



Conscious Conditioning

Mastering Your Mindset Conscious Conditioning

It's FRIDAY! Every Friday in our amazing **Manifest It!** group is Mastering Your Mindset day! I post mindset journaling prompts to help you get clear around what you are manifesting! In order to SHIFT your subconscious (where your beliefs are rooted), you have to create an imprint into your conscious mind.

Practice makes progress, and progress brings about the manifestation

This also goes for when you have challenging moments of feeling doubt, hopelessness, guilt, unworthiness, confusion, and anything else that have you thinking and feeling limiting beliefs.

What you are thinking and feeling IS normal, the more you get comfortable with this, the easier it gets to lean into your faith with yourself and in the Universe.

There is ALWAYS a reason WHY for your thoughts and feelings. Furthermore, change is a GOOD thing in life. Let's dig into understanding your WHY and let's start brainstorming and committing to healthy changes that EMPOWER you.

So let's get started!

Journal out the following:

- 1) Finish this sentence: Right now I am manifesting (insert) and I am feeling like it is easy/hard (you pick which one) to do because...(finish the because part at least 10 times)
- 2) With regards to what you answered in #1, WHY? What is the REASON for this?
- 3) True or false: I deeply trust my own decision-making abilities in my life. Why or why not?
- 4) Now that I know WHY I either do or do not trust my own decision-making abilities in my life, I am feeling (finish this sentence 10 times).
- 5) Answer this question 10 times: what can I do in order to release any distrust or deepen my trust I may have about myself and my life?
- 6) What can I do in order to deepen my faith in my soul and the Universe?
Answer at least 10 times.
- 7) Now that I have ideas on how I can learn to trust myself, deepen my trust within myself, trust the Universe more, and understand what my soul/intuition is communicating to me, I am feeling...(answer at least 10 times)
- 8) Finish this sentence 10 times: starting RIGHT NOW I am committed to...in order to deepen my self-love and my faith in myself and in the Universe's timing and the "how".
- 9) Write this out with complete conviction 10 times: I AM open, relaxed, and trusting the Universe to do its magic. I AM committed to taking inspired actions around my soul's calling on a daily basis!

Really get raw and honest with yourself. Practicing mindset thoughts create mindset beliefs. Mindset beliefs are magnets that attract more into your realm. You CAN shift your thoughts, your focus, and what you are attracting. It takes practice, and conscious practicing creates the imprint into your subconscious.
You've got this!

Follow your soul's calling, your soul's nudges are when you are feeling inspired,

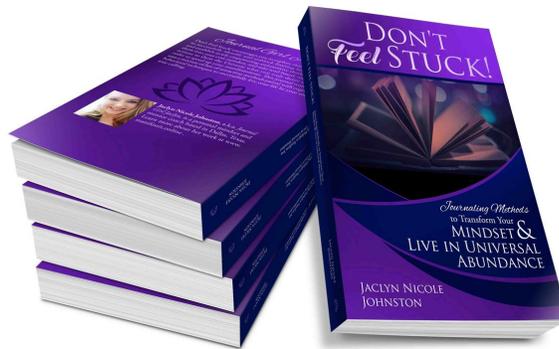
so take inspired actions and SHOW the Universe what you truly desire. The Universe IS manifesting it all for you, raise your vibration and TRUST yourself, TRUST your soul, and TRUST the Universe- for it knows the timing and the “how”.

You can do this! Have a wonderful weekend!

Change Your Mindset & You Change Your Life,

Journal Girl Jaclyn

Check Out My New Video Blog!



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