**The 7 Step Realign Your Mind Tool**

As you now no doubt know well, one of the core tools in creating, manifesting and living the life we love is mindset mastery. When you find yourself not feeling so great or thinking one of those doozy thoughts or running one of those old belief patterns again, here’s the 7 step process I follow to help quickly turn your mindset and your manifestation back around:

1. **Notice It.**

Start taking stock of your thoughts and feelings throughout the day. When you find yourself reacting strongly to something, stop. Take note and back track. Ask yourself, what was it that I just told myself or heard in my head that just lead to me feeling/reacting/responding this way? Write it down or put a note in your phone.

1. **Assess it.**

Is it true? Is believing or telling yourself that helping you achieve what you want right now? If not, let’s change it.

1. **Flip it.**

What is the exact opposite positive thought to the one you just had? Or what thought would help you feel loved, confident, supported and empowered instead, would help you embody and align with the vision you’re wishing to create and the experience you’re wishing to have going forward? Write it down or also note that in your phone.

1. **Affirm It**

Make this your affirmation (no more than 3 affirmations at a time) for the next 28days. You can integrate this in two ways.

1. **Check It**

In the moment- notice every time you have a similar reaction and consciously make the choice to tell yourself this new thought instead.

1. **Shake it Out**

If you had a lot of emotional response with this thought and stirred your body up, take a moment to stand up and either shake out or do some physical activity to flow the energy you created through your system. Imagine it’s a bit like clearing a hose. Now that you’ve turned the tap on to fire up your energy system, let it keep flowing out the old energy, until the energy flowing through is clean and fresh again with the energy of your heart and soul and this new thought. Then resume your daily business.

1. **Meditate**

At least once a day, for 5mins, close your eyes and do a short meditation upon this affirmation and it’s energy.

**How to Anchor an Affirmation into your Body**

Breathe deeply all the way down to try and make your lower belly rise and fall with each breathe in and exhale out. Imagine the breathe you take in circulating from your lungs into your blood stream and out into all your tissues. Now bring to mind your affirmation. As you breathe in and the air continues to flow through you, imagine it taking with it the energy of that affirmation. Imagine the energy spreading out and permeating every cell and in between space in your body. With each breathe out, imagine that it clears away the energy of the old thought and that energy comes out with every exhale and some drops out of you into the floor and back into the earth like rain, to be made anew. You might even want to add some movement and shake it out a bit.

Now I want you to imagine what life would be like when you’re living with this affirmation fully embodied. What would you be doing differently as you’re going about your daily activities? What new things are you doing? How do you feel as you’re doing them? What are you saying and how do you say it? What are you able to now give in this new reality? Receive in this new reality? How does that feel?

Once you have a clear sense of it in your body, start to attune again to the room around you. Notice the sounds, smells, how your body feels relative to what you’re sitting and lying on. Imagine your feet reconnecting with the ground like the roots of a tree and open your eyes. Resume business as usual.

That’s it for this download my friends!

Thank you so much for taking the time to read through this document fully. Would love to hear any feedback on how you found it or what else you might think it needs or need taken out ☺

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