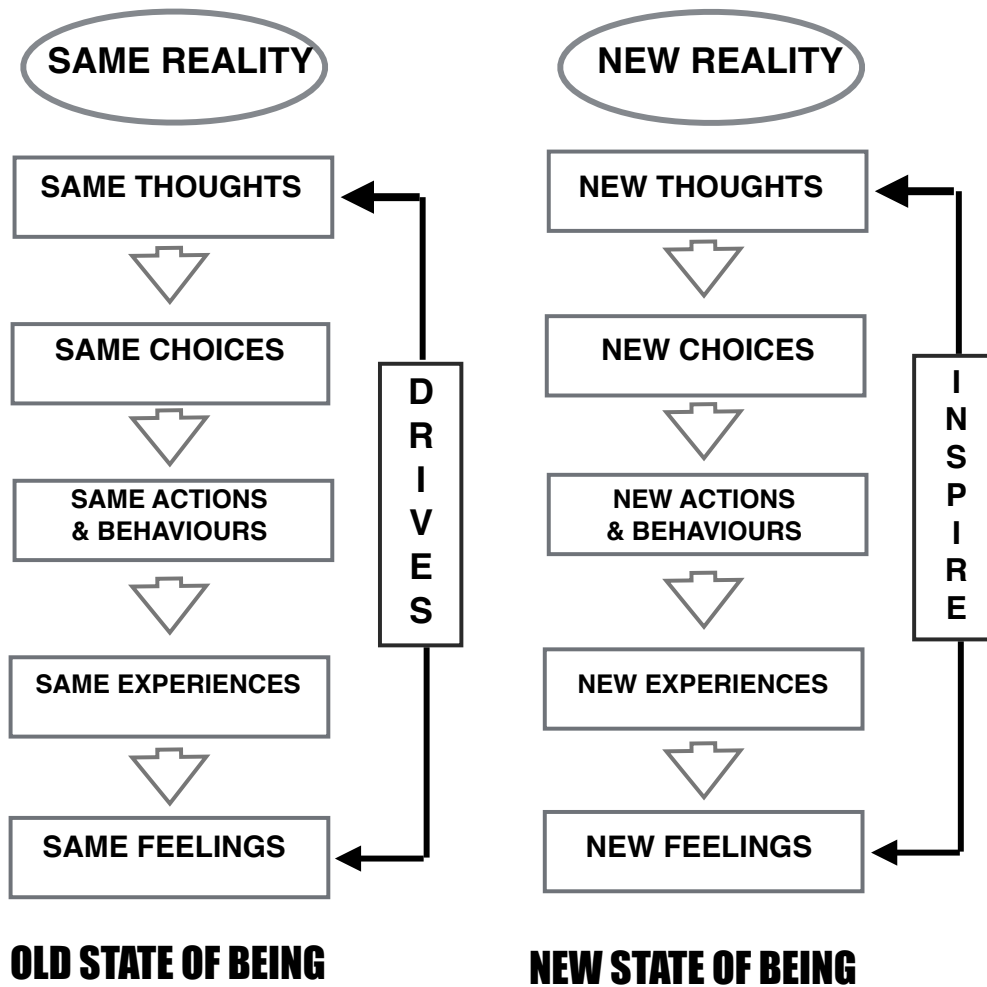


# Create The Life You Love

Loretta Honeychurch Personal Growth Coaching

[www.lorettahoneychurch.com](http://www.lorettahoneychurch.com)

## THE STORY OF YOU



So this is you. Your identity or personality. It's comfortable, effortless and automatic. Every morning you wake up and anticipate and remember the feeling of you, and that known state has no option to drive the same thoughts that will influence you to crave the same automatic choices, behaviours and experiences so that you feel like 'you'

So if you want to create a new reality you have to examine the thoughts you've been thinking and change them. Become conscious of the unconscious behaviours that lead to the same experiences, and you have to make new choices, take new actions and create new experiences. Become the the reality that supports and loves you and the life you deserve.

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## **WHAT DO YOU NEED TO CHANGE about myself in order to have what I want?**

Because we operate most of the time in autopilot we rarely take the time to analyse our lives. The most powerful thing you can do is identify what you want and what is holding you back. Once to become conscious of what is mostly unconscious you have the awareness to make changes.

Identify the things that hold you back. Think about your life now. Is it the way you want it? Or are you dreaming of a different life. Is there something you want in your life but always seems just out of reach.

Remember that what you see on the outside is only a reflection of what you think and feel on the inside.

Begin to look at your life through a new lense. You deserve everything that you want in your life. Accept that you are worthy and deserving of everything you want in your life and you will begin to see a shift in the choices and decisions that you make.

Always ask yourself - is this decision, thought, choice, action, emotion for my highest and best good?

Become conscious of how you live your life. Know that what you have experienced up to this point has been of your own creation based on your previous programming. Once you identify the things that hold you back you can begin to rebuild or reprogram yourself to produce the results in your life that you want.

The inner convictions which control your aims, desires, goals, motives, constitute the real thought of who you are, and wholly determine the course of your life and your person destiny.

All of the conditions in your life are the fruit of your thoughts and ideas. Therefore our thoughts and ideas control the conditions of our lives.

You are not the victim of your life. You are the creator of your life. You are not in this world, you are of this world. Life is proceeding through you and by you and the way you shape your ideas changes your experience.

How then, can you change the circumstances of your life. Its simple really. By becoming conscious of how you think and act and behave you can identify the things that don't serve your highest good.

What could you do differently that would make the difference. What thoughts could you change to make a difference. What choices could you make that would change your experience, what actions and behaviours could you change, what experiences could you change, and what feeling could you change that would reflect back to you the experience you want in this life. Lets take a look now.

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## Thoughts

Identify the thoughts that don't serve you. These could be limiting beliefs or limiting decisions. They might look like this:

I'm not worthy of the life I dream of. I don't deserve the life I dream of.  
I'm not pretty enough. I'm not thin enough. I'm not good enough. I'm afraid to do that in case I fail.

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List the positive new thoughts that would support you,

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## **Choices**

In the context of what you want, what choices do you make that don't support you having what you want. The choices you make that sabotage your happiness usually come from a place of fear or lack of self love and self worth.

**List choices that don't support you.**

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**List the new choices that would support you.**

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## Actions and behaviours

When we operate from an un resourceful place our actions and behaviours support how we feel. List the actions and behaviours that support the negative thoughts that hold you back.

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List the new actions and behaviours that would support you.

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## Experiences

Identify the experiences you choose daily that keep you stuck. These could be as simple as your daily routine. eg. instead of taking time to exercise do you choose to go for coffee. Or is there something unpleasant in your life that you feel you can't change.

### List the experiences that do not support you.

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### List the new experiences that would support you.

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## Feelings

We are responsible for the way we feel. When you wake up in the morning are you looking for that familiar feeling of ..... (you) that you feel everyday that keep you in a negative state. Or are you choosing to feel emotions that are positive or uplifting. Knowing what you know now about your state of being list the feelings you are choosing that keep you stuck in a negative state.

**List the feelings that do not support you.**

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**List the new feelings that would support you.**

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What has to happen between now and then for me to have what I want?

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## Congratulations

You have just created a roadmap for the life you want. Now focus on what you want and find solutions to any problems in your life that keep you stuck. Remember, what you focus on expands. Be open to possibility, be flexible in your behaviour, keep your emotional vibration at love or above, be grateful every day. Forgive yourself daily. Love yourself daily. Believe that you deserve everything that life has to offer. Take action daily to create the life you want. From now on slow down, breathe, be conscious of your thoughts and actions. Do only the things that move you in the direction of your dreams.

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“There is nothing  
Outside of yourself  
That can ever enable you  
To get better, stronger, richer,  
Quicker, or smarter.  
Everything is within.  
Everything exists.  
Seek nothing  
Outside of yourself.”

Miyamoto Musashi



*Loretta Honeychurch*

