

RMFW Gold Conference 2017

## Joyful Mindset and Productivity for the Successful Writer Handout

Created by J. Rose with inspiration from Tony Robbins and Louise Hay

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**Exercise:** Score each area on a scale of 1-10, with ten being the strongest.

### THE LIFE MASTERY PYRAMID

7 MASTER AREAS FOR AN EXTRAORDINARY LIFE



\*Pyramid Credit: Tony Robbins and Stefan James

Time & Productivity	
-- Writing! --	
Career & Mission	
Finances	
Spiritual	
Physical Body: Health & fitness	
Emotions & Meaning	
Relationships	

### Assessment Questions:

What is your strongest area?

What is the area, that if you changed, it could bring you the most joy? And you're SO close to getting there?

What is your most challenging area? The one that nags at you, and gets in the way of finding inner joy and success?

### Exercise (on your own):

What are 2-3 thoughts or beliefs that cause you pain? (That keep you from feeling joy and reaching your goals?)

What are the consequences you have already experienced as a result of this belief?

How would you reword your old belief into a new, empowering belief? (Make it strong!)

*\*Repeat to yourself when you feel old belief/thought rising*

**Beautiful Affirmation to read to yourself, and help reprogram your mind, by Louise Hay.**

*\*Affirmations help, and are kind to the soul, even though they do not fully transform on their own\**

Deep at the center of my being, there is an infinite well of love. I now allow this love to flow to the surface. It fills my heart, my body, my mind, my consciousness, my very being, and radiates out from me in all directions and returns to me multiplied. The more love I use and give, the more I have to give. The supply is endless. The use of love makes me feel good, it is an expression of my inner joy.

I love myself, therefore, I take loving care of my body. I lovingly feed it nourishing foods and beverages, I lovingly groom it and dress it, and my body lovingly responds to me with vibrant health and energy.  
I love myself, therefore provide for myself a comfortable home, one that fills all my needs and is a pleasure to be in.

I fill the rooms with the vibration of love so that all who enter, myself included, will feel this love and be nourished by it. I love myself, therefore I work at a job I truly enjoy doing, one that uses my creative talents and abilities, working with and for people I love and who love me, and earning a good income. I love myself, therefore, I behave and think in a loving way to all people for I know that that which I give out returns to me multiplied.

I only attract loving people in my world, for they are a mirror of what I am. I love myself, therefore I forgive and totally release the past and all past experiences and I am free. I love myself, therefore I live totally in the now, experiencing each moment as good and knowing that my future is bright and joyous and secure, for I am a beloved child of the Universe\* and the Universe lovingly takes care of me now and forever more. And so it is.

-Reprinted by permission from "Heal Your Body," by Louise L. Hay

*\*Alternate: God, if that resonates with you more. ☺*

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**Which methods resonate with you?**

**What 2-3 methods will you try every day for 2 weeks?**

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