



## **Words Create Your Reality**

Embrace the Power of Alignment: Look Within for Your Desired Vision

Did you know that your inner narrative shapes the world you experience externally? Our outer reality often mirrors the stories we carry within.

This means that our subconscious beliefs and the narratives we hold about ourselves and the world profoundly influence the experiences we attract and live out.

It's a powerful reminder that the story we tell ourselves internally must align with the vision we desire to manifest externally. Imagine your inner story as the blueprint for the life you want to live. Are your core beliefs in harmony with the narrative you wish to unfold?

Take a moment to explore your inner landscape. Reflect on the stories you tell yourself about your abilities, your worth, and the world around you. Are they aligned with the vision of the life you aspire to live?

This is an invitation to embark on a journey of self-discovery and alignment. Dive deep into your subconscious, unearth any limiting beliefs, and rewrite your inner narrative to reflect the truth of your desires. As you align your inner world with your desired vision, watch how the outer world begins to reflect back the beauty of your inner transformation.

Embrace the power within you to shape your reality. Your journey starts from within. Understanding the power of language and its impact on our mindset and well-being is crucial for personal growth and transformation. By becoming aware of the words we use and the stories we tell ourselves, we can rewrite our narrative and create a more empowering reality.

With love and empowerment,  
QLL

## Shadow Work: Prompt Self-Inquiry Guidance

Shadow work is essential for rewriting your mental story and overriding your subconscious.

### Identify Limiting Language

Example: "I can't do this" or "I have to do that." Studies show that using words like "can't" and "have to" can create a sense of limitation and disempowerment in our minds. This language often leads to a fixed mindset, hindering our ability to see opportunities and solutions.

### Recognize the Effects

Example: Feeling trapped or overwhelmed by obligations. When we constantly use words that imply limitations, our brains perceive fewer options and opportunities. This can lead to increased stress, anxiety, and a sense of powerlessness in our lives.

### Choose Empowering Language

Example: "I choose to" or "I am capable of." Empowering language helps reframe our mindset and open up possibilities. By choosing words that affirm our agency and potential, we activate the brain's reward system, promoting a growth mindset and greater resilience.

### Rewrite Your Story

Example: "I choose to explore new opportunities" or "I am capable of overcoming challenges." Rewriting our story with empowering language rewires the brain and reinforces positive neural pathways. This shift in narrative encourages optimism, motivation, and a sense of control over our lives.

By understanding the impact of language on our thoughts, emotions, and behaviors, we gain the power to reshape our reality. Through conscious awareness and intentional language use, we can rewrite our story, unlock our full potential, and embrace a life filled with possibilities and growth.

Here are steps to practice this transformative process:

**❖ Choose One: Body - Being - Balance - Business**

1. Start by selecting the area you want to focus on shifting from the old paradigm into the new.

**❖ Old Story**

1. Write down everything that feels heavy, sad, or misaligned in your old story. Notice the harsh words you use to talk to yourself. Reflect on when these feelings began and if the story has been supportive. Can you sit with the feelings and allow them to come up completely? Feel them until it starts to subside.

2. Take note of how frequently you employ words associated with limitations. Phrases like "I have to" suggest a lack of choice, draining your energy reserves. Your mind, attuned to these expressions, fixates on obstacles rather than opportunities. It's time to rewrite your narrative by reshaping your vocabulary.

3. Consider substituting the following terms from your old story: "happens to me," "need," "but," "just," "trying," "I should," "I have to," "I can't," "It's hard", "I think", "I believe", "problem", "opinion", "payment", "expensive", "cheap", "impossible", "wrong", "weekend", "hello", "job", and "behave".

Examples of Old Story:

1. It's hard for me to lose weight.
2. My body is getting old.
3. Life is not fair.
4. Being rich can only happen in my dreams.
5. I don't know where to start.
6. I never have enough time.
7. I don't follow through.

Remember, our subconscious beliefs and the narratives we hold about ourselves and the world profoundly influence the experiences we attract and live out. Empower yourself with language that unlocks possibilities and liberates you from constraints.

### **❖ Rewriting into a New Vision:**

1. Start changing the story by first replacing limiting words with empowering ones. Start rewriting your story with language that reflects your potential and opens doors to new possibilities.

2. Words to use in the new story: "In my perspective", "I get to", "It's happening for me", "I choose", "I trust", "I can", "I know", "Challenging", "Possibilities", and "Everything is possible".

Examples of Rewriting:

Body: "My body always supports me, and I am learning how to take care of it as my journey continues."

Being: "I do my best. I am my own definition of success. I add value."

Balance:\* "I am a loving and supportive being. I attract genuine connections."

Business:\* "I am a solution finder, money flows through me."

### **❖ Shifting Into New**

1. Write your ideal story: Envision your ideal story for the chosen area of your life. Take a moment to sit with it. Visualize and immerse yourself in the details, feeling the experience as if it has already unfolded. Can you sense the energy shift as you embrace this vision? Allow yourself to fully embody the reality you seek to create. Let the power of visualization guide you towards manifestation.

2. Find Evidence: Identify three pieces of evidence from your life that support your ideal story. Have you ever been courageous, unapologetic, loving and so on.

3. Evaluate Alignment: Reflect on which story feels liberating or aligned - the old or the new. The choice is yours.

4. Make a New Commitment: Define your new commitment based on your ideal narrative. Break it down into small, actionable steps. Consider how you'll embody this vision emotionally, mentally, physically, and spiritually each day.

Set clear intentions for your transformation journey. How will you show up emotionally? Mentally? Physically? Spiritually?

Commit to aligning your actions with your aspirations, one step at a time. Embrace each day as an opportunity to live in alignment with your highest self. By engaging in this

process, you embark on a journey of self-discovery and transformation. Embrace the power within you to rewrite your story and create the life you desire.

With support and commitment, you can step into your fullest potential and live a life of authenticity and abundance.

Here are some studies and research findings related to the impact of language on mindset and well-being:

1. \*\*Dweck, C. S. (2006). *Mindset: The New Psychology of Success*.\*\* In her book, Carol S. Dweck discusses the concept of fixed versus growth mindsets and how the language we use can influence our beliefs about intelligence and abilities.
2. \*\*Crum, A. J., Salovey, P., & Achor, S. (2013). *Rethinking stress: The role of mindsets in determining the stress response*.\*\* This study explores how our mindset about stress can impact our physiological response to it, highlighting the importance of language in shaping our experiences.
3. \*\*Pennebaker, J. W., & Chung, C. K. (2007). *Expressive writing, emotional upheavals, and health*.\*\* This study explores the therapeutic benefits of expressive writing, demonstrating how putting emotions into words can improve mental and physical well-being.
4. \*\*Langer, E. J., & Rodin, J. (1976). *The effects of choice and enhanced personal responsibility for the aged: A field experiment in an institutional setting*.\*\* This classic study investigates the impact of language and autonomy on the well-being of elderly individuals, underscoring the importance of choice and empowerment in promoting health and happiness.

These studies provide valuable insights into the role of language in shaping mindset, behavior, and overall well-being, highlighting the transformative potential of intentional language use.