



# THE 28 DAY MIND-BODY BUSINESS ENVISIONING CHALLENGE

## Guiding Journal

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# Welcome and Congratulations!

Get ready, get ready, get ready. Your choice to take the ultimate mind-body business envisioning challenge is about to change your life.

## **Affirm + Meditate + Reflect= Envision**

28 days to envisioning your ideal mind-body business.

The first 7 - Desiring by Heart

The second 7- Going Beyond Belief

The third 7 - Seeing Clearly, Getting the Vision

The fourth 7- Committing to Creating

*Go ahead... set yourself up for mind-body business success, NOW!*

## **To make your dreams reality you must:**

1. know what you want,
2. truly believe you are worthy and can be, do and have what you want
3. have vision, determine your course of action
4. commit and implement to your course of action

## **By the end of this challenge you will:**

- know what you want and what success is and means to you
- evaluate your current success mindset and adjust your thinking pattern and shift your perspective as determined beneficial
- develop the framework for an action plan to build/elevate your new/existing professional practice
- set expectations and tasks for creating your ideal mind-body business



## Let's Begin.

You can begin with the following preparations:

- designate a space from which to dedicate your practice (preferable a cleared, comfortable space where you won't be bothered for a least 20 minutes)
- optional pillows, blanket, mat and/or comfortable seating
- gather the following optional supporting items
  - \* a writing journal that you feel is absolutely beautiful (or a voice recorder, or electronic journal such as a tablet with supporting app)
  - \* a writing utensil that feels good and you enjoy writing with (if applicable)
  - \* an optional candle and lighting device
  - \* optional meditative music and music player (preferably with stereo sound)
  - \* access to a mirror
  - optional dry erase marker(s), tape and index cards or post it notes
- initially setting your intention by giving relaxed thought to the overall desired outcome of your challenge
- check your inbox for challenge details on the start date of your challenge and every day thereafter throughout

You are welcomed to view and use supporting resources and updates for this challenge at [www.embodyshop.info/envisionchallenge](http://www.embodyshop.info/envisionchallenge) .

***Stay tuned, better is on its way to you.  
Best Wishes!***

Each day of the challenge consists of:

- reciting an affirmation with intention, authority and conviction
- meditating, relaxing and allowing insights to flow that will guide you in achieving your ideal successful mind-body business
- reflecting and planning your course of effective, progressive action

This guiding journal provides foundation information and is intended to be a helpful resource.



**The mind is the limit. As long as the mind can envision the fact that you can do something, you can do it, as long as you really believe 100 percent.**

*-Arnold Schwarzenegger*

## **Affirm**

The daily practice of affirmations is a good thing to exercise. Affirmations help to build a person up if done with the positive intention of doing so. However sometimes affirmations can work to give the opposite results.

### **The Start Point**

One way of exercising the technique of affirmation is through the spoken statement. Verbalizing positive statements to describe and relate to a particular theme would be very effective if it is done consistently and continuously.

When the affirmation is verbalized often the subconscious mind absorbs it and produces a positive response. However too much affirmation where it is really not merited will cause an individual on the receiving end of the affirmation to be over confident and even egotistical.

Using the affirmation technique is a great way to motivate one's self or those around them. When in a desperate or crisis situation this helpful way of keeping a level and focused mind set is an asset.

Unfortunately for most people affirmation is used more in a negative way than in a positive way. By repeatedly affirming a negative statement both verbally or in the thought process, this affirmation is in effect playing a convincing role and eventually produces the negative outcome it touts.

Affirmations embedded in the conscious and the unconscious have the similar workings of a computer system. Meaning the computer can only function on the programs it has been fed. Asking the computer to do work it is unfamiliar with simply won't happen.

Similarly if the affirmation fed to the individual over time is in the negative form then the product of the individual's actions will also lean towards the negative.

When the subconscious mind is already programmed to a certain theory or manifesto then it is unlikely the mind will be able to counter this accepted fact in the mind's eye.

## Why Changing Your Outlook Is Crucial

Everyone has a set of affirmations in their subconscious which has been programmed over the years from either being told or simply forming these affirmations themselves.

If the affirmations are of the positive nature then all is well and good, however if the affirmations are always of the negative nature, then serious consequences can unfold in an individual's life.

## Setting Goals To Put Into Affirmation Form

Setting goals in life is a good way to use affirmations. Affirming the goals helps to keep the individual focused so they will see the goal achieved.

Using the affirmation technique to condition the mind to achieve the goals set is very beneficial to attaining its completion and success.



**Someone told me something that stuck with me: 'You have to envision your life, and then go backwards.' I've been living by that motto for a while, so I see where I need to be. Now I'm just backtracking and trying to get back up there.**

*-Bruno Mars*

## Accomplishing

While setting goals is an easy thing to do and requires very little thought and energy, seeing them to completion with success attached is another problem altogether.

Affirmation, visualization and many other factors help to give the individual the necessary energy and power to create the mindset to achieve the goal. Below are just a few suggestions of possible goals that can use the affirmation technique to achieve its targets.



- **Procrastinating.** This is a difficult habit to break and often causes detrimental effects. However with the use of affirmation to subconsciously suggest the advantages to getting the task done promptly, the individual is slowly able to wean themselves of this habit. Learning to avoid procrastination with positive affirmation will eventually allow the habit to be erased completely.
- **Using affirmation to release the mental fear attached to any situation** is also crucial to the success of attaining the goal. When the fear factor is no longer a dominant feature of the thought process, there is no panic and thus the mind is able to concentrate on the goal at hand.
- **Writing down the goal ideas and keeping them in a place where it can be viewed more often** affirms the mind to stay focused on the goal and not get distracted with other things.
- **Affirmation helps to positively counter any doubts that may arise along the way to achieving the goal.** However ensuring that the doubts are unfounded is important before dismissing them or subjecting these doubts to positive affirmation.



## Visualization

Visualization refers to forecasting on the future by building up an imaginary picture or scenario in your mind and that picture of scenario reflects on an accomplishment of a goal or deadline. Visualizations are an important part of the journey when working towards something because they keep you motivated.

### Envision It

Seeing a finished product or accomplishment in your mind gives you're the urge to want to work harder in reaching that goal. Without visualization you may doubt that you are actually doing something you want in the end and you may lose focus of the true meaning of why you are working towards something.

Apart from keeping you motivated visualizations may actually point out any future possible problems with whatever you are working towards.

If a young female is working towards a career in modeling she may realize that she needs to keep her body in a certain size so that it does not interfere with her career so she already starts towards changing her eating habits and starts exercising more.

Although it is just a dream at the moment she starts working towards making that dream a reality by eliminating any possible objects that may stand in her way to make that dream come true.

Visualizing your dream come true makes it easier for you to work towards it; it keeps the need for achievement alive in you. It is very important part of the journey that may help you access how much you want that certain thing you are working towards or wishing for.

Sometimes after visualizing something you realize you actually do not want it and you would rather opt for something else and this will help you not to waste your time on something that will not bring you any level of satisfaction after all the effort put into it.

## Visualize Your Goals

In order to keep a goal alive and enticing through time, one must be strong and have the courage to persevere against all odds. Some goals are easier to achieve than others and some are just not worth the effort after a few false starts. To ensure a goal does not end up in the latter category here are some tips worth considering and perhaps following.

Be completely and convincingly sure of what the goal is. Be sure and clear minded about the goal, shows the focused energy that has been harnessed in order to conceptualize the goal.

Constantly imagine the end results as envisioned and relive it daily in the mind's eye. This further resolves the commitment to strive to reach the goal as the picture is already part of the conscious and subconscious.

Talk about the goal constantly and in detail as visualized in the mind's eye. Talking about the goal helps at some level to bring about the feeling of victory as if the goal has already been achieved. The brain is already ready for the body to experience the victory of reaching the goal.

Surrounding one's self with like minded people is also a good way to get the mental and physical support needed to see the goal become a success. The passion from others along with one's own has tremendous positive power and energy.

Surrounding one's self with constant reminders of the goal helps to keep the mind focused and also ensuring there are no other distractions to cause the individual to waiver in the resolve to reach the goal.

Sometimes getting outside help in the form of a professional motivator may be needed. These motivators can assist in keeping the motivation levels at its peak and also organize the individual schedules to ensure the time line for the goal is not disrupted.



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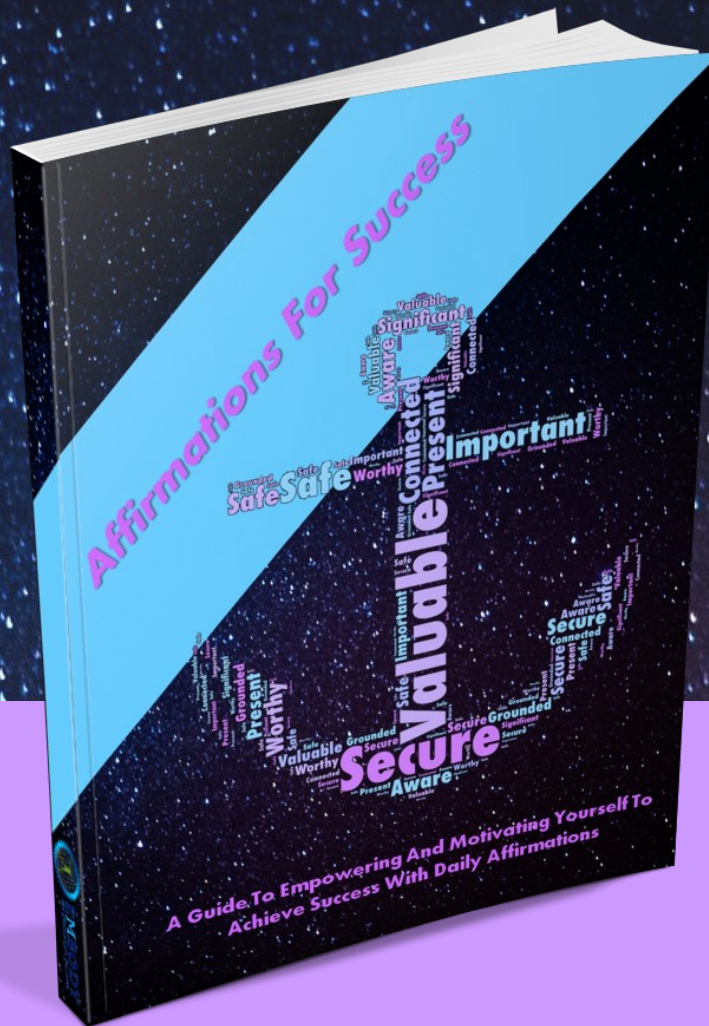
	<b>Affirm (statement/times)</b>	<b>Meditate (minutes)</b>	<b>Reflect-Journal (lines/minutes)</b>
<b>Day 1</b>	A/20	5	5
<b>Day 2</b>	A/20	5	5
<b>Day 3</b>	A/20	7	5
<b>Day 4</b>	A/10	7	5
<b>Day 5</b>	A/10	9	5
<b>Day 6</b>	A/3	9	5
<b>Day 7</b>	A/1	11	10
<b>Day 8</b>	B/20	11	10
<b>Day 9</b>	B/20	11	10
<b>Day 10</b>	B/20	11	10
<b>Day 11</b>	B/10	15	10
<b>Day 12</b>	B/10	15	10
<b>Day 13</b>	B/3	15	10
<b>Day 14</b>	B/1	15	10
<b>Day 15</b>	C/20	15	10
<b>Day 16</b>	C/20	15	10
<b>Day 17</b>	C/20	20	10
<b>Day 18</b>	C/10	20	10
<b>Day 19</b>	C/10	20	10
<b>Day 20</b>	C/3	20	10
<b>Day 21</b>	C/1	20	10
<b>Day 22</b>	D/20	20	10
<b>Day 23</b>	D/20	20	10
<b>Day 24</b>	D/20	20	10
<b>Day 25</b>	D/10	20	10
<b>Day 26</b>	D/10	20	10
<b>Day 27</b>	D/3	20	10
<b>Day 28</b>	D/1	20+	10

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A Guide To Empowering And Motivating Yourself To  
Achieve Success With Daily Affirmations

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