

THE POWER OF THOUGHT WORKSHOP

Master your inner world

THE POWER OF PERCEPTION

A guide to uplevel your thoughts

“Change the lens through which you see your life and your whole life will change”

-Sara

Your perception is based on your thoughts and beliefs. Beliefs are thoughts that you chose to believe to be true and you kept repeating them to yourself until they became a belief. (So basically, a belief is a repeated thought)

And this includes:

- The stories you tell yourself about yourself, others, and your life.
- The definitions you believe about certain concepts like success, love, health, etc.
- The meanings you choose to give to situations and things in your life.
- The words and things you keep repeating and saying out loud.

Give your mind and your Reticular Activation System a direction for what you want to focus on.

Here are some practices for you to start upleveling your thoughts and shifting your perception:

PRACTICES TO UPGRADE YOUR PERCEPTION

1) Create New Definitions

I'm going to share with my favorite practice to do this:

- 1) Write down the **three most important concepts** that you would like to re-define. (ex. Happiness, success, confidence, etc.) and start with them one by one.
- 2) Write down your **current definition** for this concept. (ex. Happiness)
- 3) Write down the names of **10 people you currently see as happy**. (These can be people you know and are alive, people who passed, celebrities, fiction characters or people you look up to)
- 4) Write down **why do you see each one as a happy person**.
- 5) Write down what is **in common between all of them**. (This will be YOUR new definition for happiness)
- 6) Notice if it's different from your old definition and write down how will this change your life moving forward?

2) Upgrade Your Focus

What you focus on will expand and what you give your attention will grow and you will see more of in your life.

My best three questions that I ask myself daily that help me put my focus where I want it to be are:

- ***What do I desire?*** (Every night I write down 10 things I desire, I let myself dream with no limitations.)
- ***What do I love?*** (Every night I write down 10 things I love and bring me joy: about my life, myself, my relationships, my body, my work)

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- ***What do I appreciate in my life right now?*** (Every morning I write down 10 things I am grateful for in my life; this can be anything from the smell of coffee in the morning to a new client that I love)

Writing this every single day helps bring forward these thoughts from my subconscious mind into my conscious mind and then they become all I think about.

The more I think about them, the better I feel and the better I feel the better decisions and choices I make and the better actions I take.

This exercise, which might seem so simple, has the power to transform the quality of your life and how you see yourself.

Practice this for 21 days and notice all the changes that will take place.