where you have thought the other person is deliberately saying or doing something to hurt or upset you. Think how their motive might be very different to the one you have assumed. Is it possible they were just wrapped up in their own stuff?

Think about how you treat others. Have there been times when you have been off hand or engaged negatively because you had other things on your mind?

How might you do things differently in the future?

Week 1

UNDERPINNING PRINCIPLES - FOCUS

Have you ever noticed that when things are going well, we seem to attract great opportunities, things seem to fall into our lap? The people around us appear to be happy, cooperative and ready to help. However, when things are going badly the opposite seems to be the order of the day.

Have you ever wondered why?

It has been my observation from my own experience and that of my clients, colleagues, friends and relations, that whatever we focus on seems to expand in direct proportion to the focus we give it. By focus I mean the time, attention and head space we use to think about the situation and how often we speak about it with others.

Over the last week or so what have you been focussing on? Make a list.

Personally	Professionally

Underline in red any which have been worrying you
Underline in blue those which have given you pleasure or you have been excited about

Do you tend to focus on the positive things in your life or the negative?

How often do you worry about things?

Do your worries tend to focus around particular areas of your life?
Identify which areas are causing you to worry.
Relationships, money, work, etc.

How does that worry affect the quality of your daily living?

Does it keep you awake at night?

It can be really helpful to write the things you are worrying about down on paper. Include as much detail as you can not only about what you are worried about and why, but how that is making you feel.

When worries are internalised they are difficult to deal with. Putting them on paper externalises them and makes it far more possible to manage.

Once you have written it down in detail (the more detail the better)
Ask yourself has the worry has been based on actual fact or on opinion.

If it is based on opinion – whose opinion is it? Just because someone has said it, doesn't make it the truth. It is their version of the truth but it is not necessarily yours. It is important to be honest with yourself. If there is some truth in what they say you can then choose to do things differently. If you think there is no truth in what has been said, it is time to let it go.

How much is of your worry is based on things which have already happened in the past?

Ask yourself does worrying about it make the situation any different?

How often are you worried about things which are in the future?

Ask yourself will your worrying impact on the future outcome?

What is the cost to you of all that anxiety and worry?

What do you have the power to change?

What is out of your control?

Remember if something is entirely out of your control you still have the choice of how you react to it.

Mountain v Molehill Strategy

All too often when something happens and we start to worry about it the anxiety levels begin to grow. Before we know it, the worry level has grown into a mountain which feels daunting.

The following strategy has been proven to work not only on general worries but has been incredibly helpful to those suffering from panic attacks and OCD.

Ask yourself

The problem feels big at the moment – like a mountain.

By tomorrow will it feel like a molehill?

If not then

By the end of the week, will it feel like a molehill?

If not then

At the end of the month, will it feel like a molehill?

If not then

At the end of the year, will it feel like a molehill?

What about at the end of your life – if you looked back to this situation how would it be?

Would it still feel like a mountain or would it be a molehill?

How much importance would you give it then?

So if you are going to downgrade the mountain into a molehill in time, why wait?

Why not choose to put things into perspective and see it as a molehill now and save yourself all the worry and heartache delaying the downgrade will cause?

Week 2

UNDERPINNING PRINCIPLES - LOVE

We have the choice to live from a place of love – positivity or from a place of fear and negativity.

We can choose to live our life through fear, seeing everything as a threat. Fearing failure or success, fearing change, trying something new, fearing the unknown, fearing people who appear different or fearing we are not enough. The list is endless.

I believe living from a place of love means shifting from relying totally on your thoughts as these are not infallible. Our conscious and unconscious thoughts are open to all sorts of distortions, to conditioning, compulsions and obsessions. Our thoughts are important but there is more to living a life of love. Recognise whatever your background you are child of God, you are connected to every living thing in an amazing world, full of awe and wonder. Living a life through love means owning the amazing, creative, powerful being that is you. Living through love means learning to live from your soul and recognising you have the option to live a life, full of possibilities.

Are there any specific areas of your life where you find the judgements of others challenging?

Think about the judgements you make of others. Are there situations where you find yourself being critical of others? Why?

How does it make you feel?

How do you think it makes the person on the receiving end feel?

How might you do things differently in the future?

In your journal consider how your life would be if you consistently lived from a place of love rather than at times fear or lack?

Week 2

UNDERPINNING PRINCIPLES - FORGIVENESS

Holding on to the grudge, anger, hurt or bitterness is like giving yourself the poison and expecting the other person to die.

Forgiveness is one of the most freeing gifts you can give yourself. Remember forgiveness is NOT about forgetting or condoning.

Huge amounts of energy go into keeping the grudge alive or suppressing it and pretending it is not there. As you can only use energy once, it means that the energy used on the holding on to the hurt is unavailable for more positive things.

When we start to change, it is often difficult to remember how things were before the changes started. Scoring out of 10 is a useful way of identifying the extent of the issue. Re- scoring helps you to recognize how far you have come and where there is a way to go.

For example: How ready do you feel to let go and forgive either yourself or the other person?

10 out of 10 is absolutely ready. 1 out of 10 is no way!

We talked about permission levels in Unit 1 Underlying Principles. Unless you want to change something and you give yourself 100%

permission to do so, nothing will work on a lasting basis, this is true for everything, not just forgiveness.

Consider the level of permission you are giving yourself to change / succeed/ let go etc

E.g: Ask yourself if you are ready to give yourself permission to forgive and if so at what is your permission level. 10 out of 10 is 100%. Just go with your first gut feeling. Make no judgement about this. It is what it is.

Remember that holding on to the grudge, hurt, bitterness or anger is like giving yourself the poison and expecting the other person to die. It keeps you totally stuck in the past, and makes you feel the victim.

It is time to forgive. Doing so will give you a sense of power over your own destiny. It will enable you to enjoy your life fully, in the present and the future.

Remember that forgiveness does not mean you condone the act, nor does it mean you have to forget. Forgiveness is the greatest gift you can give yourself.

The following strategy has worked for my clients. If you feel that it is too difficult I urge you to seek help, you can email me via the website or message via Face Book. Holding onto the negative emotions is hard work and gets in the way of your living a truly empowered life.

1) Setting Your Permission Levels to 100%

If your permission level feels less than 100 % imagine a dial or a lever set at whatever % you have. Crank up the dial or lever to 100% and lock it into place.

Whilst this may sound silly, our unconscious minds are keen to do our bidding. By simply setting the intention that you are raising your permission levels, things will change.

Be playful about doing it, you can't do it wrong. Don't take my word for it- give it a go. Do it with purpose and commitment.

2) Taking Out The Sting

a) Write a letter to the cause of your hurt. The letter is not designed for sending, so you have complete freedom to say everything you want to with no restraint.

Choose a time when you will be undisturbed. Plan a time when you won't have to leave this task half done. You are likely to get upset. Give yourself the gift of allowing yourself to feel whatever comes. The likelihood is you have been holding all sorts of emotions in, allow these to emerge. I promise however challenging it feels you can do it.

This strategy works incredibly well when it is done in its entirety. Give yourself the gift of the time to do it fully.

I have found that this strategy works better when you write it by hand.

Don't worry about your spelling or handwriting, remember you are the only person who will see it. Go into detail about how you were affected, how you felt at the time and how you feel now. Give yourself the freedom to get everything off your chest.

Keep writing until you run out of steam.

b) Once you have finished, read the letter out as if the person is in front of you. Give it full expression!

c) Then put the letter to one side.

d) On a clean piece of paper start again. Ensure you include all the details - in particular how you felt at the time and how you feel now. Keep writing until you run out of steam.

e) Once you have finished read the letter out as if the person is in front of you.

No this is not a printing error.

I am asking you to keep repeating the process until the sting of re-living it dissipates.

In my experience the vast majority of people are done by version three but this is NOT a competition. If you find the challenge remains at the same intensity after 3 versions I would suggest you would benefit from some specialist help.

The important thing is to engage fully from the start. Eventually your brain will start to feel differently. Initially I think there is a sense of relief that it's out in the open and after repeating the process I think the brain gets bored and thinks "For goodness sake let it go!"

As I have said before, the very act of putting your thoughts out on paper makes dealing with it easier. I absolutely recognise that this is not an easy thing to do if it was you would have done it already. No matter how awful the original situation it is entirely possible to forgive. By letting go you will give yourself the freedom to cut the chains which hitherto have bound you to the hurt of the past event.

The Ceremony

Then it's time to have a formal letting go. It's up to you but here are some examples of ways clients have approached this.

Burn the paper (making sure you do so safely). As the smoke rises imagine all the hurt and suffering is going with it.

Or

Tear the paper into tiny pieces. Dig a hole in the garden and bury it. The paper will rot down over time. One client planted a rose bush on top. She said she wanted the 'c--p' to act as fertiliser for something beautiful.

Every time she saw the rose bush bloom, it reminded her that however horrible the experience had been, it had helped her grow into the powerful, resilient person she was now.

Or

Bin the pieces and put them in the trash

Or

Tear the letter into tiny pieces. If the sea is significant for you, cast the bits of paper into the sea and let the waves wash them away. Make sure the pieces are very small so they disintegrate quickly and cause no environmental issues. You may be drawn to cast the paper pieces into a river.

Either way as you watch the water take the pieces away, or the smoke drift away, or the paper is covered with earth or you tie up the rubbish bag, give yourself permission to let go of the hurt, bitterness, anger, or any other negative emotion. Allow yourself to feel the release and the freedom that brings.

We are here to support you.

Reach out to us either through the Face Book group or message me privately through the website. You don't need to do this alone!

Forgiveness is I believe the most incredible gift you can give yourself.

Week 2

UNDERPINNING PRINCIPLES - GRATITUDE

Gratitude is the most amazing, powerful and positive emotion. It has the capacity to recalibrate the brain by helping it focus on the positive things in life. Recognising the good things in your life rather than the negative and the niggles. It can act as an antidote to sadness, depression and frustration.

It has the capacity to recalibrate the way we think making it far more positive. There are proven benefits to mood and wellbeing, so it makes absolute sense to harness its power. The following strategies have been proven to work incredibly well when done on a regular basis.

The first exercise is called **Collecting Gratitudes**.

It is really important that you don't over complicate this. As you go through each day, look for things which give you pleasure, things you appreciate, things which perhaps you have taken for granted but would miss if they were not there.

You may appreciate and be grateful for a great cup of coffee in the morning, a good meal, meeting friends, a hug, a phone call or a stranger smiling. Watching your child whilst they play or are asleep. Playing with your pet or watching a good film or appreciating that you are in the warm on a cold day.

It is entirely up to you to identify the things you notice, but the important thing is to make it easy. Just notice each thing and as you do, acknowledge that you are grateful for them. Notice where in your body you feel the emotion of gratitude.

Nature is a great source of things to be grateful for – I love flowers so the sight of a beautiful garden, a vase of flowers or a single rose give me great pleasure. I love to watch the clouds changing shape or the rain making patterns on the window. Watching the moon rising behind the cedars in the grounds of where I live, gives me great pleasure. For you it may be the sight of the sea or watching wild life in your garden.

At the end of the day just before you go to sleep scan the day revisiting all the things you chose to be grateful for. Choose 5. Revisit your initial feeling of gratitude, allow it to expand and fill you up. Doing so means you will go to sleep focussing on positive things.

If you make this a regular part of your daily routine, it will very soon become an installed pattern of behaviour. We now know from the study of plasticity in the brain that it takes twenty eight days of doing something on a regular basis to create a new neural pathway in the brain.

Collecting Gratitudes is an incredibly powerful activity. I suggest that you incorporate it into your day – Every Day! It is really easy to do.

It takes no extra time and it will make a huge difference to the way you feel

Actively acknowledge the things or the people who have created what has led to your feeling grateful. Done once, this is a pleasant enough exercise. Done regularly it builds a different way of looking at the world, one which is more positive and offers you a greater sense of optimism and joy.

You will find a Gratitude 'Thank Bank' section in your Daily Journal to make a note of your gratitudes. Looking back at them on a day you are finding challenging can really help you feel better and in control. Several clients have introduced this routine to their children. Each child now shares their 5 favourite gratitudes for the day as part of their bedtime routine.

GRATITUDES WITH KNOBS ON

Another great strategy which can deepen the process has three levels to it.

Level one

Choose 5 of the things you are grateful for in your personal life. As to consider each one, take the time to really savour how it makes you feel.

Level two

Choose 5 things you are grateful for in your professional life. Once again, savour each thing in turn.

Even if you don't particularly like your work there will still be things to be grateful for. A colleague helping, a friendly client, a good journey home etc.

Level three

Choose 5 things to be grateful for about you.

Many people find this part of the exercise rather tricky, but stick with it. Which attributes, physical attributes or aspects of you, are you really grateful for. You are a truly amazing person when you allow yourself to be the powerful, creative, person you are.

Week 3

UNDERPINNING PRINCIPLES - PLAYFULNESS

When we play – and I mean play full-out, embracing the joy of being who we are truly meant to be – the constraints which keep us boxed in by our sense of limitation and fear of failure disappear.

If that sounds trite and simplistic at one level it is. Whilst the principle is a simple one, achieving it can be really tricky especially when you first start. You are all familiar with the saying: “practice makes perfect” and that is certainly true here.

What were the activities which you really loved when you were a child. Whether it was singing, dancing, painting or drawing, building models, cycling, exploring, sport – the list is endless.

Think about the things which gave you pleasure as a child. Please list them and think about how engaging in those activities made you feel.

How long is it since you actively engaged in those activities?

When was the last time you really laughed until you had tears in your eyes?

What was the trigger for that laughter?

When was the last time you were really curious and gave yourself permission to explore the possibilities of the situation?

However old you are you have an inner child which can expand your horizons and greatly enhance the quality of your life when nourished.

I think it is really important to make the distinction between being child- like and childish. I'm talking about the open curiosity, the awe and wonder which comes from being child- like rather than the stropiness and petulance of being childish.

Do you ever give yourself permission to act your shoe size rather than your age?

Identify things you would like to do which feel light and playful

Over the coming weeks diarise opportunities to actively engage in some of these activities. Be light and playful in your approach. Be curious about whether you enjoy them or not. This is a voyage of discovery – there is no failure in deciding any particular activity is not for you. Be open to the possibilities this will open up.

Please let us know how you get on through our Thriving Together Tribe Face Book page

Week 3

CONNECTING THEMES - MINDFULNESS

The quality of our thoughts determines the quality of our life. Very few people actively consider the way in which they think, despite the critical impact it has on everything in life. Our thoughts create our emotions. The way we feel on a moment-to-moment basis is determined by the way we think. Our emotions drive our actions and behaviours. Behaviours based on our unconscious patterns of thinking become habits.

Research has revealed that 95% of our thinking is habitual. Our thoughts don't actually cross our conscious mind, our thoughts stay at an entirely unconscious level. Minute by minute, our emotions and actions are triggered by long-established patterns of thought. Our beliefs govern our thoughts about ourselves and the world, as you will see in chapter 4, which focuses on the Secret Pathway of beliefs, these often go unchallenged.

- 1) Think about how often in your life you have made decisions and whether those were based on fear of failure or based on an absolute understanding that you were going to succeed.

2) Look for evidence in your life where you have succeeded, there will be lots of examples. If you can walk, talk and feed yourself you have learned skills which are highly complex and require thought and co-ordination .

3) Over the next few days be aware pay particular attention to how you think.

On a scale of 1-10 how lucky do you think you are

1 = extremely unlucky

10 = incredibly unlucky

4) Do you avoid doing things because you are convinced you will fail? If so what?

- Is there a difference between how you feel about your personal and professional life?
- What is it about failing that worries you most?
- What is the worst that could happen?
- Think about a situation where things did go wrong
- What would you do differently if the same situation arose?
- Consider how much learning came from what you called a failure

Week 4

CONNECTING THEMES – THE SURVIVAL GAME

Take 5 minutes every day for the next couple of weeks. Write continuously for the full 5 minutes about all the things you can do, and all the positive things about you: a list of all your positive attributes, skills and experiences.

If you find it difficult start with those things you take for granted. I can make a great cup of tea, I can dress myself, I am a good friend.

Don't over think this. It is a way of getting your brain to start appreciating the good things rather than focussing on the negative.

Week 4

CONNECTING THEMES – THE WAY TO LASTING CHANGE

Identify something in your life you would like to be different

Why is it important to you?

Unless it is important it is very unlikely that you will make the sustained effort to change

Make a list of the reasons you want to make the change

Identify how your life would be improved if you do

Think about what action / actions which need to happen if you are to manifest the change.

When you have identified what you want to change and what you are going to do to change it let us know though The Thriving Together Tribe Face Book Group. We are there to help keep you on track and we'd love to know how well your doing. We can offer support when things get tough too.

You can ask to be in the coaching hot seat during the fortnightly sessions too. Simply email us and let us know your question. We will do our best to answer the question and will put your name in the hot seat draw.

Week 5

CONNECTING THEMES – THE POWER OF LANGUAGE

It is extremely common for people to have habitual patterns of language. These can be empowering or quite the opposite. Either way, we begin to believe the underlying message in the language we use. Here is a very typical example: 'I'm quite good at . . .', 'I'm quite clever', or 'I'm quite pretty'. It's a way of qualifying things to show you are not being too cocky or arrogant, but by doing so you are not owning how clever, beautiful, or talented you actually are.

The language we use particularly about ourselves has the capacity to empower or diminish us, motivate or demotivate us, help or hinder us. Our brain wants to please; when it hears us say how tired and exhausted we are, it appears to make us feel even more exhausted. If we say how awful a situation is, how it is killing us, the unconscious mind goes into survival mode. Language has the power to create an intense sense of ownership; it helps to create and sustain our sense of identity. That's great when it encourages us to own our achievements, talents, and positive attributes, but is far less helpful when it focuses on 'my depression, my illness, my panic attacks'. When any problem with your well-being becomes part of your identity, it makes it more difficult to deal with. Creating a sense of distance from the condition is important if you want to move forward. You are not your illness; it is a challenge you are facing; it is not who you are.

- 1) Identify the words you use on a regular basis which belittle, limit or knock you down

- 2) Identify how often you give yourself full credit for being the amazing person you are when you are being authentically, genuinely you.

- 3) Over the next week Be aware of how often you complain and to how many people

- 4) Be aware of how much time you spend listening to others complain

How does it make you feel?

- 5) Create your power sentence

- 6) Over the next few weeks use your power sentence several times a day

Week 5

CONNECTING THEMES – TAKING OWNERSHIP

You Are the Only Person That You Have Total Control Over
By handing over responsibility for your emotional well-being to someone else, you are giving the other person the power and control over your emotional life. Unless you are talking about babies or small children, the reality is that the only person you are entirely responsible for is you. Yet many people hand over the responsibility for their emotions and for the quality of their lives to someone else. In other words, they are choosing to be victims.

Take Full Responsibility for Your Own Happiness

It's far too important to hand over the responsibility for your happiness and wellbeing to somebody else. I think it's vital to recognise that if you're going to give someone the power over your happiness, you have to put up with what they provide for you. And it's a very dangerous route to take. I urge you to take responsibility for what you want and for your own emotional state.

- 1) Think about how often you give away your power to others?

Are the occasions when you have thought "He or she has made me angry / unhappy/ feel badly about myself"

If so who are the people involved?

Are there any particular patterns of behaviour from the other person?
What are they?

Can you recognise yourself demonstrating any particular patterns of behaviour?

If so, what?

Because someone says something it doesn't make it true
How would it be if you chose your emotional state, rather than allowing others to make you feel unhappy?

- 2) Do the 7 day happiness challenge – be playful, it is intended to start your day off with a smile.

For the next seven days as you get up in the morning, say to yourself with some conviction before you get out of bed, 'It is a new day. It is going to be a great day, and I choose to be happy'. (Doing the 'Funky Chicken' test is optional, but if it makes you smile, it's a pretty good start to the day.)

As the day unfolds, look for things to make you smile. It can be something simple like watching a child play, a dog running in the park, something from nature, a comment on the radio, your favourite music, or a great cup of coffee.

Use your senses to appreciate the world you live in. Look at the flowers, the clouds, or rain running down the window.

Smile at people and watch their reaction. Do it without expecting them to smile back.

Try doing random acts of kindness to others without expecting anything in return. They don't need to be anything big. Notice how you feel when you do something for someone else, without expecting anything in return.

Continue to gather Gratitudes on a daily basis.

Week 5

CONNECTING THEME – STRENGTH AND VULNERABILITY

Learning to embrace our own vulnerability, to be able to manage the uncertainty and emotional risk that comes with it, requires courage. Many people avoid opening the Pandora's box of vulnerability as the shame attached to not being perfect is simply too painful. Failure to show vulnerability has far-reaching consequences.

Learning to appreciate yourself, striving for growth and development rather than getting stuck in the impotence created by the need to be perfect, is at the heart of being your genuine best self.

1) Ask yourself if you have a different set of rules for yourself that you do for others.

Over the next week take note of when and how often you are harder on yourself than you are on others

Ask yourself the following questions and note down your thoughts it is so much easier to see the patterns and to identify how you can make changes

How easy do you find it to show others you are feeling vulnerable?

How does it make you feel when you think about letting your defences down with:

a) Loved ones

b) People you know

c) Strangers

d)How easy do you find it to deal with others who are showing their vulnerability?

Week 6

CONNECTING THEME - FAITH

Faith allows a strong belief in the doctrines of a religion or something else based on a spiritual conviction rather than on proof. Faith means to keep moving ahead even amidst darkness. Faith is walking through a dark tunnel with the hope of finding a candle at the end. It is believing, 'I shall see the next day'. It is the power that makes you believe that someone is there to look over you and make things right for you.

Everyone will have a different view of what faith is and what they have faith in. For some, faith is synonymous with their religion; others have faith in the Universe, Mother Earth, and Father Sky. The object of each individual's faith may vary enormously, but the need to have faith, to believe in something greater than ourselves offers a huge expansion in our thinking and the quality of our lives. Learning to have faith is a real game-changer.

What keeps you going when the chips are down and life feels challenging?

What are the things which create within you a sense of awe and wonder?

How do you feel when you watch a beautiful sunset or sunrise, a full moon, or a magnificent view?

Week 6

SECRET PATHWAY 1- BELIEFS

Beliefs Determine The Quality Of Your Life

Our beliefs create our reality. Our experiences create the beliefs we hold about ourselves and the world. Beliefs become installed in our brain, and we then give them lasting status. It's great when the beliefs are empowering and positive, but can be disastrous when they are limiting or destructive. We look for evidence to support our beliefs; however, the difficulty is we interpret everything in the light of the beliefs we hold. Our perception of events feeds the beliefs so that they grow in strength as we get older.

One of the most powerful secrets to achieving lasting happiness, success, and fulfilment is the knowledge that transformation takes place when you are prepared to recognise and then challenge your limiting beliefs and the perceptions which underpin them. It is perfectly possible to change any belief that keeps you playing small. No matter what challenges you are faced with in life, it is you that holds the key. They are your beliefs, and you have the ability, power, and choice to identify and then ditch any beliefs that are destructive or limiting.

- 1) Imagine you are wearing a pair of glasses. The beliefs you hold are the lenses so everything you see is affected by the particular lens. Just as you can change the lenses in your glasses it is entirely possible to change your beliefs.

Time to do an overhaul of the beliefs which are running your life. When you do the following activity don't over think the question, go for what comes into your mind first – without judgement. It is what it is.

My beliefs about me

Negative Beliefs About Me	Positive Beliefs About Me

My beliefs about relationships

Negative Beliefs About Love and Relationships	Positive Beliefs About Love Relationships

My beliefs about success and failure

Negative Beliefs About Success and Failure	Positive Beliefs About Success And Failure

My beliefs about money

Negative Beliefs About Money	Positive Beliefs About Money

My beliefs about the future

Negative Beliefs About The Future	Positive Beliefs About The Future

Week 7

How Beliefs Are Installed

Where do limiting beliefs come from? As small children, we absorb all sorts of conditioning from our parents, carers, and teachers. Attitudes and beliefs towards the way we approach life, the things we value and fear, disgust and shame, our relationship with ourselves and others, money, work, success and failure, risk and responsibility, in fact—everything is modelled to us by those around us. These beliefs are shared through the daily activities we experience and observe, and the language we hear as children. Of course, some of these beliefs change as we grow and mature, but some remain unchallenged throughout our lives.

Think about the most significant adults in your life when you were young, what was their attitude to life? What was the language they used when talking about the following:

- 1) You
- 2) Love and Relationships
- 3) Success and Failure
- 4) Money
- 5) The future

Take some time to think about your childhood and the beliefs which were created

Which ones are serving you?

Which are the ones which limit you?

Weeks 8 and 9

Beliefs Become Our Reality

Let's dive deeper into understanding your beliefs. This is such an important aspect of living a truly happy, successful and fulfilling life so it is important to really dig deep and ensure your beliefs are really serving you.

I have allowed a two week window for you to do this activity as it is really important to allow yourself the time to think about each section. The more open and honest you are with yourself the quicker and more sustained the change will be.

Remember we are there to support you through the Face Book Group or by email.

The beliefs we have about ourselves, our self-worth, what we deserve, whether we are lovable and deserve success, are built up during our formative years. Our lives are made up of millions of small experiences that occur on a minute by minute basis. The brain is constantly on the lookout for evidence to support the beliefs it holds. It interprets each and every situation based on its beliefs. If you hold positive beliefs, the brain looks for the things that confirm how good you are and how well you have done it. If you hold negative beliefs, the brain looks for all those things that support the negative.

Identifying Your Limiting Beliefs

Over the years I have been able to identify common belief patterns. I've included a range of questions designed to help you get to the core of your beliefs. Be honest with yourself.

Please remember that however limiting your beliefs may have been in the past you have already started the process of changing them to more empowering ones. Awareness is the first stage. This programme is designed to help you build strong empowering ones which will serve you well for the rest of your life.

Your Self-Worth Is Determined by How You Look.

How do you feel about the way you look?

What sort of relationship do you have with your body?

Think about the things you like about yourself and those you don't.

Do you like having your photograph taken?

How critical are you about your abilities?

When you speak about yourself do you speak positively or negatively about yourself?

2. Your Self-Worth Is Determined by What You Do.

Imagine you are at a party. When you introduce yourself what do you say?

Now think about how you would introduce yourself and describing the sort of person you are rather than what you do. Write it down.

Which of the two did you find easier?

Why?

3. Your Self-Worth Is Based on What You Do for Others.

Where do you put yourself in the order of priorities?

Do you put everyone else's needs before your own?

Do you practice self-care or ignore yourself whilst looking after everyone else?

How easy do you find it to say no to others? Do you end up saying yes just so you don't feel guilty or let someone else down?

What does that cost you?

How does it make you feel?

4. **Your Self-Worth Is Based On Money.**

How do you feel about your financial status?

Do you often compare your clothes, jewellery, car, house, holidays with others and wish you had what they have?

Would you feel better about yourself if you had more money?

Are any of the following statements familiar to you?

- Money doesn't grow on trees.
- You have to work hard for everything you get.
- Money is the root of all evil.
- There is never enough money to go around.
- The rich are more important.
- I can earn it, but I can't keep it.
- I don't deserve to be financially free.

We all have an internal financial ceiling which is based on our beliefs and expectations around money, how easy it is to earn, our attitude towards debt, and whether we can keep money once we have it. Consider your beliefs and your relationship with money

List all the things you believe about money and whether you deserve to be financially abundant

**You will need to use this list in the next section*

Week 10

Installing New Empowering Beliefs

In the next Secret Pathway we will be working extensively on your relationship with yourself including ensuring your beliefs about yourself are empowering.

Beliefs About Money

Believing you deserve abundance and that it is possible to achieve ongoing prosperity will make all the difference.

What you believe and the language you use continuously reinforces the status quo. If you want to have a different financial outcome it is important to start by shifting the beliefs on which you base your choices.

The following exercise is a great way to begin the process.

(This exercise works with beliefs about anything. I've focussed on money as people so often hare held back by their limiting financial beliefs. The strategy is the same)

- 1) Ask yourself "What level of permission am I giving myself to be abundant and financially free?"
- 2) How often do I sabotage my capacity to be financially free?

- 3) What is going on? Do you believe you deserve abundance?

Think about the way you behave with money. Do your past actions make achieving abundance and prosperity more or less likely?

Take the list you created earlier.

If the belief is a positive one it is a keeper. If the belief is a limiting one, write it down. Write a more empowering alternative underneath the limiting one.

e.g Money doesn't grow on trees

Money is the root of all evil

Now flip the belief into something positive.

Money is simply a form of energy – it is what I choose to do with it which makes the difference

Making money is always going to be a struggle

I am grateful for the huge abundance which comes to me easily

How would your life change if your annual salary were to be doubled, trebled or quadrupled?

What actions are you going to take to change your relationship with money?

Changing Limiting Beliefs

This strategy requires you to allow enough time to do it fully. It is well worth the effort.

You will need several sheets of paper for this

Take each of the following aspects in turn. Write down every negative or limiting belief down in turn leaving 4 lines between each belief.

Write these in blue or black pen and ideally write them by hand.

Complete all the limiting beliefs across all the aspects before starting stage 2. I have had clients where this process has run into over 30 pages. It is not a competition, but it is important that you take the time to think and identify all the beliefs which are currently limiting you in some way.

Take a red pen and under each negative or limiting belief write 3 positive alternatives using a different line for each.

Stage 1

I feel worthless

Stage 2

You may not believe the positive beliefs at this point but trust the process. Once you have done this for all the beliefs and only then, go back to the start.

I feel worthless
I am an amazing woman
I have many strengths
I have courage to be genuinely my best self
I love who I am

Stage 3

I am an amazing woman
I have many strengths
I have courage to be genuinely my best self
I love who I am

Read each limiting belief out loud, having done so cross out the limiting belief using the original pen.

Now read out the positive alternatives with real conviction. say them out loud with as powerful voice as you can muster. As you say them allow the words to settle.

Stage 4

Over the next two weeks read the positive beliefs out loud to yourself every day. The repetition will help install them. The more emphasis and power in the voice you use the better.

Week 11

THE I AM ENOUGH POSTERS

Put up the posters in places where you will see them frequently during the day: on mirrors, in the bathroom in a place where you will see them as you sit on the loo or in the bath, on the inside of the wardrobe door so you will see them every time you take clothes out, on the fridge and so on.

Put the words as a screensaver on your computers and on your phone so you see them frequently.

Every time you see the words say them aloud, with real welly. It is really helpful to say them with the emphasis on a different word each time.
Do it with real conviction.

I AM ENOUGH
I **AM** ENOUGH
I AM **ENOUGH**

SECRET PATHWAY 2– LOVE AND RELATIONSHIPS

At the heart of feeling loved is having a positive sense of self-worth. Your personal relationship with yourself gets reflected in every relationship you have with others, both personal and professional. It is, therefore, sensible to ensure that you create a positive, loving relationship with yourself.

This pathway is ALL about developing a positive sense of self-worth and a great relationship with yourself. Doing so is just the foundation as it then explores how you can create great relationships with others and finally how to create and maintain a loving, lasting, relationship with a significant other.

Loving yourself means appreciating who you are, just as you are. It means treating yourself with respect, being able to set clear and reasonable boundaries, being comfortable in your own skin, and learning to like your own company. People who love themselves are compassionate towards their frailties but not overindulgent or arrogant. People who are confident and who love themselves don't need to be pushy or insist they are right. They have an inner strength, a capacity to recognise their weaknesses, and the will to deal with them. Their sense of self-worth is internal and not entirely dependent on others' opinions.

Do you use the same criteria to judge yourself as you do others?

Are you harder on yourself than on others?

What are the things you criticise about yourself on a regular basis?

How does it make you feel?

How quickly do you allow yourself to move on?

