

LIVE YOUR BEST LIFE NOW!

My guide to help you
experience a more loving,
connected and fulfilled life.

MINDSET & LOA

One of my favorite quotes is from automobile icon Henry Ford who said, “Whether you think you can - or you think you cant - you’re right.”

Mindset is everything! And learning how to manage your mindset and leverage the Law of Attraction - or LOA - is incredibly powerful!

LOA says “ask and it is given” or “you get what you think about” - so you want to think about POSITIVE things! The premise is that if you feel good, your good vibe makes you compatible for the good things that match how you feel.

At a minimum, choosing to think of life from a positive perspective will make you feel better, and that is, after all, what we all want. If you feel good and see possibility instead of limitation, you are more likely to notice opportunities when they present themselves. Additionally, you will be in a healthier mental state, making you better able to take appropriate action toward your desired opportunities.

At this point, there are hundreds, if not thousands, of studies in the field of happiness - which have claimed things like being selfless and helping others can boost our immunity and keep us healthier.

The powerful thing about many of these studies is that they show that happiness is a science and a choice. We can create happiness in our life. Like everything else, relationships do not improve by chance and success does not come by chance (even though sometimes from the outside it may seem that way because we don’t see everything that went into creating it). The same goes for happiness. It takes a commitment to creating happy habits in order to be happy and receive the benefits from it.

Keep in mind that the mind is a tool that is driven by our focus. Therefore, as we commit to positive thoughts our mind will look for those positive things and ways of creating them.

So make a commitment to yourself to take control of your thoughts and start creating your own happiness!

AFFIRMATIONS

Have you ever driven home from work and when you finally got there you couldn't remember how you got from point A to point B? This autopilot happens when your unconscious mind knows the way, releasing your conscious mind from having to pay close attention.

This is called implicit memory and is ingrained, automatic, and habituated. This is where our limiting beliefs have become lodged after years of repeated belief. A popular method of changing these underlying beliefs is to use affirmation statements that focus on what you WANT to believe, think and feel. You see, you're affirming yourself all the time, whether you realize it or not. Your repeating thoughts are what you are affirming, whether they are negative and limiting or positive and empowering.

The problem is that you'll believe whatever you tell yourself regularly. So if you tell yourself, "I'm just not smart enough" or "I don't have time" you'll find both to be true. However, if you repeat carefully crafted, positive affirmations to yourself regularly, such as when a negative belief is triggered AND throughout the day, you practice this new belief, helping it become ingrained into your implicit, automatic, memory. The goal of positive affirmations is for them to become habituated and turn into BELIEFS!

Practicing positive affirmations is important, but taming your negative triggers is even more vital. The key to recognizing your negative triggers is to become a student of your own emotions—especially when the emotion does not seem to fit the situation. By becoming aware of triggers, you start to take their power away. Then, you can practice a new, desired thought (affirmation) about that same object that triggers you, and you can train the brain to associate the object with positive emotions and intentional thoughts, rather than those old programs.

And, lastly, repeat your affirmations consistently. This means repeating them often and over a long period of time. Write them down and post them somewhere visible in your home. Program an alarm to remind you to look at them at specific times of day. Keep a copy of them in your phone or wallet. And, commit to reviewing them daily for 30 days.

Now that you understand the science behind affirmations and the keys to making them effective, you have the power to rewire your brain!

VISUALIZATION

Professional athletes and performers almost all use visualization because it works. The body does not know the difference between what is happening and what we imagine or remember. When a runner visualizes a race, while attached to electrodes, the exact same sequence of brain activity is observed as when the runner is physically racing.

If you imagine eating a juicy lime and tasting its sour juice, your mouth will salivate because your mind has tricked your body. The same is also true if you visualize yourself failing or losing.

According to research using brain imagery, visualization works because neurons in our brains interpret imagery as equivalent to a real-life action. When we visualize an act, the brain generates an impulse that tells our neurons to “perform” the movement.

In 2004, the Cleveland Clinic conducted a study on mental exercises and the impact that it has on strength (in participants’ fingers and arms). They separated people into three groups and had them follow a protocol for 12 weeks. One group did the physical exercises. One group visualized doing the exercises. The last group did nothing. At the end they re-tested their strength. When it came to finger strength the group that physically did the exercises had a 53% increase in strength, the ones that visualized it had an increase of 35%, and the ones that did nothing had no significant change.

Therefore your thoughts are so powerful that simply visualizing exercising your finger can significantly increase your strength, without any physical movement.

They also found that arm strength increased by 13% through visualization alone. If your mind can do that, what else can it do for you that you may not be tapping into?

With clarity and direction, you can leverage the power of visualization to achieve your goals and make your dreams a reality! Why not start today?!

If you want to continue learning about the power of mindset, the law of attraction and how to effectively visualize and manifest your dreams into reality, keep reading!

START LIVING THE LIFE OF YOUR DREAMS

I would love to work with you to breakdown the barriers that are holding you back, embrace a growth mindset and enable you to fulfill your passion and live the life of your dreams!

**MAKE 2020 YOUR BEST
YEAR YET!**



Duhigg Coaching

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CHECK OUT MY MINDSET 101 COURSE FOR ONLY \$197!!!

Mindset is everything! If you're tired of standing in your own way and allowing your self-limiting beliefs to hold you back from going after what you want in life, then this course is exactly what you need! Learn how to take control of your life and start living a life full of passion, purpose and joy!

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