

Manifest Like a Mother™

WEEK THREE

BELIEVE

The exercises in this workbook are all designed to help you to start reprogramming your beliefs about yourself. To create new, more supportive, empowering beliefs that will lay the foundation on which you will manifest your vision of success.

Review

Before we begin the self-belief boosting, take a moment to review the work you did in the previous workbooks. What have you been believing about yourself and what is possible for you?

Hopefully you should already be feeling much more free of many of those limiting beliefs. The reason we review them is that sometimes a limiting belief can be flipped on its head to create a new, better belief.

E.g.

Old belief: Making money is always hard for me

New belief: Making money gets to be easy for me

So just keep your notes on hand so that you can use them for inspiration when you get to the new beliefs section.

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Your New Beliefs About YOU

Take a look at your vision of success. The big, bold, beautiful version.

Think about the kind of person that could achieve that. Think of all the positive things that she would believe about herself. Think about the kind of solid self-belief she would have.

In the space below make a list of things that you will need to believe about yourself in order to achieve your vision of success. You can use the questions below as prompts but write in anything that comes to mind as being a belief about yourself that would serve you.

What would it be helpful/empowering/supportive to believe...

- > about your abilities, skills and experience?
- > about your character?
- > about the possibilities available to you?

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Your New Beliefs About YOU

Notes continued:

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Self-Signalling

Over the next few days, start to notice any self-signalling that you have been doing which is unhelpful and reinforcing your old beliefs.

Be the non-judgemental observer of your behaviour, decisions and speech which relates to what you say about yourself and your abilities.

In the space below, write down any unhelpful self-signalling you observe.

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Self-Signalling

Secondly, I want you to start finding ways to show yourself you believe in yourself. What could you do this week, big or small, to signal to yourself that YOU believe that you are the type of person who is on the path to success? That you are worthy.

One surprisingly powerful way to self-signal is by saying no to something. We are often terrible people pleasers, putting everyone else's needs before our own. See if you can say no to something this week. It can feel very empowering and signals to yourself that your time and energy are valuable and worthy of protecting.

Another suggestion is to do something to the space you typically work in to upgrade it in some way. Could be something simple like a new cushion or a luxury scented candle or something larger like finally buying a new laptop to replace the dying one that has been frustratingly slow and unpredictable for ages. Or it could just be a massive declutter. Whatever you choose to do to upgrade the space, it has two benefits. First, you are self-signalling that your work space is important - because your business is important, your success is important. And secondly, there is an added benefit to this one as your environment is proven to impact your actions so upgrading your work environment in some way can have a positive impact on your subconscious.

These are just a couple of ideas. Go wild with any way that you can think of to signal to yourself that YOU are someone who is capable of success. YOU are exactly the kind of person who deserves and achieves their vision of success. YOU are capable, able and have limitless possibilities open to you.

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Self-Signalling

Use the space below to plan some positive self-signalling:

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Self-Signalling

Use the space below to keep a record of all of the great self-signalling you are now doing:

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Borrowing Someone Else's Belief

Pick one person in your life who you know believes in you completely. Use the space below to write as if you are that person. Note down all the things you think they might say about you: how great you are, how capable, the skills and experience you have, get it all down there. Now is not the time to be shy, write down ALL the ways that person believes in you and why.

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Gathering Evidence

This is both an exercise to complete now and a way of life!

Start by noting in the space below ALL the evidence you can think of which supports your new belief in yourself. Use the questions below as prompts to get you started. But don't let them limit you! Keep coming back and adding to this as you are reminded of other evidence from the past.

I Show Up for Myself and What Is Important To Me

Think of examples of times when you have seen something through to the end:

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Gathering Evidence

I Am An Achiever

Make a list of ALL of the things you have achieved of which you are proud:

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Gathering Evidence

Things Are Always Working Out For Me

In the space below write down examples of times when you had a problem and it worked out for the better in the end:

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Gathering Evidence

Use the space below to write down any other evidence at all that supports the new beliefs you have about yourself. Start making this a daily practice to notice all the evidence that supports your new beliefs.

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Affirmations

Go through each of the beliefs you constructed earlier in this workbook. Now write them out below as affirmations.

Start to write them, read them, say them with feeling, on a daily basis. Think about places you can put these affirmations to remind yourself at different points of the day.

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Affirmations

Notes continued: