

Stephanie Brown's Healthy Mindset Guide

Table of Contents:

1. Manifestation & Gratitude
2. Gratitude Journal
3. Goal Setting & Affirmations
4. Goal Journal

A handwritten signature in black ink, appearing to read 'Stephanie Brown', located at the bottom center of the page.

GRATITUDE & MANIFESTATION

The practice of Gratitude and Manifestation is what I believe has, and is, helping me in reaching my goals. I have found that when I focus on the good and positive things in life, it comes back to me - this is the process of Law of attraction. Manifestation essentially means making everything you want to feel or experience into reality through thoughts and visualization - allowing your subconscious mind to know what you want to turn into reality.

For example, if your goal is to get into your best shape. Through manifestation, you need to:

1. Visualize: What do you want your body to look like? (you can use an image)
2. Mindset: Believe in yourself, your power & your strength that you can do this; that you already see yourself reaching this goal and achieving it
3. Action: Act like you hit your goal already so your subconscious believes that you are capable of achieving your dream. Your subconscious mind can't distinguish between reality or if your thoughts are just thoughts, whatever you believe and think will in turn, become reality.
4. START NOW AND TAKE ACTION -> what do I have to change/do to get to this certain goal

This may seem like A LOT but believe me if you start with little shifts in your way of thinking and believing in your visions and especially in YOURSELF - your dreams will no longer be dreams, they will become reality.

Don't be afraid of changes. With change, there is growth and valuable lessons.

Start small and be patient, everything will fall into place at the right time.

Gratitude is a tool that leads you to a constant positive mindset, which will in turn make you happier. There will be challenges, yes it will be hard. You will have tough moments, but at the end of the day, there is no sunshine without rain and the hard times will eventually pass. We have to go through hard times, to get through them. And I know you have absolutely got this!

START now. Leave all the negativity behind you, and let daily gratitude be your magnet for all your dreams, visions and goals.



HOW TO:

Write down at least 3 things everyday that you are grateful for. These can be big and little things, like a smile from a stranger, the food in your fridge, the sun or your parents, best friend or job.

Get yourself a notebook or something so you can keep your notes. Over time you can also review them to track how far you've come. Take a pencil and paper and write your daily gratitude either in the mornings or evenings, whatever feels like the best for you. I personally use the evenings to reflect and if I had a bad day, practicing gratitude will always remind me of so many things that make my life beautiful.

TIP:

You can also be grateful for things that ARE HAPPENING in the future like getting this new job, finding your soulmate, getting your 5th workout in this week. This is when you start to manifest things into your life that are not here yet. You are grateful for them already so your subconscious thinks they are here already. This will support your surroundings and environment to make your goals turn into reality much quicker. If something that you manifest didn't work out, it may not have been the right thing for you and something better is just around the corner. The universe will only give you what you deserve and what is right for you. You only deserve the best!

DAY 1

TODAY I AM GRATEFUL FOR...

DATE: __ / __ / __

1.

.....

.....

2.

.....

.....

3.

.....

.....

DAY 2

TODAY I AM GRATEFUL FOR...

DATE: __ / __ / __

1.

.....

.....

2.

.....

.....

3.

.....

.....



DAY 3 TODAY I AM GRATEFUL FOR...

DATE: __ / __ / __

1.

.....
.....

2.

.....
.....

3.

.....
.....

DAY 4 TODAY I AM GRATEFUL FOR...

DATE: __ / __ / __

1.

.....
.....

2.

.....
.....

3.

.....
.....

DAY 5 TODAY I AM GRATEFUL FOR...

DATE: __ / __ / __

1.

.....
.....

2.

.....
.....

3.

.....
.....



DAY 6 TODAY I AM GRATEFUL FOR...

DATE: __ / __ / __

1.

.....
.....

2.

.....
.....

3.

.....
.....

DAY 7 TODAY I AM GRATEFUL FOR...

DATE: __ / __ / __

1.

.....
.....

2.

.....
.....

3.

.....
.....

*"Don't dream of it
Train for it."*

Mary Braun

GOAL SETTING & AFFIRMATIONS

I strongly believe in the power of manifestation. If you believe it and work for it - it WILL happen! There are two tools that have helped me so much over the last few years in ways I never thought possible and I'm so excited to be able to share them with you here:

1. Goal setting: Writing down your daily goals helps create a vision, making your goals seem even more attainable than before. When we see something clearly it creates a change in how we act as we now have clarity and direction. Having this clarity will help you filter out things, activities, and people that don't support your goals. You'll now be able to really focus on the things that matter to you most. Each day this week, write down your goals for the day. Make them as detailed as possible. Here are a few examples. Today my goals are:

Drink 2 liters of water
Go for a 20 min walk after lunch
Finish my english assignment
Start training at 6pm
Read for 30 minutes

Each day your goals may change. One day, you may only have 1 goal, the next may be a longer list. Just remember, if you fail to complete a goal, it's okay! As they say, Rome wasn't built in a day! Just simply pick yourself up and be better tomorrow.

In order to start reaching your goals - you need to start believing in yourself and your capabilities, and that's where affirmations come in to play.

2. Affirmations: Positive affirmations are inspirational messages that you can use to affirm yourself and build yourself up. I like to say them outloud, but repeating them in your mind is great too! They're a way of helping you overcome difficult situations and day to day challenges that you may experience. Starting your day with a good mindset is so important! I have created daily affirmation for you to repeat to yourself as many times as you need throughout the day. Focus on what you are saying to yourself and really believe it! This is going to become your most powerful tool! It has truly changed my life and I have no doubt it will change yours too!



DAY 1

TODAY MY GOALS ARE:

DATE: __ / __ / ____

1.

.....

2.

.....

3.

.....

TODAY'S AFFIRMATION: I AM CAPABLE. I AM STRONG. I AM WORTHY.

DAY 2

TODAY MY GOALS ARE:

DATE: __ / __ / ____

1.

.....

2.

.....

3.

.....

TODAY'S AFFIRMATION: I AM INSPIRED AND EMPOWERED TO MANIFEST MY DREAMS.

DAY 3

TODAY MY GOALS ARE:

DATE: __ / __ / ____

1.

.....

2.

.....

3.

.....

TODAY'S AFFIRMATION: EVERY DAY, I CAN GROW BY AT LEAST 1%. I AM COMMITTED TO MAKING THE PERSON I AM TODAY AN IMPROVEMENT OF WHO I WAS YESTERDAY.



DAY 4 TODAY MY GOALS ARE:

DATE: __ / __ / __

- 1.
- 2.
- 3.

TODAY'S AFFIRMATION: I CAN BE NERVOUS, BUT STILL ACT WITH COURAGE. I AM CAPABLE OF DOING CHALLENGING THINGS.

DAY 5 TODAY MY GOALS ARE:

DATE: __ / __ / __

- 1.
- 2.
- 3.

TODAY'S AFFIRMATION: I AM MOVING OUTSIDE OF MY COMFORT ZONE BECAUSE I KNOW IT IS THE ONLY WAY TO GROW.

DAY 6 TODAY MY GOALS ARE:

DATE: __ / __ / __

- 1.
- 2.
- 3.

TODAY'S AFFIRMATION: NOW IS THE TIME TO BUILD A LIFE I AM PROUD OF. I DESERVE A LIFE I AM PROUD OF.



DAY 7

TODAY MY GOALS ARE:

DATE: __ / __ / __

1.

.....

2.

.....

3.

.....

TODAY'S AFFIRMATION: MY BODY IS HEALTHY, MY MIND IS BRILLIANT, MY LIFE IS BEAUTIFUL.

"For every failure, there is a lesson. For every lesson, there is growth. Growth is our friend, therefore failure is too!"

Amy Fox