

# THE ANXIETY TOOLKIT

Simple yet powerful tools to help you  
become anxiety-free and rediscover  
yourself!

*Katerina Novakova*

# Welcome here!

This toolkit includes easy exercises to calm your mind anywhere you are, tips to handle stress and anxiety/panic attacks.

Thank you for being here and trusting me to help you on this journey .



# IMPORTANT

Before you dive into this toolkit, I want you to know that just reading it **WILL NOT** create change—you have to take action! To see real results, you need to start implementing the advice I share.

Take it slow—begin with just one activity from each section, and as you gain confidence, gradually add more habits and activities at your own pace. You've got this! 💪

# THE CON TENT

- INTRODUCTION / ABOUT ME
- MY FAVOURITE TIPS & REMINDERS
- WHAT IS ANXIETY
- HOW TO DEAL WITH ANXIETY/PANIC ATTACKS
- MOVE YOUR BODY DAILY
- RELAXATION TECHNIQUES
- MORNING & EVENING ROUTINE
- FIND YOUR ANXIETY TRIGGERS
- MINDFULNESS ACTIVITIES
- **FREE 1:1 STRATEGY SESSION**
- BONUS - **HEAL & MANIFEST**

# Hi! I'm Katerina.

I had my first anxiety attack five years ago when I moved abroad. For two years, I felt hopeless, and regular therapies didn't seem to help me.

I decided to take a holistic approach and explored different holistic methods such as kinesiology. I had a few life coaches and mentors. I studied neuroplasticity and how it helps in healing anxiety.

I can proudly say that I have been anxiety-free for the last three years! Don't get me wrong; I still get anxious sometimes, but we all do. There's healthy anxiety that helps you navigate life and achieve your goals, and there's long-term anxiety that can lead to panic attacks and affect your relationships, work, and daily activities.

WE DON'T WANT THAT.

I'm here to help you and share my favorite tools. I hope you find the help you need. If you ever feel lost, please message me. I'm your virtual friend, and I'm always here for you. I know how it feels to be lost, and you don't have to go through it alone.



LET'S DO IT!



# My favourite tips & reminders

- Set realistic goals and a to-do list.
- Be more present.
- Be grateful for everything in your life.
- Remember, you're on the right path.
- You have your own timing. You are not behind.
- Failures are the best lessons, and they move you closer to your goals.
- You won't please everyone.
- You can heal your body and traumas.
- You can love and be loved as you are!
- Cut toxic people from your life.
- Decide what you want in your life and say no to anything else. Do something you enjoy EVERY DAY.
- Tell people you love them and that you're proud of them.
- Create the life you want because we never know when our last day is.
- Do crazy things.
- Do what you say you'll do.
- Be your best friend.
- What you want, wants you back.
- If you can see it in your head, you can hold it in your hands.



# Anxiety...

Anxiety is a natural response that everyone experiences from time to time. It's the body's way of reacting to stress or perceived threats.


When someone feels anxious, they may notice physical symptoms like a faster heartbeat, tense muscles, and a sense of unease.

Emotionally, anxiety can manifest as worry, fear, or nervousness.

While occasional anxiety is normal, an anxiety disorder occurs when these feelings are intense, prolonged, and interfere with daily life.

It can be a build-up of pressure from something that's digging in the back of your mind, unprocessed trauma and emotions, something that you didn't deal with. Something you didn't heal and pushed back.





This guide is here to help you cut through the confusion and keep things simple!

## © Goal Detail

Goal Summary Write your SMARTER goal

Challenges  
Obstacles  
The End You  
Desire

Key Motivations Write them now

Next Steps List the first



**HOW TO DEAL WITH  
ANXIETY/PANIC  
ATTACKS**

I know from my experience how overwhelming it can feel when you're having a panic attack. In those moments, it's hard to do anything but stay in bed and cry.

That's why it's so important to build daily habits that help calm your nervous system before it gets to that point. Panic attacks are often the result of stress and anxiety building up over time.

**Your body and mind are deeply connected.**

Once your body is in a better state, you can use techniques like deep breathing or meditation to relax your mind and manage stress more easily.

***Let's go through this step by step, starting with simple actions you can take!***



# 1

## PHYSICAL ACTIVITY SHAKE IT OFF

Let's start with your body. When you're experiencing a panic or anxiety attack, I want you to find your favorite song and **DANCE**. 🧚‍♀️

Shake it off, jump, move however feels good—just keep moving until you feel the shift. Movement helps release the built-up energy of anxiety.

You can even create a special playlist filled with songs that always lift your mood, so it's ready for those moments when you need it most!

## 2

# DO WHATEVER FEELS GOOD

You can also try picking an activity from the **mindfulness section**—something like deep breathing, meditation, or even a simple body scan. Or, if it feels better, watch your favorite show, the one that always cheers you up. Sometimes, just giving yourself a break is exactly what you need. 🧡

Panic attacks are exhausting, so it's okay to rest and recharge. Take it easy today, and when you're ready, you can start fresh tomorrow with the healthy habits from this ebook!

# HEALTHY DAILY HABITS



**MOVE YOUR BODY**  
DAILY

# PHYSICAL ACTIVITY

Moving your body regularly is one of the best ways to reduce anxiety and improve your overall well-being.

Exercise, in particular, boosts serotonin levels in the brain, which helps fight anxiety and even conditions like depression. But remember, it's not about doing the most intense workout—it's about finding movement that feels good for you and helps shift your mental and emotional state.

I recommend finding an activity that you **genuinely enjoy**. Whether it's walking, dancing, yoga, or swimming, choose something that gets you moving and leaves you feeling better afterward.

**A note about HIIT classes:** Personally, I do not recommend high-intensity interval training (HIIT). While exercise is great for managing stress, the intensity of HIIT can lead to increased cortisol levels—a stress hormone that, in some cases, can be too much. For some people, this high intensity can trigger an excessive stress response, even leading to anxiety attacks. So, if you're prone to anxiety, opt for more moderate or calming forms of exercise that are gentler on your body and mind.

Find what works best for you, and start moving in a way that supports both your physical and mental health!

### **Dance**

Play your favourite music and dance for 10-15 minutes



### **Swimming**

There are science-backed reasons why water helps you unwind!



### **Bike ride**

Redirects your thoughts away



### **Jogging**

It will help bump up the feel-good neurotransmitters = endorphins



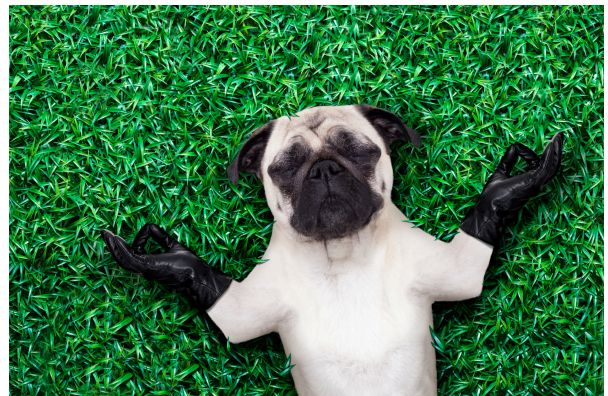
### **Gym - lifting weights**

A new study found that resistance training can relieve symptoms!



### **Yoga/Pilates**

Combines physical activity breathing exercises, meditation = all you need!





**RELAXATION**  
TECHNIQUES

Mindfulness activities are a powerful way to manage anxiety and create balance in your life.

By incorporating mindfulness into your daily routines, especially in the **morning and evening**, you set yourself up for calm, clarity, and better emotional control throughout the day.

Here's why routines matter: morning routines help you start the day with intention, while evening routines help you wind down, release stress, and prepare your mind and body for restful sleep. These routines create a sense of stability and peace, which is key for managing anxiety.

Here are some mindfulness habits to include in your morning and evening routines:



# MINDFULNESS AND MEDITATION

Practices such as mindfulness meditation can help bring awareness to the present moment, reducing anxiety by focusing on the here and now.

As it can be difficult to find the motivation to practise alone, relaxation and meditation are often provided in group sessions in your area.

It trains you to relax your muscles, breathe slowly and deeply, and clear your mind of worrying thoughts. After a few sessions, you will learn how to relax and it will be your favourite tool!

The primary goal of meditation is not to eliminate all thoughts but rather to observe them, much like watching clouds in the sky. The aim is non-judgmental observation as thoughts come and go.

If you're just starting out, I recommend trying guided meditations, and there are plenty available for free on YouTube! One of my favorite meditation guides is Mary Kay.



# DEEP BREATHING EXERCISES

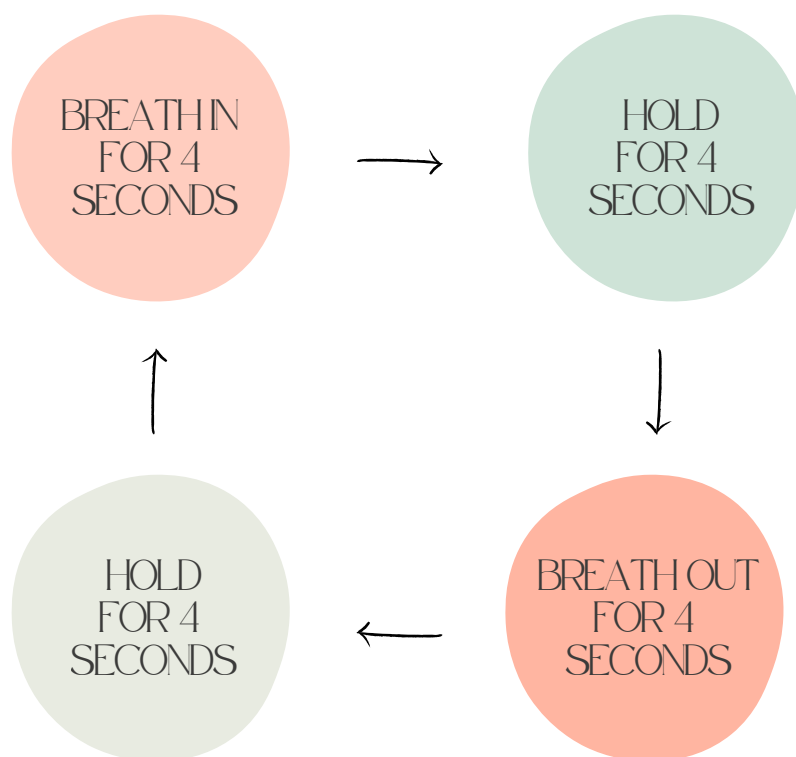
Breathwork has been shown to diagnostically improve symptoms of anxiety, depression, trauma, addiction, obsessions, compulsions, and inattention

Anxiety attacks often trigger the "fight or flight" response, activating the sympathetic nervous system and leading to increased heart rate and shallow breathing. Focusing on deep, diaphragmatic breathing activates the parasympathetic nervous system.

Shallow breathing during anxiety attacks can lead to decreased oxygen supply to the body and brain, exacerbating feelings of dizziness or lightheadedness. Deep breaths enhance oxygen intake, supporting better physiological functioning.

Also, deep and intentional breathing helps shift the focus away from anxious thoughts.

# FOCUS ON YOUR BREATH



# EFT TAPPING

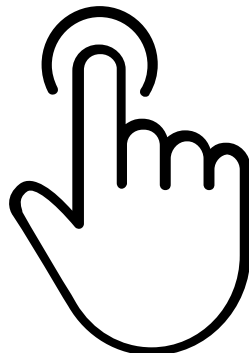
I tried tapping only 6 months ago and I'm now using this technique for migraines too!

Tapping, also known as Emotional Freedom Techniques (EFT), is a therapeutic practice that involves tapping on specific acupressure points on the body while focusing on a particular issue, such as anxiety.

Tapping is believed to have a calming effect on the autonomic nervous system, specifically the sympathetic nervous system responsible for the "fight or flight" response.

EFT, similar to acupuncture, targets meridian points, believed to be energy hot spots, to restore energy balance in the body.

Derived from Chinese medicine, these points facilitate the flow of energy to maintain health, with imbalances potentially causing issues. While acupuncture uses needles to apply pressure, EFT employs fingertip tapping.



# EFT TAPPING IN 5 STEPS

## **1. SPOT THE ISSUE:**

Identify what's bothering you or causing stress.

## **2. CHECK ITS STRENGTH:**

Rate how intense the problem feels on a scale from 0 to 10.

## **3. PREPARE TO TAP:**

Create a short phrase accepting the issue. For example: "Even though I feel [problem], I accept myself and I'm safe."

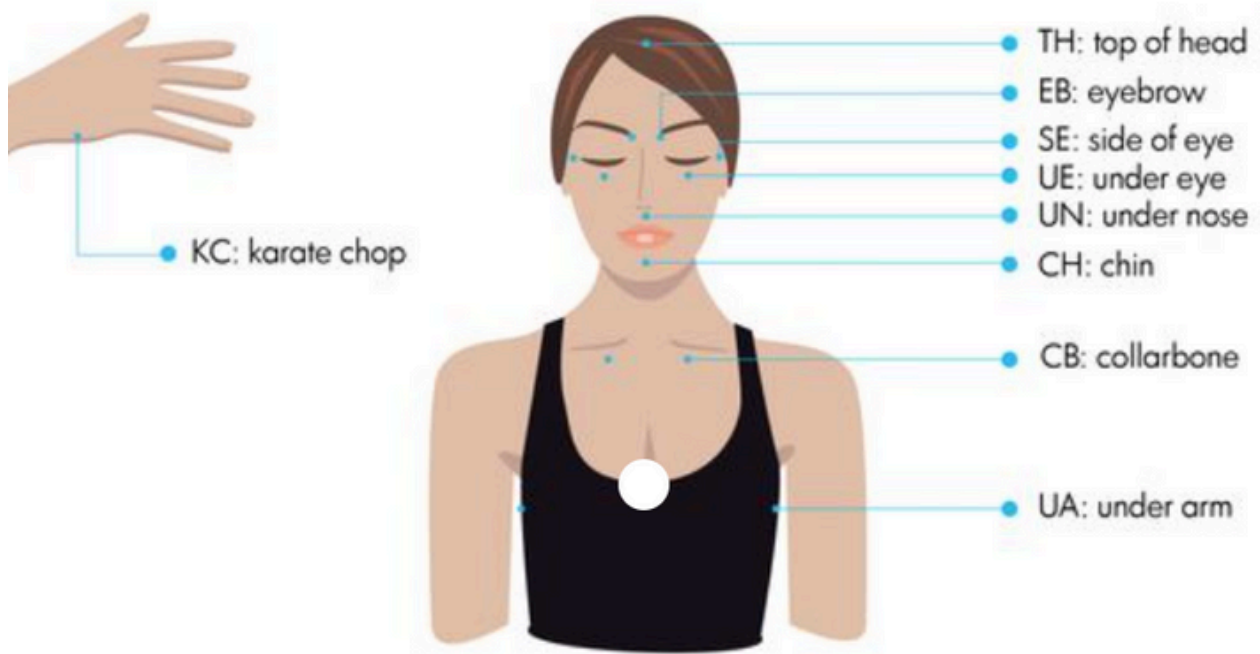
## **4. TAP ON POINTS:**

Tap on nine specific points on your body, repeating your phrase. Do this two or three times.

## **5. REASSESS:**

Rate the intensity again. If it's not lower, repeat the tapping until you feel better.

## EFT Tapping Points



Source: Pinterest, [gillianmorriscoaching.com](http://gillianmorriscoaching.com)

# JOURNALING

Writing down your thoughts and feelings can provide a sense of release and clarity. Journaling can help identify patterns, triggers, and coping strategies.

## ***12 QUESTIONS TO ASK WHEN YOU EXPERIENCE AN ANXIETY ATTACK.***

1. Is this thought based on facts or assumptions?
2. What evidence supports or contradicts this thought?
3. Have I experienced similar situations before?
4. Am I catastrophizing or jumping to conclusions?
5. What is the likelihood of my feared outcome occurring?
6. How would a friend or loved one view this situation?
7. Am I focusing on what I can control or what I can't?
8. Is this thought based on emotions rather than facts?
9. **What's the worst-case scenario, and how would I cope?**
10. What positive or neutral interpretations are possible?
11. What impact does this thought have on my well-being?
12. Write 3 things that you're grateful for and WHY.

### **MOOD BOOST**

Think of someone you love, think of their smile and write them a love note!

# AFFIRMATIONS

1. I am safe and in control.
2. I have done this before, and I can do it again.
3. This too shall pass.
4. I am strong and resilient.
5. I trust myself to navigate through this.
6. I am capable and competent.
7. I take things one day at a time.
8. I inhale peace and exhale worry.
9. This feeling is only temporary.
10. I am loved and accepted just as I am.
11. I am enough just as I am.
12. I love and accept myself.
13. I forgive myself and let go.
14. I am free from the past and embrace the present.
15. I am doing my best, and that is enough.
16. I release fear and welcome peace.
17. Wherever I go, I am well.
18. I can handle whatever comes my way.
19. I am safe and protected.
20. I trust the journey of my life.



# MORNING & EVENING ROUTINE

# MORNING ROUTINE

**Wake up early:** Give yourself time to ease into the day without rushing.

**Hydrate:** Drink a glass of water as soon as you wake up to rehydrate and boost energy.

**Mindful breathing or meditation (5–10 minutes):** Sit in a quiet space and focus on your breath, or use a meditation app to guide you.

**Gratitude practice (2–5 minutes):** Write down 3 things you're grateful for to set a positive tone for the day.

**Gentle movement:** Stretch, do yoga, or take a short walk to get your body moving and release any tension.

**Healthy breakfast:** Fuel your body with nutritious foods like oats, fruits, or a smoothie to support mental clarity.

**Set intentions:** Take a moment to write down your top 3 priorities for the day. This gives you focus and direction.

# EVENING ROUTINE

**Unplug from screens** (30–60 minutes before bed): Step away from your phone, TV, or computer to let your mind unwind.

**Reflect & journal** (5 minutes): Write down your thoughts, what went well, and any lingering worries to clear your mind before bed.

**Mindful relaxation:** Practice deep breathing or listen to a calming guided meditation to ease into a relaxed state.

**Gratitude reflection:** End your day by thinking about or writing down something positive from your day.

**Prepare for restful sleep:** Create a calming environment—dim the lights, adjust the room temperature, and make sure your bed is comfortable. You can also sip on a calming tea, like chamomile or lavender.



**MINDFULNESS**  
ACTIVITES

I'll provide you with a list of other activities, and I want you to promise me that you'll try each one to see if any help with your anxiety!

Pinky promise??

Try one activity each week and observe the results. Find your favorite one and make sure to do one of them at least once a week. It is all about creating new - healthy and calming habits.

**You'll see amazing results!**



# EXPRESS YOURSELF

**Writing or Listening to Music:** When you write or listen to music, it's like letting out your feelings without speaking. This can help you feel less tense.

**Journaling:** Writing in a journal lets you understand your thoughts and feelings better, and it can make you feel lighter.



# ART

**Drawing, Painting, or Art:** Making art can be like a calming exercise. It helps you focus on what you're doing and forget about worries.

**Knitting:** Knitting is like a soothing rhythm. Doing it helps you relax and takes your mind off stress.



# CRAFTING

**Craft Activities:** Creating things with your hands lets you express yourself and feel good about what you make.

**Baking/Cooking:** Making tasty treats or meals is a way to show your creativity. Plus, it's fun and rewarding.





## Why should you try...

Doing things like this can distract you from feeling anxious. It's like giving your mind something positive to focus on!

Baking and cooking involve smelling and feeling different things. This can be fun and calming because you're **paying attention to your senses**.

**and....**

Finishing a drawing, a song, or a baked dish can make you feel accomplished.

This can **boost your confidence** and make you feel good about yourself.



**FIND YOUR  
TRIGGERS**

Understanding your triggers is like having a roadmap for managing anxiety.

It's the first step in recognizing what situations, thoughts, or feelings set off your anxiety.

Once you know your triggers, you can develop strategies to cope with them, giving you more control over your emotions and life.

So, by understanding your triggers, you're taking a crucial step toward feeling better and living more confidently!

I'll provide you with examples of the most common triggers and journaling questions to find yours.



# MOST COMMON TRIGGERS

## **FALLING INTO NEGATIVE SELF-TALK**

If you mainly think negatively about yourself, you will feel bad most of the time. This can drag you down or if you're down, it can be hard to get back up.

## **HERE'S WHAT TO DO:**

### **CATCH, CHECK, CHANGE:**

Challenging and replacing thoughts is a powerful way to handle stress and anxiety, enhance sleep, and uplift mood.

1. Step back and notice your negative thoughts
2. Question them - are they valid? Is there any evidence?
3. Replace them with positive thoughts.

## **SOCIAL SITUATIONS**

Social anxiety (social phobia) can cause feelings anxious in social situations. Feeling self-conscious around other people. Increased heartbeat, upset stomach, sweating, dizziness, and trembling. Avoid big crowds and parties involving alcohol.

## **MEDICATION AWARENESS**

Be mindful of substance-induced anxiety from medications like steroids and stimulants. If you suspect a medication is causing anxiety, consult it with your doctor.

## **CAFFEINE**

This is a big red flag for anxiety. Consider a friendly reduction or elimination of sources like coffee, soda, and chocolate.

## **SLEEP DEPRIVATION**

Lack of sleep, especially due to anxiety, can create a cycle of sleep disturbance and increased anxiety. Avoid your phone & TV 1 hour before bed and try meditation or reading before you go to sleep.

## **CLUTTERED HOME**

A messy environment may trigger internal stress. If a cluttered home heightens anxiety, create a daily task list or find housekeeping help to keep your home tidy.

## **STRESS OVERLOAD**

Stress is usually a reaction to mental or emotional pressure. It's often related to feeling like you're losing control over something. Say no more often, create a to-do list and make time for self-care or your hobbies.

## **FINANCES TROUBLES**

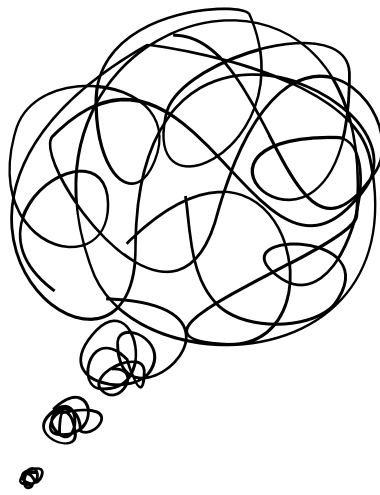
If you're experiencing anxiety because of money trouble, taking action may help. Explore debt consolidation options and check out budgeting apps that help you manage your money. A consultation from a financial advisor may also help.

## **BEING IN CONFLICT**

Whether it's work conflict or arguments at home, being in a state of frustration may often trigger anxious thoughts and feelings. Explain how you feel and what is important to you.

## **MAJOR LIFE TRANSITIONS**

If you know that transitions trigger anxiety, start planning steps to complete the transition (call movers to get quotes, buy boxes, book housecleaner) in advance whenever possible. While anxiety can cause people to freeze, creating and checking off action items may help you to feel more in control.



# FIND YOUR TRIGGERS

**Here are some journaling questions to help you identify your anxiety triggers:**

- What situations or environments tend to make me feel most anxious?
- Are there specific people or relationships that often trigger my anxiety? Why?
- What thoughts or beliefs tend to precede feelings of anxiety?
- Do certain physical sensations or symptoms signal the onset of anxiety for me?
- Are there recurring patterns or themes in my anxious thoughts or worries?
- Have past experiences or traumas contributed to my current anxiety triggers?
- How does my environment (e.g., work, home, social settings) impact my anxiety levels?
- Are there specific times of day or situations where I notice my anxiety is more pronounced?
- What activities or tasks do I tend to avoid because they trigger anxiety?
- How do I typically react when faced with anxiety triggers, and are these reactions helpful or unhelpful?



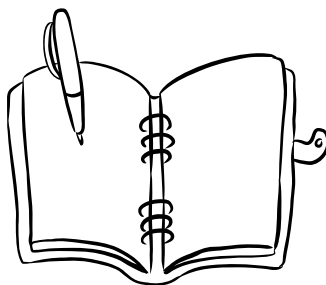
# DEAL WITH YOUR TRIGGERS

## **JOURNALING**

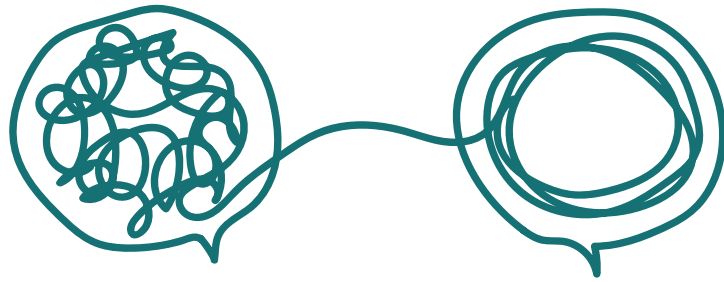
- Keep your journal and write down every time you feel anxious. Include as many details as you could. Watch the patterns. As you review what you've written and reflect on your concerns, explore your options. Could things be different? Is there something that you could do to change your circumstances right now—or to change your thoughts about your circumstances?

## **SET HEALTHY BOUNDARIES**

- Avoid your triggers. By setting healthy boundaries, you can say “no” to commitments that are too stressful or overwhelming. Be direct, clear, and simple. When setting and enforcing boundaries, state what you need as clearly and calmly as possible. You don't need to justify, defend, or apologize for your boundaries.



Mind full    x    Mindful



“

You don't  
have to  
control  
your  
thoughts;  
you just  
have to  
stop letting  
them  
control you.

# THANK YOU!!!

THANK YOU FOR PURCHASING THIS TOOLKIT.  
THANK YOU FOR TRUSTING ME.  
THANK YOU FOR INVESTING YOUR TIME.  
THANK YOU FOR READING EVERY WORD (HOPEFULLY!)

I genuinely hope that this toolkit will help you, that you'll discover something new about yourself, and that you'll continue exploring your mind and body.

Remember, this is your body and mind - you're in control. You can heal, you can improve, and you can live your dream life, even if everything feels challenging now. The tough days will pass. The rain eventually stops, and the sun comes out. Please don't give up. I understand how difficult it is, but I promise that if you persist, you'll find what you need and live your dream life—happy and healthy!

**If you feel that you need one-on-one help, keep reading because I have a free session for you!**



# FREE SESSION

## CREATE A LIFE YOU LOVE IN JUST 3 MONTHS!

I know how it feels when your mind never stops racing... anxiety, panic attacks, sleepless nights, overthinking everything. It's exhausting, and it can feel like you've tried everything, but nothing really works.

You don't need another course or "quick fix." What you need is a safe space and guidance to finally figure out what's holding you back, release it, and start building the life you actually want. You might need a holistic approach where we look at every area of your life - your body, mind and nutrition.

### In our 1:1 coaching, we'll:

- ✦ Calm your mind and release anxiety + panic attacks
- ✦ Sleep better and stop overthinking
- ✦ Find your WHY and life purpose
- ✦ Build confidence, self-love, and trust in yourself
- ✦ Align your mind, body, and energy - with a little manifestation magic

We'll use fun, practical tools that actually work for your life - body & mindset work, guided meditations, NLP, energy healing, Reiki, and simple routines you can actually follow. Healing doesn't have to feel like hard work - it can be FUN.

What you get:

- 12 weekly Zoom sessions
- WhatsApp support between sessions

✉ Your first session is FREE! No pressure, just a friendly chat to see if this feels right for you. Book your discovery call and let's start creating the life you love.

BOOK YOUR  
FREE CALL >



BONUS

# HEAL & MANIFEST

Rewire your brain, feel happy & confident, visualise your dream life and heal your anxiety!



“

Wake up  
every day  
with the  
thought that  
something  
amazing is  
about to  
happen.

# Step 1

# DEFINE YOUR GOAL

## 1. Be clear and specific

Know exactly what you want. If it's a job, think about the type of job, where, doing what, and how it feels to have it.

## 2. Write down what YOU want

Put it into words. Use positive sentences, as if you already have it. For example, "I have an amazing job where I'm happy and appreciated."

## 3. Make it real in your mind - fake it until you make it

Imagine it as if it's happening right now. Picture the details – what it looks like, how it feels, and the good feelings it brings.

## EXTRA TIPS:

### Feel How Good it Would Be!

Get excited about it! Feel happy and grateful as if you already have what you want. What would be the first thing you would do? Who would you tell or call? What email would you get?

**Check in and Adjust.** Sometimes what you want might change a bit. It's okay to update your goals if needed. Some people say start big, but I say: Have a big vision, but have small achievable goals.

The clearer and more detailed your idea of what you want, the easier it becomes to focus on making it happen.

# Step 2

# CLEAR ENERGY BLOCKS AND LIMITING BELIEFS

## **SELF-REFLECTION AND MINDFULNESS**

Engage in activities like meditation, deep breathing, or yoga to boost self-awareness. Daily meditation, even for just 2-5 minutes, is highly beneficial for your well-being and helps clear your mind.

## **IDENTIFYING AND CHALLENGING LIMITING BELIEFS**

**Question Your Beliefs:** Challenge negative thoughts by examining their basis in facts or assumptions.

**Recognise Patterns:** Identify situations where these beliefs emerge and observe how they influence your actions and emotions.

## **CHALLENGING LIMITING BELIEFS:**

**Refuting Negative Thoughts:** Counter negative beliefs by finding evidence to the contrary or considering alternative perspectives.

**Creating Affirmations:** Create positive statements that empower you and change your limiting beliefs. Be playful and use only affirmations you believe!

## **EMOTIONAL RELEASE TECHNIQUES:**

**Journaling:** Leave your emotions on the paper. There's a science behind writing your dreams and feelings on the paper with handwriting!

**Energy Work:** Explore practices like Reiki, energy healing, or visualization to release stagnant energy and boost your immune system!

## **REPROGRAMMING THE MIND:**

**Visualization:** Picture your best life and what you do in details. Use all your senses. In this space - EVERYTHING IS POSSIBLE. If you can see it in your head, you can hold it in your hands.

**Daily Affirmations:** Repeat positive affirmations daily to reinforce the new beliefs you want to embrace.

# JOURNALING QUESTIONS

Get a paper or journal and answer these questions.

1. What beliefs do I hold about success, relationships, money, or my capabilities? Are they limiting or empowering?
2. Are there any specific situations where I doubt myself or feel unworthy? What triggers these feelings?
3. How do these beliefs affect my decisions, actions, or relationships in daily life?
4. What evidence contradicts the negative beliefs I hold about myself or my potential?
5. Do I have these limiting beliefs from my family? From who? Can I let them go?
6. Can I reframe these limiting beliefs into more positive and empowering statements?
7. What would my life look like if I didn't hold onto these limiting beliefs? How would I feel and act differently?
8. How can I actively incorporate more empowering beliefs into my daily life?
9. What small steps can I take today to reinforce these positive beliefs and let go of limiting ones?
10. How can I show kindness and understanding towards myself when I encounter setbacks or moments of self-doubt?

# POSITIVE AFFIRMATIONS

## **Self-Worth and Confidence:**

- "I am worthy of success and happiness."
- "I believe in my abilities to achieve my goals."
- "I am confident in my decisions and trust myself fully."

## **Abundance and Prosperity:**

- "I attract abundance and prosperity into my life effortlessly."
- "I am open to receiving all the good that the universe has to offer."
- "I deserve to live a life of abundance in all aspects."

## **Courage and Resilience:**

- "I am resilient and can overcome any challenge that comes my way."
- "I embrace change and adapt with courage and grace."
- "I have the strength within me to handle any situation."

## **Love and Acceptance:**

- "I am deserving of love and acceptance just as I am."
- "I radiate love and compassion towards myself and others."
- "I am enough, just as I am, and I am worthy of love and respect."

## **Personal Growth and Empowerment:**

- "I am constantly evolving and growing into the best version of myself."
- "I am in charge of my life and create my reality through positive thoughts and actions."
- "I embrace my personal power and use it to create positive change."

## **Health and Well-being:**

- "I prioritize my health and well-being, and I am grateful for my body's strength."
- "Every day, I am becoming healthier and more energetic."
- "I am at peace with my mind, body, and spirit."

## **Success and Achievement:**

- "I am fully capable of achieving my dreams and goals."
- "Every step I take brings me closer to my ultimate success."
- "I deserve to succeed, and success is my natural state."

# MANIFESTATION TECHNIQUES

**Visualisation Exercises:** Close your eyes, and let's paint a vivid picture of your dreams and how calm you feel. Imagine a place where you feel calm and safe.

**Gratitude Journaling:** Gratitude is the secret sauce in manifestation & healing. Write down 3 things you are grateful for every day and include what you would love to manifest and be grateful for it as you already have it!

**Scripting Your Reality:** Imagine you're the author of your life story. That's what scripting is all about. Write down your dream life. how you feel, what job you do, what partner you have, what you do in your free time and read it every day before you go sleep. This works for me 10/10!

“

If you can  
hold it in  
your head,  
you can  
hold it in  
your hand.