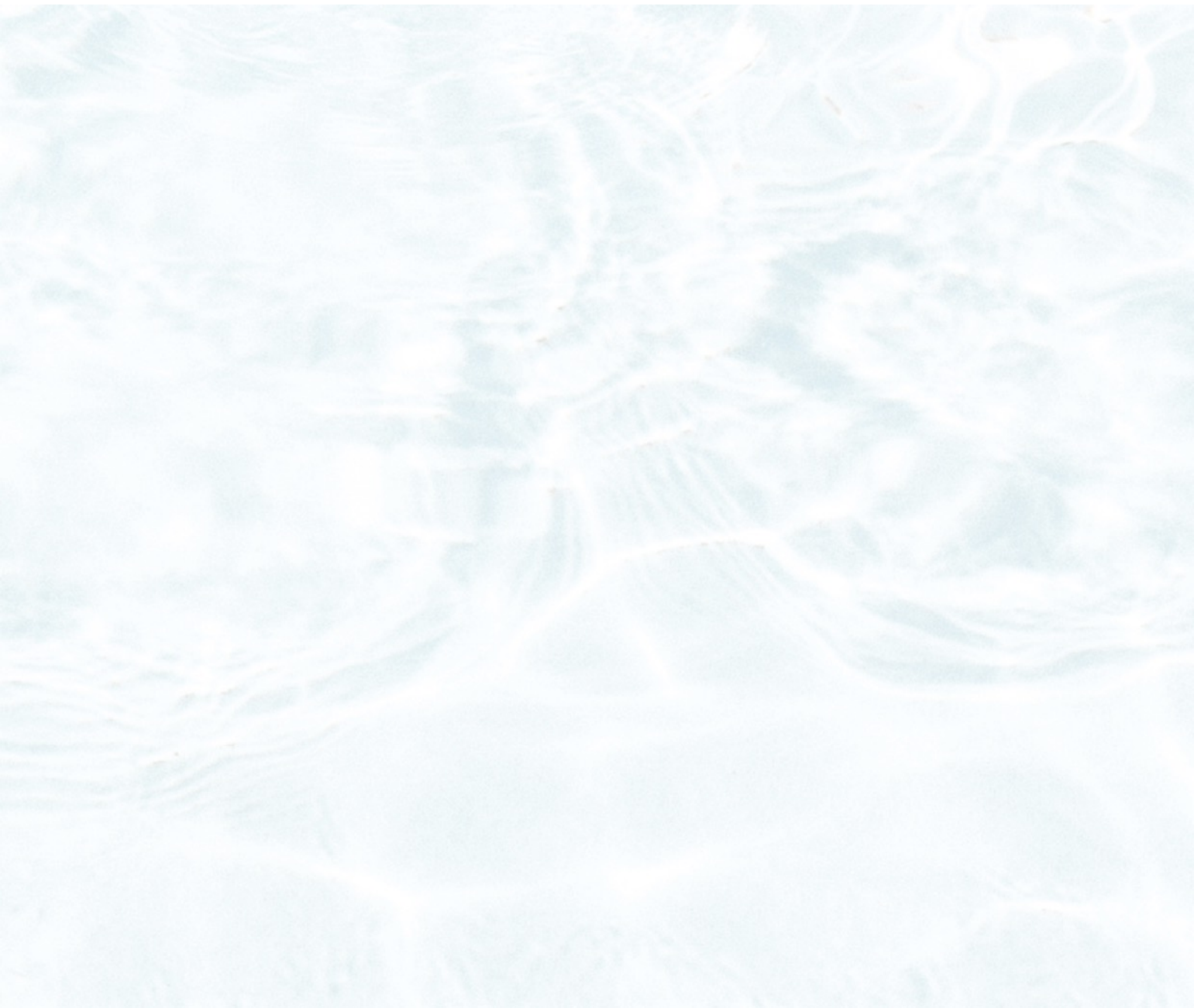




MODULE ONE

# *Slow Down*

*Class Three: Mindfulness & Changing Your Thoughts*



**“I DISCOVERED THAT WHEN I  
BELIEVED MY THOUGHTS,  
I SUFFERED, BUT WHEN I DIDN'T  
BELIEVE THEM, I DIDN'T SUFFER.  
FREEDOM IS AS SIMPLE AS THAT.  
SUFFERING IS OPTIONAL.”**

*Byron Katie*





## WELCOME TO MODULE ONE, CLASS THREE.

### *Mindfulness & Changing Your Thoughts.*

#### **In this class we will cover:**

- + The importance of mastering your mindset and how to begin witnessing the voice in your mind.
- + Mindfulness tools to help you break free from negative self-talk.
- + How to uncover your unsupportive inner stories and consciously create new ones.
- + My 3 step process called 'Catch, Witness & Choose Again' which will help you reprogram your mind.
- + The power of inviting in love and shifting your inner stories and dialogue from fear to love.



## HOW TO USE THIS WORKBOOK

This workbook is full of questions that will help you dive deeper into the principles shared in the video class. The workbooks will help you create new levels of self-awareness, make new discoveries about yourself, work through inner blocks and find clarity.

If some questions create resistance, or you feel blocked, it is ok to leave them and return to them later. However, I would also encourage you to lean into any discomfort that arises and become curious as to why it is there for you. It could be that the question has triggered or challenged you in some way, and that is worth exploring further.

Approach these workbooks with an open mind and a willingness to think about yourself in ways you haven't before. I encourage you to enjoy this journey of self-discovery even if at some points it may be a little challenging.

Awareness is the first step to creating change, so get excited about anything you discover, as this is the beginning point for transformation.





## SLOW DOWN

In general, how would you describe the way you speak to yourself?  
(E.g. gentle, kind, critical, empowering, encouraging, judgmental, mean, not enough, analytical, heart-driven, soft, loving, fearful, etc.)

When you notice negative self-talk, what do you normally do?  
(E.g. Do you believe it and focus on it more? Do you challenge it or try to work through it? Do you try to think more positively instead?)



What is your self-talk generally like about **your body** and **your appearance**?  
What thoughts or inner dialogue most often play out?

How would you like to be speaking to yourself about your body and your appearance instead? What kind of loving thoughts would you like to practise?



What is your self-talk generally like about **your career** and **work**? What thoughts or inner dialogue most often play out?

How would you like to be speaking to yourself about your career and work instead? What empowering thoughts would you like to practise?



What is your self-talk generally like about **your relationships with others**?  
What thoughts or inner dialogue most often play out?

How would you like to be speaking to yourself about your relationships with others instead? What supportive thoughts would you like to practise?





What is your self-talk generally like when you have a **goal or a dream you are working towards**? What thoughts or inner dialogue most often play out?

How would you like to be speaking to yourself about your goals and dreams instead? What encouraging thoughts would you like to practise?



## SLOW DOWN

Identify an area of your life where you seem to experience the same recurring themes, pattern or challenge over and over. Describe what keeps manifesting.

What are your current thoughts, beliefs or inner stories about this area? What are you often thinking or telling yourself about this area of your life?



Describe what you would love to manifest in this area of your life instead. What change do you want to create? What do you desire?

Think about how your thoughts, self-talk and beliefs will need to change in order to manifest a new outcome. Complete the sentence below.

“In order to manifest this, I will need to believe...”

**Step One: Catch**

Spend this week witnessing your thoughts. Especially notice and catch out the thoughts that are negative and unsupportive. One way to do this, is to pay attention to how you feel. When you notice that you feel a low, heavy, flat, negative, sad, or uncomfortable emotion, ask yourself, “What was I just thinking?” and then catch the thought that triggered that feeling.

E.g. The emotion I noticed I was feeling was: Anxiety. The thought I caught myself thinking was: “I don’t have enough time to get everything done.”

**Step Two: Witness**

Now, see if you can practise being the observer of your mind and your thoughts, rather than identifying with them. When you hear thoughts that begin with “I”, such as “I am” or “I have” or “I can’t” notice how you have just identified with the voice in your mind. Instead shift into being the witness of your thoughts.

E.g. The thought I heard: “I am not good enough to get that opportunity.”  
Witnessing the thought: “There is a voice in my head that is telling me I am not good enough to get that opportunity.”



**Step Three: Choose again**

When you catch a thought that is driven by fear write it down and consciously choose to replace it with a thought that is guided by love.

Fear-driven thoughts: Judgement, worry, anxiety, criticism, lack, limitation, self-doubt, not good enough, unworthiness or comparison.

Love-inspired thoughts: Acceptance, trust, compassion, love, empowerment, kindness, belief, forgiveness, abundance, appreciation, support or praise.

E.g: Fear-driven thought: "You're never going to change or move forward. Every time you try, it never works out. You're a failure". Love-inspired thought: "I know that you're doing your best to create change and I am proud of you for that. Everything you want is possible, if you trust your heart and believe in yourself. Just take one small step each day. I love you and I know you can do this."

## PRACTICES TO WORK WITH THIS WEEK:

- + **Use “What am I thinking right now?” as a mantra:** Pause at different points in your day and ask yourself the question, “What am I thinking right now?” Stop and catch out whatever thought is in your mind in that moment and notice it. If this thought was creating your future, is this the future you want to create?
- + **Practise Catch, Witness & Choose Again:** Practise bringing more awareness to your thoughts this week. Begin to notice and pay attention to how you are speaking to yourself and what thoughts you are thinking. Catch out any negative, unloving or unsupportive thoughts and consciously choose to replace them with something loving, kind and empowering.
- + **Pay attention to your energy and emotions:** Your emotions will serve as a powerful indicator of your thinking. So, if at any stage you notice your energy drop, and you feel flat, sad, deflated, anxious or just not good, ask yourself, “What was I just thinking?” and catch the thought that caused your feeling.
- + **Use your new thoughts as affirmations:** Once you identify some new love-inspired thoughts you want to start thinking, practise using them as daily affirmations. You can write them out on post-it notes or pieces of paper and stick them on your wall or mirror and read them out loud daily. Or you can write them in your journal, and read them or rewrite them out each day.
- + **Use journaling to clear your mind:** If you wake up with a mind full of thoughts, open your journal and write out everything that is on your mind. Get every thought out onto the page. This helps create space within your mind and allows you to process what is going on within you. It also helps you witness your thoughts and notice what is on your mind. Then you can write out a few positive or loving thoughts to consciously start practising instead.
- + **Ask your heart for loving thoughts:** When you tune into your heart energy, you access the presence of love. If you are struggling to find loving thoughts, close your eyes, put your hands on your heart, take a few deep breaths and ask, “What would my heart say about this?” or “How can I see this situation with more love?” or “What would my loving inner wisdom say to me about this situation?”

Which practices from today's class would you like to integrate or focus on this week?

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*CONGRATULATIONS!*  
**YOU HAVE COMPLETED  
MODULE ONE - CLASS THREE.**

**SHARE YOUR EXPERIENCES:**

Come on over to our  
Facebook community and  
share about your insights,  
realisations, learning or  
practices from this week.





