

OUR INTENTION

Day 1: Deliberately Design Your Future

The first step to a New Mindset : New Results is to have a positive long term Future Vision. Deciding what your long term future looks like and forming a picture in your mind. Focussing on that picture in your mind serves as an anchor, grounding you and helps draw you towards that future vision.

As you begin to create a New Mindset : New Result, relax and know that it's OK to have doubts as to whether this process will really work for you. Just start on the journey from where you are now with the doubts. Shifting from *fear and doubt* to *belief and trust* is something we'll be working on along the way. So long as you keep using these tools and techniques you'll be amazed how different your life becomes and an inspiration to others a few steps behind you.

Today

If you can, purchase a journal\ note book to record this journey, although a piece of paper, pens, focus and some time is all you need. READY?

Firstly, do whatever it takes to feel incredible, light some candles, add soft music, whatever it takes. Your attitude will determine your success and your ability to dream big!

Get specific about what you really want by **writing down** the answers to the questions below as if they're from *your future you* who's accomplished your goals and living your dream future in these areas. Ask yourself *What's my dream future look like?*

Describe your life, in the present tense **AS IF** it's already happened in as much delicious detail as you can muster! What do you see yourself doing? What are you hearing others say? Who's around you? Where are you? How do you FEEL? Suspend any worry or doubt as to **how** this could possibly happen to you. Just have fun and play along with this unlimited fantasy.

What do I want for my personal life?
What do I want for my financial life?
What do I want for my business life?
What do I want for my spiritual life?
What do I want for my ideal fit body?

Throughout Today

Read your dream future description several times throughout the day and get into the feeling place of FEELING life as if it's already happened. What's going on around you, what do you see, hear, feel? Who's around you? Add yourself to the picture, colour, and sounds.

Enjoy wondering how it feels to experience what it's like to live the life of your dreams!

Have a deliberate day! Day 2 with your next step tomorrow!

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~Dr. Wayne W. Dyer

Returning to Love

Day 2: Nothing is more important than feeling good!

When you become aware of something you want to create in your life, a higher expanded part of you is created and *it's already got your name on it* (that something you want to create) and your work is to vibrationally align with it to receive it. Each of us is born with an emotional guidance system, directing us by our **feelings**. The **words** we use form our **thoughts**! Our **thoughts** affect our **feelings**, so start to become aware of how your thoughts affect your feelings and which thoughts make you feel more joyful. When you feel good you are in vibrational alignment and closer to creating your desires.

At first, it may take a lot of effort and focus as you consciously start to work at creating a New Mindset : New Results and shift into a new way of being. You're forming a new habit. The best way to become the best you is through your habits. Apparently it takes on average twenty one days to form a new habit and ninety six per cent of everything you do is a habit, so your goal is to make your daily success habits as habitual as possible so you do them without thinking.

ACTION

Think about a song you really love, that makes you feel really good, energetic and elated when you hear it. A song that you could sing out loud, dance around the room or bang on imaginary drums as you listen to it, mine is 'Can't Take My Eyes off You!' I hope you've got a copy of your song, otherwise download it and listen to it NOW! Sing your heart out, dance, jump for joy, whatever does it for you to get into a really good feeling place! How are you feeling?

You're aiming for this feeling in your daily life and this *is* the feeling you can have regularly if you keep practicing these techniques. Nothing is more important than experiencing as much love, joy, happiness and appreciation as often as possible, as the more you are able to feel good the easier it will become to create a new mindset : new results and close the vibrational gap between where you are now and your desires.

ACTION throughout the day

As you move through your day today, seek out things that make you feel great and focus on them as opportunities to experience and enjoy! Sinking into a warm bubble bath, waking up in a comfortable bed after a good night sleep, the smell and taste of fresh coffee, the feeling of the sun on your skin, hearing the birds sing, your favourite song!! The list is endless!

When I think about my grandson and boys I feel so grateful and privileged to be sharing their lives and want to jump up and down, punch my arm in the air and shout 'yes!' What physical manifestation could you create to show the Universe how grateful you feel?

Have a fandidalyastic day.

Until tomorrow!
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Day 3 ~ Gratitude

Gratitude is the best way to feel good and create a New Mindset : New Results. When you give true gratitude you'll create more things to feel grateful. You can think a *thank you* although it is more powerful to say it out loud or write it down. The written *thank you* is more powerful than the spoken.

At first, it might feel like you have to work really hard to come up with things to feel grateful for, to consciously force yourself to come up with anything to feel grateful for. Trust that it WILL become easier as you practice. Remember, you are forming a new habit and research has shown it takes twenty one days to form a new habit!

Today

Begin your day with gratitude. On waking think of at least five things you're grateful for and feel the feeling in your body. Ask yourself *What things do I appreciate having in my life right now?* Be grateful for YOU, the people in your life, a smile, a good feeling, receiving something you've wanted, your past experiences as they've given you clarity as to what you really, really want! If you bought a journal write down the things you're grateful for, as you're writing feel the gratitude, feel it in your body, your heart. Start keeping a journal last thing at night; include your successes that day, what's gone well for you. It's important to go to sleep on successes.

Make it FUN! Buy the most gorgeous book you can afford and a special pen. Or use different coloured pens, glitter pens, blue for goals, red for success, green for money success and pink for gratitude. Draw or cut out pictures and stick in your journal. Ask the universe, your higher self, whatever means something to you for assistance by writing what you need, again with gratitude *Thank you universe for sending (insert desire) I'm so grateful.* Ask questions, for instance *If I knew I had all the resources I need what would I be doing differently? Or If I truly thought I was unstoppable what would I be doing? What is my next step?*

If you find it difficult at first, focus on the basic things in life to feel grateful for, waking up in a lovely comfy bed, your journal, a piece of paper, pen to write in it, this seven day E-course!!

Throughout Today

Today, live in the present, aware of where you're focussing your attention and energy as *where your attention goes your ENERGY flows.* Pay attention to the things you feel grateful for as you move through your day and feel it in the present moment, when it happens. The thing is *we get what we focus on* so focus on what you WANT, and more importantly WHY you want it, as that starts the energy moving. Then, how you want to FEEL and get into the feeling place. That's where inspired action comes from. Please let me know if you'd like to receive a monthly habits chart to write down and track your habits.

Have an appreciative day, until tomorrow!
Madeline

Day 4 ~ Visualising

NASA scientists and Quantum Physicists have carried out countless experiments regarding visualisation. As shown in movie *The Secret*, athletes train using visualisation techniques, visualising the event before they actually participate in it. After being hooked up to sophisticated bio-feedback equipment during these visualisations, parts of their brain and subconscious are unable to distinguish between reality and what they're imagining.

The thing is, the subconscious mind doesn't know the difference between reality, what's actually happening, and imagining what could happen *as if it's happened* how you want in your mind. Hence, daily visualisation of your long term future vision is vital to manifestation. Make the mental image as clear, distinct and perfect and hold it firmly and the way and means will develop.

Today

Think about your favourite actor/actress. Think about them getting into character. Think how different their character is, personality wise in each role they play, when they're being interviewed. They're embracing the characteristics of the person they're portraying. This is how we approach visualising.

You're the director of your own movie, directing the characters how you want them. Imagine you've been cast in the role of YOU in your future vision. Move forward to this time next year when you've achieved your goals and visualise your life AS IF you're living your goal. What's happening? What's going on around you? What do you see, hear, feel? Who is around you? Add yourself to the picture, add colour, sounds. Believe it's real, it FEELS real! Then ask yourself *What inspired action am I prepared to take today, tomorrow, next week, month to move me closer to my goal?*

Throughout Today

Have some fun as you move through your day today. As you encounter people and circumstances, especially if they are a little challenging, think of how your actor-self might play this role. Think of how your actor would respond to the situation that would be for your and their highest good, something that will keep your mindset high.

Even if the best you can do is to step into your actor self and say a happy and enthusiastic THANK YOU to someone who may have been short or rude, DO IT!!

Be light and just play with it.

Have a spectacular day, until tomorrow!

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Day 5 ~ Accountability

Do you have any close family or friends you trust implicitly and feel very safe with? I'm talking about the kind of friend who doesn't judge you and is supportive of you and your beliefs, desires and goals no matter how big and 'out there' they seem. Someone who can help to gently keep you on track towards your desires?

This will be a very valuable resource to have in place in case you are ever stuck in some way. It is critically important to find someone who will not fill your mind with limiting or negative thoughts or 'co-sign' your limited thinking in that moment. Someone who can help to remind you of why you are doing this, why you are on this path and why achieving your goals and dreams is possible.

Tell at least one trusted, very supportive, non-judgmental friend who believes in you and **BIG** possibilities about your dreams for your long term future. Tell them in great detail the reason you are on this journey and you're so happy and passionate about your goals and dreams. Ask them if they'd be willing to support you and point you in the right direction if you ever become disenchanted, go off track or think you're unable to achieve these big dreams and want to give up.

If you do not have someone in your life who you feel can support you in this way, let's work at manifesting someone. In your journal, or on a piece of paper, list the attributes this friend would have. Then visualise yourself telling your friend the specific details of your desires, either in your mind's eye or write it down in your journal. Where are you, having a coffee or glass of wine together? What's the weather like? What are you wearing? Are there loads of people around you, or are you in a quiet, secluded place? Visualise how wonderfully supportive they are and how much they believe in you and cheer you on and *feel* grateful having such a great friend.

The good thing about writing things down in your journal is that you can track progress by looking back over your journal and see your growth and manifestations. If you decide to keep a journal, sign and date each entry.

Throughout Today

As you move through your day today, quickly take a moment here and there and imagine being with your trusted friend and happily/excitedly telling them all the wonderful details about how your goals and dreams have already come true, in the present tense as if you've already achieved. Remember, the Universe is picking up on the vibration (feeling) you put out and sending you back the same **and** the mind doesn't know whether what you're thinking is real or imagined!!

Have an abundant day! Until tomorrow!

Madeline

Day 6 ~ Self Compassion

During this journey you've learnt tools and techniques to create a New Mindset : New Results and start moving from where you are now to living the life of your dreams. Hopefully, you've discovered changes to your present life, as well as gained an awareness of yourself and the surroundings you have consciously, or unconsciously, chosen for yourself and your life to date.

Beating yourself up for anything you're now aware you've said, done, felt or creating for yourself will only serve to keep you stuck and continue creating more of the same! So, it's vitally important to develop and practice compassion for yourself.

Prior to this course, did you realise that thoughts create things, creating the people, circumstances and things you have now? Your new knowledge about how your mindset works allows you to start making changes by putting in place new daily success habits to move you closing to living your desires.

Today

Write a compassionate and encouraging letter to YOU and either put it somewhere you'll find it later, or better still, post it to yourself! Be positive, loving and compassionate in this letter. This may seem silly but TRUST that when you receive and read this letter you'll realise the reason it's so powerful! You'll hear all the words of support, praise and encouragement you wish to hear as you're on this journey towards the life of your dreams

Throughout Today

Be particularly kind to yourself and DO something nice for yourself. Ensure you're hearing kind, compassionate, loving self-talk and treat yourself to whatever does it for you! Watch your favourite movie, have a candlelit bubble bath, a lovely glass of wine, bar of chocolate, prepare your favourite meal (or better still, get someone else to prepare it!) Whatever makes you feel really good! Spoil yourself today, you deserve it!

Have a luxurious day! Until your last day tomorrow!!

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Love, C

Day 7 ~ Checking in With Your New Mindset

As we've been looking at how to create a New Mindset : New Results, we need to consider our mindset now and closing the gap between where you are now and where you want to be. This valuable process provides the opportunity to celebrate your successes as you acknowledge where your mindset may have been low, how you raised your mindset, helping you renew your commitment to keep working on your New Mindset and towards living the life of your dreams.

Today

Contemplate and write in your journal about the following, remembering there are no right or wrong answers. This is only to serve as a guide for you to celebrate your wins and possibly make adjustments as you continue on your path. Remember, being gentle and compassionate with YOU is an absolute MUST during this exercise. This is non-negotiable!

- List any coincidences (also known as serendipities/synchronicities) that have happened in the last week, however small!
- How have you moved towards your goals, physically/tangibly or energetically?
- Have you been able to embrace feelings associated with a higher level vibration (feeling) such as love, gratitude, or joy during the last week?
- What's stopped or slowed your forward movement. A few examples might be negative emotions, limits in your beliefs, resistance of any kind, lack of support from others? Or anything else?
- What could you have done anything differently when you felt stuck that might have helped you moved forward? Remember, self-compassion!!
- Have you felt a little more hopeful about your present and/or your future?

ACTION Throughout your day

Regardless of how you feel you did move towards creating a New Mindset : New Results during this E course. Every single moment is an opportunity to shift in the direction of your goals and dreams. It takes 17 seconds to shift your mindset by asking *What do I want instead?*

As you move through your day, as often as possible, FOCUS on the victories or successes you had during this course, regardless of how small. What you focus on expands and you create more of it in your life! Earlier in this course I mentioned about my grandson and boys, and how I feel so grateful and privileged to be sharing their lives and want to jump up and down, punch my arm in the air and shout YES! I'll ask you again *What physical manifestation could you create to show the Universe how grateful you feel?*

Finding it difficult to feel successful? Are you being too hard on yourself? Take this as your opportunity to imagine your ideal long term future, remembering your mind is unaware whether it's true or imagined!! Celebrate!!!!

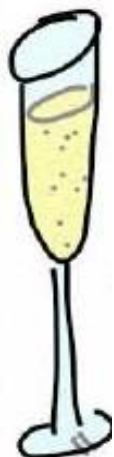
Have a celebratory day!

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CONGRATULATIONS!



Champagne Toast!! YOU made it to 7 days! Give yourself a hug!!
Appreciate YOU!!

Having spent the last seven days creating a New Mindset, you've sent a powerful message to the Universe that you're so committed to creating your dream future. Well done!

So, what did you notice about your mindset during the journey? Have you created more abundance into your life? How do you feel? And, more importantly, how are you going to celebrate and anchor in your success?

I hope you enjoyed this daily practice and you'll continue! I feel extremely grateful I've provided support along the way. Thank you!

I hope you feel inspired to continue moving toward your goals and dreams with my guidance; I would be honoured to support you on your journey. So, let me know how else I can support you deliberately design your best year yet!

Check out my workshops, on line courses and coaching programmes, all designed to shift and align your mindset using powerful tools and techniques such as processes, meditations, visualisation, energetic affirmations, 40/50 day workbooks with daily practices, gratitude steps and more.

Please visit www.corrcoaching.com or email me at info@corrcoaching.com for details of coaching or anything else!

Here's to your life full of love, joy and abundance!!

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