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*21 Days to
Happier Ways*

Get Your Starter Kit Ready!

- Earphones
- Your preferred device for listening to a meditation
 - Your Journal and pen
 - Your smartphone to put reminders on it

Success starts on the inside.....

Whether you do it deliberately or by accidental, whether you accept it or not, everything in your life is a manifestation of your thoughts. Your thoughts then become magnets for attracting what you believe at a subconscious level, is what you deserve. If you are not getting what you want, changing your thoughts is the way to do this. The trick to mastering your thoughts is repetition. You don't eat one celery stick and get healthy, you don't do one push up and call yourself fit. You must apply continued effort to make lasting changes. I won't delve deeply into how the subconscious mind works, (you can investigate that for yourself) but in order to reprogramme your thinking, you need to repeat what you want to be the truth, over and over and over again.

Over the next 21 days it doesn't matter where you want to bring about a change in your life, as long as you know that there is some area of your life that you want to improve. See, the thing is, once you create a happier inner self, it impacts all areas of your life. So while these exercises may not relate directly to a specific life area, trust me, it will shift you for the better and that will mean better results all around!

There is nothing more important than keeping you in the best positive state (or 'high vibrational frequency') when you want to bring about a change in your life. By choosing to think new thoughts you can change your reality. The next 21 days are going to present you with opportunities and ideas to access a better state (aka a higher frequency) in a short space of time.

Some of the exercises will really work for you and you will love them. Others, not so much. Embrace the ones you love and forget the others. I personally have learned thousands of exercises over 20 years and what I am bringing to you are some of the ones that impacted me most profoundly. That is why you'll never see this collection of exercises anywhere else. I have taken what I have loved and created them into a course in shifting your mindset over 21 days. What I will say is this- at the very least commit to testing out each one. The magic happens when you take action. If you don't do it, you'll never know. Make the time to do them and notice the impact of them.

Become conscious of your thoughts. Everything you say, think or feel becomes your reality. So if you have a negative thought and you choose to dwell on it you'll attract more of the same. It's that easy. If you have a positive thought and dwell on that you'll attract more of it.

We are all vibrating energy and we attract energy to us that is like our own. 'Like attracts like'. The lower your vibration, the more likely you are to attract circumstances to you that mirror this and the higher your vibration the more positivity you'll attract.

In simple terms:

Low vibration = more negative emotions and energy

High vibration = positive emotion and energy

The great news is that you can shift your energy almost instantly. You are not contracted for any extended period of time to keep low energy and you have a choice at any time to create a higher energy. It's easily accessible.

In positive psychology, 'higher vibrations' are called 'positive emotions' and what a religious person would call getting closer to God, or to others it's higher consciousness, in short, it is the manifestation of all that is uplifting; and while we may not use the same words to describe it, it is one and the same.

For the purposes of these 21 days I am going to talk about raising your vibration. Please don't get caught up in the semantics - the exercises and activities are designed to take you to a 'higher place' and when you are in that higher place you are much more likely to figure everything out.

If you are looking at me with one raised eyebrow, that's fine, and I still urge you to trust me on this and commit to the process. My intentions are pure and are offered to you from a place of love and growth.

Day 1 Activity

Fall in *Love* with Meditation

Without delving too deeply into the science, our brains are most receptive to changing habits when we are in Theta brain waves. We experience these primarily before we go to sleep. This is why a meditation before bed has a powerful impact on our lives. I used to roll my eyes at the suggestion of 'meditating', however with undeniable experiences that I have gained from listening to the same one over and over for a period of time, I now ask you to do the same. Listen at least once a day.

In order for your subconscious mind to '**get the message**' you need consistency. Your subconscious mind needs to hear your message repeatedly. Your conscious mind can observe information at a logical level, but unless it is embraced and taken as 'fact' from your subconscious, nothing will change.

Key learning:

- ➔ Before bed is a great time to retrain the brain
- ➔ Repetition is the key to mastery

So today's task is to do one of the following, and ideally do it once a day. There are as many meditations out there as there are people. Find one you connect with.

1. Listen to ONE of these meditations

- ➔ On an abundant life (22 minutes)
➔ <https://www.youtube.com/watch?v=ZnSJ5LU6-xs&feature=share>
- ➔ Physical wellbeing (15 minutes)
➔ <https://www.youtube.com/watch?v=ZtEmCGUAXhQ>
- ➔ Shifting your paradigm (16 minutes)
➔ <https://www.youtube.com/watch?v=83wYrxVafg4>
- ➔ Overcoming anxiety (20 min)
➔ https://www.youtube.com/watch?v=ovJ-0zc_TdM

Or

Find a meditation that you connect with (just surf youtube for meditations on abundance, focus, happiness, whatever you want to find a meditation on!)

Or

If you prefer to listen to your own voice, record some powerful statements about what your vision for your life is. Keep the statements positive, life affirming. You may want to listen to a few variations of meditations before you feel able to write one for yourself.

Once you have found your meditation, commit to it at least once a day for the **21 days**, twice a day if possible.

Make a note of any insights or **'aha'** moments you have when you listen to your meditation over the **21 days**.

Please share the link to your chosen meditations in the Facebook group (unless you've made your own and wish to keep it personal) - we can learn from each other.

**Getting your mind ready is the best preparation
you can make for the next 21 days.**

Enjoy !

*"If you want to find the secrets of the universe - think in
terms of Energy, Frequency and Vibration"*

- Nicola Tesla -