

MY #1 MINDSET MASTERY FORMULA

Over 90% Of Your Success Comes From Your Inner Guidance and Your Mindset!

These 2 elements together will transform your life and your business.



Let's look at how important mindset is when it comes to trusting and acting on the Inner Guidance you are getting.



Mindset is made up of the beliefs and attitudes you hold – it's your habit of thoughts.



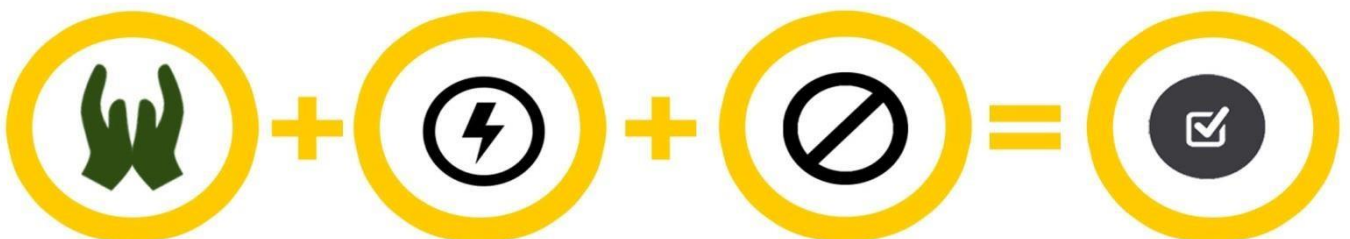
And your habit of thoughts affects how you feel, what you do and the decisions you make.



The good news is that your mindset is not set in concrete. You can actually shift it.



THOUGHT + EMOTIONAL CHARGE + ACTION = OUTCOME





It is so important to understand this...

For example, if your thought is 'I'm afraid I won't succeed. What if I fail,' the emotional charge you have as a result of that thought is one of fear.

Therefore, the actions you choose from a place of fear are going to reflect that fear.

Because you're afraid you won't succeed, you procrastinate or let opportunities pass you by even when they're being offered to you.

As a result, your message doesn't get out in the world in a bigger way, and those who are searching for what you have to offer can't benefit.

As a result of your mindset, even when you're being guided to a bigger game in life, you play small and therefore you get small results.

So, to act on the Inner Guidance you're given, it's extremely important that you be sure your thoughts, emotions and actions are in alignment, which puts you in a position to experience the success you desire and deserve!

You have to release the ego's mindset and come from the abundant mindset of your Soul.

Have fun with this...
be easy about it...
that's the secret to it working!

WHAT THINGS HELP YOU RECOGNIZE MINDSET?



Attitudes

how you think
or feel about something



Beliefs

ideas you
deem to be true



Filters

limiting beliefs,
thoughts



Opinions

views about
something



Perspective

personal
viewpoint

**Now, list thoughts (or beliefs) you hold
around the topic of Business and Money...like:**

It's so hard to make money
You can't be spiritual and be wealthy.
People are reluctant to pay me for the value I provide

Next to each thought you've listed, identify the emotional
charge it brings up in you...like:



Anger

- It's so hard to make money



Resignation

- You can't be spiritual and be wealthy



Frustration

- People are reluctant to pay me for the value I provide

Now think about the decisions you've made (resulting in the actions you've taken) in the past as a result of these thoughts and feelings.

Were these decisions made from inspiration or disconnection and fear?

When you are making decisions and taking actions from fear, you are not acting on your Truth.

You're not listening to your Guidance. Until you choose to listen and to shift your mindset you're going to continue getting the same results you've been getting in your life.

What If-UP Game

For every limiting thought and belief you think, you want to ask yourself,

“What if...the opposite of that is true!”

What if...It's so EASY to make money
What if...You CAN be spiritual and be wealthy.
What if... People are EAGER to pay me for the value I provide

Please don't underestimate the power of this seemingly simple game.

I challenge you to play the What If-Up game as you go through your day and begin turning those negative thoughts and beliefs around in the moment.

This little game can change the quality of your life on a dime if you let it!



About Eva:

Eva Gregory is a Law of Attraction expert, speaker author and mentor to spiritual entrepreneurs – coaches, healers and holistic practitioners. Her passion is helping spiritual entrepreneurs go from chaos to clarity, and from clarity to cash flow by learning how to tap into their own inner guidance and merge it with proven practical business strategies to create enlightened businesses of purpose, passion and prosperity.

