



FITNESS & NUTRITION EXPERT PROGRAM

WELLNESS SESSION 3:
The power of the mind



Before we get ready to rock, just a few things

1. Please make sure all phones are muted.
2. In case of tech probs, this is what to do:
 - If you get kicked out or power out, just log back in
 - If we get kicked out or power out, we will email you a back up link to log in to asap to continue on class.
3. Access to live class recordings:
 1. Each class is taped
 2. Links to access the recordings will be sent a max of 48hrs post class
4. We heart questions!
 - Please type all questions in the chat box. If you want your question to be anonymous, please just send to "HOST"



Wellness Session 3 : What we are going to cover

THE 12 UNIVERSAL LAWS
What are the 12 universal laws and how they apply

PERCEPTION & THE POWER OF THE MIND
What is perception, the conscious and subconscious mind and how to reprogram it

WHAT IS HOLDING YOU BACK?
The 5 lies you may be telling yourself

WHAT IS YOUR CALLING?
How to discover your purpose

THE POWER OF VISUALIZATION
What it is visualization and how to successfully do it

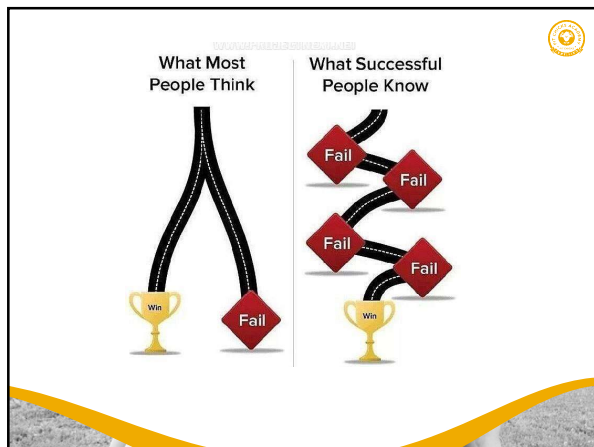


Wellness Session 3 : What we are going to cover

STRATEGIES TO BRING YOUR DREAMS TO ACTION
The 5 ways to start making it happen NOW

THE 7 HABITS OF HIGHLY EFFECTIVE PEOPLE
What they are and how they work

OTHER HAPPY HABITS WE CAN DO
Some extra Chick Power Habits for success



WHETHER YOU
THINK YOU CAN,
OR THINK YOU CAN'T.
YOU'RE RIGHT.

(HENRY FORD)



What you need before we start:



1. Water
2. Put your finger tips together
3. Take 3 deep breaths



The 12 universal laws

1. **Law of Divine Oneness**
 - everything is connected to everything else.
 - What we think, say, do and believe will have a corresponding effect on others and the universe around us.
2. **Law of Vibration**
 - Each sound, thing, and even thought has its own vibrational frequency, unique unto itself.
 - Be conscious of the vibrations you are giving off. Be positive in your thoughts, words, and actions. Evaluate the vibration frequency of the thing you want most and mimic that vibration
3. **Law of Action**
 - Must be employed in order for us to manifest things on earth.
 - We must engage in actions that supports our thoughts dreams, emotions and words



The 12 universal laws

4. **Law of Correspondence**
 - demonstrates that your inner self reflects your outer world
 - Light, vibration, and motion have their corresponding principles in the etheric or universe "As above, so below."
5. **Law of Cause and Effect**
 - simply says you get out of life what you put into life. "We reap what we sow."
 - Every cause has an effect and every effect becomes the cause of something else. This law suggests that the universe is always in motion and progressed from a chain of events.
6. **Law of Compensation**
 - states we are compensated in direct proportion to what we put out into the Universe.
 - These compensations can come in the form of money, material possessions, friendships, relationships, experiences and a wealth of other things.



The 12 universal laws

Law of Attraction

- Demonstrates how we create the things, events and people that come into our lives
- Our thoughts, feelings, words, and actions produce energies which, in turn attract like energies.
- Negative energies attract negative energies and positive energies attract positive energies.

The Law of Perpetual Transmutation of Energy

- All persons have within them the power to change the conditions of their lives.
- says that all energy is in motion and that all energy that is in motion will eventually appear in the physical form.



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The 12 universal laws

Law of Relativity

- In fact, everything in our life *just is* until we compare it to something. **Nothing in life has any meaning, except for the meaning that we give it**
- Light only exist because we compare it to dark. Good can only exist because we compare it to bad. Hot can only exist because we compare it to cold...it is all relative

Law of Polarity

- Everything is on a continuum and has and opposite.
- Without one of these, the other does not exist.
- Failure and success are the same thing on opposite poles. Within one, is the potential for the other.



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The 12 universal laws

Law of Rhythm


- In the universe, in life, and in all things there is a season. A time for all things.
- These rhythms establish seasons, cycles, stages of development, and patterns.

Law of Gender


- The law of gender manifests in all things as masculine and feminine. It is this law that governs what we know as creation.
- The most important thing you need to get from the law of gender, is that all things need time to grow, time to mature, time to sprout into being




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THE POWER OF CONSCIOUS & SUBCONSCIOUS MIND






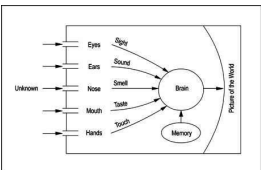
What is perception?


Perception is our sensory experience of the world around us

Involves both the recognition of environmental stimuli and actions in response to these stimuli.

Through the perceptual process, we gain information about properties and elements of the environment that are critical to our survival.


Perception not only creates our experience of the world around us; it allows us to act within our environment.

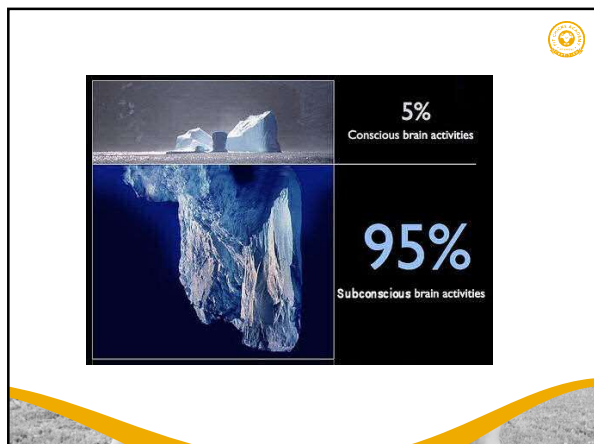


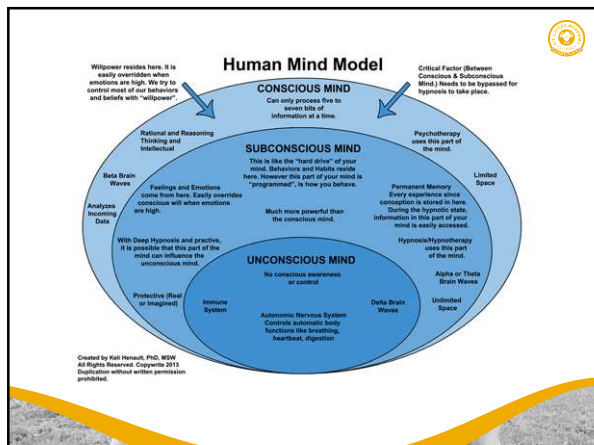


EVOLVE YOUR BRAIN 101: Dr Joe Dispenza

<https://www.youtube.com/watch?v=tMVeMFYgg1c>









Let's watch a video!


How to Re-Program Your Subconscious Mind to Get What You Want w/ Dr. Cathy Collaunt

<https://www.youtube.com/watch?v=fVJrzLMhyxs>




WHAT IS HOLDING YOU BACK?





5 lies you are telling yourself

1. Things must be perfect before I start
2. That you will be happy when you get "there"
3. I don't have time
4. I am not "enough" or deserve xxx
5. I can't do it (or I tried and failed so I can't do it)





TOOLS TO POSITIVE THINKING AND MAKING THINGS HAPPEN




FIND YOUR CALLING

What will make you feel fulfilled?

The things you are
passionate about
are not random.
They are your *calling*.

-Fabienne Fredrickson-




Do you feel fulfilled with your life?

“ There is no greater gift you can give or receive than to honor your calling. It’s why you were born. And how you become most truly alive. ”

Oprah Winfrey


Facebook/ZoroDna


Merriam-Webster defines a “calling” as: “...a strong inner impulse toward a particular course of action especially when accompanied by conviction of divine influence.”




How to uncover your calling

- 1. Notice what captivates you**
 - Look at your books, blogs you read, your wish list for travel
 - What excites you or enrages you?
 - What keeps appearing in your life, conversations or relationships?
- 2. Take your life inventory and reflect on past callings**
 - Look at things you used to do and how that felt. Do you still want to?
 - Put old calling to rest so you can open space for the new
- 3. Journal on what your calling is**
 - Take a piece of paper and write on top “What is my true purpose?”
 - Write out 50 responses – don’t think or edit ...just write!
- 4. Ask others what they think**
 - Poll your trusted friends and family – be careful!
 - Do their responses make you feel excited or off point?
- 5. Use your values as your guide**





THE POWER OF VISUALIZATION








What the mind of man
can conceive and believe,
it can achieve - *Napoleon Hill*






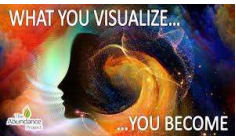
Visualization

Visualization is a specific kind of meditation.

Visualization is sometimes called mental imagery or mental rehearsal.

Visualization can be both visual and kinesthetic. (You might feel sensations in your body!)

You can visualize yourself in a setting, experiencing the impact of that setting on your body and mind.



The Russian gymnast experiment

One of the most well-known studies on creative visualization in sports occurred when Russian scientists compared four groups of Olympic athletes in terms of their physical and mental training ratios:


- Group 1 received 100% physical training.
- Group 2 received 75% physical training and 25% mental training.
- Group 3 received 50% mental training and 50% physical training.
- Group 4 received 75% mental training with 25% physical training.

Unbelievably group 4 had the best performance results, indicating that mental training or visualization can have significant measurable effects on biological performance

How to visualize


- 1. Clarity is power**
 - Get clear on who you are, what life you want to live and what that will look like
- 2. Use all of your senses to bring it to life**
 - What is will feel like, smell like, who you will call – keep positive!
- 3. Be the star, not the audience**
 - Remember, you are not watching yourself. It is YOU doing this! Put yourself in the first person
- 4. Practice, Practice, Practice**
 - You have to practice consistently and visualize it consistently in your mind
 - Look at it everyday and share with those around you
- 5. Write it down**
 - Do the Vivid Vision Exercise:
file:///C:/Users/FIT%20CHICKS/Downloads/38_pdf_24_file_chapter-1---vivid-visions.pdf

HOW TO BRING YOUR DREAMS TO ACTION

The 5 strategies to change the way you think 

1. Look at your life in 5, 10 or 20 years. What would you be sad about if you didn't accomplish? Write it down!
2. Find people who are succeeding in what you want to achieve to show you it's possible
3. Take action! Nothing will happen until you start. Just start! Refine your message as you go
4. Flip the script! If you can't change it, change the way you think about it
5. Have a mantra! *"I expand in abundance, success and love every day as I inspire others to do the same."* – Gay Hendricks


STUDY THE HABITS OF HIGHLY EFFECTIVE PEOPLE 

The 7 habits of highly effective people 

Independence

The First Three Habits surround moving from dependence to [independence](#) (i.e., self-mastery):

- 1 - **Be Proactive**
 - roles and relationships in life
- 2 - **Begin with the End in Mind**
 - envision what you want in the future so that you know concretely what to make a reality.
- 3 - **Put First Things First**
 - A [manager](#) must manage his own person. Personally. And managers should implement activities that aim to reach the second habit.
 - Covey says that rule two is the mental creation; rule three is the physical creation.



The 7 habits of highly effective people

The next three habits talk about [Interdependence](#) (e.g. working with others):

4 - Think Win-Win

- Genuine feelings for mutually beneficial solutions or agreements in your relationships.
- Value and respect people by understanding a "win" for all is ultimately a better long-term resolution than if only one person in the situation had gotten his way.

5 - Seek First to Understand, Then to be Understood

- Use [empathic](#) listening to be genuinely influenced by a person, which compels them to reciprocate the listening and take an open mind to being influenced by you. This creates an atmosphere of caring, and positive problem solving.

6 - Synergize

- Combine the strengths of people through positive [teamwork](#), so as to achieve goals that no one could have done alone.

The 7 habits of highly effective people

Continuous Improvements

The final habit is that of [continuous improvement](#) in both the personal and interpersonal spheres of influence.

7 - Sharpen the Saw

- Balance and renew your resources, energy, and health to create a [sustainable](#), long-term, effective lifestyle.
- It primarily emphasizes exercise for physical renewal, prayer (meditation, [yoga](#), etc.) and good reading for mental renewal. It also mentions service to society for spiritual renewal.

BONUS : THE 8TH HABIT!

8 - Find your voice and inspire others to find theirs

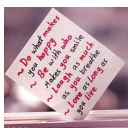
- Voice is Covey's code for "unique personal significance." Those who inspire others to find theirs are the leaders needed now and for the future, according to Covey.

OTHER HABITS TO PRACTICE

How to continually CHOOSE to be happy and healthy!



- 1. Follow "The 4 Healthy Principles" Livin La Vida FIT CHICK
- 2. Clean your "house"! Get rid of negative energy, people, things and create a positive space.
- 3. Fake it til you make it! Use positive quotes, images, smile, listen to happy songs, share your love and light, give compliments...your thoughts & actions will become your truth!
- 4. Make the intention EVERYDAY to be happy & healthy!
- 5. A goal without a plan is just a wish! Set a plan of attack



CHICK POWER BOOKS I LOVE!



The Big Leap by Gay Hendricks

Icarus Deception by Seth Godin

MarieTV by Marie Forleo

Wellness Session 3 : Recap



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Any questions or inquiries, please email:

fne@fitchicks.ca



Want to watch this class again?

The link will be posted within 48 hours
for you to access.

