

Reprogramming Your Subconscious Mind

Worksheet

What Pre-Programmed Subconscious Messages Do I Struggle With?

(Examples: Feelings of failure, childhood fears, past conflicts, or hurtful relationships)

How Do These Pre-Programmed Messages Hold Me Back?

(Am I in the back seat on my journey through life?)

What Do I Want To Attract Into My Life?

(What do I want to visualize and affirm?)

Where Do I Spend The Majority Of My Time?

(Am I attracting health, wealth, and success in all aspects of my life?)

Who Do I Surround Myself With?

(Do I seek positive information, people, and situations?)

What Are My Own Personal Affirmations?

(Write them in first person and in the present tense. Remember: affirmations must focus on the positive.)
