



THE KICK START BOOK

It's all about Shifting

Complete this exercise and bring the answers to your session with your facilitator.

Before completing this exercise, we'd like to help you to activate your creative brain centre. When the creative centre is activated, the brain shifts energy to transfer the centre of focus.

As this happens, the 'lights' are shut off in the 'thinking analytical brain' where your naysayers have been hiding away for decades.

Once you activate the creative centre, the 'true you', wakes up.

LET'S DO IT...

01 Sit down with your back against something firm.

02 Keep your back straight.

03 Remember 'Steps' 4, 5, and 6.

04 Take a deep noisy breath through your nose and hold while you count to 30 in your mind, then breath out through your mouth in a loud exhale.

05 Repeat the breath exercise twice more.

06 With your eyes remaining closed think of your top life goal, what would you love to do or what would you love to improve right now?

07 What doubt do you carry deep inside of you, which stops you achieving this?



Q1 - Once you are done, write your goals here (area of life you want to improve);

Q2 - Once you are done, write your limitation (doubts) here, you know, that story your internal critique tells you about 'you', about how 'unworthy' you are. What is that story?

Q3 - Who told you this about 'you'? Who made you feel this way?

Q4 - What other limited perceptions did this person leave you with?



Q5 - How Have these perceptions been Negatively impacting your life?

Q6 - Why would you love to change these perceptions?

Q7- How would changing these perceptions POSITIVELY impact your life? Write about it.

Q8 - Do you worry that your deflating emotions with have a negative impact on your health?



Q9 - Why do you believe this?

Q10 - If you could take complete control of your emotions AND rid yourself of these limited beliefs and perceptions, what would you do next? (Tough question, was it?)

Q11 - What one question about life, would you love to have answered?

Ok ready for the next step? Keep this answer sheet on hand for your session with the Think and Grow Facilitator.

Scientific research shows us this;

'When we alter our perceptions around life, when we upgrade our own sense of self-worth, and when we finally put ourselves first, we alter the frequency output of the body, FACT. This upgraded frequency, affects and improves the frequency vibration of our partners, our children, our friends and associates. Literally everyone around us start to shift in their perceptions.

So, just play around with this whole concept called 'MINDSET', and see what happens.

- Ray Behan

