

*I Create My Reality*







# I Create my Reality Workbook

Complete this workbook as many times as you like, after you have watched the video, and practiced the guided meditation at least once.

**AFFIRMATIONS + BASIC CORE BELIEFS (SAY ALOUD + FEEL IT IN YOUR BODY TO REPROGRAM YOUR CONSCIOUSNESS):**

I AM THE SOVEREIGN CREATOR OF MY LIFE.

THIS REALITY IS INFINITE

I AM CAPABLE OF ANYTHING

ANYTHING IS POSSIBLE IN THIS LIFE

I AM GOING TO BE O.K.

JOY, PEACE AND ABUNDANCE ARE MY NATURAL STATES.

Notes:

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# ENERGY MOVES FROM SUBTLE TO GROSS



What evidence can you find in your life that your THOUGHTS have created your REALITY?

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Where in your life do you feel like a Victim?

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How can you change your mindset to feel like a Creator?  
Where is the "open window"?

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# SELF-LOVE AND GRATITUDE ATTITUDE



Name 18 things you are grateful for in your life right now. Notice your mood while you write.

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What makes you feel GOOD in your life? When do you feel GOOD about yourself?

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What makes you feel BAD in your life? When do you feel BAD about yourself? How can you love yourself in those moments where you'd usually beat yourself up?

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# YOUR DREAM LIFE



What does your typical day look like, in your dream life?

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If you had no limits on time or money, what would you do and who would be around you?

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What is one thing you can add or take away, from your current life, that will move you in the direction of your dream life?

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