
1-Hour to High-Vibe
Your Mindset
Live Larger
PROJECT

If you find yourself stuck in a funk, and you know your mindset could use an upgrade, this two-step process will support you in moving from one end of the spectrum to the other. Simply follow the steps in the order given and in an hour or less you'll be thinking and therefore, feeling, completely different.

❶ **What is the most dominant thought you are thinking on repeat that is making you feel bad, right now?** (Note: If there are multiple thoughts, park the rest and repeat the process later. For now, just stick with ONE thought, the one that is feeling the worst to you.)

❷ What is this thought in relation to?

❸ Ask yourself, 'What is a much more helpful version of that thought that aligns with what I want?'

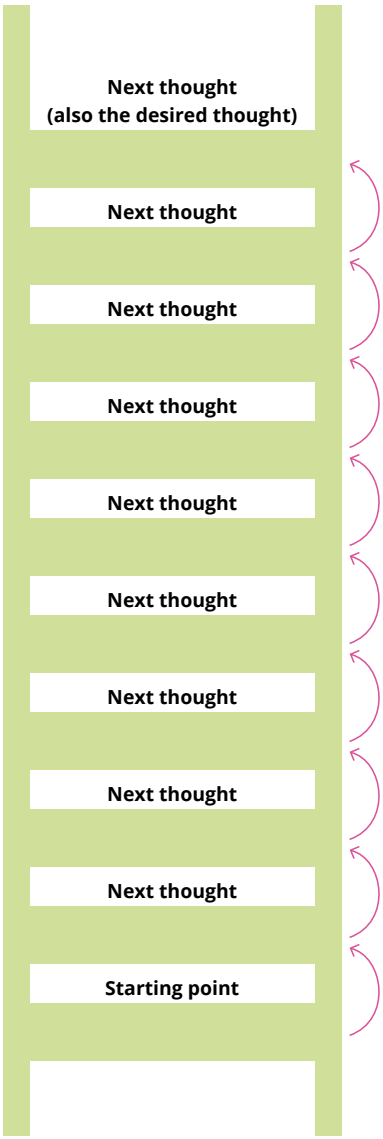
Brainstorm a few different possibilities below for the unhelpful thought you chose to focus on. Refer to the example on the next page to get an idea for how this could look.

❹ Once you have a list, circle or put an "X" by the one you like the most. You are looking for the one that makes you feel the best, the most positive and is ultimately the most helpful for what you want to create in relation to what you answered in Step 2.

❺ Complete the Thought Ladder exercise on page 3 after reading and absorbing the instructions and example on page 2.

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The Thought Ladder



The Thought Ladder is one of the simplest yet most potent tools for gradual but sustained transformation. Basically, it guides you step-by-step from the thought you are thinking now that's *not* working for you, all the way through to the thought you want to be thinking instead. The crucial difference is that this process happens very gradually, in a way that actually works.

And here's your chance to put it to work for you!

EXAMPLE

Original thought: 'Nothing I try ever works out.'

Now we're going to take that thought and use the Thought Ladder to go from that bad feeling thought to a completely different thought, step-by-step.

In this example, this is how the Thought Ladder could look:

Starting point: 'Nothing I try ever works out.'

Next thought: 'I'm open to the possibility that this is not true.'

Next thought: 'When I think about it, actually, some things have worked out for me.'

Next thought: 'If I'm totally honest, a LOT of things have worked out for me.'

Next thought: 'With this being the case, there's a chance that this could work out for me.'

Next thought: 'I'm definitely open to this working out for me.'

Next thought: 'I want this to work out for me.'

Next thought: 'I'm committed to this working out for me.'

Next thought: 'I'm committed and willing to do whatever it takes for this to work out for me.'

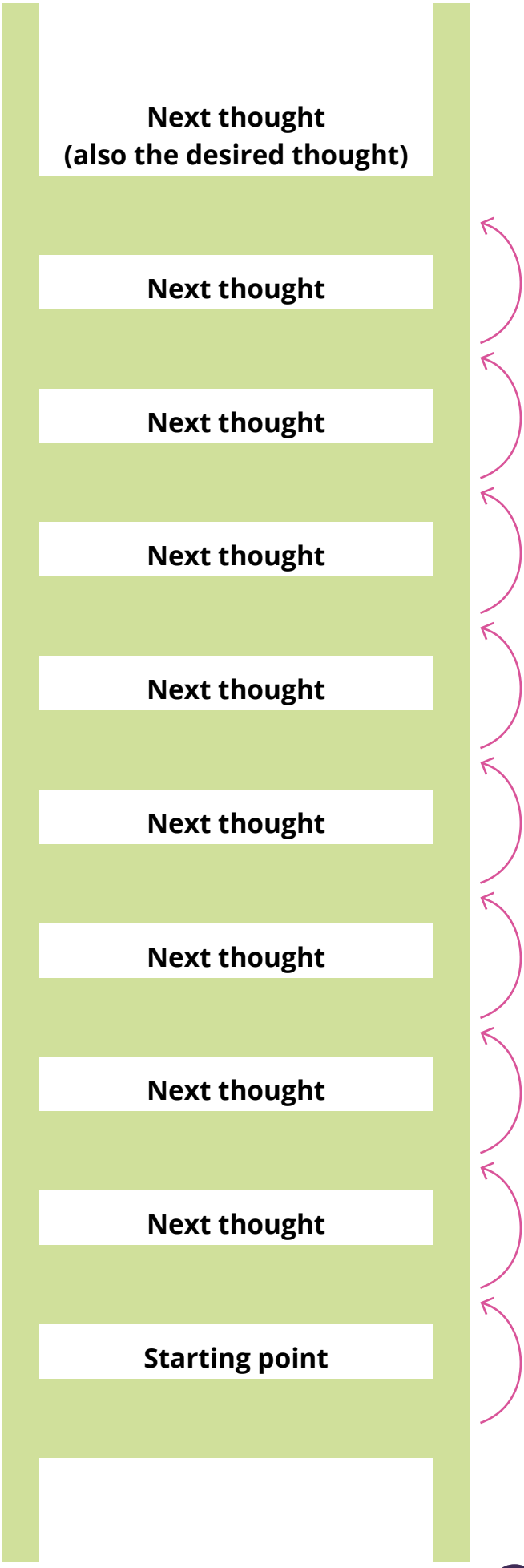
Next thought (also the desired thought): 'I believe this is going to work out for me.'

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NOW IT'S YOUR TURN!

Fill in the Thought Ladder on this page, starting with your initial thought at the bottom of the ladder (under the words "Starting point") and then inserting your chosen thought from Step 3 on page 1 at the very top (under the words "Next thought also the desired thought").

Then, returning to the bottom, take your initial thought and tweak it slowly but surely one step at a time until you reach your desired thought at the top.



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❻ Re-write your final chosen thought below:

❼ Re-read your answer noted within Step 2 on page 1, then close your eyes and connect with your chosen thought. Now ask yourself: 'How would I love this thought to play out specifically in relation to the thing I was thinking about originally?' For example, with the example given on page 2, that person wanted to get the job they had applied for and had gone into a mental tailspin about nothing ever working out. By working with the Thought Ladder they got themselves into the thinking and belief that they were going to get that job.

So what is it you want with your new thought in mind?

❽ Now turn your desire into a clear intention. Use the instructions on the next page to learn or be reminded of how to create a powerful and clear intention.

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Example of a Desire Put into An Intention

DESIRE

To own a brand-new white BMW 2 Series Active Tourer Plug-in Hybrid.

HOW I WANT TO EXPERIENCE THE JOURNEY TO MY DESIRE

- Great anticipation and excitement
- Enjoy the dreaming about and customising of it in my mind and via a vision board
- Receive it in a fun way with my family around me
- Receive it within the next 8 months
- Driving it out of the garage after being handed the keys and putting them on my favourite keyring
- Seeing myself driving out into the sunshine with a big smile on my face

FINAL INTENTION

My intention is to receive a beautiful brand-new white BMW 2 Series Active Tourer Plug-in Hybrid within the next 8 months. I desire to have so much excitement and anticipation in the dreaming about it and planning stages, and to creating a vision board to clarify my desire so I can look at it every day and enjoy the wait in between. I intend to receive my car in a way that feels fun to me, with my family around me, all of us enjoying the special moment of receiving this brand new car directly from the garage. As the keys are handed to me I see myself adding them to my silver initial keyring with so much gratitude and pride, and driving out of the showroom into the sunshine with my children in the back with a huge smile on my face. And so it is!

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