

The Top 3 Simple Mindset Secrets That Will Help You

☐MANIFEST EVERYTHING YOU DESIRE

Worksheet #3 - Accepting Yourself

Questions:

Do you believe that wherever you are right now is okay? If not what needs to be different before you can accept yourself as you are?

Do you know that the larger part of you is nonphysical which is expressing in the physical reality as you? How does this affect the way you see yourself?

Do you understand that even in your physical reality you are made up of energy, which is vibration and that this energy and vibration is affected by the thoughts we think? What thoughts are you predominantly thinking about at this point in your life?

At this moment in time, how would you describe your general state of well being, energy and self-care?

At this moment in time, how would you describe how much fun or pleasure you are experiencing in your life?

What do you most enjoy doing in your leisure time?

What kind of moments brings you joy and fulfillment?