

Life. Fun. Purpose.

With Purpose Coach Fawn Miller

Group Call #50 Workbook

AFFIRMATIONS

INTRODUCTIONS

(25 Mins, 2-3 mins each)

Fawn will lead intros

1. Name
 2. Location
 3. Gratitude or Something That Went Well
 4. Experience with Affirmations? Questions?
-

LET'S START WITH SOME FUN!

GROUP SHARE!

1-2 Mins Each, Round Robin

(Take a moment to write down thoughts)

- Share something that you desire to BE, DO, or HAVE?
 - If helpful: Discontentments + Longings, Wheel of Life
- WHY is this important to you?
- How will you FEEL when this is a reality?
- What resistance comes up? What tries to get in the way?

AFFIRMATIONS

AFFIRM (v): *To state as fact, to assert strongly or publicly*

FACT (n): *A thing that is known or proved to be true*

WHY DOES THIS MATTER? PUPPY TRAINING:)

- [Re]programming our Conscious AND Subconscious Mind!
 - “Priming”
 - We carry conditioning and patterning from our lives – experiences, memories that become our models of the world, which affects our present: beliefs, choices, what we think is possible.
- Aligned BELIEFS and SELF-PERCEPTION + WORTHINESS
- When we desire to BE, DO, or HAVE something, we are desiring an aspirational version of our ”Selves” – and an aspirational FEELING
- [MOOD →] THOUGHTS → EMOTIONS → ACTIONS → RESULTS → MOOD, etc.
 - Funny example: The affect of someone else’s negativity...
 - GAS PEDAL thoughts + feelings VS BRAKE PEDAL thoughts + feelings
- Prefrontal Cortex – Decision + Action
 - When we’re SAFE and in a positive state, our PFC is active
 - When we’re stressed, closed off, perceive a threat, or limitation, it is less active or significantly reduced...

GROUP ACTIVITY

“STATE CHANGE” + “ANCHORING”

Fawn will facilitate + keep time

30–45 mins, 2–4 mins each

A. Share a memory, moment, or experience where you “Did the THING” and/or you were feeling the way that you desire to feel when your DESIRE is a reality...

OR

B. Think of *something* or *someone* that conjures up the the same or similar emotions to the ones that your DESIRE will bring...(music, comedy, pet, activity, person – friend, family, role model, etc.)

a. DESCRIBE

➤ NOW, CREATE AN AFFIRMATION!

a. Active, present tense, VISUAL, emotional, specific

b. Focus on your state of BEING, and the situation

c. EX: *“I am so excited, energized, grateful, and filled with joy that I am working with two of my Role Models and learning exactly what I need to be learning from them!”*

d. Say it while applying pressure to a specific part of your body (“anchoring”)

NOTES