



### MINDSET CHECK AND AFFIRMATIONS



During this Workshops Done Program, I invite you to notice and pay attention to your thoughts about giving Wellness Workshops in public. Are your thoughts negative and holding you back? Or, are they positive thoughts and help you move forward with confidence? As Health Coaches, 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.

#### Optional Exercise.

1. Write down a limited belief that you may have about giving Wellness Workshops in public.

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2. Is this belief true or accurate?

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3. Does this thought/belief serve you?

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4. How would your business be different if you didn't have that limiting belief or thought?

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5. Reframe this limited belief to a positive affirmation. Say this at least once a day.

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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)

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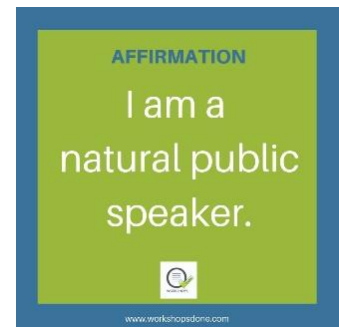
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7. How will you implement putting affirmations into each day? For example, you may have them written on notecards and place them in your closet or bathroom to say every morning and evening. You may enter the affirmations on your phone, to say them when you have extra time. Be creative with your passwords. Make them uplifting. For example, I Love Myself 2day!
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8. What roadblocks might you expect during this Program and how will you overcome them?
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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 Wednesday in our Facebook group, an affirmation will be posted.



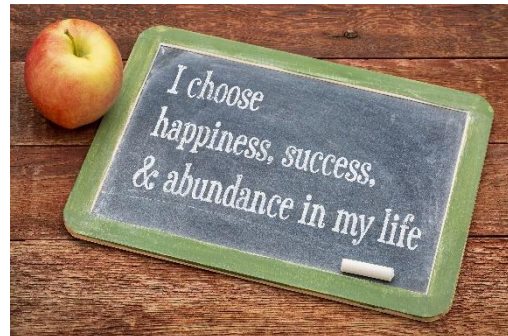
### Which affirmations speak louder to you?

- As I become more and more successful, I help more and more people.
- I adopt the mindset to praise myself.
- I am a magnet for success and good fortune.
- I am a natural public speaker.
- I am aligned with the energy of abundance.
- **I am an inspirational speaker.**
- I am connected to an unlimited source of abundance.
- My business energizes me.
- 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 am full of positive, loving energy.
- I am more than good enough, and I get better every day.
- I am relaxed when speaking publicly.
- I am thankful for my many successes.
- I am worthy of making money.
- I believe in my ability to change the world with the work that I do.
- I believe in myself and trust in my abilities to succeed in all I do.
- I boldly go after what I want in life.
- I breathe in calmness and breathe out nervousness.
- I continuously attract opportunities that create more money.
- I give up the habit of criticizing myself.
- I have paying clients and corporations who gladly pay me to educate their employees!
- **I know enough; I am enough.**
- I'm confident and comfortable.
- Today, I expect success.



### Affirmations Continued...

- 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 release all negative energy over money.
- I see myself as a gift to my people, community, and nation.
- I trust my inner wisdom and intuition.
- I wholeheartedly approve of who I am, even as I get better.
- Life is getting better all the time.
- Money comes to me easily and effortlessly.
- My actions create prosperity.
- My business allows me to have a life I love.
- My business is a huge success.
- Others look up to me because of my positive attitude.
- The past has no power over me anymore.
- I connect with the audience naturally.
- I am grateful for this opportunity to connect with others.
- I am fearless.
- I enjoy presenting and sharing my ideas.
- My words have a positive effect on people.
- I am a powerful, inspiring speaker.
- I am more and more comfortable speaking in front of others.
- I become energized and excited when I speak in public.
- I am at my best when speaking to a large crowd.
- I am fearless when speaking to large crowds.
- I am a confident public speaker.
- Public speaking is natural for me.
- I have a powerful and confident voice.



### Affirmation Sources:

- Lori Kearney
- Health Coaches in Workshops Done Program
- <https://www.louisehay.com/affirmations/>
- <https://www.prolificliving.com/mon ey-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>



## QUESTIONS?

Post in our private members-only Facebook group at <https://www.facebook.com/groups/workshopsdone/>, and I will get right back to you.

To Access the Workshops Done Program, please go to <https://courses.workshopsdone.com/>

Lori Kearney