



Finding the Ideal You

Factsheet

We all have a vision of what we want our future to be like. We also have a vision of the person we would like to become.

However, because of our programming and our belief systems we get in our own way we let our ego win our daily battles and we tell ourselves it's hard to change so we stay stuck, going around in the same circles, repeating the same patterns of behaviours and keeping those visions as just that, instead of taking the time to figure out what it is holding us back, what limiting beliefs are blocking us from moving forward and making ourselves consciously aware, then dealing with it and moving forward from it.

When we take the time to discover what is going on in our internal dialogue and exactly what is holding us back then we can take the daily action to change it.

By you taking the time to complete this exercise, discovering who it is you aspire to become, setting the intention with the universe to become that person, then reminding yourself daily, you will inspire yourself and be well on your way to evolving into the best possible version of yourself.

Core Values

First of all, we need to discover your core values and belief systems as it is these that are stopping you from evolving and holding you back from becoming the best version of you.

Take the time to brainstorm all of the negative things that enter your mind on a daily basis as these are your core beliefs/limiting beliefs/the way you value yourself.

Limiting Beliefs by Journaling

The key to eliminating limiting beliefs is to understand why you are carrying them around with you. One powerful way to help you understand and release is journaling.

It is useful to journal away all of the limiting beliefs you brainstorm.

Now turn those into your power create the ideal you.

Once you have eliminated your limiting beliefs by completing the previous exercise, you now have a clear mind to try on new beliefs and believe that you ARE worthy of becoming who you desire!

Manifesting

Next step to manifesting your desires is to get crystal clear on who you want to become by creating the ideal you and then acting how that person would everyday.

The fastest way to manifest is feeling as if you are already that person now. This will also help to re-programme your subconscious mind and evolve you that little more every day.

Set Your Intention

Dear Universe...

I promise to be the best version of me everyday moving forward, I totally trust that you have my back and I have unshakeable faith and belief that you are with me throughout my journey.

I know my vision is a gift from you and I promise that I will step into my power, strive to evolve myself and live each day in full flow of abundance with the one infinite power of the universe and achieve it.

Thank you for your unlimited support and guidance.

Say this to yourself every day, plus:

I AM the best version of me EVERYDAY