

# *How To*

## Shift Your Beliefs & Build Your Dreams



## *An Affirmations Guide*

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# *How to Shift Your Beliefs & Build Your Dreams:*

## *An Affirmations Guide*

Hello beautiful! I am celebrating SO MUCH right now that you're here with me!! That means you're ready to level up. You're ready to learn a tool that can change your mindset and your life. You're ready to bring your dreams to fruition and step into your full self (what I call your Golden Star). I am so unbelievably grateful that I get to be a part of your journey and magical energy.

### *Let's talk affirmations:*

The best and biggest tool I've ever used to change my life and build my dreams.

Almost everything in the world is a belief. My beliefs used to include:

"I'm always going to be disabled."

"If I'm successful, everyone will abandon me."

"I'll always need financial support."

"I'm bipolar, so I can never recover. I will always have episodes and can never build my dreams."

"I'm always going to be in pain."



After hitting rock bottom, losing my sense of purpose, and sitting with almost two decades of chronic pain, mental health struggles, and PTSD, I'd had enough. It was time to see if my dream life was possible.

I took a look at every belief system I had, from purpose, career, and mindset to money, health, and relationships. I asked myself,

*"If I could have anything, what would my life look like?"*

I wrote out affirmations: present-tense statements of the life I would build. Some of those looked like:

"I have mended my relationship with my mental health."

"I am a full-time musician and business owner."

"I live in my dream apartment, with a washer-dryer in unit, granite countertops, east-facing windows, natural light, a bathtub, and a walk-in closet." (Yup, I got all of those.)

"I'm going on a 63-day national tour." (It ended up being 65.)

"I believe being my full self is the best thing I can offer the world."

I've now not only built all of those, but have become the best and most connected version of myself I've ever known. The tool of affirmations has allowed me to claim my power, choose what I want to believe, find myself, and bring my dreams to life.

Affirmations are an amazing way to ease into the process of stepping into your full truth. They can guide you to take action and reinforce your dreams. For those lacking clarity, they can provide a starting point to find it. For those who don't yet feel ready to take action, they can be the first step toward mapping out the next chapter of your journey.

### *How it Works:*

*You get to choose.*

In this guide, we go over affirmations for relationships, career, purpose, wellness, mindset, and money.

You can focus on as many or as few topics as feel good to you. If I choose too many categories at once, I can feel less focused on what I'm calling in, so I tend to choose 1-3 topics with 3-4 affirmations each, or a total of 10-12 affirmations.

Read through this guide and take note of which affirmations resonate with you. List as many as resonate with you, and once you've gone through them, decide which 10 (or so) affirmations on that list you want to focus on. Write out those affirmations on paper, and say them to yourself everyday!

You'll find a sheet at the end of this guide to create your own affirmations. You have the freedom to call in whatever resonates most with you.

*This is the tool I use to build my limitless life. Ready to find yours?*

## *Relationships:*

- I am worthy of love, healthy friendships, and relationships that bring me joy.
- I am open and ready to attract love into my life.
- I communicate with ease in all of my relationships.
- I attract loved ones who bring out the best in me and align with my values.
- I only make space for loved ones who honor my boundaries.
- I am so grateful for the love and abundance in my life.
- I feel clarity around my boundaries and needs.
- I release any timeline I've placed around attracting my dream partner.
- I release societal and cultural expectations around relationships and intimacy.
- I release all the limiting beliefs I've held toward relationships as I step into my most powerful, aligned self.

## *Career:*

- I am valued in my career.
- I know my value is inherent in AND outside of my work.
- Providing my service brings me abundance.
- The less I work, the more I make.
- Engaging in my work is easy!
- I enjoy my work environment.
- I celebrate myself everyday for showing up, building my dreams, and touching those who need my service.
- Success and abundance are inevitable for me.
- I attract the work most fully aligned with my desires.
- I deserve my success, my abundance, and my dreams.

## *Purpose:*

- I bring a unique light and energy into the world, and people need to hear it.
- The world needs my message and my voice. No matter what, I am committed to showing up and sharing it.
- I am fulfilled in my purpose.
- I attract only people who see me as the fully expressed version of myself.
- I feel freedom in sharing my truth.
- I release any comparison I've held toward others. I feel an abundance of love for myself and who I am.
- I am empowered knowing I can choose my belief systems and build the reality of my wildest dreams.
- I love to show up as my highest self. I love to share my truth.
- The more I show up as my highest self, the more abundance I attract.
- Even if I have moments of questioning my purpose, I love myself wholly and completely. I live in my highest good and trust in abundance.

## Wellness:

- I'm grateful for my health and the health of my loved ones.
- It is safe to rest, and I love to rest.
- The more I rest, the more abundance I attract.
- I am so in tune with my body, and I listen to [her, his, their] needs.
- I love and celebrate my body!
- I eat the foods that fuel me.
- Loving, honoring, and grounding my body gives me freedom.
- I understand my body's need to have seasons, and I always meet [her, him, them] where they're at.
- I wake up relaxed, refreshed, and open to each new day.
- I LOVE to make space for play!



## Mindset:

- I am enough, exactly as I am, every moment, in every way.
- Done is better than perfect.
- I take aligned action. I trust my intuition to guide me.
- I hold my fear with love.
- I am able to separate from ego and take action alongside the fear, rather than in spite of it.
- This is happening FOR me not TO me.
- I celebrate the unknown, knowing each transition leads to a new chapter meant for me.
- The best is yet to come.
- There is always more than enough.
- I prosper wherever I turn.
- I am so supported. I am guided, abundant, and full of light.
- I feel balanced in each area of my life. I am confident in where I choose to place my focus each day.

# Money:

- Money flows to me with ease
- I am financially free
- I love money, and money loves me!
- I receive money in expected and unexpected ways.
- Money is an unlimited, abundant resource.
- My income is always increasing.
- I release all of my beliefs around scarcity. I know resources are abundant and trust they will flow to me.
- I forgive my limiting beliefs about money, and step fully into abundance from now on.
- People love to pay me! I am a money magnet.
- I celebrate the abundance in my life.

## *COVID-19 Support:*

- It is okay to hurt. It is okay that things are confusing. It is okay not to know my future. It is okay if it's hard to show up.
- I give myself the space to feel hurt, lost, confused, and isolated, AND I give myself the space to thrive, connect with myself, and feel happy.
- I give myself the space to have no idea what I'm doing or what to do.
- I see this time as an opportunity to rest, connect with myself, and tune into what my heart, body, and mind need.
- It is okay if that feels hard.
- I release any comparison with others. I trust that I am handling COVID-19 in as much alignment as I can.
- It is possible to build a dream life within unexpected circumstances.
- I am open to any new dreams, possibilities, and ideas that come my way.

- It is possible to pivot, and I open myself to pivoting as needed.
- Money is an abundant resource, and I trust that it will flow to me. It IS possible to attract money right now.
- I hold gratitude for all of my abundance during this time.
- I release my control over the external, and embrace my connection within myself.
- I show up for myself and my loved ones.
- I choose strength. I choose to stand alongside my fear.
- I always have myself. I love [him, her, them] and [he, she, they] loves me.
- I Am Not Alone.

## Tips for Writing Your Own:

(1) Open yourself to general and specific affirmations, and choose what feels right to you!

**Specific:** "I have 10 female clients in their mid-20s who like pizza."

**General:** "I am enough."

(2) Write your affirmations down everyday. (I personally love doing this in my morning journal session!)

(3) Put your affirmations on post-its and stick them everywhere! Your mirror, your fridge, your wall, your car - wherever you'll see them!

(4) Stand in front of the mirror and say your affirmations to yourself. It's okay if this is an emotional process; when I first said the affirmation, "I love myself," while looking at myself, I cried so so so much.

(5) Embody the *feeling* of your affirmation. Celebrate it as though it is already yours!

**Example:** If your affirmation is, "I make 5 figures every month," get SO EXCITED. Jump around and say, "Oh my gosh, I KNEW I would do it, I just KNEW!" I literally cry with joy when I celebrate my 6 figures that's on its way. Smile and celebrate and feel it come to life!



*Now it's Your Turn!*

Write Your Own:

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*Last but not least...*

*Tell me how it goes!*

DM or Tag me on Instagram to share your story!

[Click here to find me @wearegoldenstars](#)

*And a bit about me:*

At the beginning of this guide, I mentioned I have a history of, well, lots of shit. I didn't know it was possible to recover; I thought even if I did end up pushing through, I'd be confined to a life of misery due to my many diagnoses.

Affirmations were the first step for me in transitioning from victim to survivor to living as my full, best self. I sang my heart out; I shared my story; I embraced my power; and I created a process for stepping into your truth. Now I'm here to share that process with you so you can thrive, heal, and live your best freakin' life as the Golden Star you are.

I'm here for the Golden Stars who know their dreams are possible. Who are ready to implement new tactics and teachings. Who are ready to transform their relationship with fear. Who want to connect with themselves and others through self-love. Who are ready to shine as their full selves and embrace their inner power. Who are ready to smash down limits and build limitless lives.

I would love to talk with you about what it looks like to build *your* limitless life. Schedule a free chat with me via the link below. I can't wait to support you in your journey!



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