



Create A Life You Love

# WORKBOOK



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# Achieving Coherence

## The Key to Creating A Life You Love

This is not the typical free eBook you get on the internet with lots of fluff. This is a WORK-book with real value outlining a proven methodology to produce new results in your life. It does require WORK in order for it to make a difference for you.

You will learn the three key components of “Creating A Life You Love”, as well as doing several exercises that will reveal what creating a life you love looks like for you. This is accomplished by asking powerful questions that allow you to pause from the day-to-day noise and self-reflect. At a minimum, you will have the opportunity to evaluate what you have been creating and what to do next. This will empower you by either A) reconfirming your trajectory or B) give you a chance to recalibrate before it's too late. And at best, this can be the first step in creating a life you love. That doesn't mean you will be perfect, or that your life will be exactly what you want at all times. The fundamental premise is based around mastering **Your Inner World**, that is your thinking, your belief systems, emotional capacity and acting from your highest self and values. Because that's what it's all about. When you Master Your Inner World, it in turn Creates **Your Outer World** - that is the exterior results you see. Your health, your home, your net worth, your happiness, your self-worth etc...

The goal is to learn how to flow with life, rather than fighting it. When you fight life you get frustrated and end up exhausted. Those are the clues of doing something that is not working. However, to be clear, “Creating A Life You Love” doesn't mean you will always love what you get. It's a consistent practice of self-reflection, adjusting and accepting what shows up. What starts to happen is you begin to see more of what you want show up. And you are better equipped to deal with the undesirable or unexpected. Your quality of life increases and you start to love what you are creating.



# Why Are You Here?

Why are you here? What are you looking to resolve in your life?

If you feel "stuck in a rut" you may be looking to get back on track. To find your purpose or re-program the limiting beliefs that are currently holding you back. To ultimately reach your true potential and have more time for the activities and people that you love.

Regardless of who you are, the beauty of this work is that it elicits the beginning of you reinventing your life right now.

## My Story

On a Personal note, one of the things that I got out of this journey is; When I first started I had reached a point in my career and life where I wasn't get the outcome I wanted. That really impacted the way I thought about myself and resulted in me feeling lost and not good enough.

Then I found a mentor and the EMF program.

And that changed everything for me. I got clarity on who I really was, the ability to set and achieve goals that inspired me, and a new found mastery or my emotional state and relationships

The beauty of living authentically is that I don't keep getting the same unsatisfying results! I am no longer waiting for happiness to come in the future, if and when everything aligns perfectly! I feel fulfilment NOW. I experience more joy, love and serenity and my relationships are better than they have ever been.

So, anything is possible and that's what brings us here to these exercises. It requires mature work. And when you do the work - you get the results.



**Elite Mentorship Trainer: Robin Dewbury**



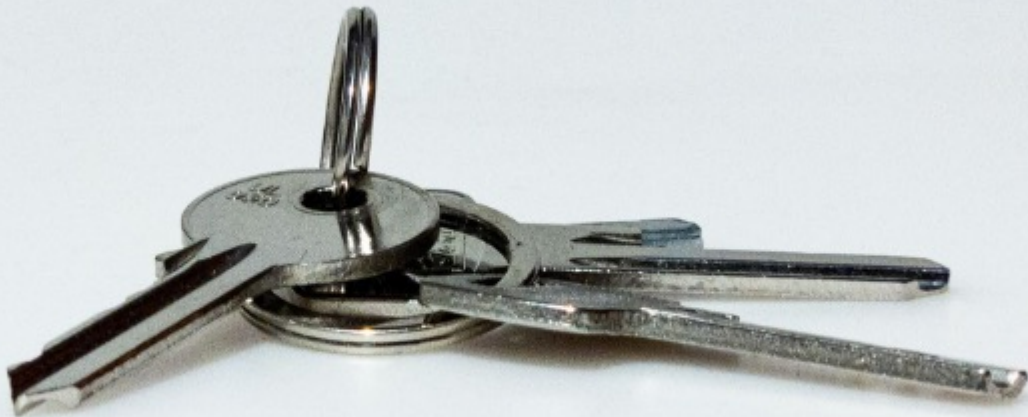
# The 3 Key Components of

## "Creating A Life You Love"

Mastering Your thinking: your thought processes, your thinking patterns and beliefs.

Your Emotional Mastery: managing how you feel, your mood and your attitude.

Authenticity: telling the truth to yourself and living your truth separate from the fear of other people's opinions.



Actually, there is a 4th component called "**Achieving Coherence**", that is when you achieve unity and alignment between your thinking, emotional state and your authentic self. That's the creative power triangle. In "Coherence" is where the magic happens. For most people on the planet they predominantly live in either their "thinking" or their "emotions" and without authenticity.

OUTSIDE

THINK

THE

BOX

# Exercise #1

## Let's discover your "thinking" process

This is a fun exercise for people that are good at math...

$$456 \times 843 = ?$$

That was the first exercise... Did you catch yourself thinking "...well I am good at math I am going to crush it" or the opposite "I suck at math, I hope I can do this.", generally speaking. Then you had a conversation inside your head with yourself about how to figure it out. That's our inner chatter. Which is a function of our thinking capability. There are many different inner workings of how our brains work. It has patterns and limitations. For example, you have the ability to recall and remember. Think about the happiest moment you had as a child? Can you do that? That's a capability no different than recognizing your negative thought patterns or limiting beliefs. The first step in gaining control of creating what you want starts with the observation of your thinking. You can learn to improve your thinking and increase your innate abilities.

Let's continue looking at your "Inner Chatter". We will start by doing an observation exercise. What are you saying to yourself right now? Think about what you said to yourself when you woke up this morning, what you say to yourself throughout the day. And the truth is that the most disempowering thoughts are the ones that persist by default. We look for evidence to prove us right. Meanwhile, you are spending your limited mental energy focused on and believing the wrong things. That is why having the power to manage your thinking is critical in "Creating A Life You Love". Your thinking creates your reality. When you improve the quality of your thinking, the quality of your life improves. This is not a novel idea. Our thinking is driven by the six human needs. We are always looking for; Certainty, Variety, Significance, Connection, Growth and Contribution. These six human needs govern our behavior which happens mostly at an unconscious level. With the exercises in this workbook you can see the thoughts you are having at the surface level, giving you conscious awareness. When you are aware you can choose differently. It allows you to prioritize your decisions in the right order congruent with your highest values. That's when the life you love shows up.





# Exercise #2

## The other part of the puzzle is being tuned into how you "feel"

Most people ignore how they feel or do not know how to process their emotions. How do you feel generally, are you aware of your moods?

Are you aware of the signals your internal body gives you when you are triggered by someone or something? Can you be comfortable with the feeling of uncertainty?

Your feelings are driven by your perception. How we perceive life affects the experience we have and results we get.

**Exercise #2** Let's tune in. How do you feel right now?

What kind of mood are you in right now?

Are you stressed around the shoulders, or feeling down, are you angry?

Perhaps you feel intrigued or curious?

Are you experiencing discomfort or joy?

Are you experiencing gratitude?

Pay attention to how you feel when I ask you these questions; Do people easily make you upset?

Are you fulfilled by your work?

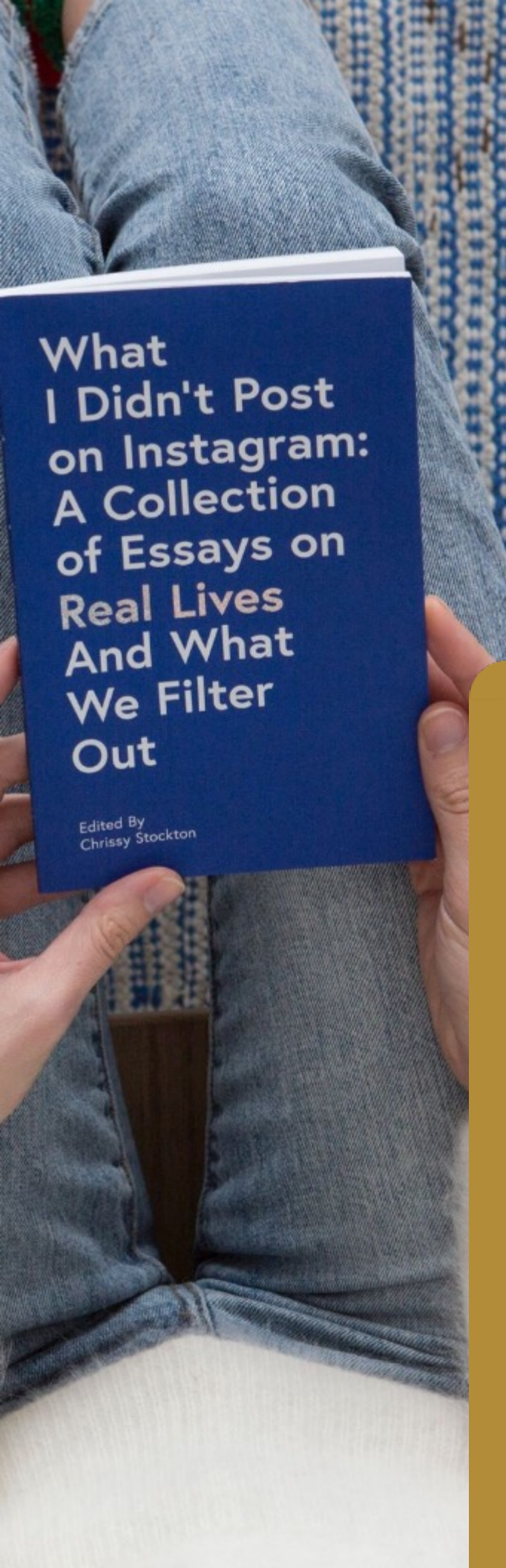
Are you satisfied with the quality of your life?

Do you enjoy the people in your inner circle?

Having gone through that self reflection work - Are you comfortable with your plan to get to where you want to go in life?







# Exercise #3

## Creating the life you love starts with Authenticity

Start by telling the truth to yourself. Write that down - underline it - put an Exclamation Point, whatever you have to do to truly remember that **"IT ALL STARTS WITH AUTHENTICITY!"**.

The higher the level of your authenticity the more rewarded you will be. You feel better and have deeper relationships with more color in your life. Because you are not being superficial - you are being original and authentic to your core. That's what brings joy and other satisfying emotions and experiences.

## Achieving Coherence

The sweet spot is where it all comes together. When that happens you reach coherence. Coherence becomes the center point of "Creating A Life You Love". Your thinking, how you feel and whether or not you are being authentic becomes the brush you use to paint life. It's who you are being in life, and what you attract into your experience.

Obviously, the full concept of "Coherence" is something we cannot go into in depth in this short workbook. However, the purpose of this next exercise is to begin to see if you are in coherence by reflecting on your thinking, sensing your emotional state and how you feel and whether or not you are operating from the highest level of authenticity in that area.

EXAMPLE. Tim was unhappy, stressed and drinking too much. We started working together and he began to get into coherence by understanding himself and working on his limiting beliefs. He is now full of energy, present for his family, and someone people enjoy spending time with.





# Exercise #4

## Powerful Questions

In this next exercise we are going to start by asking ourselves "Powerful Questions". Keep in mind that powerful questions help "steer the mind".

In addition, it's beneficial if you play some music that helps you lower the frequencies your brainwaves, as in this state you think clearer. [Here](#) is a piece of music you can play.

For the purposes of these exercises you want to be relaxed and allow yourself to feel good or be in a good mood.

We are going to do what I call a "Hot Pen Exercise". The goal is for you to write freely and without judgment. Keep the pen moving - hence why it gets hot and this is called the hot pen exercise. It is intended for you to think greater than the circumstances of your life. It will require you to be greater than your insecurities or limiting beliefs. It's not intended to be done perfectly.

The key here is derived from a quote from Einstein where he said, "The most important decision we make is whether we believe we live in a friendly universe or a hostile universe.". You want to do this exercise from the belief that we live in a friendly universe.

This is NOT a left brain exercise, from your superior logic and intellect. It's an exercise where we try to lower the noise from all the stuff we already know about our lives and really connect to what you believe is your highest capacity.

Also, consider that you are the star of your own movie. You ever notice that you are in every scene. You want to think about this as if you're standing in your shoes and ONLY your shoes! Not what your parents or your partner thinks you should do or any judgment or expectation from your peers.

Rather, create from taking advantage of the time you do have on earth to live to the fullest. As you go through this exercise, I want you to pay special attention to whether you believe it's possible or not, how you feel about it and are you being authentic to yourself...

WRITE  
WITHOUT  
FEAR.

EDIT  
WITHOUT  
MERCY.





# Lets begin

**It's the year 2026 and  
your life is beyond what  
you could have  
imagined or ever felt  
possible...**

What did you accomplish?

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What did you experience?

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How did you get there?

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In the area of relationships: Who did you invest your time in?

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What relationships did you let go of?

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What relationships and partnerships did you build?

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In the area of Health and wellbeing: What attitude or mood did you adopt? What level of health and vitality did you experience? What level of fitness?

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In the area of Wealth and Abundance: What did you achieve financially? What level of freedom did you experience? What level of abundance?

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When it comes to Fulfillment: What were you passionate about? What distractions did you eliminate?

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What values did you follow?

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How did you have more fun in your life?

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In the area of goals: What did you have a burning desire to accomplish?

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What did you prioritize? How did you act and behave along the journey?

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What obstacles did you overcome?

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What did you change about you?

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What new habits do you adopt?

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And with that final question we are concluding this exercise.  
What makes it all worth it?

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On a scale from 1 to 10, what score would you give yourself in  
terms of your effort in reaching these desired outcomes and  
why?

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Thank you for your attention. That concludes the hot pen  
exercise. This can also be a continuous exercise. For 30 days,  
read your notes once a day minimally, preferably two. If  
something becomes clearer - feel free to rewrite it in a clearer  
manner. However, don't try to make it perfect. The most  
important thing is that you now start to pay attention to  
whether or not you have coherence between your thinking,  
emotional state, authenticity and your actions. This is the  
fastest route to "Creating A Life You Love".





# Next Steps

With this exercise we started evaluating where we want to go.  
The next step is up to you.

If you feel like you're always swimming against the current in any of these areas, or like you just can't get traction, or you would like to enjoy the ride along the journey - you can start reinventing your life today.

You can create and live a life you love when you stop sacrificing what matters most to you. You can experience a BETTER REALITY by becoming an intentional creator of your own reality, rather than living with the default mode.

If you want to learn more about this journey, or if you are ready to take the next step, here is one more tool to make the ride smoother:

Attend a one-on-one Breakthrough Call with me where we go through your unique circumstances and see what are the exact leverage points you can use to turn your situation around.

It's definitely worth the time. As the saying attributed to Abraham Lincoln goes "Give me 8 hours to cut a tree and I'll spend 6 hours sharpening my ax". When you take the time to do the preparation - in this case the inner work and sharpen your inner skills; your thinking, mastering your emotions and staying authentic - you start to experience more flow and joy. That is how you start to "Create A Life You Love". As you know - THE PERFECT TIME TO CREATE THE LIFE YOU LOVE IS NOW! It's always now. And knowing makes no difference unless you make a move.

Congratulations! You have completed the workbook! I hope this has been of tremendous value and steers you in the right direction. A powerful question you can take away from this workbook is asking yourself "AM I IN COHERENCE?". If you are not - your job is to get there. From there - it is possible to "Create A Life You Love".

Thank you, I appreciate you. If you believe that you could benefit from having a mentor walk you through this life-changing methodology and hold you accountable to creating a life you love, [schedule a call with me here.](#)

I look forward to speaking to you soon.

