



The most Beautiful & Powerful Version of YOURSELF

**UNIVERSAL IDEAS AND EFFICIENT PROCESS
WORKBOOK**



ELISA CARD

ELISACARD.COM

Becoming the most Beautiful and Powerful version of Yourself Workbook

First and foremost, the best, and most unique tool you have to become the most Beautiful and Powerful person in the sense of deep Happiness is your Thought. It is essential to know and to realize that your thoughts are making who you are. It is as simple as that. 'what you think you become.'

Change Your Thoughts—Change Your Life-

I encourage you to take notice of the importance of being able to feel in your body what you desire to manifest. Pay particular attention to what it means to know within that you are truly a Divine being here in the material world of ours on Earth. I repeatedly emphasize, in the workbook that follows, the importance of your imagination in creating a 'wishes fulfilled' life. But your imagination is strictly a domain that's controlled by your thinking processes. Once you place a thought into your imagination about who you want to become, I encourage you to live from that end, as if it had already happened into the physical realm.

In a year from now, you will have raised your conscious level and be communicating and connecting with your soul and your higher self in the most empowering ways, as you become your True Beautiful and Powerful You. Because: **What you think about expands!**

So to achieve and leverage to the next level of your enlightened life, I suggest you follow these steps:

Step 1:

1. Trust the process of your life

YOUR PERSONAL JOURNEY

WHERE YOU ARE

Your personal journey is not a race against others. What makes your life beautiful is the journey. Your Journey. And whatever happens in your life, is there for a reason. You may not see it now, but time will tell you the Truth.

Where are you now? How do you feel? Write your answer below.

And what particular situation or issue would you like to change? Use your mind to scan thoroughly as if you were above your entire life or actual situation to scan precisely what is going wrong. Then write down what you see and what to change. And at this point, decide what is your goal?

Write your top 4 answers below.

1

2

3

4

Step 2:

2. Have faith in yourself

CHANGING YOUR CONCEPT OF YOURSELF

DEVELOP A POWERFUL INNER YOU

Do not compare yourself to others. Focus on being yourself. You have a powerful inner self, you have to know that.

What are your qualities? List 2 or 3 qualities and how do you love to express them?

And what would be the 'Dream Perfect YOU'? Write your answer below.

The issues you saw in Step #1 will give you strength for change using your qualities in Step #2 question. You'll use them in Step #3.. More qualities to develop or to add to your 'Dream Perfect YOU ? Write your top 4 answers below.

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Step 3:

3. Act with certainty of your ability

YOUR STRONG YOU

YOUR BUILDING BLOCKS

This is an essential part of your journey, you have to replace doubt by belief, fear by faith, and stress by calmness. To do that, practice meditation and gratitude (even 2mn each morning is very beneficial, in tools below). What areas of yourself would you see different? What areas of your life would you change ? Write your answer below.

List 3 qualities you love to express in life. Like love, fun, sense of humor, spontaneity, organization, generosity ...

Choose 2 things you really like doing (like cooking, painting, scuba-diving,...) and why? What are your skills for that? Write down 2 or 3 skills that you have. How to use them to reach your goal? Both answers are your building blocks for your future.

Write your top 4 answers below.

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Step 4:

4. Develop the power to create and manifest all your desires

THE FEATURES OF YOUR LIFE

LIVE BY DESIGN

First, you have to know what you really want. What precisely do you want in your life? What would be for you the perfect life? Write down the ideal description of your life in every area. If several areas, choose one and picture it perfectly in your mind. Write your answer below.

You get what you focus on, so focus on precisely what really matters to you, for your own good and others.. Which project would you want to realize first? (like finding a new job that you will love, a trip, building a long-lasting relationship,...) Write below.

Then, write down all the positive affirmations which will create a new way of thinking about yourself and your new life as if it was already materialized.. Use your imagination. Write your top 4 answers below.

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Step 5:

5. Be patient

NURTURE YOUR SEED

FLOURISHING TAKES TIME

This is a natural law: The law of gender, the law of creation. When you conceive something, it takes time, exactly like a baby-human or any other creature, or plant on this planet. It takes a certain amount of valuable time. Your transformation is a slow process for a reason: each step is essential to building a confident, self-loving, generous, kind, compassionate YOU. To feel happy and content with yourself at every single moment. With this project of transformation, what would be the best timing for you to see a beautiful resolution? How long do you plan for your transformation? Be realistic. Write your answer below.

And start retro planning of what you would see in action: Write your answers below. and use more if needed.

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Step 6:

6. Watch the transformation

COUNT YOUR BLESSINGS

WHERE YOU ARE GOING

Every day, be the master of your own mind! You will be the master of your own life! And a new you! Remember your thoughts and feelings make your seed/project-desire grow. Choose them wisely:

Write down every day first thing in the morning, 3 gratitude affirmations to enhance your day. Feel it! Smile! Be Kind! . Write your answer below.

Every evening is time to reflect on how the day was with very positive thoughts. What went well today? Celebration moment! Write your answer below.

And planning for the next morning: what will be your 3 or 4 actions for tomorrow? . Write your top 4 answers below.

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Step 7:

7. You are becoming the most Beautiful and Powerful You!

HAPPINESS IS IN THE JOURNEY

YOUR MIND IS YOUR SUPERPOWER TOOL

Quote: "Health, wealth, beauty, and genius are not created; they are only manifested by the arrangement of your mind— that is, by your concept of yourself, and your concept of yourself is all that you accept and consent to as true." — N E V I L L E:*

Now question yourself, how happy and fulfilled do you think you are right now in your life? Does your life look like the answers you came up with, above, on a scale from 1 to 10, with 10 being the most? Write your answer below.

Then with all this clarity, what are the steps you can take to make you live as your True Beautiful and Powerful Self? What to change? Write your top 4 answers below.

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3

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* Neville Goddard "the Power Of Awareness: Consciousness"

Step 8

8.MAKING IT ALL COME TOGETHER

THE UNFOLDING

YOUR ACTION STEPS

All the answers are your **action-steps** you need to do to reach your True Beautiful and Powerful Self.

Now on, only allow yourself to imagine that you can create a new and higher concept of yourself.

To turn things around and transform yourself, you have to modify your **thoughts**, your **words**, then your **feelings** and your actions will be transformed accordingly.



We are what we repeatedly do.

Excellence, then, is not an act, but a habit.

- ARISTOTLE

Step 8:

MAKING IT ALL COME TOGETHER

YOUR POSITIVE TOOLS

YOUR ACTION STEPS: USE THE POSITIVE & EFFECTIVE TOOLS



TOOL 1: Positive Affirmation

TOOL 2: Gratitude

life is good

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TOOL 1

POSITIVE AFFIRMATIONS

NOW RAISE AND SHINE

USE DAILY

Daily affirmation is a simple statement that defines you as you want to be. Every time you **write** a daily affirmation, and **repeat** it to yourself, you lead your brain to start building this belief in your mind. With consistency and repetition, you will begin to create that **change from within**.

Use positive affirmations daily first thing in the morning, in the calm, breathing deeply and slowly, with the eyes closed: exactly like a meditation.

Daily affirmations: example: Confidence: "I am confident and comfortable as Myself, all along the day".

Prepare for your day ahead, write your effective and specific daily affirmations:
Write your top 4 answers below.

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TOOL 2

GRATITUDE**

NOW PRAISE

USE DAILY

Gratitude is the experience of counting your blessings. Keep a book-note and a pen on your nightstand, and this will be a kind reminder to write every morning when you wake up and every night when you go to bed. Just 2 or 3 gratitude sentences. This will implement your ability to focus on the positive side of your life. With kind and thankful thoughts. Use this worksheet below to write on and have it handy for your greatness, as Gratitude is the BEST TOOL to put a smile on your face, in 1 scd!

Ex: I am grateful for my home in which I feel safe and happy... Write your 3 Gratitude sentences below.

What would make today great?... Write your top 4 answers below.

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** Read more about GRATITUDE: <http://elisacard.com/7-best-gratitude-attitude-hacks-continuously-deliver-incredible-results-life/>

MILESTONES & CELEBRATIONS!

CONGRATULATIONS! When you arrive at this stage it means you have been through days where it was really hard to get going into the positive thinking and acting towards your goal. Now you know that every step counts.

Furthermore, you still have to be that positive and grateful Yourself in the real world.

Get out of your comfort zone.

Take action and make magic happen.

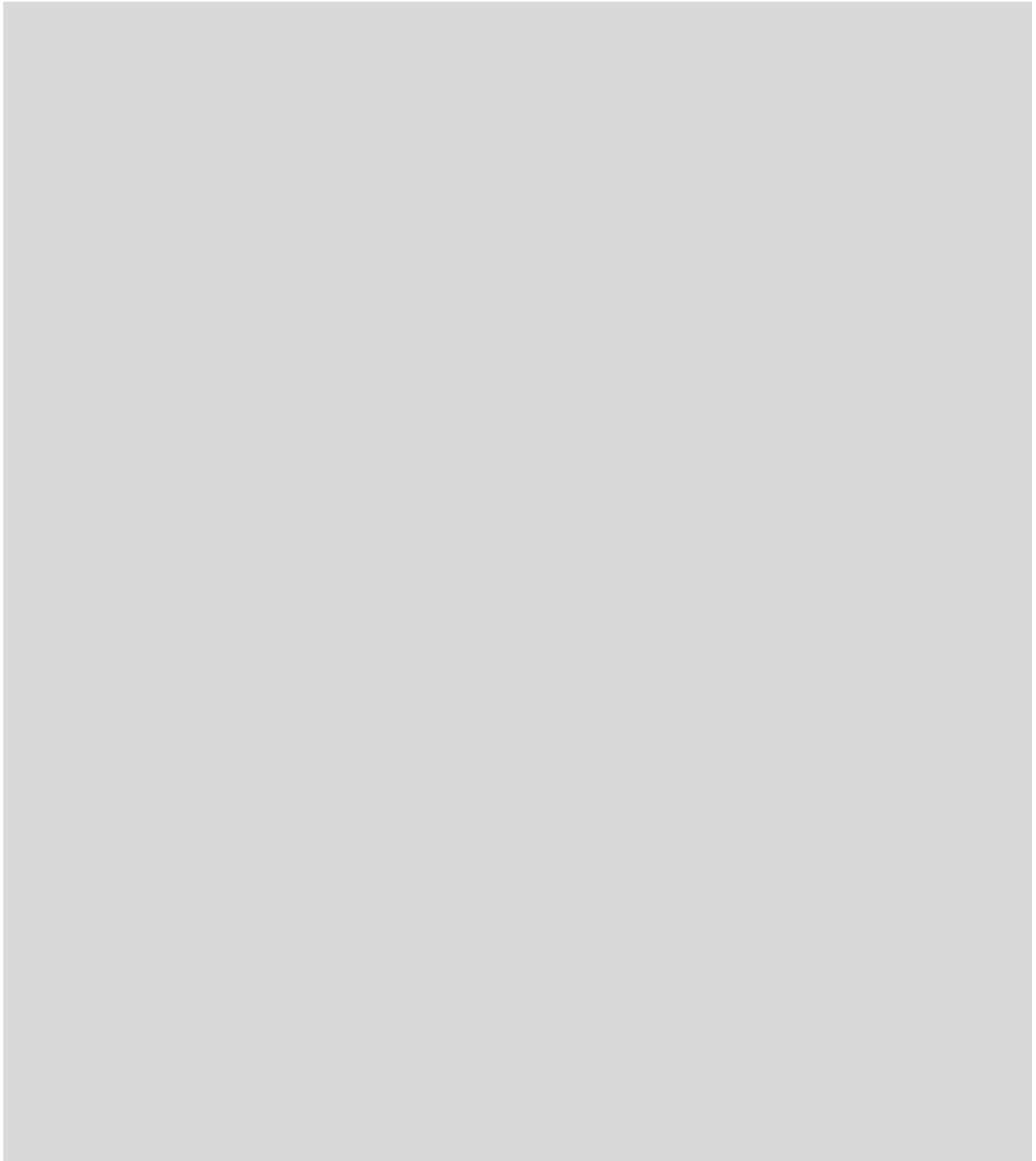
So in a year from today, where will you be?

And also, please, I'd love to hear your thoughts! and **let me know how is your transformation going, in 2 weeks after your start**, via my direct contact

<http://elisacard.com/contact-me/>

YOUR NOTES

Your thoughts/notes:



YOUR NOTES

Additional thoughts/notes:

enjoy
every
moment.

With LOVE,

Elisa



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