



SELF CHECK EXERCISE

OBJECTIVE: DEMONSTRATE HOW YOU ARE ACTIVELY MANIFESTING INTO YOUR LIFE. DIRECT ENERGY TOWARD CREATING MORE POSITIVE EXPERIENCES.

Consider what happened over the past 10 days (or a period of time that was significant for your life):

- How did you feel? What did you want to happen or what could have improved in this time frame? Was there a setback or trial you wanted/needed to overcome? Did you make progress toward any goals?

Review the way you spoke during this time frame.

- Look over your social media. What did you post, like, share, and/or retweet?
- Look through your text messages, how did you speak about yourself or your circumstances or what did you allow people to say about you/your circumstances

- Content/behaviors to look out for (can be serious or "joking"):

Self-deprecating

Negative words/limiting phrases

Complaining

Discussion of things that you hate, can't stand, annoy you, don't like, don't want, want but "can't have"

Sarcasm

Critical (of self or others)

Judgement

How did your behavior/words match:

What you wanted to happen?

What actually happened?



Over the next 3 days be mindful of your tendencies to do or say things that don't align with what you desire.

- What types of situations or feelings process your self-deprecating or expression of limiting beliefs?
- In what scenarios do you tend to complain?
- When/why do you feel the need to be critical or judgmental, of yourself or others?
- What is the thought process when you like/share certain posts?

Now is not the time to analyze. Just observe.

NOW THAT YOU RECOGNIZE HOW YOUR BEHAVIORS COLOR YOUR REALITY AND HAVE AN UNDERSTANDING OF YOUR BEHAVIOR PATTERNS; YOU ARE READY TO TRANSFORM THEM.

- Replace negative thoughts and negative self-talk with specific, counter positive affirmations.
- Replace complaints with gratitude.
- Replace criticism with acknowledgment of and appreciation for the lesson in the experience and commit to applying the lesson moving forward.
- If you allow people to speak negatively, develop a boundary to enforce and a way to shift conversations back to a positive viewpoint.
- If you project or deflect through sarcasm or judgement, practice recognizing and honoring your internal state and finding a healthy strategy for processing your emotions and meet your own mental/emotional needs.



LIFEMANIFESTING.COM

Once you have developed your action plan. Implement it over the next week.

- Journal every night about:

What is working and what you need to put more effort into?

What areas are presenting greater challenges for you?

After 1 week, assess and adjust your action plan as necessary and use the new action plan over the next week.

What is working?

What goals did you originally make that need to be broken down further?

Do you need more concrete actions to follow?

Are you finding deeper causes behind your behaviors that require additional action steps?

Coaching services are available should you determine that you would like assistance developing the action plan or getting to the root of your behaviors.



LIFEMANIFESTING.COM

How Did I Create My Reality Over the Past 10-Days?

What are my triggers?



LIFEMANIFESTING.COM

How Do I Typically React When I'm Triggered?

What SPECIFICALLY Will I Do Differently?



LIFEMANIFESTING.COM

What Strategies Are Working Well For Me?

What Needs Adjusted?

What Have I Learned About Myself?
