



& you will see results

Workbook



7 DAYS...

TO FEEL INCREDIBLE?

COUNT ME IN 



& you will see results

Workbook

My Goals

Thursday

Blank area for Thursday's goals.

Friday

Blank area for Friday's goals.

Saturday

Blank area for Saturday's goals.

Sunday

Blank area for Sunday's goals.

Monday

Blank area for Monday's goals.

Tuesday

Blank area for Tuesday's goals.

Wednesday

Blank area for Wednesday's goals.



Throughout the Workbook you will find either tips or questions here.

Tip:

Read through the Workbook first.

Here's what to expect

#The aim is to start each day with a specific question. I have added this to each section and, just below you can write your answers.

#Next, you will be asked to write 4 thoughts you're going to stay conscious of the whole day.

#Then write 4 things you would like to change.

#BEFORE you get out of bed each morning - Manifest in your mind what your life is going to look like & how this is going to make you FEEL.

Tip: You may need to set your alarm a little earlier to give yourself time.

▲ BE AWARE - When your body wants to get up & you're not ready - Tell your body;

*'Body, you're not the mind, I'm the mind right now. You will stay here, I will feed you & give you everything you ask. But right now, this is MY TIME & you're going to obey me'.

*These are the words suggested by Dr. Joe Dispenza

Once, the mind accepts this, you can then say 'I can do this all the time.'





Tip:

You may want to make a quick 2min video to either share later or for your own reference? Also, keeping a diary of your observations is also a great way to monitor your progress.

#Take time each day to close your eyes & open yourself up to the awareness & space around you.

#Gratitude - Before you go to bed give yourself 3 things you are truly grateful for and really FEEL it. Touch your heart at the same time & say it out loud or in your head if you prefer.

That's it for now. Now it's up to you!

Look out for the tips & quotes throughout the Workbook.

I wish you the very best of luck, but most importantly have lots of FUN doing it & I look forward to hearing your results in 7 days. However, do not hesitate to contact me if you have any questions;

contactpotts@potterblogs.com





Tip:

Hydration - Posture - Breathing

Place the Workbook & pen next to your bed so it's ready for the morning.

Date:

Day 1

#What is the greatest of myself that I can be today?

#Write 4 thoughts you're going to stay conscious of the whole day -

- 1.
- 2.
- 3.
- 4.

#Write 4 things you would like to change - Hint - Have more me time

- 1.
- 2.
- 3.
- 4.

▲ #Manifest - B4 U GET OUT OF BED :-)

Tip: What choices will I make today?

#Awareness -

#Gratitude -

Before you go to bed give yourself 3 things you are truly grateful for and FEEL it. Touch your heart at the same time & say it out loud or in your head.

Neurons that fire together wire together

Dr. Joe Dispenza & Hebb's Law





Date:

Day 1

Write down your reflections & thoughts here:



Tip:

Be aware of the use of words used in your answers - STOP, WANT, TRY, NEED
Are you allowing your energy to drop?

Date:

Day 2

#What is the greatest of myself that I can be today?

#Write 4 thoughts your going to stay conscious of the whole day -

- 1.
- 2.
- 3.
- 4.

#Write 4 things you would like to change - Hint - Smile more

- 1.
- 2.
- 3.
- 4.

▲ #Manifest - B4 U GET OUT OF BED

#Awareness -

Tip: Sense it, pay attention to it & become more aware of it.

#Gratitude -

Before you go to bed give yourself 3 things you are truly grateful for and FEEL it. Touch your heart at the same time & say it out loud or in your head.

**People only accept, believe & then surrender to the thoughts
equal to their emotional state.**

Dr Joe Dispenza





Date:

Day 2

Write down your reflections & thoughts here:



Date:

Day 3

#What is the greatest of myself that I can be today?

#Write 4 thoughts your going to stay conscious of the whole day -

- 1.
- 2.
- 3.
- 4.

#Write 4 things you would like to change - Hint - Change my negative self talk

- 1.
- 2.
- 3.
- 4.

▲ #Manifest - B4 U GET OUT OF BED

Tip: What emotions do you live by?

#Awareness -

#Gratitude -

Before you go to bed give yourself 3 things you are truly grateful for and FEEL it. Touch your heart at the same time & say it out loud or in your head.

Yesterday is not ours to recover, but tomorrow is ours to win or lose

Lyndon B Johnson

Tip:

Who's in your circle of friends?

The people you surround yourself with. What kind of attitude do they have? Are they mainly negative or is their energy positive?





Date:

Day 3

Write down your reflections & thoughts here:



Tip:

Check out Dr. Emoto & his experiment about water. Once you do, you may just want to thank your water next time you drink a glass. :-)

Date:

Day 4

#What is the greatest of myself that I can be today?

#Write 4 thoughts your going to stay conscious of the whole day -

- 1.
- 2.
- 3.
- 4.

#Write 4 things you would like to change -

- 1.
- 2.
- 3.
- 4.

▲ #Manifest - B4 U GET OUT OF BED :-)

#Awareness -

Tip: Sense it, pay attention to it & become more aware of it.

#Gratitude -

Before you go to bed give yourself 3 things you are truly grateful for and FEEL it. Touch your heart at the same time & say it out loud or in your head.

**If you're not willing to learn, no one can help you.
If you're determined to learn, no one can stop you!**





Date:

Day 4

Write down your reflections & thoughts here:



Tip:

Have you ever tried keeping your phone away from your bedside?

What emotions do you live by?

Date:

Day 5

#What is the greatest of myself that I can be today?

#Write 4 thoughts your going to stay conscious of the whole day -

- 1.
- 2.
- 3.
- 4.

#Write 4 things you would like to change -

- 1.
- 2.
- 3.
- 4.

▲ #Manifest - B4 U GET OUT OF BED :-)

Tip: What choices will I make today?

#Awareness -

#Gratitude -

Before you go to bed give yourself 3 things you are truly grateful for and FEEL it. Touch your heart at the same time & say it out loud or in your head.

**POSITIVE THINKING is not only about EXPECTING the best thing to happen...
But it's also about ACCEPTING whatever happens is for the BEST**





Date:

Day 5

Write down your reflections & thoughts here:



Tip:

When was the last time you were in a state of JOY?

Date:

Day 6

#What is the greatest of myself that I can be today?

#Write 4 thoughts your going to stay conscious of the whole day -

- 1.
- 2.
- 3.
- 4.

#Write 4 things you would like to change -

- 1.
- 2.
- 3.
- 4.

▲ #Manifest - B4 U GET OUT OF BED :-)

#Awareness -

Tip: Sense it, pay attention to it & become more aware of it.

#Gratitude -

Before you go to bed give yourself 3 things you are truly grateful for and FEEL it. Touch your heart at the same time & say it out loud or in your head.

**ABILITY is what you are capable of doing.
MOTIVATION determines what you do.
ATTITUDE determines how well you do it.**





Date:

Day 6

Write down your reflections & thoughts here:



Date:

Day 7

#What is the greatest of myself that I can be today?

#Write 4 thoughts your going to stay conscious of the whole day -

- 1.
- 2.
- 3.
- 4.

#Write 4 things you would like to change -

- 1.
- 2.
- 3.
- 4.

▲ #Manifest - B4 U GET OUT OF BED :-)

Tip: What behaviours will I demonstrate today & next week?

#Awareness -

#Gratitude -

Before you go to bed give yourself 3 things you are truly grateful for and FEEL it. Touch your heart at the same time & say it out loud or in your head.

HAPPINESS is not something ready made. It comes from your own actions
Dalai Lama





Date:

Day 7 You made it! CONGRATULATIONS

Write down your final reflections & thoughts here:



CONGRATULATIONS...

Once again. Seriously, it's not easy noticing what you are noticing, especially if this type of thought process is new to you.

As Dr. Joe Dispenza suggests; If we are going to retrain our brains into new habits and ways of thinking. Then it takes practice and time. However, the more you do it, the easier it becomes, and the better you get at it.

This is an ongoing process to see it instead as a marathon than a sprint.

Enjoy it & watch not only how your internal environment changes over time, your external one will do too.

SO WHAT HAPPENS NOW?

Great question.

When we are in any one or more of these states; Joy, Peace, Gratitude, Love our vibration is raised. (Check it out for yourselves on Google 'how to raise your vibrational energy'. You find loads of info.)

So, when you're in a high vibrational state, you're going to experience a sense of flow and ease. Which will lead you to have a better days experience? This, of course, will make you happy and that will become contagious to those around you.

So beware you could actually make others happy!

The idea behind this Workbook is simply to help you FEEL better about yourself. Before I did this, I wasn't feeling too good about me or what was going on around me. I was skeptical and had the attitude; 'It'll never work for me.' But, something inside of me said 'give it a go, what do you have to lose?'. Feeling inspired, I jumped in, and it seriously made me feel INCREDIBLE.

So, if it made me feel like that. My only hope is that it will make you feel INCREDIBLE too.

Test run it for a few days and, if you start to feel a difference, then stick it out for the full 7days. If it makes you feel better then maybe it could make your friends and family feel better too?

Did you know that when the vibration of the heart is raised, there is less violence in the world?





NOTES:



REFERENCES & SOME USEFUL LINKS

#Youtube Video - Dr Joe Dispenza '7 days & you will see incredible results' Interviewed by Lewis Howes shown by Be Inspired Channel. - <https://www.youtube.com/watch?v=wbmDPLqWwqQ>

#Youtube Video - Gregg Bradden
The Law of Attraction UNVEILED - <https://youtu.be/YIMQ-9EJCFE>

#I designed this Workbook in Canva - www.canva.com It's FREE

#Some of the graphics I designed using PicMonkey - www.picmonkey.com

#In Day 2 Reflections I make reference to a friend of mine Jill Harding - Heres a link to her YouTube video where she talks about water and offers some simple meditation techniques she's picked up along her journey.

#For Tips & Tricks on making great videos there is a wealth of information out there. However, for quick reference, and, his a good friend of mine. I'd like to offer you a FB page which you can find here. - 'The video Traffic Hub' with Nick Wood.

THIS WORKBOOK & ITS RELATED CONTENT IS OFFERED AS A GUIDE ONLY BY MYSELF AND HAS NO DIRECT CONNECTION TO DR. JOE DISPENZA OTHER THAN THE SHARING OF MY OWN VIEWS AND EXPERIENCES FROM WATCHING HIS VIDEO. ALL THE INFORMATION REGARDING THE BLOG AND THIS WORKBOOK YOU CAN ALSO FIND AT
- <https://potterblogs.com>

#Presented to you by Michele Potter

