

SHE Talks® Gold 100 IDENTITY Challenge

This is a SHE Talks® tool that gets you into the habit of living up to your potential, by creating your truest-truth about who you can be.

STRUCTURE FOR FULFILLMENT

- ✓ **This is a process of ‘Thoughts-Words-Condition’ must embody ‘belief’ and ‘knowing’**

The process:

Thoughts = Opinion considered or remembered.

Words = Distinct meaning applied.

Condition = Ready for use.

Belief: Choosing something truer than your current belief.

Knowing: That gut level knowing/an absolute acceptance as a reality plus thankfulness in advance; profound gratitude. Grateful before hand and for the creation of this new way of being - (requires) suspending and releasing doubt.

- ✓ **Whatever presents itself to you in your current life as unwanted, own it**

First, Claim it, as having been a part of your reality in your life and your way of being.

Secondly, Be thankful and call it a blessing. Because to condemn it is to deny a part of yourself and block momentum – getting into flow, where it shifts to allow a new *‘truer-way’* of being to take the place.

- ✓ **Anchor the intention of your practice**

Anchor: to create a cognitive bias; be firmly based on a particular intention

with: *“The Grass Thrives Where ‘I’ Water It”*

- ✓ **Choose your thoughts with wisdom**

Wisdom: in a meditative state of discovery, connected to your ‘inner-knowing’

Discover what is truer, by asking your self “What’s truer” than the currently held truth/belief

- ✓ **Release the old truth/belief**

With the realisation that there is in-fact a ‘Truer-Truth’, decide that the old belief no longer exists as the context for your life - the ‘Truer-Truth’ is the context from which you live/make decisions from.

STEPS TO CREATE MANIFESTING STATEMENTS

Manifesting statement: A declaration that aligns ones self with the beginning of a way of being

1.) BE CLEAR – What do I want to create as a way of Being? Doing? Having present in my life?

2.) SPIRITED CREATION – The ‘truer’ declaration excites you and you see yourself embodying it

2.) GROW THE VISION – Enjoy and revel in the feeling of it.

3.) COMMAND – Write down your newly created “I am” declarations

4.) MANIFEST YOUR STATEMENT – Connect to your “I am” statements daily embodying the vision and feeling of it as a reality.

5.) ANCHOR YOUR WAY OF BEING – Write down the results; your new way of being in your life, to maintain momentum

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	Manifesting Manifesting Statement I AM	Results Proof of my new way of being
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CONGRATULATIONS You're Doing It!!

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to their Success through Growth Mindset practices,
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