

inspired
to serve

WEEK THREE

WEEK 3 • THE
MINDSET OF SUCCESS
+ SERVICE

BELIEVING IN YOURSELF

As you venture out in your business its really important to have tools to keep your mindset strong. Your thoughts create your reality and so it's incredibly important to powerfully choose what you want to believe in your journey.

One affirmation I have used the whole time in my business is "there must be a way". When I get stuck or feel overwhelmed. When I'm not meeting goals and feel unsure - there must be a way. This helps me to get out of overwhelm and back into faith and progress.

It's particularly important for you to do this because frankly, the world needs your gift. It's easy to get overwhelmed in life, overwhelmed in business and in your mission but please, PLEASE do not give up. Your unique message - said your exact unique way is NEEDED in the world. No one can say it like you can. No one can help those people like you can.

At times you may feel unsure, unqualified or even in fear that it may not happen for you but those are fear moments that you can bounce back from.

You have been through a lot. A lot of uncertainty, fear and overwhelm before in your life and you have always gotten back up. You've had experiences that have shaped who you are and you've learned things so that others don't have to suffer.

We need what you've learned - your insights and realizations need to be passed on.

The desire to help others is within you for a reason - its been placed on your heart by the Universe for you to step into.

THE HIGHLY SENSITIVE ENTREPRENEUR

As highly sensitive souls we feel a lot and when we feel, our brain kicks in too. As we perceive energy, notice body language and tones in voices our brain chimes in with all the human things like -
what did that mean?

*Is she implying that I shouldn't have done that?
I did that wrong, I sense disappointment, what's
wrong with me?*

Why is no one listening to my message?

Those emotions aren't source-given, they are human created. That voice in your head is not intuition, it's the ego.

It's time to separate what you feel, the stories and the truth in your mind.

It's time to recode what you make things mean.

Your desires
are placed
within you
for a reason.
You are meant
to step into
them.

MEANING MAKING

Humans are “meaning-making machines”. Our brain is wired to create meaning to what we see.

It's the ego, a survival mechanism that allows us to perceive threat and make sense of our surroundings so that we can stay safe. This is just the way our brains work.

Nothing innately has a fixed meaning. The meaning is what WE create based on our perception, past and mindset.

Because you feel things deeply, you also have the tendency to create A LOT of meaning to the things that happen in our lives.

Recognize that what happens doesn't have ANY meaning (it's empty + meaningless) until we give meaning to it.

Whether it's positive meaning or negative meaning – we are the one that creates it.

EGO

First of all, the Ego comes out of human nature. It is part of being human. We cannot spend time hating or trying to get rid of the ego because it is an important part of our human experience.

We can however become aware of it and choose not to listen to its crazy stories.

I like to describe the ego as a wounded, fearful inner child. It is the part of us that fears the worst, lives in protection-mode, doubts our abilities, is terrified to leap into the unknown, feels unloved or unloveable, alone and unsupported.

Your Ego is the one trying so hard to make meaning to everything it experiences. The ego is a survival mechanism. That is it. It is not good or bad, it's within us for survival. Much like an animal that experiences something dangerous, it will remember that situation in order to evolve and avoid danger next time.

With its meaning-making ability, the ego loves to attach itself to a trauma or uncomfortable occurrence in our lives and use it as "proof" that we shouldn't go out on a limb, do something new, spend money or release an old belief. The ego is famous for replaying things in our minds that back-up our doubts, fears and insecurities.

"YOU DID THIS, IT TURNED OUT BAD, THAT MEANS IT WILL ALWAYS TURN OUT BAD, DON'T DO IT"

I use my ego as my greatest assignment. As a teacher who shows me where my limits are, where my funky beliefs lie and where I can release and soften a little more.

Remember that the
stories and
meanings of the ego
are not real.

They come from fear
and protection -
every single time.

HIGHEST SELF

The exact opposite of the ego is the highest self. It's the part of you that is deeply connected to source and the part of you that knows the truth. The truth about who you are, what you're capable of and how the Universe works.

There is a part within you whispering go for it, you're doing so well, you can do it, you are already enough.

You never need to get rid of the ego, you just need to lean into your highest self. You need to practice the art of leaning away from the fear and into faith.

Your highest self is calling you forward now. She is whispering to step into your next, big chapter.

Believing in yourself happens effortlessly when you simply learn to hear the voice of your highest self. She knows you are already enough and are doing to be/do/have it all!

We have a higher self (HER) and we have an ego.

The highest self says

There must be a way
You are doing it
Keep going!
You are healing
You are uncovering
You are doing such a great job
Patience
I will come
It is happening
Your emotions are powerful messages

The Ego says

It should have happened by now
I did that wrong
Its not working
Its not happening
It's happening for them and not to me
I dont fit in
I am different
I am too emotional

WHAT AM I MAKING THIS MEAN?

It's time to LOOK at what your ego is telling you and the meaning you are creating from it.

For example, if a partner bought you flowers, you could make it mean that it's really sweet whereas someone else may make it mean that it's unoriginal and lazy.

If someone dresses in a certain way - one person will think it's fashionable and fabulous and someone else will think it looks ridiculous.

One person thinks that bright red hair is the coolest thing and someone else thinks that bright hair is irresponsible and child-like. One person believes that Hawaii is the absolute best place on earth and someone else feels that Peru is like home to them.

To one person, yoga is the cure-all and to someone else kickboxing changed their life.

We create meaning - even when it's good.

Being a "meaning making machine" isn't BAD - it's just the facts of how our brain works. The objective isn't to stop making meaning, the goal is to CHOOSE what you wish to make things mean so that you can intentionally create your reality.



HIGHEST SELF WORK

Your Highest Self is the counter to the ego and the part of you that knows that truth.

My highest self sounds like....

describe the tone, pace, feel and sound of your highest self

Her Vibe is...

She tells me that....

The main thing she wants me to know is....



BELIEVING IN YOURSELF

My life has been a deep lesson in....

I have learned a lot about....

Looking back at myself 5 years ago - I could help "her" to...

If I taught someone the things I've learned, the changes they would experience are.....

If my ideal client doesn't find my work, they will...

When I get rejected, I make that mean...

When I FEEL unqualified, I make this mean...



MEANING MAKING EXERCISE

Take out a journal and on a fresh page, move through the following prompts:

One area of life that I am currently struggling in is...

Im struggling with my finances. I never feel like I am moving ahead and I have debt that I want to get out of.

What story am I telling myself about this situation? What am I making this mean?

I am making this mean that I should be more responsible at this point in my life. I am making this mean that I am behind and should be somewhere else by now. I shouldnt have debt, I am not a very good manifestor and I may never get out of this situation.

Am I willing to release this story? Is it serving me? Who do I become when I believe this story?

Yes! I am willing to release it. When I believe this story I get sad, insecure, anxious and depressed. I become unmotivated, pessimistic and overwhelmed. I am willing to release it! This story is not serving me!

What do I want to make this mean instead? What does SHE know this means?

Instead I choose to make this mean that I am grateful that I had resources like credit cards when I needed them. I simply chose to pay for something over time. I am now learning how to manifest and this situation with debt really kicked my butt into gear to learn law of attraction more. I will not give up! I will learn this!

QUANTUM ALIGNMENT

In order to be successful and stepping into what you're meant to do - you need to consistently remember WHO you are at your most successful. It will serve you greatly to continually align with this version of yourself. Quantum alignment is when you not only connect to your highest self NOW but also to the future version of yourself who is doing the thing!

Create in your mind's eye the version of yourself who is so deeply connected to her HIGHEST SELF.

Be HER. The one with the mindset of success, belief, faith, curiosity and fun. Instead of listening to the ego - tap into the YOU who is already successful, inspired, abundant and crushing the goals and dreams you have now.

BE THE ONE WHO MAKES BEAUTIFUL MEANING OUT OF IT ALL!

Some really fun prompts to use are....

Describe HER - personality, passions, interests, income, clothing style, car she drives, what she does in her day etc.

What is her energy + mindset like...

How does she handle detours, roadblocks or uncertainty?

What did she do NOW to get to where she is?

What does she say about believing in myself?



QUANTUM ALIGNMENT

10 MINUTE QUANTUM MIRACLE

For 10 minutes per day, get into HER energy.
Your highest self, your highest mindset and
vibration.

Dance, sing, move - BE this aligned, confident
LEADER who is charge of her mind, her results
and her LIFE.

BE the one who is certain and is alchemizing
doubts to power and uncertainty into faith.



QUANTUM ALIGNMENT

10 MINUTE QUANTUM MIRACLE

SET TIMER FOR 10 MINUTES

BRING IN MOVEMENT

CONSIDER THE ATMOSPHERE, SOUNDS
AND SMELLS

BONUS POINTS FOR USING A MIRROR
(WHEN YOU'RE READY)

BE HER!

INEVITABLE SUCCESS MINDSET

If you can BE the person who, without a shadow of a doubt, KNOWS that her success is inevitable, you would meet challenges in a new way.

You wouldn't bother feeling unqualified, insecure or doubt yourself for too long because you KNOW that this will just halt your inevitable success.

"even though _____ is happening I know my success is inevitable!"

"even though I feel _____, I know that my success is inevitable!"

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to get rid of
the ego, you
just need to
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