



## DIET FOR THE MIND

1. **FOCUS** on your desired end results, your vision, your goals.
2. **MENTAL FILTER.** Use your mental filter in determining what you bring in mentally, emotionally and verbally each day. Who are you surrounding yourself with? Happy, productive, successful, high vibrational people or, drama kings and queens?  
It's harmful to you if you're constantly having conversations about what's wrong, discussing the drama, regurgitating the problems/issues. Make sure what you're watching, reading, discussing and focusing on most is healthy and in line with your goals.
3. **FEED** your mind healthy images every day. Your mind thinks in pictures, make sure what you're consciously putting in are images that make you feel good. Things you are grateful for.

## STATE OF BEING

Your **State of Being** is your current **emotional** state at any given moment, it's how you're thinking, feeling, acting. You can also view this as how you're vibrating energetically in the moment. Vibrating high (ACCEPTANCE) = happiness, motivation, drive, passion, excitement, productivity, clarity, creativity etc. Vibrating low (RESISTANCE) = Frustration, anger, pessimism, fear, stress, worry, agitation, struggle, difficulty etc.

Your conditioned States of Being are all a byproduct of everything you've been through in your life: Experiences (good and bad), childhood, successes, failures, society, programming (ex: news), your continued rumination on issues/problems and your continued focus on items both good and bad.

Your subconscious mind takes it all in from the time you're born -- without opinion and judgement -- just takes what you give it and creates your personality, work ethic, drive, passion, fears, expectations, strengths, weaknesses, beliefs etc and of course, develops your States of Being in every area of your life.

### The functions of the State of Being:

1. The first function of your State of Being is to send you thoughts, emotions, actions/inactions, memories etc to allow you to experience your current State of Being. As your co-pilot, the State of Being is making you aware of your current state at all times. You can choose to stay there or, make the shift.  
*Ex: Wake up on Monday dreading the week means that you're currently in a State of Being of dread, worry, overwhelm (resistance). Wake up on Tuesday fired up and excited for the day means you're in a State of Being of motivation, excitement, and passion (Acceptance).*
2. Your current State of Being acts like a magnet drawing things to you and moving you towards things/people/results that are in line with your State of Being. This is the LAW of Vibration, the Law of Human Behavior – it is a LAW.  
*Ex: When you're in 'the Zone' (Acceptance), you can do no wrong. Deals, ideas, referrals and luck flow to you. When you're in struggle/chaos/overwhelm – nothing seems to work...no one getting back to you, kids don't listen, problems everywhere.*



Your current State of Being is essentially where your mind is operating at any given moment. **It's your inner world, the subconscious mind...it's your co-pilot.** Make the important shift by realizing you can USE your Mind in the direction you want instead of being a prisoner of your Mind, letting it dictate how you feel every day and determining the results you get. Learn to master your mind and your State of Being and you will begin to have much more success, happiness, peace, passion and impact.

Remember, you are either in a State of Being of Acceptance (feeling good) or Resistance (feeling bad) at any given time. Master being in Acceptance most of the time and life becomes more enjoyable and success flows to you.

### **TRUST, ALLOW & LET GO**

Stress and worry will never solve the problem. EVER. Stress and worry will do the opposite of solving the problem: They will keep you awake at night, they will raise your blood pressure, they will prematurely age you, they will make you a magnet for illness, they will keep your mind cluttering and not thinking straight, they will keep you from being in the moment, they will keep you from enjoying your family, they will keep you from being calm and relaxed, they will keep you on edge and snapping at colleagues or family members, they will keep you from finding the answer to the problem, they will keep you from performing at your best...and the list goes on and on.

Stress and worry don't serve you, they create more chaos. The opportunity is to teach your mind that everything always works out, that most of what we stress and worry about doesn't happen and, that being in a State of Being of stress and worry will literally create more things for you to stress and worry about.

Move to Acceptance, move to knowing that everything always works out. Move to a State of Being of **TRUST** that everything works out...Move to a State of Being of **ALLOWING** the help/guidance/insight and answers to come to you...and move to a State of Being of **LETTING GO** of the how, the fears and the worries. **LET GO** and trust that there is a force WAY more powerful than you working behind the scenes and when you let go, the powerful force of good (Acceptance) can now works IT'S magic on your behalf.

### **EXPECTATION – We are a SELF-FULFILLING PROPHET**

We have a choice in every moment. We can be pessimistic, jaded, frustrated with a 'half-empty' mentality while continually expect things to work against us.

Or, we can be optimistic, upbeat, excited with a 'half-full' mentality while continually expecting things to go our way.

Which of these sounds like the better choice? Either way, you will be correct.

Develop the mindset, the attitude and the STATE OF BEING that you are a GOOD LUCK MAGNET. Everything always goes your way. Everything you touch turns to gold. That you are constantly having wins, getting cooperation, finding solutions to the challenges and rising above them to continually create success. Expect good luck, expect success, expect cooperation, expect ease and expect a fun, exciting and beautiful life. Move through all your days having fun in everything you do.