



**BELIEVE IN  
YOURSELF**

[www.fullcirclewellness.co.za](http://www.fullcirclewellness.co.za)

# “Inspiration Station” Spring/Summer 2021



Personal & Group Training | Boot Camp Classes

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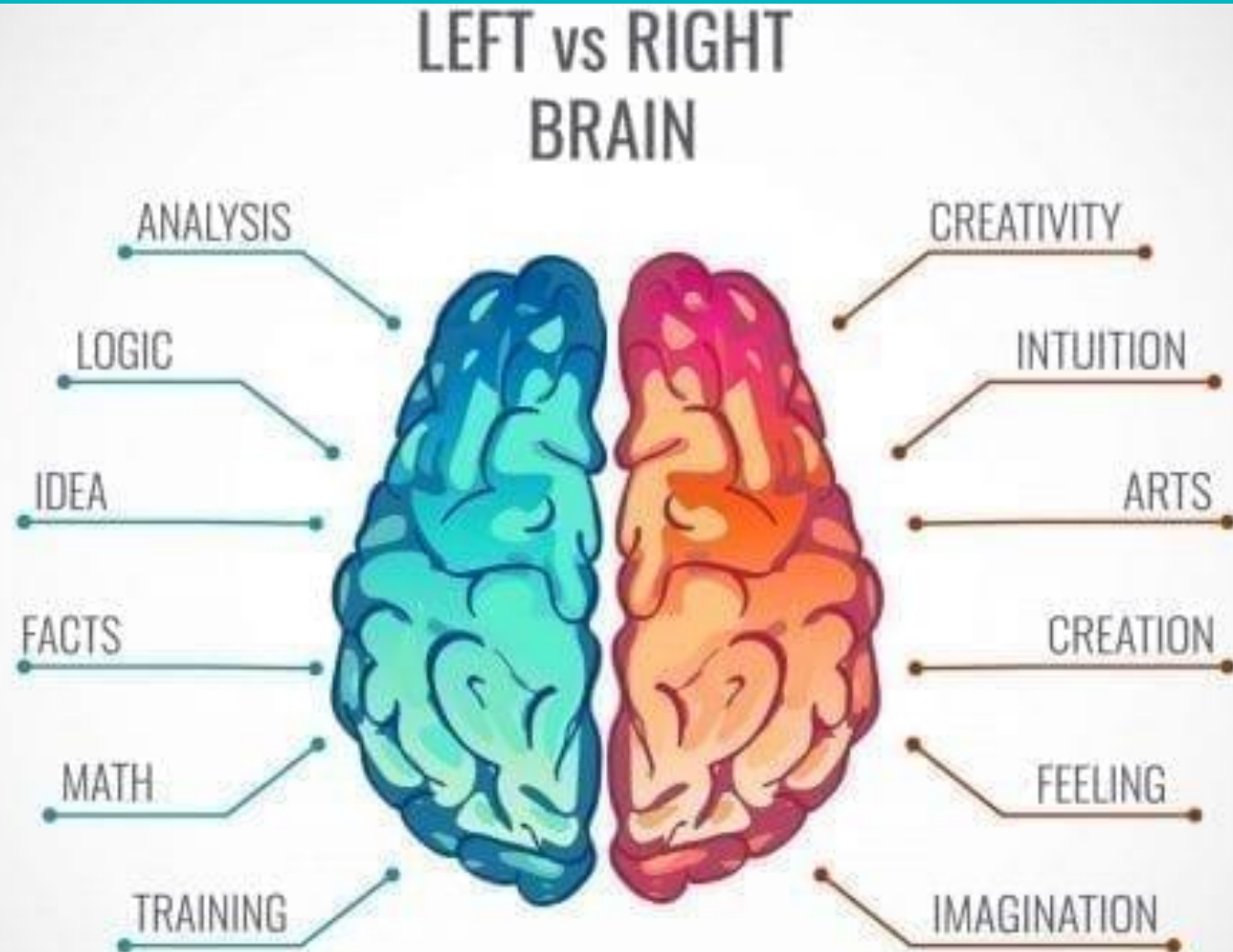


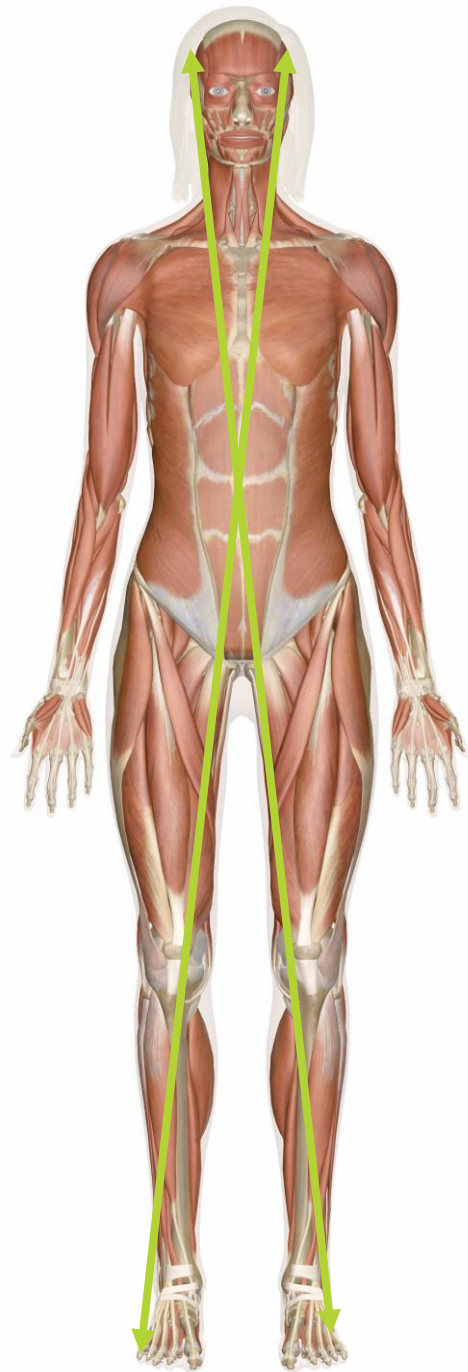
## “Inspiration Station” Zoom Workshop

Spring/Summer 2021 | 9am – 11am

TIME	TOPIC
9am	<b><i>Cross-Crawl Warm-Up</i></b> Brain Integration Technique for improved concentration & pain relief
9:15am	<b><i>Positive Goal Setting</i></b> Set yourself up for success this Spring/Summer
9:30am	<b><i>Emotional Stress Release (EMS) Technique</i></b> “Goal Blocking” diffusion & “Positive Habit” infusion activity
10am	<b><i>Body Testing Technique</i></b> Help yourself make better food choices
10:15am	<b><i>Louise Hay “Mind Light” Goal Affirmation Selection &amp; Temporal Tapping</i></b> Cement positive thought-patterns in your brain
10:45am	<b><i>“Magic Carpet”</i></b> Motivation & confidence boosting exercise to end off our virtual morning together!

# CROSS CRAWL WARM-UP





# POSITIVE & PRESENT TENSE GOAL SETTING

Goals need to be in the **present** now tense

Change negative self-talk to positive self-talk

Combine Positive Affirmation + Self-Belief with goal setting

Change

*“I want to lose weight”*

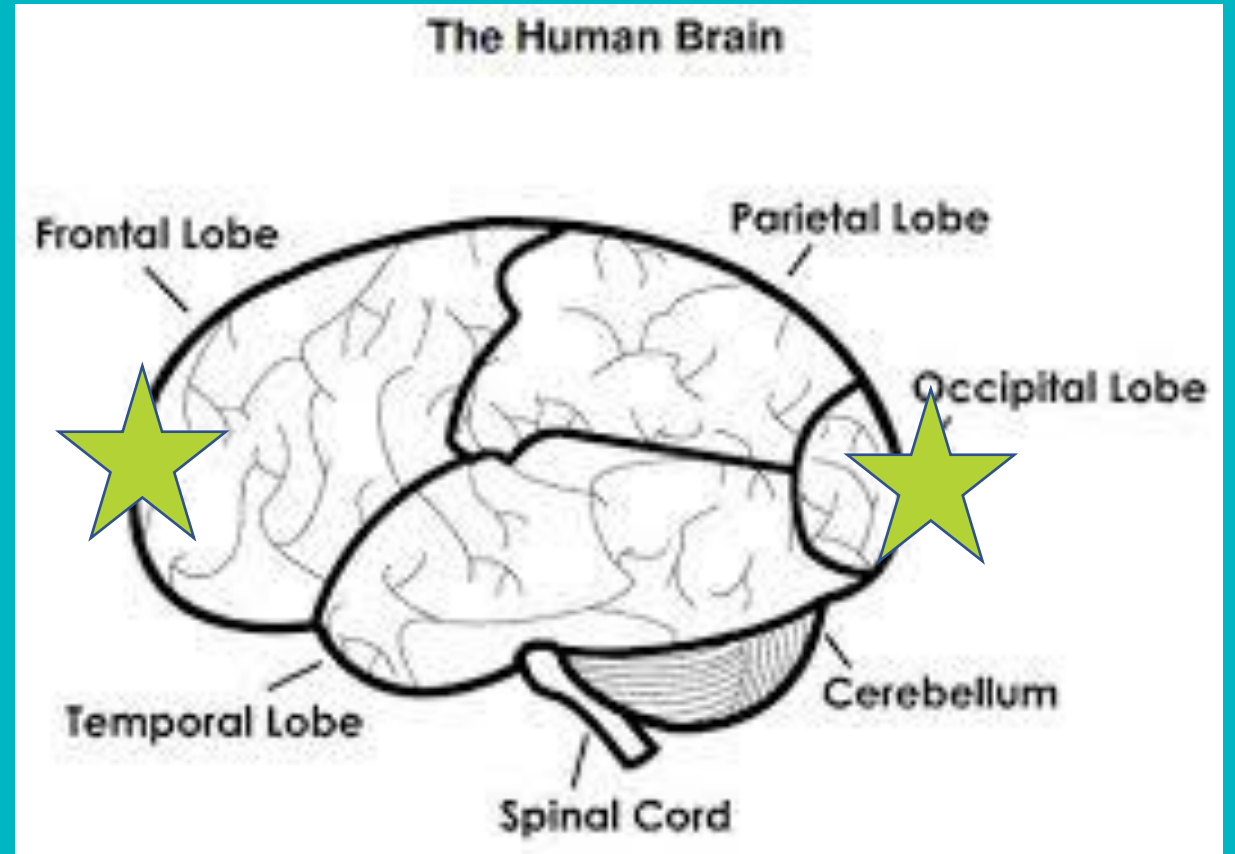
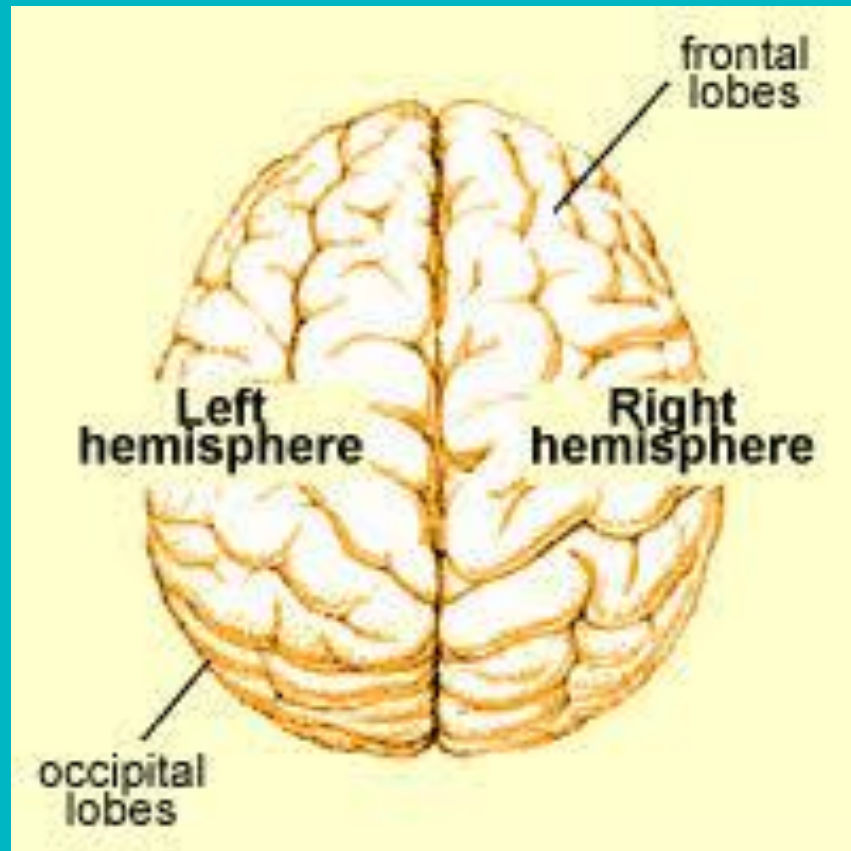
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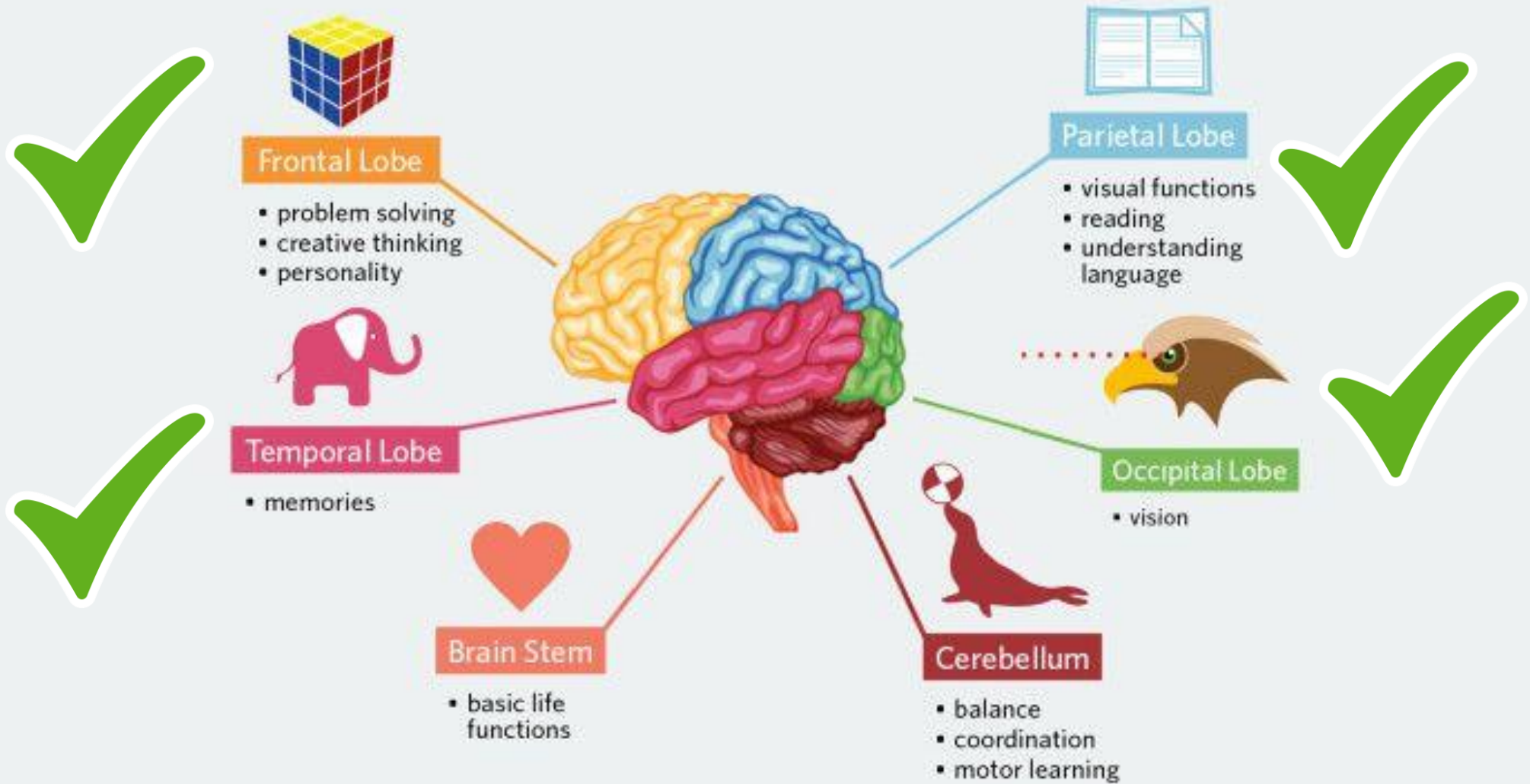
*“I feel strong and healthy in my body”*

Start telling the brain already what you want to feel!



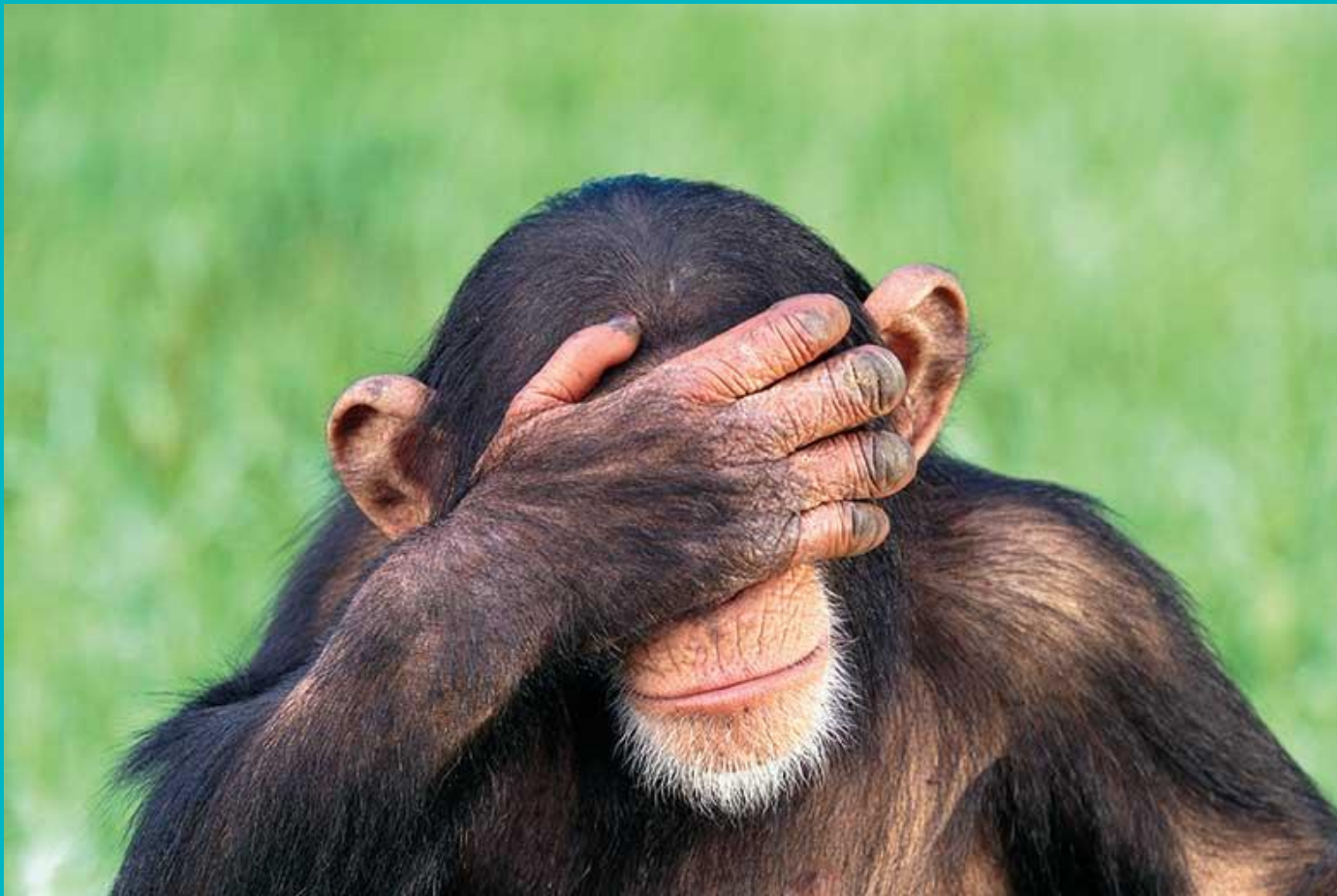
# EMOTIONAL STRESS RELEASE TECHNIQUE





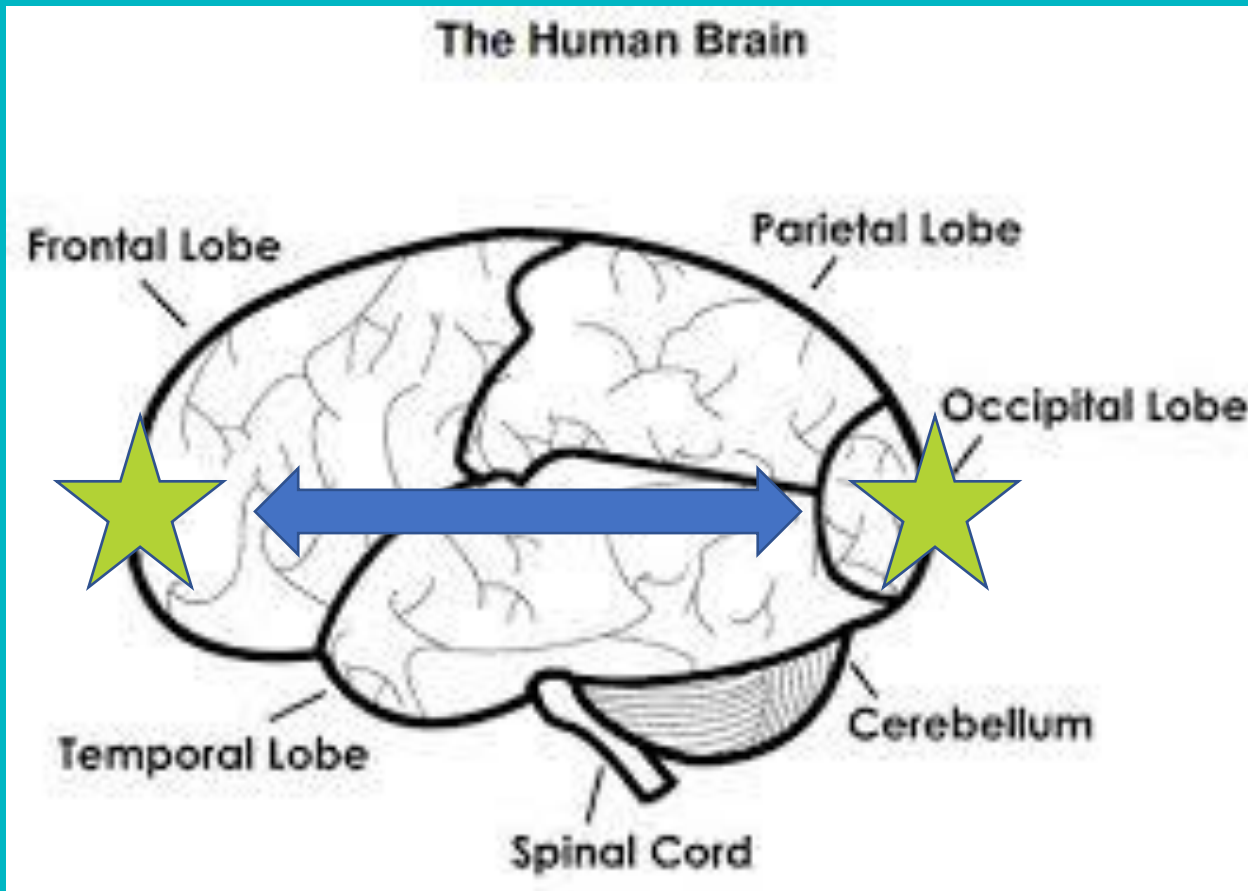




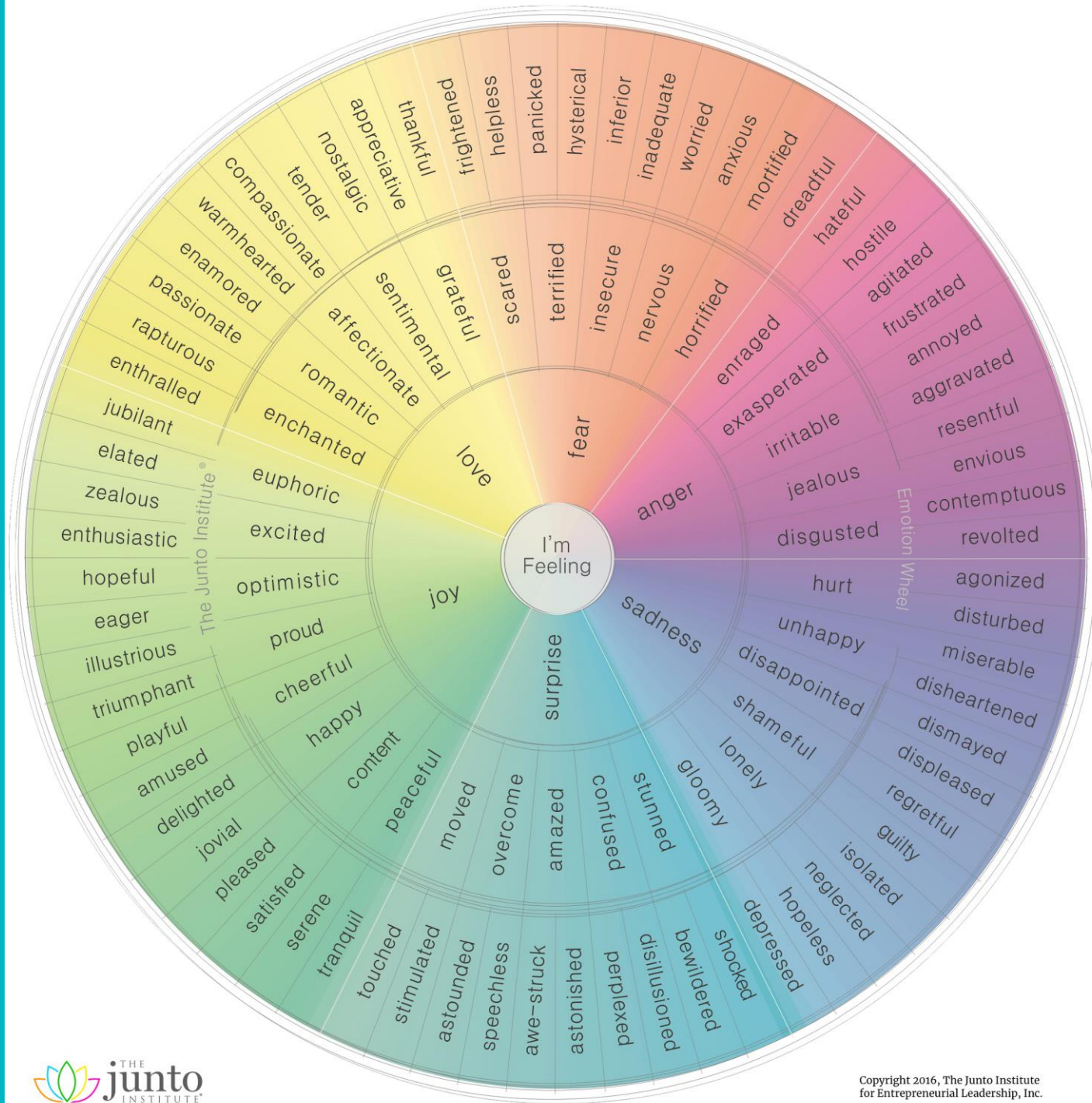




# MAKE BLOCK EMOTION & GOAL “*REAL*” IN THE BRAIN



- Connect “logic” (LEFT) + “imagination” (RIGHT)
- Use “senses” to make “REAL”
- Sensory imagery + logical thinking
- We convince our brain that what we are imagining is “REAL” and tangible
- NEGATIVE: Issues/problems = we can make “REAL” and let go!
- POSITIVE Goals/beliefs we can make “REAL” and re-programme our brains into believing it!

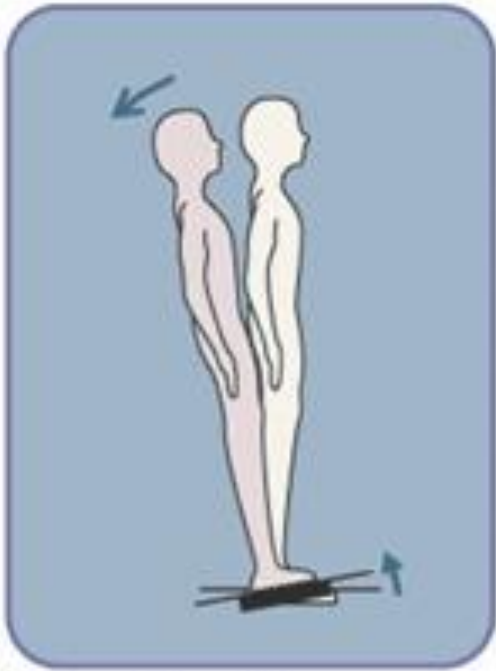




# BODY TESTING TECHNIQUE

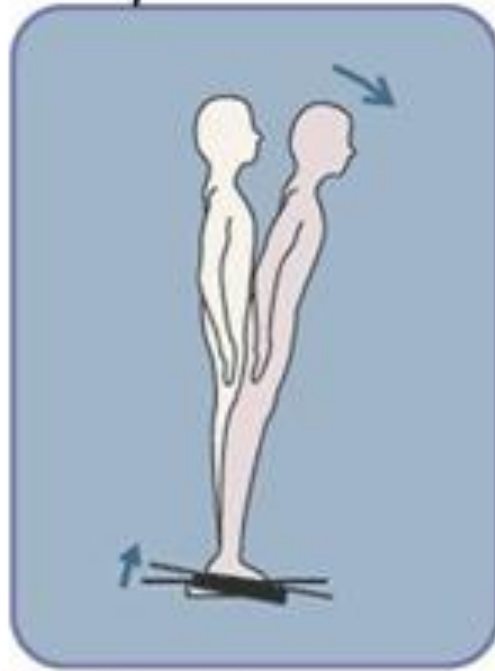
muscle testing sway test

1.

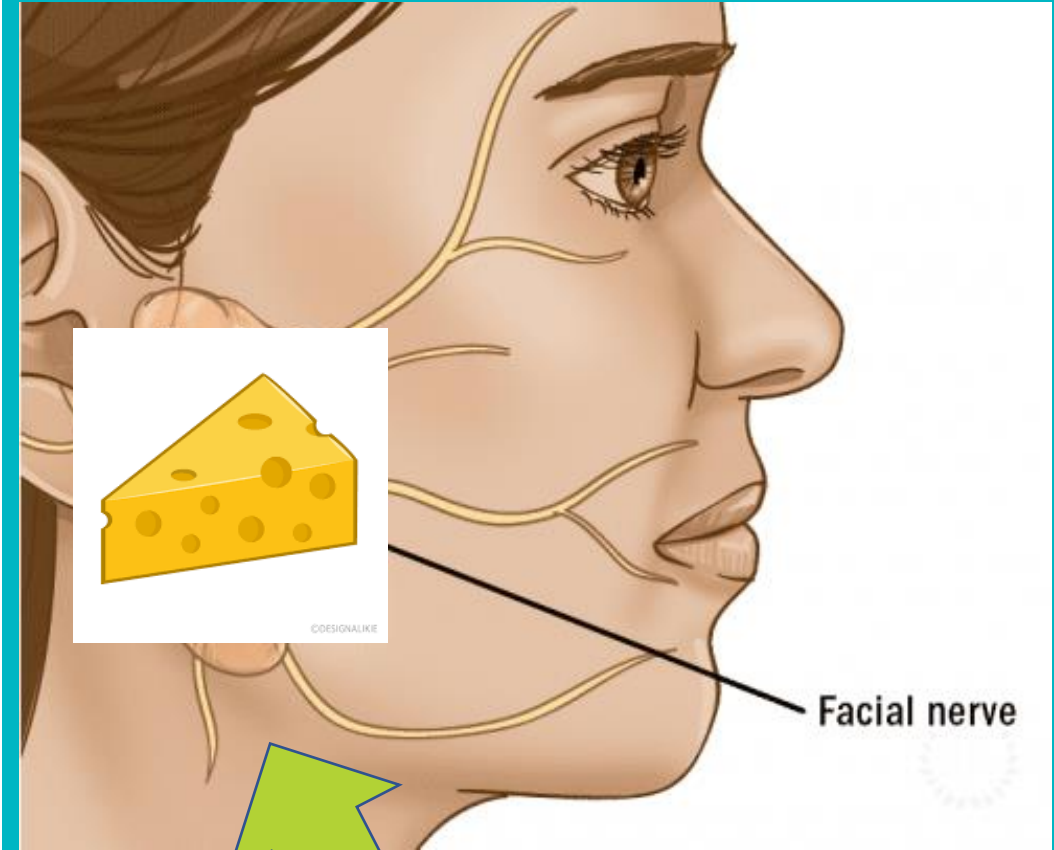


"NO" or Not True response

2.

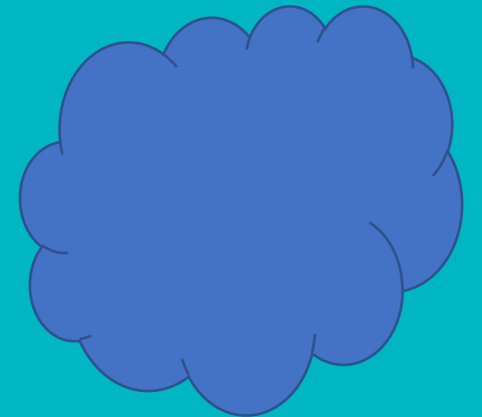
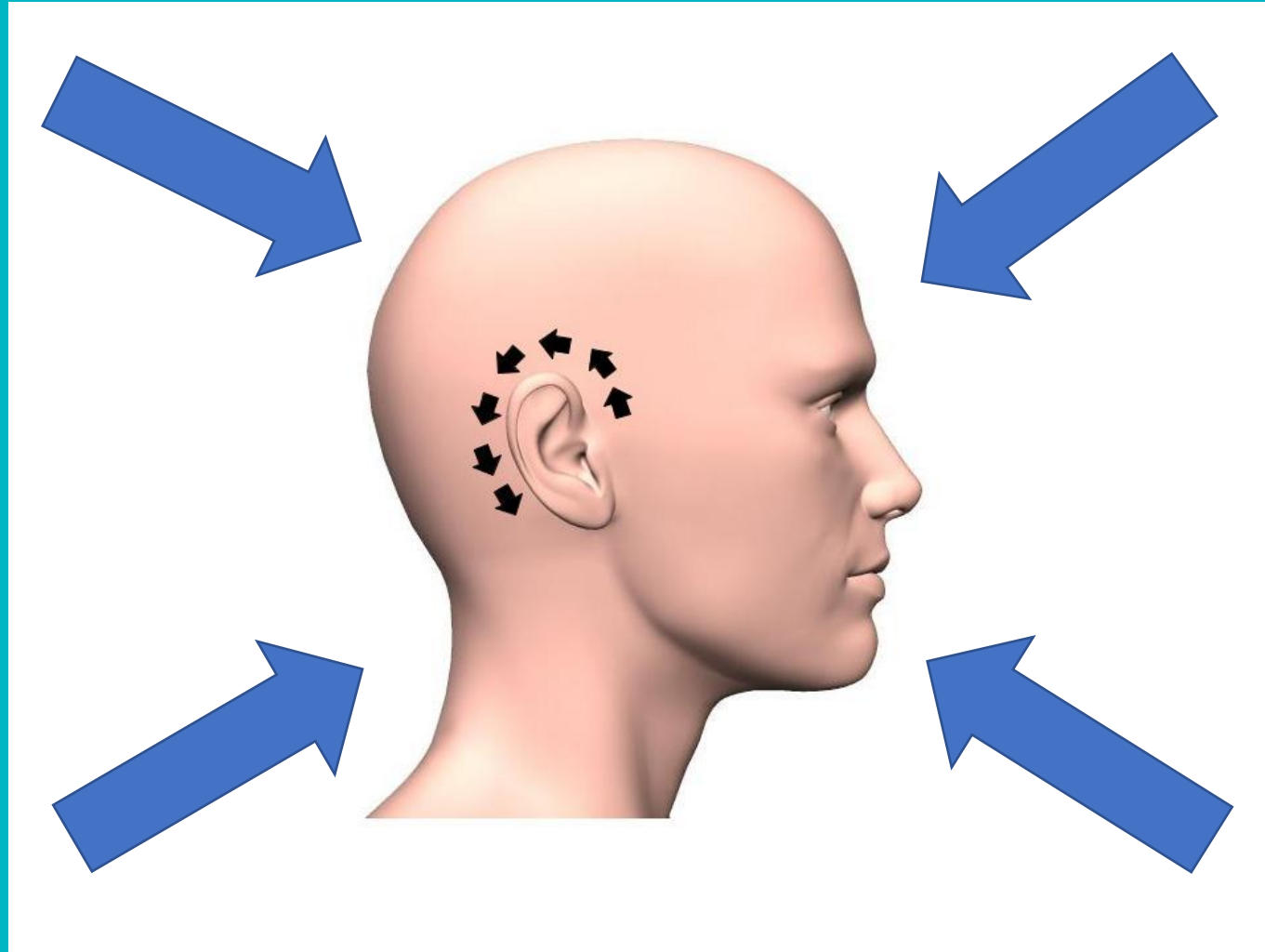


"Yes" or True response





# AFFIRMATIONS & TEMPORAL TAPPING



**LOUISE HAY #1 -33 AFFIRMATIONS** <https://www.louisehay.com/101-best-louise-hay-positive-affirmations/>

1. Life loves me!
2. All is well in my world. Everything is working out for my highest good. Out of this situation only good will come. I am safe!
3. It's only a thought, and a thought can be changed.
4. The point of power is always in the present moment.
5. Every thought we think is creating our future.
6. I am in the process of positive change.
7. I am comfortable looking in the mirror, saying, "I love you, I really love you."
8. It is safe to look within.
9. I forgive myself and set myself free.
10. As I say yes to life, life says yes to me.
11. I now go beyond other people's fears and limitations.
12. I am Divinely guided and protected at all times.
13. I claim my power and move beyond all limitations.
14. I trust the process of life.
15. I am deeply fulfilled by all that I do.
16. We are all family, and the planet is our home.
17. As I forgive myself, it becomes easier to forgive others.
18. I am willing to let go.
19. Deep at the centre of my being is an infinite well of love.
20. I prosper wherever I turn.
21. I welcome miracles into my life.
22. Whatever I need to know is revealed to me at exactly the right time.
23. I am loved, and I am at peace.
24. My happy thoughts help create my healthy body.
25. Life supports me in every possible way.
26. My day begins and ends with gratitude.
27. I listen with love to my body's messages.
28. The past is over.
29. Only good can come to me.
30. I am beautiful, and everybody loves me.
31. Everyone I encounter today has my best interests at heart.
32. I always work with and for wonderful people. I love my job.
33. Filling my mind with pleasant thoughts is the quickest road to health.

# MAGIC CARPET

*“a whole new world....”*





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