

GUIDING STAR

SELF-COMPASSION ★ EMPOWERMENT ★ MOTIVATION

by Starla 

MINDSET MASTERY COACH

FLIP YOUR THOUGHTS CHANGE YOUR LIFE



W O R K B O O K

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WHAT IS MINDSET MASTERY?

Mindset mastery is a combination of a positive mindset and mindfulness which allows you to focus more on life satisfaction, target any self-limiting beliefs, and navigate all the changes and challenges in your life with flow.

This workbook will guide you through the process of raising awareness of your negative thoughts/beliefs and helping you to flip them into positive affirmations. You'll then learn how to use your new affirmations to create positive change in all areas of your life.

SUBCONSCIOUS REPROGRAMMING

The exercise in this workbook is incredibly powerful and will help you gain clarity on what's holding you back by revealing the real reasons why you're not making the progress you seek.

As you go through each step, you'll start to see some similarities and repetitive thought patterns. I guarantee you're going to have some a-ha moments along the way!

The key to the success of this exercise is complete honesty so dig deep and reveal all those insecurities, doubts and negative thoughts so you can start changing those messages to ones that build you up rather than knock you down.

Be patient and prepare yourself for some huge shifts.

Think timeless transformations, rather than a fleeting change, this work will stay with you forever. Once you taste the feeling of inner happiness you will not want to go back!

EXERCISE

STEP 1

Write down all your concerns/worries/negative beliefs on the left-hand side of the pages provided.

STEP 2

On the right-hand side flip the thought into a more pleasing version of the thought/current belief you have.

FOR EXAMPLE:

OLD BELIEF - "I FIND IT HARD TO FIND LOVE"

NEW BELIEF - "I FIND IT EASY TO LOVE"

STEP 3

After you have your lists of new empowering beliefs, think of these as your new daily affirmations, these are the new thoughts that are going to ignite a real passion for life.

Write down these new beliefs on the sheet provided where you can store your affirmations, Write/Copy+Paste all the new empowering beliefs into this area to make it easier.

FOR EXAMPLE:

"I AM BEAUTIFUL AND I FEEL THIS WAY EVERY DAY"

"LOVE IS EASY FOR ME"

"I ALIGN WITH UNIVERSAL ENERGY"

"I AM ALWAYS TREATED WITH RESPECT BY EVERYONE I KNOW"

"I AM COMPLETELY FULFILLED AND SURROUNDED BY LOVE EVERY DAY"

HEALTH

Old subconscious belief

Re framed belief

RELATIONSHIPS

Old subconscious belief

Re framed belief



FAMILY/FRIENDS/LOVED ONES

Old subconscious belief

Re framed belief

SELF CONFIDENCE/BELIEFS ABOUT YOURSELF

Old subconscious belief

Re framed belief



MONEY

Old subconscious belief

Re framed belief

CAREER/JOB

Old subconscious belief

Re framed belief



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Old subconscious belief	Re framed belief
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This is where the fun begins

You can print out as many pages as you want in each section. Go crazy and have fun with it really step into that new version of you that has flipped all those limiting thoughts and is living the life you truly desire.

The life where you create better and more fulfilling relationships,
Navigate all the changes in your life with flow
and have a clear vision of where you are headed in life.



have created a blank page for you to add any other significant areas you may wish to address outside of the categories provided.

Now you can start to rehearse the new belief as quickly as the old belief pops up in your thoughts! This is called "flipping the thought".

Your mind is now starting to automatically access the new beliefs over the old programming.

reflection work

How did it feel when you started to notice your thoughts?

Did you find it easy to be honest with yourself?

NOTES:

The key to being successful with this exercise, is to embrace self compassion

This may be the first time in your life that you have ever opened up to yourself, and it will ultimately be one of the best decisions you have ever made. Be patient and treat this exercise as your own personal experiment, you are simply getting to know yourself on a deeper and more powerful level, in order to create powerful and lasting change.





Write or copy+paste all of your positive beliefs into the sheet below. This is the mind vault of your new positive beliefs. Keep this somewhere where you can always access it, reminding yourself of the new programming you are now choosing.

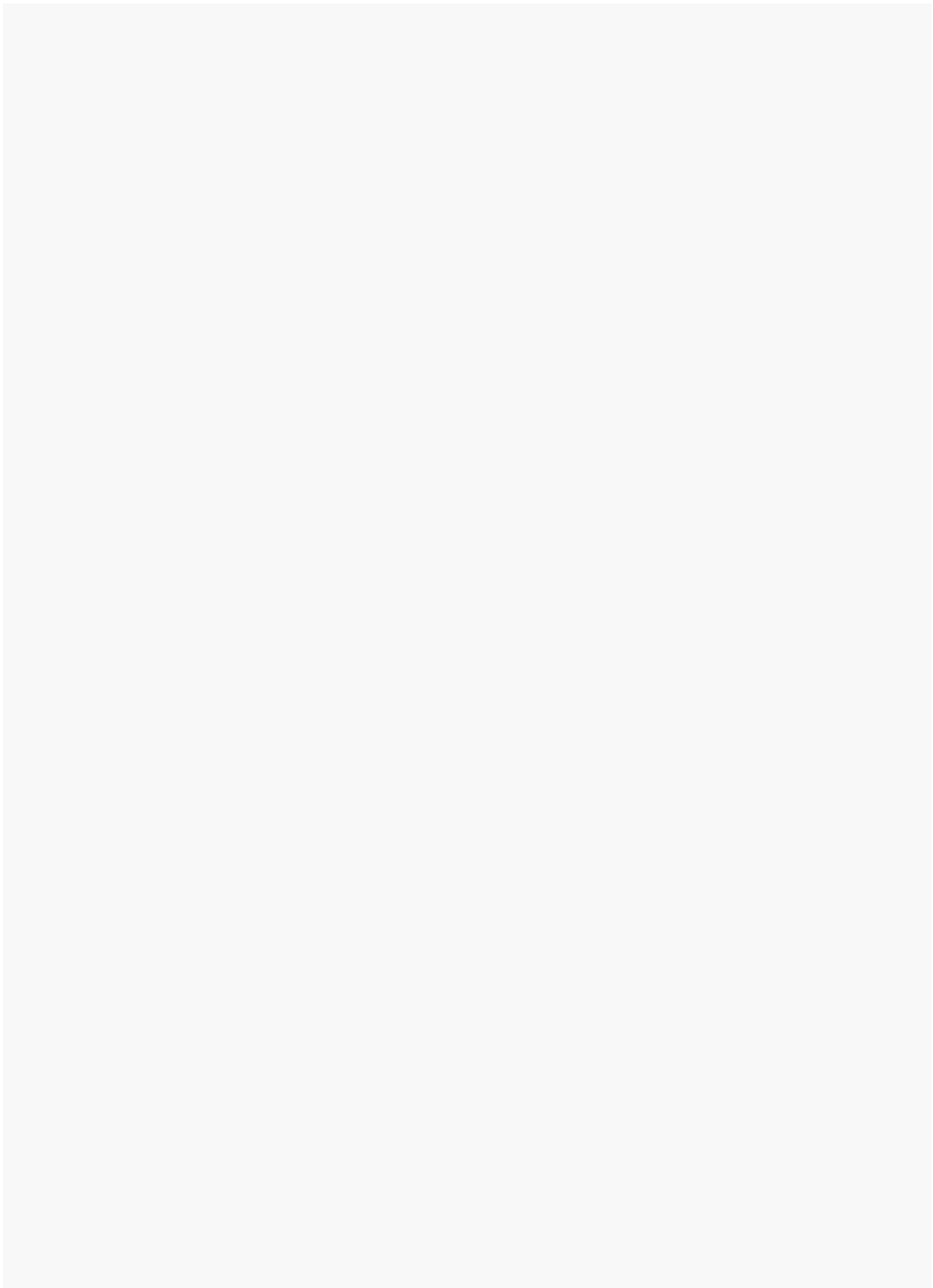
YOUR AFFIRMATIONS LIST

Get ready to see some very positive and exciting shifts start to happen. The more you flip your thoughts into the new desired beliefs, the quicker the results will be.

You can start with one particular area of concern, or even just one specific belief, go at your own pace and you will get to your desired reality quicker. This is not a race, have patience and the belief that you are the creator and you can make anything happen in your life.

NOTES:

YOUR AFFIRMATIONS LIST



HOW DO I USE MY LIST?

I want you to start practising/ rehearsing these new thoughts every day for 7 days, and see the impact it has on your life.

1

CHOOSE 3 NEW EMPOWERED THOUGHTS

3 is a good number to start with, pick the top 3 thoughts you would like to rewire and every time you notice the old thought popping up, flip it into the new one

2

NOTICE THE CHANGE

how do these new empowered thoughts feel to you? if they still feel a little odd, that's ok, you can always tweak them so that they feel more natural to you.

3

ENERGY SHIFTS

note any changes you see and add more affirmations to your repertoire as you see the new exciting shifts taking place.

4

TRIGGERING PLACES

notice if there are any specific places you tend to have challenging thoughts, this could be at work, around certain people, in the bath, doing the washing up...

5

PHYSICAL CHANGES

are you waking up earlier? stopping to smell the roses, starting to enjoy the little things in life?

6

ENJOY

how are other people reacting to this new empowered you?

7

CHALLENGE YOUR NEW EMPOWERED BELIEFS

can you go bigger with your affirmations? it's time to expand those new empowering beliefs, what is it that you REALLY want?

WHAT IS THE ULTIMATE GOAL?

Do you have any specific goals? write these down and the specific affirmation that aligns with that goal becoming your new reality. Now use these affirmations every day when you wake up, during the day when you feel called to during an appropriate time, and before you go to sleep at night.

Goal

affirmation

Goal

affirmation

Goal

affirmation

Goal

affirmation

I am so excited for you and the marvellous progress you have made because changes like these yield **BIG** results!

It is not just you, but everyone around you who benefits when you live your life in a conscious way. These positive effects will radiate positive energy onto everyone you know, one step at a time raising the collective consciousness, and it all starts with **YOU!**



FOLLOW ME AND ALWAYS ASK QUESTIONS

I WOULD LOVE TO HEAR ABOUT YOUR EXPERIENCE AND BREAKTHROUGHS USING THIS EXERCISE, PLEASE GET IN TOUCH WITH ME ON SOCIAL MEDIA, AND LEAVE A COMMENT SO I CAN SAY HI

THESE ARE CLICKABLE LINKS

[Website](#) [Facebook](#) [Instagram](#) [Blog](#)

**ARE YOU READY TO MAKE SOME
REALLY SIGNIFICANT CHANGES
IN YOUR LIFE?**

...

**IF YOU FIND THAT THIS EXERCISE ALONE HAS
REALLY STARTED TO PUSH YOU IN THE RIGHT
DIRECTION, THE DIRECTION OF THE LIFE YOU
WANT TO CREATE, BUT YOU ALSO WANT TO GET
ULTIMATE RESULTS AND REALLY EXPLORE YOUR
AMAZING MINDSET**

HAVE YOU CONSIDERED 1-1 COACHING?

everyone needs help and guidance at times, and that is exactly what I am here for, I have done all the work and gone down all the rabbit holes so you dont have to. A tried and tested method to get to mindset mastery in a fun, exciting and results driven way.

**IF YOU ARE TIRED OF SEEING ZERO CONSISTENT RESULTS AND REALLY WANT TO
CHANGE YOUR LIFE FOR GOOD**

click and...

LETS HAVE A CHAT

