

WELLNESS MIND-TRAINING CHALLENGES

Instill Wellness Beliefs

Guidance and Instructions

As you think - so you behave. When you think predominantly in ways that promote wellness, life is more enjoyable. *Real* life changes include and begin with mindset changes.

Your belief system is your personal set of thoughts or ideas of what is true. It acts as a personal set of eyeglasses, showing you what to expect when you go out in the world. *Willing Change*

What you say to yourself conveys a self-message—whether you are aware of its meaning or not. By repeating certain words, affirmations or scripts, you prime your subconscious for what to expect to see. Be careful about what you say to yourself and the language you use.

Beliefs are just thoughts you have repeatedly, whether you are aware of them or not. *Willing Change*

As *Willing Change* states, your thoughts determine your actions and your actions determine your results. The more you repeat a thought, the more quickly it is instilled as a belief and the greater its effect on your self-concept and actions. Whatever you want to truly believe and include in your core mindsets must be part of your subconscious mind. Be your own personal influencer by feeding your subconscious mind with your chosen thoughts.

Release your attachment to your idea of how things should be and open your mind to new possibilities, opportunities, and happiness. *Willing Change*

Abundance thinking is part of an optimistic mindset that has high expectations, has trust in a wealth of opportunities being available

INSTRUCTIONS

Print the Journal page, complete the challenges and record your results.

Each journal page provides a theme for the week and includes:

- a power word that should be repeated often to guide your focus
- daily affirmations to include in your subconscious mindsets to direct your thinking
- and daily challenges to help you to integrate the purpose of the weekly theme.

THEME: ABUNDANCE

This week is an opportunity to bring the idea of abundance to the forefront of your daily thoughts and to instill abundance beliefs into your subconscious mind. Beliefs of many opportunities, having much and gaining greater awareness affect your self-concept and motivation to make more attempts and to feel optimistic.

Take the course and receive daily suggested challenges, power words and affirmations for 33 days.

[willingchangecourses.com/wellness](http://www.willingchangecourses.com/wellness)

DAILY CHALLENGES

POWER WORD: MUCH/MANY

QUOTE FROM *WILLING CHANGE*: Through focused thoughts you have the power to control what your subconscious mind is organizing and storing.

THINKING GOALS FOR THIS WEEK:

- 1 I have more than enough.
- 2 I notice many opportunities.
- 3 My awareness of good is expanding.

WEEK OF:

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| MONDAY | Abundance is everywhere I look. <i>Define</i> abundance in terms that are easily understood. Name 5 things that have too many parts or pieces to count. (stars, blades of grass, shows etc.) |
| TUESDAY | I have so much! <i>Recognize</i> the abundance you already have in stuff. Open a cupboard and identify 5 things you have in excess. (cutlery, pens, socks etc.) |
| WEDNESDAY | I have so many skills and talents. <i>Recognize</i> the personal abundance you already have. Name 3 skills and talents that most people do not—but wish they did. (piano playing, math etc.) |
| THURSDAY | I feel so blessed/lucky. <i>Notice</i> how much you have that makes you feel blessed or lucky. Identify 3 times in your life when you felt incredibly “lucky” or in the “right time, right place.” |
| FRIDAY | I have much strength. <i>Notice</i> how often your personal inner strength was needed and produced. Name 3 times in your life when you needed to be strong and you were. |
| SATURDAY | This is better than necessary. <i>Recognize</i> abundance in quality. Identify 3 things in your home or workplace that are of a high quality than you feel you need to <i>justify</i> . (cellphone, clothes etc.) |
| SUNDAY | I give much. <i>Prove</i> to yourself that you have abundance now. You cannot give what you do not have. Apart from monetary donations, name 5 things you give regularly. (love, ideas, praise etc.) |