



MORNING SHIFTS.



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WHAT AM I CREATING?



One of the most powerful tools we can access is the ability to press pause on our monkey minds. If you ever find yourself going down the anxiety rabbit-hole, hit pause when you first feel it, and ask yourself– what am I creating?

On a scale of 1-10 how anxious are you feeling?

What are you creating?
Describe what comes to mind.

What feelings are you creating?
Where do you feel them in your body?

What behaviors are you creating?
Self Sabotage. Comfort eating.
Procrastinating. Demotivation

How is your anxiety manifesting in your life/ business/ work/ health?

How are you going to get out of your own way? Self-compassion, music, gratitude, journaling, change of scenery- have a walk, movement

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YOU are co-creating your external reality with thoughts, emotions and behaviors.

You can shift right now.

You can transform right now.

You can up-level right now.

You can increase those energetic vibrations, by tuning into your heart.

It's on YOU to show up for yourself.

To shift from fear and scarcity, to a space of growth & manifestation of abundance.

This is a practice to do DAILY.

My suggestion is to pace around your home, while tapping on your collarbone/ chest.

And repeat these powerful affirmations:

Yes yes yes yes yes yes yes yes yes !

I am consciously creating my reality.

Everything is possible. Everything is possible for me.

I am OPEN and READY

I am grateful

I trust in myself

I trust in my intuition

I am READY to focus on what is powerful

I am CHANGING I am growing, I am evolving, I am up-leveling. I am EXCITED

This is my NEW life that I am creating right now in every moment

I am READY to embrace change and walk into it

I am POWERFUL and POSITIVE

I am VIBRANT

I BELIEVE in myself. I am creating and consciously designing the life of my dreams.

Feel the new positive energy in your body, feel it in your heart.

Repeat again and this time TURN UP THE VOLUME.

You ARE creating this new reality so start to feel it.