



FITNESS & NUTRITION EXPERT PROGRAM

WELLNESS SESSION 3:

The power of the mind



Before we get ready to rock, just a few things

1. **Please make sure all phones are muted.**
2. **In case of tech probs, this is what to do:**
 - If you get kicked out or power out, just log back in
 - If we get kicked out or power out, we will email you a back up link to log in to asap to continue on class.
3. **Access to live class recordings:**
 1. Each class is taped
 2. Links to access the recordings will be sent a max of 48hrs post class
4. **We heart questions!**
 - Please type all questions in the chat box. If you want your question to be anonymous, please just send to "HOST"



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Wellness Session 3 : What we are going to cover



THE 12 UNIVERSAL LAWS

What are the 12 universal laws and how they apply

PERCEPTION & THE POWER OF THE MIND

What is perception, the conscious and subconscious mind and how to reprogram it

WHAT IS HOLDING YOU BACK?

The 5 lies you may be telling yourself

WHAT IS YOUR CALLING?

How to discover your purpose

THE POWER OF VISUALIZATION

What it is visualization and how to successfully do it



Wellness Session 3 : What we are going to cover



STRATEGIES TO BRING YOUR DREAMS TO ACTION

The 5 ways to start making it happen NOW

THE 7 HABITS OF HIGHLY EFFECTIVE PEOPLE

What they are and how they work

OTHER HAPPY HABITS WE CAN DO

Some extra Chick Power Habits for success





What Most People Think



What Successful People Know





WHETHER YOU
THINK YOU CAN,
OR THINK YOU CAN'T,
YOU'RE RIGHT.

(HENRY FORD)



What you need before we start:



1. Water
2. Put your finger tips together
3. Take 3 deep breaths



The 12 universal laws

1. **Law of Divine Oneness**
 - everything is connected to everything else.
 - What we think, say, do and believe will have a corresponding effect on others and the universe around us.
2. **Law of Vibration .**
 - Each sound, thing, and even thought has its own vibrational frequency, unique unto itself.
 - Be conscious of the vibrations you are giving off. **Be positive** in your **thoughts**, words, and **actions**. Evaluate the vibration frequency of the thing you want most and mimic that vibration
3. **Law of Action**
 - Must be employed in order for us to manifest things on earth.
 - We must engage in actions that supports our thoughts dreams, emotions and words

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Source: [The Light Shall Set You Free by Dr. Norma Milanovich and Dr. Shirley McCune](#)

Source: <http://lawsoftheuniverse.weebly.com/>

The 12 universal laws

4. Law of Correspondence

- demonstrates that your inner self reflects your outer world
- Light, vibration, and motion have their corresponding principles in the etheric or universe "As above, so below."

5. Law of Cause and Effect

- simply says you get out of life what you put into life. "We reap what we sow."
- Every cause has an effect and every effect becomes the cause of something else. This law suggests that the universe is always in motion and progressed from a chain of events.

6. Law of Compensation-

- states we are compensated in direct proportion to what we put out into the Universe.
- These compensations can come in the form of money, material possessions, friendships, relationships, experiences and a wealth of other things.



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The 12 universal laws

Law of Attraction

- Demonstrates how we create the things, events and people that come into our lives
- Our thoughts, feelings, words, and actions produce energies which, in turn attract like energies.
- Negative energies attract negative energies and positive energies attract positive energies.

The Law of Perpetual Transmutation of Energy

- All persons have within them the power to change the conditions of their lives.
- says that all energy is in motion and that all energy that is in motion will eventually appear in the physical form.



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The 12 universal laws

Law of Relativity

- In fact, everything in our life *just is* until we compare it to something. **Nothing in life has any meaning, except for the meaning that we give it**
- Light only exist because we compare it to dark. Good can only exist because we compare it to bad. Hot can only exist because we compare it to cold...it is all relative

Law of Polarity -

- Everything is on a continuum and has an opposite.
- Without one of these, the other does not exist.
- Failure and success are the same thing on opposite poles. Within one, is the potential for the other.



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The 12 universal laws

Law of Rhythm -

- In the universe, in life, and in all things there is a season. A time for all things.
- These rhythms establish seasons, cycles, stages of development, and patterns.

Law of Gender -

- The law of gender manifests in all things as masculine and feminine. It is this law that governs what we know as creation.
- The most important thing you need to get from the law of gender, is that all things need time to grow, time to mature, time to sprout into being



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The Law of Divine Oneness - everything is connected to everything else. What we think, say, do and believe will have a corresponding effect on others and the universe around us.

Law of Vibration - Everything in the Universe moves, vibrates and travels in circular patterns, the same principles of vibration in the physical world apply to our thoughts, feelings, desires and wills in the Etheric world. Each sound, thing, and even thought has its own vibrational frequency, unique unto itself.

Law of Action - Must be employed in order for us to manifest things on earth. We must engage in actions that supports our thoughts dreams, emotions and words

Law of Correspondence - This Universal Law states that the principles or laws of physics that explain the physical world energy, Light, vibration, and motion have their corresponding principles in the etheric or universe "As above, so below"

Law of Cause and Effect - Nothing happens by chance or outside the Universal Laws.. Every Action(including thought) has a reaction or consequence "We reap what we sow"

Law of Compensation- The Universal Law is the Law of Cause and effect applied to blessings and abundance that are provided for us. The visible effects of our deeds are given

to us in gifts, money, inheritances, friendships and blessings.

Law of Attraction - Demonstrates how we create the things, events and people that come into our lives. Our thoughts, feelings, words, and actions produce energies which, in turn attract like energies. Negative energies attract negative energies and positive energies attract positive energies.

The Law of Perpetual Transmutation of Energy - All persons have within them the power to change the conditions of their lives. Higher vibrations consume and transform lower ones; thus, each of us can change the energies in our lives by understanding the Universal Laws and applying the principles in such a way as to effect change

Law of Relativity - Each person will receive a series of problems (Tests of Initiation/Lessons) for the purpose of strengthening the light within each of these tests/lessons to be a challenge and remain connected to our hearts when proceeding to solve the problems. This law also teaches us to compare our problems to others' problem into its proper perspective. No matter how bad we perceive our situation to be, There is always someone who is in a worse position. It's all relative.

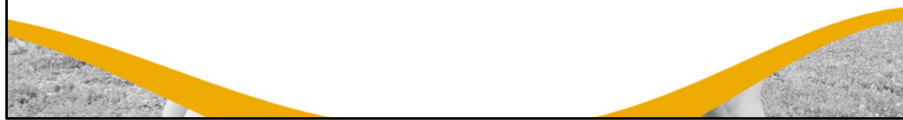
Law of Polarity - Everything is on a continuum and has an opposite. We can suppress and transform undesirable thoughts by concentrating on the opposite pole. It is the law of mental vibrations.

Law of Rhythm - Everything vibrates and moves to certain rhythms.. These rhythms establish seasons, cycles, stages of development, and patterns. Each cycle reflects the regularity of God's Universe. Masters know how to rise above negative parts of a cycle by never getting too excited or allowing negative things to penetrate their consciousness.

Law of Gender - The law of gender manifests in all things as masculine and feminine. It is this law that governs what we know as creation. The law of gender manifests in the animal kingdom as sex. This law decrees everything in nature is both male and female. Both are required for life to exist.



THE POWER OF CONCIOUS & SUBCONCIOUS MIND



What is perception?

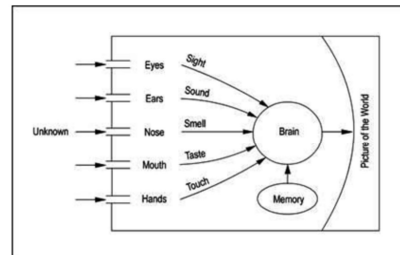


Perception is our sensory experience of the world around us

Involves both the recognition of environmental stimuli and actions in response to these stimuli.

Through the perceptual process, we gain information about properties and elements of the environment that are critical to our survival.

Perception not only creates our experience of the world around us; it allows us to act within our environment.



What Is Perception?

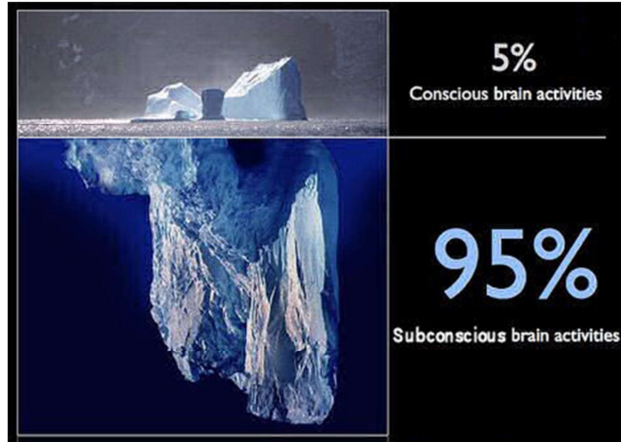
Perception is our sensory experience of the world around us and involves both the recognition of environmental stimuli and actions in response to these stimuli. Through the perceptual process, we gain information about properties and elements of the environment that are critical to our survival. Perception not only creates our experience of the world around us; it allows us to act within our environment.

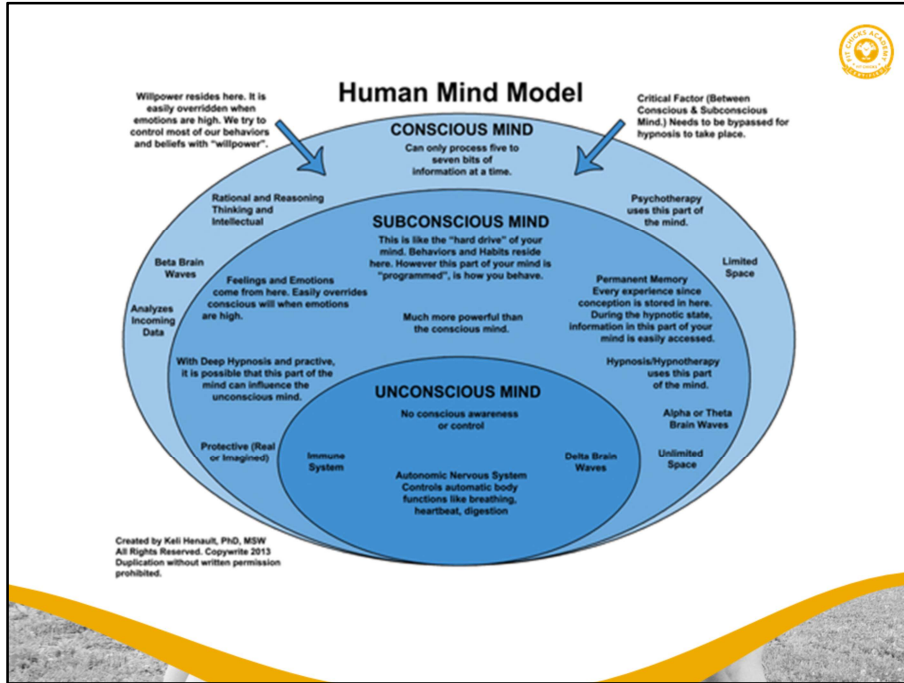
Perception includes the five senses; touch, sight, taste, smell and taste. It also includes what is known as proprioception, a set of senses involving the ability to detect changes in body positions and movements. It also involves the cognitive processes required to process information, such as recognizing the face of a friend or detecting a familiar scent.



EVOLVE YOUR BRAIN 101: Dr Joe Dispenza

<https://www.youtube.com/watch?v=tMVeMFYgg1c>







Let's watch a video!

How to Re-Program Your Subconscious
Mind to Get What You Want w/ Dr. Cathy
Collautt

[https://www.youtube.com/watch?v=fVJrz
LMhyxs](https://www.youtube.com/watch?v=fVJrzLMhyxs)



WHAT IS HOLDING YOU BACK?



5 lies you are telling yourself



1. Things must be perfect before I start
2. That you will be happy when you get “there”
3. I don't have time
4. I am not “enough” or deserve xxx
5. I can't do it (or I tried and failed so I can't do it)



**TOOLS TO POSITIVE
THINKING
AND MAKING THINGS
HAPPEN**





FIND YOUR CALLING

What will make you feel fulfilled?

The things you are
passionate about
are not random.
They are your *calling*.

-Fabienne Fredrickson-

Do you feel fulfilled with your life?

“There is no greater gift you can give or receive than to honor your calling. It’s why you were born. And how you become most truly alive.”

Oprah Winfrey

Merriam-Webster defines a “calling” as: “...a strong inner impulse toward a particular course of action especially when accompanied by conviction of divine influence.”

Facebook/ZeroDean

How are you bringing love and light to the world? If you aren’t sure how to uncover your calling, here are some tips to help you get started:

1. Notice what captivates you.

Check out your bedside reading table, your Amazon wish list, and the collection of blogs you follow. What most excites you, or enrages you? What would you like to write an op-ed about? Why?

2. Take your life inventory, reflecting past callings.

Acknowledge what you learned from acting on older callings, and see if anything from those experiences remains alive for you. Retrieve bits that might help you in deciphering your current calling. Put your old callings to rest if they are no longer alive for you, so you can open space for new callings to arise.

3. Journal on what your calling is.

Write out 50 responses to the question: “What is my calling?” Put pen to paper and go! Do not pause or edit, and do not stop before you get to 50. Your calling *will* make itself known. It will probably also make you cry. This is good news.

(Editor’s Note: Steve Pavlina wrote a wonderful post that elaborates on this idea: [How to Discover Your Life Purpose in About 20 Minutes.](#))

4. Ask others what they think.

Poll your friends and family about your passions. Ask them what they see as your calling. Notice which responses elicit a feeling of “yes!” in you.

5. Use your values as a guide.

Make a list of your core values (these are qualities that make you, you; they aren't who you think you should be, but rather who you already are). How are you honoring those values in your life right now? What information do your values give you about your calling?

Living our lives by honoring our callings creates deep contentment and, by extension, a more vibrant world. What's whispering in your ear? What will you do about it?



How to uncover your calling

1. Notice what captivates you

- Look at your books, blogs you read, your wish list for travel
- What excites you or enrages you?
- What keeps appearing in your life, conversations or relationships?

2. Take your life inventory and reflect on past callings

- Look at things you used to do and how that felt. Do you still want to?
- Put old calling to rest so you can open space for the new

3. Journal on what your calling is

- Take a piece of paper and write on top "What is my true purpose?"
- Write out 50 responses – don't think or edit ...just write!

4. Ask others what they think

- Poll your trusted friends and family – be careful!
- Do their responses make you feel excited or off point?

5. Use your values as your guide



THE POWER OF VISUALIZATION





Make a Wish...
Take risks
Live up to the future
DREAM

What the mind of man
can conceive and believe,
it can achieve" *Napoleon Hill*

Visualization

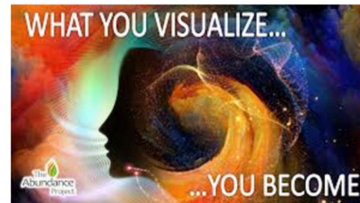


Visualization is a specific kind of meditation.

Visualization is sometimes called mental imagery or mental rehearsal.

Visualization can be both visual and kinesthetic. (You might feel sensations in your body!)

You can visualize yourself in a setting, experiencing the impact of that setting on your body and mind.



Visualization

When the focus of a meditation is an image, the meditation becomes visualization. Visualization is a specific kind of meditation. Visualization is sometimes called mental imagery or mental rehearsal. It can take the form of a visual or kinesthetic view. If you are using a kinesthetic focus, you create in your mind the experience of doing something. You might feel the sensations in your body. You might experience the action and its consequences in great detail in your mind. If you are performing a simple visualization, you picture a setting, another person or a sequence of events -- something outside yourself. Visualization can be both visual and kinesthetic. You can visualize yourself in a setting, experiencing the impact of that setting on your body and mind.

The Russian gymnast experiment



One of the most well-known studies on creative visualization in sports occurred when Russian scientists compared four groups of Olympic athletes in terms of their physical and mental training ratios:

- Group 1 received 100% physical training.
- Group 2 received 75% physical training and 25% mental training.
- Group 3 received 50% mental training and 50% physical training.
- Group 4 received 75% mental training with 25% physical training.

Unbelievably group 4 had the best performance results, indicating that mental training or visualization can have significant measurable effects on biological performance

How to visualize



1. Clarity is power

- Get clear on who you are, what life you want to live and what that will look like

2. Use all of your senses to bring it to life

- What it will feel like, smell like, who you will call – keep positive!

3. Be the star, not the audience

- Remember, you are not watching yourself. It is YOU doing this! Put yourself in the first person

4. Practice, Practice, Practice

- You have to practice consistently and visualize it consistently in your mind
- Look at it everyday and share with those around you

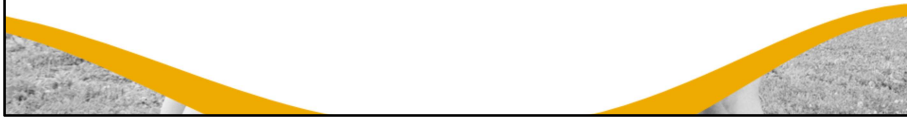
5. Write it down

- Do the Vivid Vision Exercise:

file:///C:/Users/FIT%20CHICKS/Downloads/38_pdf_24_file_chapter-1---vivid-visions.pdf



HOW TO BRING YOUR DREAMS TO ACTION



The 5 strategies to change the way you think



1. Look at your life in 5, 10 or 20 years. What would you be sad about if you didn't accomplish? Write it down!
2. Find people who are succeeding in what you want to achieve to show you it's possible
3. Take action! Nothing will happen until you start. Just start! Refine your message as you go
4. Flip the script! If you can't change it, change the way you think about it
5. Have a mantra! ***"I expand in abundance, success and love everyday as I inspire others to do the same."*** – Gay Hendricks



STUDY THE HABITS OF HIGHLY EFFECTIVE PEOPLE



The 7 habits of highly effective people



Independence

The First Three Habits surround moving from dependence to [independence](#) (i.e., self-mastery):

1 - Be [Proactive](#)

- roles and relationships in life

2 - [Begin with the End in Mind](#)

- envision what you want in the future so that you know concretely what to make a reality.

3 - [Put First Things First](#)

- A [manager](#) must manage his own person. Personally. And managers should implement activities that aim to reach the second habit.
- Covey says that rule two is the mental creation; rule three is the physical creation.



Source: <http://www.amazon.ca/The-Habits-Highly-Effective-People/dp/1455892823>

The 7 habits of highly effective people



The next three habits talk about [Interdependence](#) (e.g. working with others):

4 - Think Win-Win

- Genuine feelings for mutually beneficial solutions or agreements in your relationships.
- Value and respect people by understanding a "win" for all is ultimately a better long-term resolution than if only one person in the situation had gotten his way.

5 - Seek First to Understand, Then to be Understood

- Use [empathic](#) listening to be genuinely influenced by a person, which compels them to reciprocate the listening and take an open mind to being influenced by you. This creates an atmosphere of caring, and positive problem solving.

6 - Synergize

- Combine the strengths of people through positive [teamwork](#), so as to achieve goals that no one could have done alone.

Source: <http://www.amazon.ca/The-Habits-Highly-Effective-People/dp/1455892823>

The 7 habits of highly effective people



Continuous Improvements

The final habit is that of [continuous improvement](#) in both the personal and interpersonal spheres of influence.

7 - Sharpen the Saw

- Balance and renew your resources, energy, and health to create a [sustainable](#), long-term, effective lifestyle.
- It primarily emphasizes exercise for physical renewal, prayer (meditation, [yoga](#), etc.) and good reading for mental renewal. It also mentions service to society for spiritual renewal

BONUS : THE 8TH HABIT!

8 - Find your voice and inspire others to find theirs

- Voice is Covey's code for "unique personal significance." Those who inspire others to find theirs are the leaders needed now and for the future, according to Covey.

Source: <http://www.amazon.ca/The-Habits-Highly-Effective-People/dp/1455892823>



OTHER HABITS TO PRACTICE





How to continually CHOOSE to be happy and healthy!

1. Follow "The 4 Healthy Principles"- Livin La Vida FIT CHICK

2. Clean your "house"! Get rid of negative energy, people, things and create a positive space.

3. Fake it til you make it! Use positive quotes, images, smile, listen to happy songs, share your love and light, give compliments...your thoughts & actions will become your truth!



4. Make the intention EVERYDAY to be happy & healthy!

5. A goal without a plan is just a wish! Set a plan of attack



CHICK POWER BOOKS I LOVE!

The Big Leap by Gay Hendricks

Icarus Deception by Seth Godin

MarieTV by Marie Forleo



Wellness Session 3 : Recap



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Any questions or inquiries, please email:

fne@fitchicks.ca



Want to watch this class again?

The link will be posted within 48 hours
for you to access.