

Manifest Like a Mother™

WEEK TWO

RECONNECTING WITH YOUR INNER BEING

The exercises in this workbook are here to help you to reconnect to your inner being, to get back in touch with what you want, what will make you happy and to start creating a new vision of success for yourself.

Affirmations

To get you started with reconnecting with your inner being, try saying these affirmations out loud, meditating on them, writing them daily in your journal, sticking them on post-it notes around the house, whatever works. And of course, feel free to add any others that come to mind!

It is not selfish to have needs, wants and desires.

It is safe to want.

Following my innermost desires to live a life of joy and light is my soul's purpose.

I am worthy of receiving the things that I want to do or have.

I am worthy of being anything that I want to be.

I am worthy of receiving money and support.

I am allowed to want things which will make me happy.

It feels good to get in touch with what I want.

I can trust my inner guidance.

I am worthy of leading a life full of happiness.

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Dismantling Your Old Version of Success

Think about the different ideas of success you have accumulated over the years. Use the questions below to consider what you have been equating with success.

Growing up, who in your life did you think was successful? What about them made them seem successful to you? Did your family have a view of success? If so, what was it? Write down any other memories you have which relate to success.

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Dismantling Your Old Version of Success

In your adult life to date, who are some of the people you have regarded as successful? It could be former colleagues, friends, family, even people in the media, celebrities. Write them all down. For each person, write down how you have measured their success. Why are they considered successful? Has that success come at a cost? What do you think about each of these people?

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Dismantling Your Old Version of Success

Now review your notes for the two sections above on success. Can you spot any themes or even limiting beliefs about success?

It might help to complete the following sentences:

In my past, success has meant....

I have been believing that people who are successful are...

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Dismantling Your Old Version of Success

In my old view of success, I believed that success was...

I have sometimes shied away from pursuing success because...

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Dismantling Your Old Version of Success

Did you notice that by completing the sentences above you have already acknowledged and admitted to your old views of success? Great work!

Now let's pull this apart.

Use the space below to think about why these versions of success didn't suit you.

Which limiting beliefs about success have you noticed?

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Dismantling Your Old Version of Success

Use the following questions as prompts to dismantle your old ideas about success until they are no longer true for you. Of course feel free to include any other questions that help you to analyse your old beliefs about what success means from different angles.

- > Is this the only version of success?
- > What have I been believing about success which isn't strictly true?
- > What is another way of looking at this belief about success?
- > Would it be possible for me to gather evidence about a different version of success?
- > What could be true about success instead?
- > What is the consequence of continuing to hold on to these ideas about success?

Once you have completed the questioning you can use any of the Release techniques from the Module One workbook if you feel like you need to fully let go of any of your beliefs about success.

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Dismantling Your Old Version of Success
Continued notes...

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Allowing Yourself to Want

It's time to start making your "like" list! Try to spend 5 minutes each day alone with your thoughts, pondering the following questions. Keep a notebook and pen next to you and jot down ANYTHING that springs to mind.

- > What do I like?
- > What makes me happy, joyful, relaxed?
- > What would I like to do more of?
- > What things do I want in my life?

And don't limit yourself to one aspect of your life. Consider your whole life, noticing things you want or want more of which fit into the following categories:

- Your business
- Your personal and social life
- Your health and wellbeing
- Your finances
- Your emotions and inner wellbeing

Then, as you go about your day, try to stay in tune with the things that make your inner being happy. Anything at all. From things that are already in your life now, to inspiration about things that you would like in your life. Remember that these can be tangible (e.g. objects) and intangible (e.g. relationships, health etc).

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Allowing Yourself to Want

AND DO NOT CENSOR OR JUDGE OR JUSTIFY THE LIST.

Completely ignore any voices inside which tell you having the thing would be impossible, too difficult or that you are not deserving or worthy or that you wouldn't be able to achieve or have it or you would be judged for having/being/doing that thing.

Write. It. All. Down.

Allow yourself to want!

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Allowing Yourself to Want
My "Like" List:

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Allowing Yourself to Want
My "Like" List cont...

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Your New Vision of Success

We're going to start creating a new vision of success - just for you. One that excites and inspires you. We will continue to build on this as we progress through the course.

For now I want you to start making some notes about what success might mean to YOU. Not what you "should" think about success, or what would impress or please others. Strictly how YOU would feel if you were successful.

Below are some questions you can answer to get you thinking about your new vision of success.

How successful do you feel now? (This can give you some clues as to what is working and which you could increase even more and the areas which feel less successful so you know what to focus on in your vision of success).

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Your New Vision of Success

How will you know when you are successful? How would success feel to you? How would you like it to feel?

What can be your first measure of success? The first milestone or achievement you would like to get to at which point you will be able to acknowledge your success? Why do you want to achieve those things? How will they make you feel?

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Your New Vision of Success

Imagine you are successful. What does that look like? Consider all 5 of the life areas we touched on in the Allowing Yourself to Want section. What would an average day as the new, successful YOU involve? How would you act? What would you be doing?