

**SHY THOUGHTS TO  
SAVAGE CONTENT**



**TRANSFORMATIVE  
THOUGHTS  
WORKSHEETS**

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*"Change Your  
thoughts  
change your  
world" -  
Norman  
Vincent Peale*

HEY THERE LADY BUG!

DOES THIS SOUND FAMILIAR? "UGHHHH I GIVE UP! THE WORLD HATES ME, JUST WHEN I SEEM TO GET A HANG OF THINGS, I GET HIT WITH MORE BAD NEWS."

LET'S FACE IT, LIFE IS TOUGH BUT YOU KNOW WHAT? WE ARE TOUGHER. THE TRUTH IS, WE ARE THE ONLY PEOPLE ON THIS EARTH THAT CAN TRULY CONTROL OUR DESTINIES. OFTEN TIMES WE ATTRIBUTE OUR LOSSES AND FAILURES TO THE ENVIRONMENT WHEN IT IS OUR THOUGHTS THAT COMMUNICATE TO THE UNIVERSE THAT WE AREN'T REALLY READY FOR THE GIFTS THE UNIVERSE IS READY TO PROVIDE!

OUR UNCONSCIOUS MINDS ARE SO POWERFUL BEYOND BELIEF. THINK ABOUT IT! IT'S OUR MINDS THAT COMMUNICATE TO OUR BODIES THAT WE NEED TO BREATHER, OUR HOW TO SLEEP AND EVEN OUR HEARTBEAT. IF OUR BRAINS CAN CONTROL SOMETHING AS COMPLEX AS A HUMAN BODY, WHAT ELSE CAN IT DO?

XOXO,

*Cia*



# WHAT TO EXPECT:

**UNDERSTANDING  
FALSE BELIEFS**

**DEVELOPING  
MONEY MINDSET**

**CLARITY**

# IF YOU GREW UP BELIEVING:

- Women Can't Be Doctors
- You'll never be able to save money
- Girls are Bad at Sports

Chances are these beliefs became ingrained in you so you never even step foot near a tire to fix it, nor challenged yourself to play soccer. These beliefs are most likely still your beliefs and manifested themselves into your personal truths.

The same applies to the beliefs we use to describe ourselves. Someone may have said to us "You're so worthless," or "Why are you selfish all the time" and these words became characteristics we probably applied to our self-concepts. When we apply these negative words to our characters we unconsciously start to operate in these manners because we figure, "hey, if someone else believes this about me, then it must be true."

**These Beliefs are  
Absolutely Wrong**

# The Good News

If we can **change our thoughts**  
**we can change our**  
**environment.** We simply have to  
speak our desires and wants  
into the atmosphere then  
believe that those same desires  
and wants will come to fruition.  
**YES IT WILL TAKE TIME!**

But this worksheet will help you  
initiate the process of  
transforming those negative  
thoughts into successful  
actions!

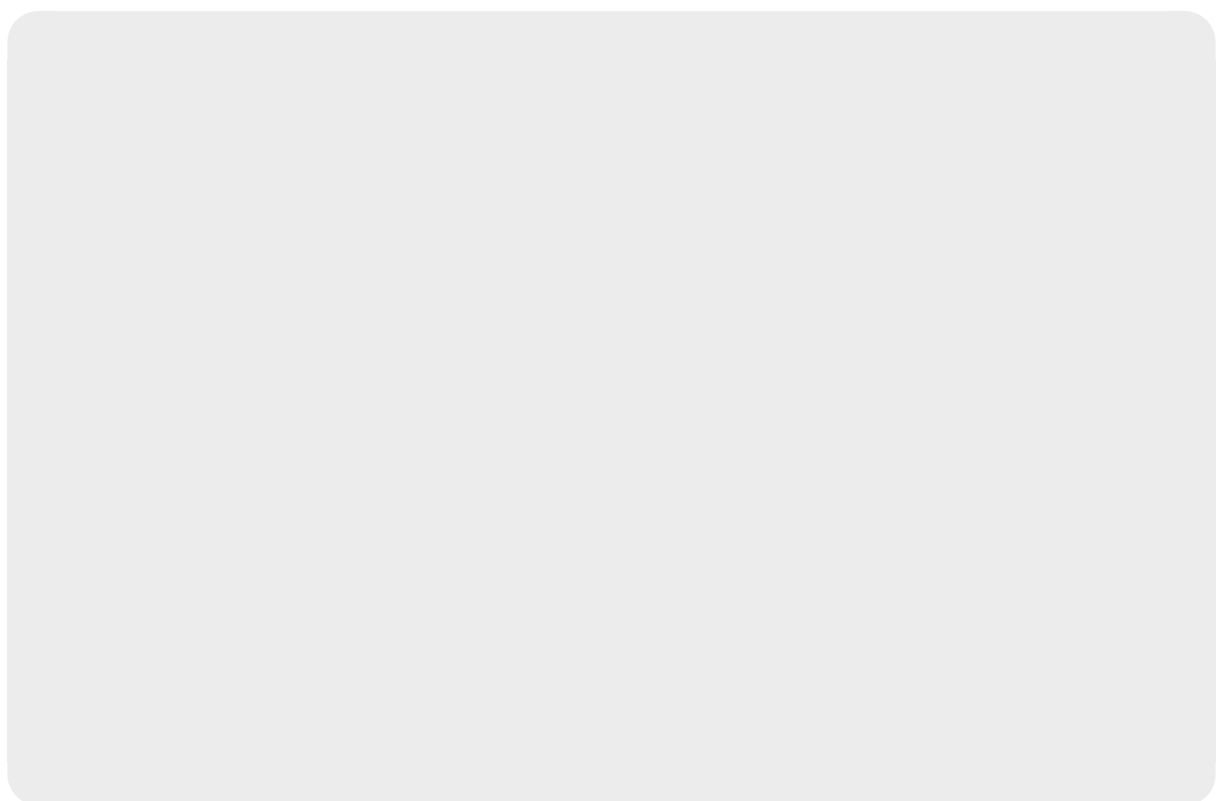
There are various ways to change our  
thoughts, so that our actions can align with  
our desires, but let's start with a smaller  
exercise to manifest those goals.

# STEP 1: Identify Negative Thought Patterns

Our negative beliefs are repetitive and don't serve a real purpose to fulfilling our desires and needs.

Let's take a moment to think about some recurring thoughts you may have that casts dark shadows on your beautiful true selves. Write a thought in the box below.

Ex: I'm super shy so I suck at public speaking or I will probably never make money blogging



# STEP 2: Disengage the Negative Thought

You've pinpointed that negative thought, now what? It's time to shed that layer of negativity and remove it from your identity. No need to give it anymore fuel.

Is There Any Evidence to My Belief? (Check one)

Yes

No

Two Reasons Why this Belief is True For Me

1.

2.

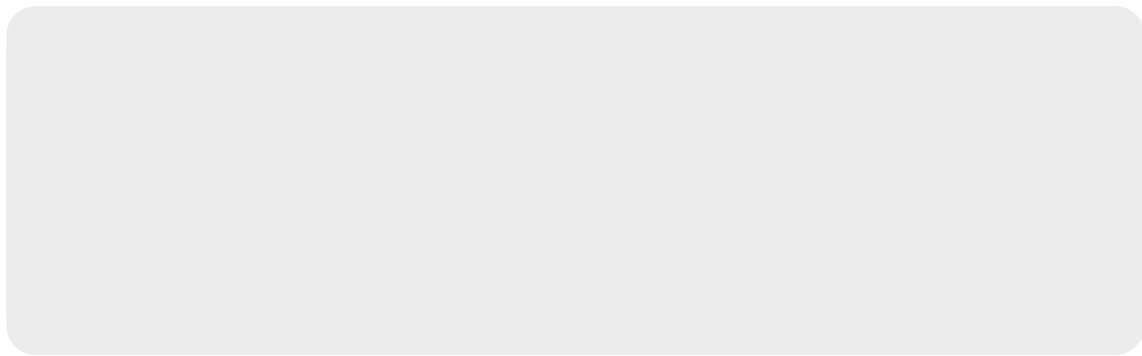
In the box below list instances where the belief did not occur.

ie: If your belief is that you can't save money, a defying instance may be when you bought a bed set with cash

# STEP 2: Reflect and Reprogram

Just because you believe(ed) something, it does not make it true! Now that you have tapped into your awareness it's time to transform your old thought. The more you practice being aware of your old thought and replacing it with a new thought, the easier it will be to create a new reality.

**If I had all the skill and abilities I needed to make my old belief false, what would my new belief be?:**



Our unconscious mind is so powerful because it is on a constant cycle. It moves in phases of repetition and in order for it to complete our major bodily functions it essentially reminds itself of its duties so that "we" don't have to initiate things like breathing with effort.

Now that you have your new belief, release that new belief into the universe and repeat it 5 times out loud. (You can do this in a mirror as well to create more of an impact)

For the next 28 days, repeat this new belief everyday when you wake up. We want this belief to be apart of our unconscious mind to replace the old negative belief. Repeating a new belief out loud may feel strange at first but as I stated before, our beliefs change our world and if we want our lives to be changed we have to believe the words we speak to ourselves.

# STEP 3: Reflect and Reprogram

## Kick it up a notch!

If repeating your new belief isn't enough, to convince you of your greatness you can also implement tactile methods.

You can write down your belief on your cell phone or mirror so you can constantly be reminded of your new mindset

Record yourself saying your new belief and listen to it throughout the day or in your free time

Incorporate your new belief into a conversation with a friend daily

Engage in resources that support your new belief. I.e: reading books or listening to resources that support financial wealthiness

Be sure to include new beliefs surrounding your money mindset and relationship with money!