



*Elevate Your Life*



# *Elevate Your Life Activity Sheet*

**WATCH WORKSHOP TWO AND THEN USE THESE PROMPTS TO HELP YOU ALIGN WITH YOUR NEXT-LEVEL REALITY. WORK THROUGH THIS EXERCISE FOR EACH AREA OF YOUR LIFE INDIVIDUALLY. AREAS OF LIFE MAY INCLUDE: CAREER OR BUSINESS, FINANCES, HEALTH, HOME, FAMILY, INTIMATE RELATIONSHIP, LIFESTYLE, FRIENDSHIPS AND YOUR IDENTITY OR RELATIONSHIP WITH YOURSELF.**

## **STEP ONE: CURRENT REALITY.**

1. DESCRIBE WHAT YOU HAVE MANIFESTED IN THIS AREA OF YOUR LIFE.
2. DESCRIBE YOUR CURRENT MINDSET & INNER STORY IN THIS AREA. WHAT DO YOU TYPICALLY THINK, FEEL, TELL YOURSELF AND BELIEVE ABOUT THIS AREA OF YOUR LIFE? TAKE TIME TO REALLY UNPACK THIS AND SEE WHAT IS GOING ON WITHIN YOUR MIND AS THIS IS CREATING YOUR RESULTS IN THIS AREA OF YOUR LIFE.

## **STEP TWO: NEXT LEVEL REALITY.**

1. DESCRIBE WHAT YOU WOULD LOVE TO MANIFEST IN THIS AREA. GO INTO AS MUCH DETAIL AS YOU CAN TO DESCRIBE THE REALITY YOU WOULD LOVE TO SEE.
2. DESCRIBE THE NEW MINDSET & INNER STORY YOU WILL NEED IN ORDER TO MANIFEST THIS NEXT-LEVEL. WHAT WILL YOU NEED TO BELIEVE AND BE TELLING YOURSELF? WHAT WILL YOU NEED TO BE THINKING AND FEELING? WHO WILL YOU NEED TO BE? WHAT MINDSET WOULD YOU HAVE IF YOU WERE LIVING IN THIS REALITY? WHAT INNER STORY WOULD CREATE THIS REALITY?
3. IDENTIFY YOUR INSPIRED ACTIONS STEPS. HEART-STORM ANY INSPIRED ACTION STEPS THAT WILL HELP YOU MATERIALISE THIS NEXT-LEVEL REALITY. WHAT WILL HELP YOU CREATE CHANGE, PROGRESS AND MOVE FORWARD?

## **YOU MAY ALSO LIKE TO:**

- + CREATE A VISION BOARD WITH IMAGES OF WHAT YOU WANT TO MANIFEST.
- + WRITE OUT A NEW INNER STORY FOR EACH AREA OF YOUR LIFE AND READ OVER IT EVERY DAY.
- + WRITE OUT YOUR NEW BELIEF SYSTEMS AS AFFIRMATIONS TO PRACTISE.
- + CREATE AN INSPIRED ACTION PLAN FOR HOW YOU WILL SHOW UP IN A NEW WAY.
- + MEDITATE ON YOUR NEXT-LEVEL REALITY WHERE YOU VISUALISE LIVING IN THIS REALITY EACH DAY AND FEEL THE FEELINGS OF HAVING WHAT YOU DESIRE.
- + INVEST IN SUPPORT TO CLEAR WHATEVER BLOCKS MAY BE PREVENTING YOU STEPPING INTO YOUR NEXT-LEVEL REALITY.