



Day 2: How to change your mindset for good

Step 1:

Identify the beliefs that successful 6-figure, 7-figure business owners have, that you're currently lacking.

Step 2:

Reprogram yourself with mindset work and mindset journaling. Find your favourite tool. You can speak, read, write or listen to your new beliefs.

Try to repeat a belief 1,000 times per day (I'm not joking - that's how you will easily reprogram your mind)

Important:

Be congruent in your words, body language and emotions to reprogram your subconscious mind (it's like dreaming - it doesn't know the difference!)

Step 3:

Expand your thinking by thinking in a new way. Ask yourself lots of hypothetical questions to do this and answer them in your mindset journal.

**If you want to change your thinking,
you have to change the questions you keep asking yourself.**



HOMework

- 1) Get your mindset journal out and answer the following questions, to give yourself a different perspective.

If you knew with 100% certainty that it's going to work out perfectly, what would you want?

If you knew with 100% certainty that it's going to work out perfectly, what would you try?

If you would choose to be incredibly grateful for your current situation, what exactly would you be grateful for?

If you would now have 100% confidence in yourself and your offers, how would you be showing up? What would be different?

- 2) Share a post on Instagram with your number one insight from your journaling and tag me! I can't wait to hear about your breakthroughs.

To participate in the draw for 5x \$100, don't forget to use the hashtag #dreamlifedeluxe and tag 5 friends including myself @dreamlife_deluxe

