

CHECK YOUR MINDSET + AFFIRMATIONS

Detox the Junk from Your Mind

As you go through the Workshops Done Academy modules, I invite you to go through a detox. A detox of your limiting and negative beliefs, the junk food in your mind. This is an optional activity of the WDA program but highly recommended.

Start by being aware and paying close attention to your thoughts about giving Wellness Workshops and being a leader as a Wellness Entrepreneur. Awareness is the key to living the life you have always imagined. So many of us are living on auto-pilot and that is not healthy for us.

Are your thoughts negative and holding you back in your business? Or, are they positive thoughts and help you move forward with confidence to grow your business? As wellness experts, we all know we are the only ones who can create our own experiences, and they all start with our thoughts. When we change our thoughts, we can change our business and the direction of our life.

How is Your Mindset?

1. Write down any limiting beliefs that you may have about giving Wellness Workshops. Are you telling yourself a limiting story that is stopping you from growing your business?

2. Are these beliefs true or accurate?

3. Do these limiting thoughts/beliefs serve you?

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4. How would your business be different if you didn't have those limiting beliefs or thoughts? Or how do they help or hurt you to find your future clients?

5. Reframe these limiting beliefs into positive affirmations. Write them down below. As a first step, say these affirmations at least once a day as you go through the program.

6. Are there any other affirmations you would like to say daily to help you move forward with giving Wellness Workshops? (see next pages for examples/options)

7. How will you implement saying affirmations daily? For example, you may have them written on notecards and place them in your closet or bathroom to say every morning and evening. You may enter the affirmations on your phone to say them whenever you pick up your phone. Maybe it is being creative with your passwords and making them uplifting. For example, ILoveMyself2day!

8. What mental roadblocks might you encounter during the WDA program and how will you overcome them?

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Affirmations

See below for examples of affirmations that may help you to move forward with your business and feel confident speaking in front of large groups. Every week in our Facebook group, an affirmation is posted.

Go to <https://youtu.be/VMFL4nsiYj8> to listen to an affirmation meditation with some of the affirmations below. Bookmark it!

Positive Mindset Affirmations

- **I know enough; I am enough.**
- I believe in my ability to change the world with the work that I do.
- I wholeheartedly approve of who I am, even as I get better.
- I adopt the mindset to praise myself.
- I am more than good enough, and I get better every day.
- I breathe in calmness and breathe out nervousness.
- I give up the habit of criticizing myself.
- I'm confident and comfortable.
- I love being my own boss.
- I enjoy what I do.
- I see myself as a gift to my people, community, and nation.
- I trust my inner wisdom and intuition.
- I can make anything happen.
- I am ready for new challenges.
- I am comfortable taking risks.
- I believe in my business goals.
- My business allows me to have a life I love.
- Others look up to me because of my positive attitude.
- The past has no power over me anymore.
- The things I can not change are accepted.
- I believe in myself 100%.
- Everything around me is perfect.
- I am excited about new opportunities.

Abundance Affirmations

- I am connected to an unlimited source of abundance.
- I am aligned with the energy of abundance.
- I am rewarded for my efforts.

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Taking Action Affirmations

- I am free of the fear of mistakes and failure. Errors and failures are helpful and necessary to achieve success. I act without fear of failure and feel excited, heroic, and unstoppable.
- I love taking action. I feel courageous and exhilarated by taking action, and I build extreme momentum and prosperity when taking action.
- I play a significant role in my career success.
- I boldly go after what I want in life.
- My actions create prosperity.
- I resolve all problems with ease.
- I always finish what I start.
- I make decisions with confidence and ease.
- I recognize great opportunities.
- I act on my decisions.
- I create my future reality.
- I am motivated.

Success Affirmations

- As I become more and more successful, I help more and more people.
- I am a magnet for success and good fortune.
- My business energizes me.
- I am thankful for my many successes.
- I believe in myself and trust in my abilities to succeed in all I do.
- Today, I expect success.
- My business is a huge success.
- Great opportunities come my way.
- I am open to success.
- Success is in me.
- My mind is a powerful magnet for successful ideas.
- I am successful because I know what I want, and I go for it.
- I am a success.
- I attract success.
- It feels good to reach my goals.

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Inspirational Speaker Affirmations

- I am an inspirational speaker.
- I am a natural public speaker.
- I am relaxed when speaking publicly.
- I connect with the audience naturally.
- I am grateful for this opportunity to connect with others.

Money Affirmations

- I have paying clients and corporations who gladly pay me to educate their employees!
- I am worthy of making money.
- I continuously attract opportunities that create more money.
- I release all negative energy over money.
- Money comes to me easily and effortlessly.

Affirmation Sources

- Lori Kampa
- Health Coaches in the Workshops Done Academy Program
- <https://www.louisehay.com/affirmations/>
- <https://www.prolificliving.com/money-affirmations/>
- <https://www.prolificliving.com/100-positive-affirmations/>
- <https://awakenthegreatnesswithin.com/20-affirmations-from-wayne-dyer-that-will-transform-your-life/>
- <https://morningbusinesschat.com/21-affirmations-business-success>
- <https://spiritualityhealth.com/articles/2016/04/25/20-affirmations-public-speaking-ease>
- <https://www.freeaffirmations.org/public-speaking-positive-affirmations>
- <https://www.youtube.com/watch?v=b0gWRAZU5G4&feature=share>

