

Ascend To Your Highest Reality

AWAKEN

THE CREATOR WITHIN



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ACTIVITY JOURNAL

ACTIVITY 1

1. Identify 10 beliefs you had as a child that you learned were untrue as an adult.

2. Identify your thoughts on the reason(s) you were taught those beliefs. Don't be judgmental on this. Try to identify the root of the reasoning. In most cases it's out of fear. But Fear of what?

3. Give yourself permission to explore more ideas and beliefs that you've learned in your life, that may not be true or real.

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ACTIVITY 2

1. Identify some beliefs you currently have about yourself that are 'negative'.
2. List the evidence you have gathered throughout your life that supports this belief.
3. What would you change about this belief - if you could?

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ACTIVITY 3

1. Identify the TOP 5 emotions you feel on a daily basis.
2. Identify the % of time you are in that state.
3. Where do you fit on the Scale? Is it possible to imagine that your reality is based on your State of Being? That your circumstances are driven by the feelings you have on a daily basis?
4. Identify how you would prefer to feel every day.

[illegible]

ACTIVITY 4

For each of the Needs, identify how you are currently getting these met and then identify new ways you can have them met.

Hierarchy of Needs	Definition	How you currently meet these:	New ways for you to meet these needs:
Physiological Needs	Basic human needs such as water, food, shelter, comfort, etc.		
Safety Needs	The desire for security, stability, and safety		
Social Needs	The desire for affiliation including friendship and belonging		
Esteem Needs	The desire for self-respect, and respect from others		
Self-Actualization	The desire for self-fulfillment		

ACTIVITY 5

1. Identify the top needs you get met consistently.
2. Identify the top needs you want to get met consistently.
3. What strategy have you used in the past to get your needs met?
4. Is there anything you would change about those strategies?

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ACTIVITY 6

1. Identify your top values.
2. Identify ways/strategies you currently meet/attempt to meet them.
3. Identify ways they may be competing against each other.
4. Create a slide or a little movie in your head where all your needs and values are being met simultaneously. As you begin to work with this image, see the resistance slip away.

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ACTIVITY 7

1. Identify your current beliefs about an aspect of your life. Pick one aspect below.

1. Career

2. Finance

3. Health/Wellness

4. Relationships

5. Romantic Relationships

Brainstorm every belief you have about that subject/aspect.

2. Identify the negative or limiting beliefs.

3. Identify the beliefs that aspect has towards you. For instance, if this is for your career, identify all the reasons your employer won't promote you, or pays you little money. Identify what you BELIEVE is the reason you don't have what you want. Take all of the negative beliefs and write out positive affirmations to counter these beliefs.

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ACTIVITY 8

1. Identify the top 3-5 goals you want to achieve.
2. Write/Type your Self-confidence formula.
3. Post your goals and Self-Confidence formula all over your home and office.
4. Read it daily.
5. I record mine along with my affirmations and play it several times throughout the day.

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ACTIVITY 9

1. Identify achievements you've had in the past.
2. Visualize the past achievement and how you felt, the actions you took, the results you had.

3. Can you identify any synchronicities that occurred during this achievement? Oftentimes the series of events that unfold seem as if they were bound to happen, meant to happen, that they would obviously unfold the way they did, but try to identify some of the gut instincts you had or random occurrences that came out of nowhere.

1. Be aware in your current reality that opportunities will arrive, inspiration will be received, magic is happening all around you.

4. Identify from your current goals, some ways you are insisting your goal should appear or unfold.

1. Release the insistence that your desire has to be a certain person, place, thing, way.

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ACTIVITY 10

1. Your Personality is your Personal Reality. Identify your top 20 personality traits.
2. Now identify the top 20 personality traits of the people who have the life or things you desire. Use your imagination.
3. Become aware of the differences between the two. Identify the personality traits you will need to adopt in order to become the person you desire to be.
4. Imagine being that person.

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ACTIVITY 11

1. Take a picture, aging you into the future. Imagine being that future person. What are they doing? Where are they living? What dreams have they made come true? What advice would they give you today?
2. Write down your top 5 goals for the next 12 months. Take a picture of them. Make them the lock screen on your phone as a reminder several hundred times a day. What you focus on, grows.
3. Make a vision board of all your desires. Post them in your bathroom, bedroom, office, car, refrigerator as a constant reminder of the direction you are moving in.
4. Imagine giving a Ted Talk. What would you say about yourself? About yourself? How you achieved success?

[illegible]

ACTIVITY 12

There are 5 main aspects in our life:

1. Career
2. Finance
3. Health and Wellness
4. Relationships
5. Romantic Relationships

1. For each aspect, identify all the limiting or negative beliefs you have about it.
2. For each aspect, identify all the limiting or negative beliefs the aspect has about you.
3. Write out a comprehensive list of all the limiting or negative beliefs
4. Alongside each of the limiting beliefs, re-write them as positive affirmations.
5. Record these and loop them - play them every morning when you get up and every night before you go to bed.
6. As these are impressed on your subconscious, you'll want to repeat the exercise, as you may find new limiting beliefs. Each time I reach a certain threshold, and can't break through it, I do this exercise.

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