

This Week's AFFIRMATION

"I am here to take the first step towards my new & happy life.
No matter what doubts I have or what oppositions stand in my way, I am taking that first step."

I am taking my first step NOW!

CHANGE

Positive Thoughts

vs.

Negative Thoughts

I want things to be different

I feel safer with the way things are. I know what to expect

I choose to look on the bright side

What bright side? Who are you kidding?

I am taking charge of my destiny

I better do as I'm told. Don't rock the boat.

I am creating a new relationship with myself

I really like some of my old habits & beliefs.

I'm learning to forgive myself of my mistakes

I am ashamed of what I've done.

CHOICE

Change can be a two-sided mental argument. One part of you wants to make positive changes while the other part of you fears the uncertainty of the future, has doubts, and is full of worry. But, we always have a CHOICE. No one can take the choice away from you. Sometimes we end up in situations where its difficult to overcome our old programming, values & beliefs. We may not even know that our thoughts create our reality.



MANIFESTING

We've been conditioned to believe in limitations. Why are some people "lucky" and others aren't?

We attract from the outside world what we are on the inside. If we are full of negative thoughts on the inside, such as "I'm not good enough", "I don't deserve to be healthy", or "I can never get ahead", that will be what we attract from the outside. We experience the same things that we think and feel in our bodies.

The universe favours or denies no one specifically. It gives us what we are energetically on the inside. We manifest from our energetic blue print.

EACH DAY

If each day you take one step, one small action towards your goals & dreams then you achieve them. We have control over what we choose to create. The only thing we don't have control over is the timeline. Some of us have/had a lot of negative programming and energy blockages that we need to change to be able to manifest at a higher level. As you change internally, you can manifest at that higher level. This will be further explained to you in the course.

We need to create "faith" or "certainty" in the belief that you will get there. If you have this certainty in your thoughts and actions then the means to achieve your goals will appear. It doesn't mean that you won't have to put in the effort, commitment and work as you will have to overcome many obstacles. There will be times you will have to let go of parts of yourself from the past and create new ones but the "certainty of the outcome" is in your "hands and mind".

SUPPORT

One of the biggest determining factors in achieving success is mentorship. The statistics show that those who have a mentor & support system; or are shown the path to the knowledge that they need:

1. are going to succeed faster
2. are more committed to success
3. stay with it longer



SUPPORT (cont'd)

4. are able to duplicate the process thus enabling them to achieve repeated successful outcomes.

That is where I come in. I'm here to be your mentor and guide. I have a lifetime of being a teacher, mentor and role model to three generations of students. I have been in your shoes. I have had to change my life completely and rebuild it several times. I have done the work, restructured my thoughts and beliefs and evolved.

I am a lifelong student and am happy to be so. However, my real joy is as a teacher, helping others by sharing what I know and have learned from experience.

I am delighted and honoured to be a part of your journey to happiness.

This Week's ACTION STEPS

1. Open your course and read Modules 1 & 2
2. Join the Facebook Community
3. Post any questions you have on there. Questions associated to Modules 1 & 2 will be answered during our weekly Q&A sessions.
4. Mark your Calendar with weekly Q&A sessions; classes; and newsletter dates.

JOIN ME & MEET THE COMMUNITY

Sign up for the Course
Website: www.heartsense.info

INVITATION

Still sitting on the fence? Schedule
a 15 minute consultation with me
to see if HeartSense is right for you