

MIND*Motivation!*

Season One, Episode Four

The One About - The Law Of Attraction In Action

YOU attract everything into your life by your thoughts, they're an energy force attracting back to you what you constantly focus on. Once you fully 'GET' this, then you are the one in control of your life (exactly how it should be!)



People often ask me, 'What do you think is stopping me from getting what I want?' My answer is always the same - your thoughts!

"CHANGE YOUR THOUGHTS AND YOU CHANGE YOUR DAY"

As your coach, let's talk about the universal law of attraction. This law states that not only are you the master of your thoughts, but you are your thoughts. What does it mean? Your dominant thoughts are self-fulfilling, so they create matching emotions. These emotions form your life as you know it. Remember, your thoughts create your world.

Focus on positive and you'll attract positive, focus on negative and you'll attract negative. Some people find that idea a little scary, BUT consider the opportunities it presents! If you're unhappy with your life or a part of your life, career, confidence, fitness, relationships... the list is endless, then you can throw out the thoughts that are holding you back, replace them with new thoughts and get the results you want. And if you're happy with your life? Well, you can make it even better.

THE MIND–BODY CONNECTION

The mind and body are connected, your thoughts trigger your emotions, this triggers your motivation, and that triggers your actions, and then your actions trigger your outcomes, and your outcomes are your life.

By accepting that whatever repetitive thoughts are going on in your mind, these will without doubt materialise in your life. No negotiation; it has always worked this way. The law of attraction is a universal law that works every time and with everyone. It is the same as the universal law of gravity. There are no exceptions. If I slipped and fell off the roof of a high building (unlikely I know) the law of gravity will ensure that I fall to the pavement below. Irrelevant whether I'm happy or sad, rich or poor, believer or non-believer, young or old, healthy or poorly, kind or mean, it's irrelevant – if I fell, I would fall.

Gravity applies to all of us. And so, does the law of attraction.

THOUGHT BOOMERANGS

I've shared in my work for years that thoughts work in the same way as a boomerang. The thoughts you constantly think and 'throw out' into your world will come right back to you. They'll swing back and whack you on the head as your emotions and create how you feel and what you do. It's a self-fulfilling prophecy. Like attracts like.

- **You cannot think thoughts of what you lack and what you think is wrong in your life and then attract a phenomenal and abundant life. If you think of lack and loss, you will attract lack and loss.**
- **You cannot think worrying and anxious thoughts and then feel full of joy and happiness. Think of worry and anxiety and you will attract worry and anxiety.**





Many people use the law of attraction to focus on negative events, things they don't want to happen. Here are some examples:

- **I don't want to be hurt again.**
- **I don't want to fail.**
- **I don't want to miss out on promotion again.**
- **I don't want to get this wrong and mess up again.**

Be aware! This type of thinking can so easily become a habit with the result that the person gets back, time and time again, exactly what they don't want.

Change each of these old limiting beliefs and rethink and reword them.

The mind is neutral and will only accept what it is told. You have a choice and that's to be conscious of your focus. Know if it's positive or negative? If you focus on what you don't want, or what you feel is lacking you'll attract and get more of it. If you expect to be disappointed, you won't disappoint yourself (think about it!).

You cannot think thoughts of having a phenomenal and abundant life and attract back a life of boredom and apathy. What will boomerang back to you is an abundant life. Think positive, attract positive..

This is the brilliant and positive side of thought boomerangs.

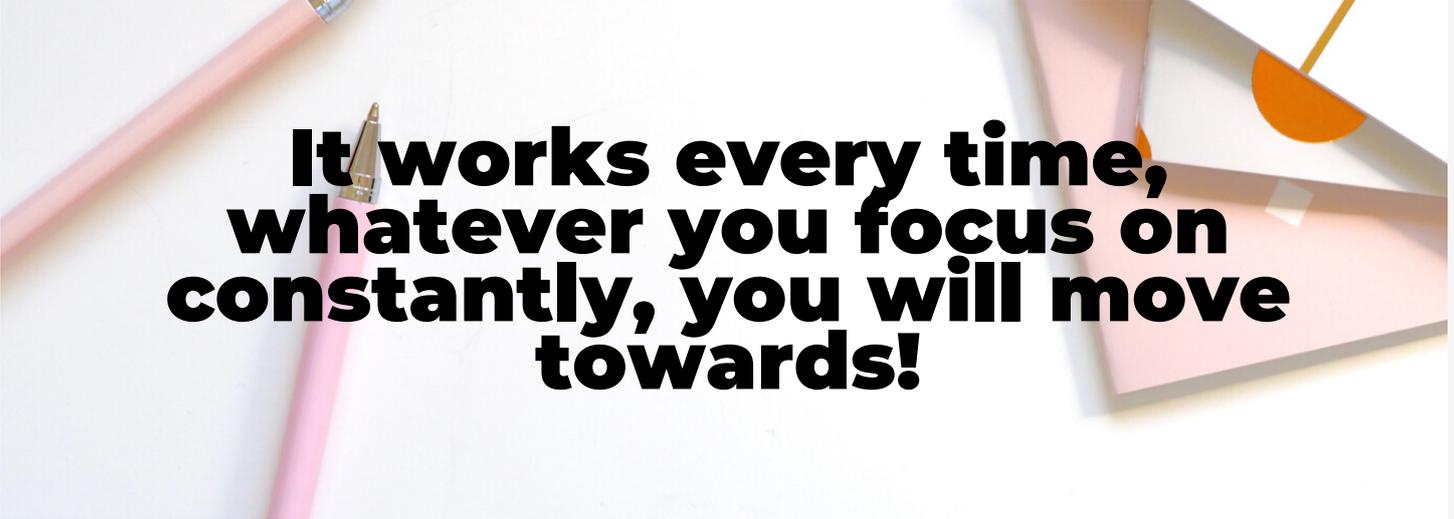
Make the effort to shift all your focus, thoughts and the images you see in your mind to what you do want and your thought boomerangs will attract it to you. Pack your days with thoughts of abundance, hope, belief, passion, excitement, gratitude, appreciation and fun, and you'll attract back all those positive emotions, ideas, opportunities and solutions. The list of positive emotions is endless. You get to decide, and you get to choose.

It's your life that we're working on here.

Decide and commit now to focus only on what's right in your life because:

"If you think of what's great, good, abundant and right in your life you'll attract more of what's great, good and abundant right back at you."

Start this journey of **MindMotivation** on a solid foundation of positivity, focus on what you're grateful for and you will attract so much more positive stuff back to you.



**It works every time,
whatever you focus on
constantly, you will move
towards!**

Right now, you and I are precisely what we have consistently thought about up until this moment in time. Your thought boomerangs have an energy force that is either positive or negative, depending on your focus, therefore thought boomerangs are either:

- Positive, life-empowering, self-fulfilling thoughts to give you positive energy and emotions such as happiness, joy, laughter, passion, confidence, self-worth, gratitude, hope, inspiration, imagination, prosperity etc. And you'll experience high levels of self-confidence, self-belief and self-worth.

OR

- Negative, life-diluting self-fulfilling thoughts to give you negative energy and painful emotions such as frustration, depression, self-doubt, anger, grumpiness, worry, apathy etc. And you will experience low or non-existent levels of self-confidence, self-belief and self-worth.

Ask yourself, is where you are now emotionally where you want to be, because self-fulfilling thought boomerangs are bringing your future hurtling towards you at speed. You need to make sure you like what's coming your way!

The good news is that it is all in your hands (in your thoughts actually).

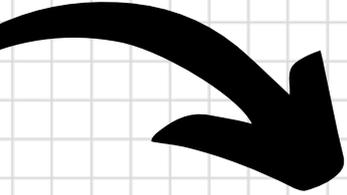
How are you now?

How would you describe the moods and emotions you fill your days with?

Overall, how would you describe your present attitude?

Consider this in the knowledge that your thought boomerangs come right back to you with either good thoughts and good emotions or bad thoughts and bad emotions.

The following exercise will help you pinpoint – and if necessary, change – the emotions that are familiar to you. It can have a tremendous impact on your motivation levels and desire to make positive changes.



MINDMotivation Exercise:

Attitude & Emotions Check-up!

Below are most of the emotions available to you.
Circle 10 that describes you now.

Positive emotions

Optimistic, Joyous, Fun, Happy, Excited,
Empowered, Passionate, Inspired, Enthusiastic,
Content, Calm, Serene, Trusting, Carefree, Satisfied,
Fulfilled, Courageous, Harmonious, Peaceful, Kind,
Empathetic, Determined, Thankful, Strong, Grateful,
Trusting, Confident, Secure, Compassion, Self-
sufficient, Self-pride, Content, Decisive, Satisfied.

Negative emotions

Pessimistic, Sad, Jealous, Angry, Blaming, Regretful,
Miserable, Resentful, Worried, Apathetic, Anxious,
Weary, Fearful, Lonely, Inadequate, Insecure,
Rejected, Overwhelmed, Embarrassed, Cynical,
Judgemental, Hostile, Foolish, Insignificant,
Confused, Suspicious, Insecure, Envious, Irritable,
Annoyed, Complacent, Boastful, Dejected,
Discontent, Indecision, Despondent, Dissatisfied,
Bitter.

You have now exposed the 10 top emotions and feelings you are filling your days with. Do you like them? Do you want to keep them? It's obvious to see which emotions are your friend and which the enemy. All thoughts boomerang back to you as feelings.

STOP! This is not 'who you are', it is what you have become as a result of your thoughts and focus up to this point in time. Your future starts now. In this minute you can decide to change your focus and thinking and start to attract back to you any of the positive emotions shown here.
Wouldn't NOW be a good time to start?

Your continual focus and thoughts easily become habits and the foundations of the life you are living now, but I want you to realise that the moods and emotions that fill your days now do not have to be the same ones that will fill your days in the future. You are in charge of your thoughts and this means that you are in charge of your emotions, actions and outcomes.

Negativity cannot survive without your participation and permission.

When you want to feel any positive emotion, confidence, optimism, happiness, make sure you think and fill your mind with the thoughts, experiences, conversations, books, to create this. Get it all to boomerang back to you.

NOTE: It works for the opposite to positive too... You can only feel miserable, doubtful, lacking confidence, anxious, if you focus on things that make these emotions boomerang back to you (social media news, conversations, people...)

So many feelings and so little time! The list of emotions you can choose between is endless and every single feeling is there for you to select from. It's like flicking through a brochure or catalogue to choose whatever you want. You wouldn't order clothes that don't suit you would you? So why on earth would you choose thoughts and emotions that don't make you feel good or look good? (Negative emotions show on our faces just as much as positive ones.)

Remind yourself daily that just as you choose what you want to wear to look and feel good, you can choose your emotions in the same way. You chose the moods and emotions you wear.

YOU control YOU - You're the one in control as soon as you decide to be.

The core message I want to get across to you stays the same irrespective of your circumstances: you become what you focus on.

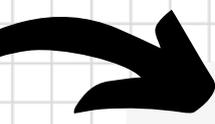
POSITIVE OR NEGATIVE BOOMERANGS – YOUR CHOICE



Believe that your life is meant to be abundant in all areas.

You now know that whatever you think about and make your dominant repetitive thoughts will come back to you in your life as emotions and feelings, actions and experience. So take full responsibility and ownership for your personal focus and thought boomerangs. It can change your life immeasurably for the better.

Your mind does not judge, it's neutral and only accepts what you focus on and think about. It is neither 'on your side' nor against you. If you think about it, you'll attract it. Boomerangs!



Here's some DON'Ts:

- Don't focus on imagined worries, things that haven't happened yet.
- Don't dwell on negative events from the past.
- Don't just throw in the odd positive day.
- Don't focus on what you can't do.

Here's some DO's:

- Do imagine abundance, confidence, success.
- Do relive positive successes and achievements from your past.
- Do think and live positively every day.
- Do focus on what you can do, and what is possible.

'Whether you think you can achieve something or whether you think you can't. You'll prove yourself right every time.' Thoughts become things.

Successful people constantly think in terms of: I will, I am and I can, I chose, I believe... And focus on what they can do and on life's positive possibilities.

EXERCISE

Write your own list... Let's boomerang back what you want in your life

I can...

I will...

I am...

I decide...

I choose...

I believe...

I commit to...

I appreciate...

WIIFM – What’s in it for me?

FOCUS ON BENEFITS AND YOU’LL ATTRACT POSITIVE ENERGY AND MOTIVATION:

For anything you want and desire, ask yourself, ‘what’s in it for me’ or WIIFM for short. There is nothing more powerful and motivating for most people than an injection of WIIFM.

What’s your self-gain and self-benefits of taking positive action, creating positive change and going for your goals. Doing WIIFM will make you highly motivated to make positive shifts in your attitude and ready to take massive action.

Here are some examples to inspire you and get you thinking:



WIIFM OF GETTING OUT OF A CAREER RUT

Feelings of courage, excitement; meeting new people and having new experiences; more money...

WIIFM OF LOSING EXCESS WEIGHT

Feeling in control, better fitting clothes, greater confidence, pride, achievement, success...

WIIFM OF PRACTICING A POSITIVE ATTITUDE EVERY DAY

Feeling more joy, happiness, hope, confidence and self-worth...

WIIFM OF CLEARING YOUR CLUTTER (HOUSE/OFFICE)

Being able to find things easily, save time, feel organised and in control, able to prioritise, gain a sense of achievement...

When the gain is big enough (WIIFM) then the pain of taking action disappears. And not changing becomes ‘not an option’.

TRY THIS EXERCISE - WRITE DOWN FIVE PERSONAL WIIFMS

What’s your WIIFM? Ask yourself, how will I benefit from putting in the effort to change and improve my attitude, thoughts, focus, emotions and actions? What impact would this have on me, on how I feel and what I achieve?’

- 1.
- 2.
- 3.
- 4.
- 5.



Sixty thousand thoughts a day...

Researchers tell us that we each have around sixty thousand thoughts every day. The majority of those thoughts will be exactly the same as the ones we had the day before and the day before that and the day before that. But what if you were to consciously think just a hundred positive thoughts each day? In fact, just ten would have a phenomenal impact for many people.

TRY THIS EXERCISE

LIST 10 POSITIVE THINGS YOU CAN SAY ABOUT YOURSELF AND YOUR LIFE:

- 1.**
- 2.**
- 3.**
- 4.**
- 5.**
- 6.**
- 7.**
- 8.**
- 9.**
- 10.**

It's simple to keep on a positive track when:

You check in with yourself often and ask yourself: 'How do I feel right now? How would I describe my mood and emotions?' Your answer will immediately tell you whether your thoughts are positive (worth keeping and repeating) or negative (bin and get rid of).

Decide now to monitor and tune into your emotions and feelings throughout your day. Ask yourself 'How do I feel?' There's your answer to knowing if you're on track or off track. Just get back on!

Your answers will tell you if you are setting yourself up for a great day or not. Never forget, you can start your day over any time you choose to by immediately changing your thoughts and focus.

Think thoughts that make you feel happy, fulfilled, proud, joyous, grateful, loved and other positively empowering emotions.

Happiness is a daily decision and so is being miserable.

When you consciously choose your thoughts you set yourself up to achieve whatever you want in your life because what you think about, you bring about in your world. Your dominant thoughts are the mirror of the life you are creating for yourself.

Tell yourself often:

- **I alone control my thoughts and with my thoughts I create my world. I deserve to have abundance, happiness, success and to love my world, starting right now!**
- **I will think my life into existence by my belief, positivity and focus, and it will be absolutely the life I want to live now.**
- **I alone am the master of my thoughts. My mind is mine and mine alone. No one can enter in without my permission.**

Make it count, there is no such thing as an unimportant day,

Sharron X

p.s. See you on episode 5!

