



The Limitless Mindset





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Welcome

This workbook is designed to support you as you move through The Limitless Mindset workshops. Watch each workshop in order and use the prompts in this book to reflect and journal.


You can return to these exercises at any time. Growth is not always linear. Repetition builds mental strength, confidence and power.

Workshop 1



Guided Summit Visualisation Meditation

The meditation is provided as a separate audio file so you can easily return to it whenever you need.

Click here to listen 



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Workshop 2



Take your time with these questions. Pause the workshop if needed and write honestly. The first answer that comes to you is usually the right one.

Passion questions for your journal:

Question 1

What in your life right now gets you excited? It can be anything at all, such as playing with your kids, the weekend, meeting friends, watching certain shows on television, listening to new music, your work, your next holiday, visiting certain places. Write as many things as you possibly can. Don't think too hard just write things that light you up, that you look forward to.

Question 2

If you could choose three of those things only to focus on in your life, put more energy into, what would you choose? Only three, your top three.



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Question 4

Looking ahead a year into the future, do you think that you will still be lit up by the things that bring you joy now and excite you now? Look at your list, not just your top three things but your whole list. What do you think you would want to bring with you into the future and what do you think you would have left behind?

Question 5

Now we are going to turn this up a notch, like 10x the dial on your life and give you a scenario. Imagine that you had all the resources, money, time, energy and support that you would need and want right now. Imagine you are literally on the summit, you are on the top of the mountain. The mountain is your dream, your goal, who you want to become. You are looking around, and you remember all the people that helped you get there. All the effort and all the support that helped along the way. But you are the one that put the energy in to be standing there. Because it's your dream, your goal, your summit.

With all this in mind what is the one thing that comes to your mind now that you want, that you desire? The very first thing that comes to your mind. It's completely fine whatever it is, a house, time freedom, travel, an adventure, a healthy body, financial freedom, whatever, what comes to your mind, what is your summit?

Final notes

Take the top three things on your list that light you up now. And take your dream and goal and write them down in this equation:



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Passion 1 + Passion 2 + Passion 3 = Dream/Goal

You can revisit this equation at any time. As you evolve, your passions may shift. The formula remains the same.

Now write this down underneath:

“The way to make my dream a reality is to have more of these passions in my life.”

Say this to yourself as this is the truth. By following the highest joy and excitement in your life right now, you are following your highest aligned path to achieving your summit. Your dream, your goal.

Purpose questions for your journal:

Question 1

If you were able to have an experience in your life that would truly show your character, what would it be? In what situation would you truly shine? It could be something you are good at, something people often come to you to do, something that people ask you to help them with, something that not many other people you know are as good as you at.

Question 2

Now imagine that you are doing this thing for someone else and they are so grateful to you. They were really stuck beforehand, and you were exactly the person they needed. How does that make you feel? Do you feel wanted? Do you feel loved? Do you feel like you contributed to something greater than yourself?



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Question 3

If you were able to take this skill or thing that you can do so well and make 1 million people feel that way, not just one, how does that make you feel?

Question 4

When you think of yourself as being a role model, what behaviour, actions, qualities, values, characteristics do you role model well? Perhaps its leadership, courage, showing up, getting stuff done, having an open mind, being non-judgemental, creating community events, sticking to a task, honesty, trustworthiness, loyalty, open heartedness, supportive, helpful and always thinking of others. Take some time to write down all the things that come to your mind that you role model to others.

These are what you share when you are living in your purpose. All these qualities are what you give to others. You will also ignite them in others, your friends, your children, your work colleagues. Whether you know it or not people are affected by you. People will be picking up these qualities from you either consciously or unconsciously. When you are living in your purpose, you focus on role modelling the qualities that uplift you, the ones you are proud of. Those qualities will uplift all those around you too.

Return to this list whenever you forget who you are.



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Workshop 3



Find some time and a quiet space because this process is powerful. Give yourself space to be honest with yourself without interruption.

Firstly, repeat these words out loud.

“I am safe here. I am safe to express my true feelings and emotions. My body is safe, my mind is safe and my spirit is safe. I only want to understand what is currently holding me back from taking my next highest aligned step. I am ready to know and understand what is holding me back. I am proud of who I have become, I am proud of myself for going through all the obstacles and challenges that has led me to be who I am today. I am ready to guide myself so that I can be free from my limiting belief that is ready to be transformed.”

Question 1

When in your life did you not feel safe? Think back to the very first time in your life, you didn't feel safe. Close your eyes for a minute. What is the first image or scene that comes to your mind?



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Question 2

Ask that younger version of you why they didn't feel safe? Allow that younger version of you to either speak through you or simply write through you. Allow them to say whatever they want to say. It can be silly, it doesn't have to make much sense, whatever it is they want to share with you, simply let them.

Question 3

Say thank you to your younger self for sharing what they wanted to. Now I want you to speak back to them and tell them who you are now. What your life looks like, what you do, how your life has turned out since then, things you would not have been able to imagine at that age, let them know who you are now. Tell them what you are proud of in your life now. You can say this out loud to them or you can write it down.

Question 4

Now ask them, why have they come to you now? What do they want to share with you, now they have discovered who you are now? Do they have a lesson that they would like to share with you, a message?

Question 5

Now thank them. Not just for sharing their message and speaking to you today but for who they were at the time. How they managed to continue and get through the situation they were faced with. Say it out loud to them. "Thank you younger me".



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Now speak to them now as if they are sitting right in front of you. They are right there, that younger version of you and ask them this very simple question. Why are you holding me back? Tell them you are safe now so it's ok for them to say the truth. Allow them to speak through you, say their words out loud or write them down.

Question 6

These questions are for you. Why have you avoided listening to your younger self for so long? Who did you have to become so you could avoid their message?

Sit with these two questions. Write the answers honestly and from your heart. Write whatever comes, whatever it is there is no blame, no shame, simply understanding.

Question 7

Now ask your younger self, what is the belief that you created that is limiting me now to fulfill my highest potential? Speak for them or write whatever comes to your mind, the first thing.

Take a few minutes here. Do not rush this part. Before your younger self goes away, simply say to them thank you and I love you because they ARE you. You can close your eyes and finish with a simple process.

Imagine our younger self is standing in front of you and looking up to you. They are not only looking up to you because of how much you have grown but they are literally looking up to you because you are their role model. Simply ask them to join you now. Tell them they don't have to walk separately to you anymore, they are part of you, allow them to come with you on your journey. Kneel and hug them. Imagine they melt into you, and you become one.



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Final notes

If a memory comes to your mind from your past, don't just let it come and go. Write it down because that version of you has something to share. Stop and let them speak to you. Simply take some space and allow them to share their message with you. What you will discover is many of your limiting beliefs will begin to disappear and your mind will become clearer. That clarity will allow space to open in your mind for a new perspective. New beliefs, more positive ones that are in alignment with your highest path will have space to form.

Instead of saying "I could never do that" you will start to say, "I can". You will begin to believe more in yourself as you understand that younger versions of you were simply doing the best they could with what they had at the time. You have always done the best you could. There is no need to hold onto the past, to wish you had done things differently. Instead, you can begin to write a new chapter from the present moment. Take steps towards your dreams, make what you previously thought impossible, possible.

Because when we follow our passions, we live with purpose, and we transform our limiting beliefs we truly step into our power. We understand that we are only limited by our imaginations. Our dreams and goals become inevitable. And that beautiful human is the power of the Limitless Mindset.

You can return to this process whenever a belief surfaces. Each time you do, you strengthen your self-trust and your power.