

Journey To YOU

The Workbook



YOUR Empowered Life
Creates a World Where
Everyone Wins



Choose Your Grooves



Welcome!

Thank You for your Intention, your Focus and your Passion to **Experience Life in an Empowered Way**, because when you do, you help **Create a World Where Everyone Wins!**

This such an exciting time as we begin to realise the Power of our Minds, not only in our own lives, but in Creating The World We Want To Live in.

This workbook is supplemented by the ebook, '**Creating a World Where Everyone Wins**', the audios and the videos of this course.

It is designed to help you explore the existing patterns of your mind and to create patterns that best serve you, and in doing so, the world.

Your mind is a truly extraordinary tool which will work miracles for you when it is cared for and nurtured.

Just as eating healthy food and exercising the body are essential for physical health and power, the same applies to the mind.

Mainstream media feeds the mind with a constant and very limited diet of bad news.

This unbalanced view of life leads us towards depressing emotions which are seriously debilitating in many areas of life - health, work, relationships all suffer when we are under this kind of continual pressure.

This course is designed to bring Balance and Power back to Your Mind.



Welcome!

Firstly, you will map out your habitual thoughts, feeling and reactions. Secondly, you will start to install patterns that are more beneficial for you.

(The first part is essential so as to avoid self-sabotage!)

The Mind is most receptive when it is relaxed.

To make the most of the course, **I strongly encourage you(!)** to give yourself the gift of 15 -20 minutes immediately upon waking and just before going to sleep each day to nurture and exercise your mind.

Each five days I will send you new daily exercises to complete and record your results.

To change patterns, it is essential to practice regularly. 5 minutes twice a day is **far** more valuable than 70 minutes once a week.

You will notice that the time you put in everyday, will come back to you during that day and help you to shift your mind towards empowering patterns again.

This course has the potential to make a real difference in your life. But, as with all these things, what you put in is what you will get out.

Reading through is not enough.

Doing the exercises is essential.

Give yourself this gift of transformation and help Create a World Where Everyone Wins at the same time.



Step One: This Beautiful Life

- 1. Re-read Step One of in 'Creating a World Where Everyone Wins'.**
2. Every day, listen to the audio track 'This Beautiful Life.'
3. Immediately afterwards, set your timer for 3 minutes and write in a free, continuous flow your reflections of who you are.

Day 1. Audio, set timer and reflect!

Day 2. Audio, set timer and Reflect!



Step One: This Beautiful Life

Day 3. Audio, set timer and Reflect!

Day 4. Audio, Set, Reflect!



Step One: This Beautiful Life

Day 5. Audio, Set, Reflect!

Summary

Looking Deeply into Who and Where we are gives us valuable insights that allow us to learn how to relate to ourselves, each other and the planet in a new way. This is how we Create A World Where Everyone Wins.

Look back over what you have written.

What jumps out at you?

How do you feel in relation to your body?

Other people?

The Planet?

All life?