

THE

HOW TO CHANGE
ANY LIMITING
BELIEF & MAKE
YOUR WILDEST
DREAMS

come

true

WORKBOOK

EVAHUSSAIN.COM



You deserve to shine

Why am I here, talking about making your dreams come true?


Because what you do with your energy every day, what you spend your life working for, has a huge impact on how you feel.

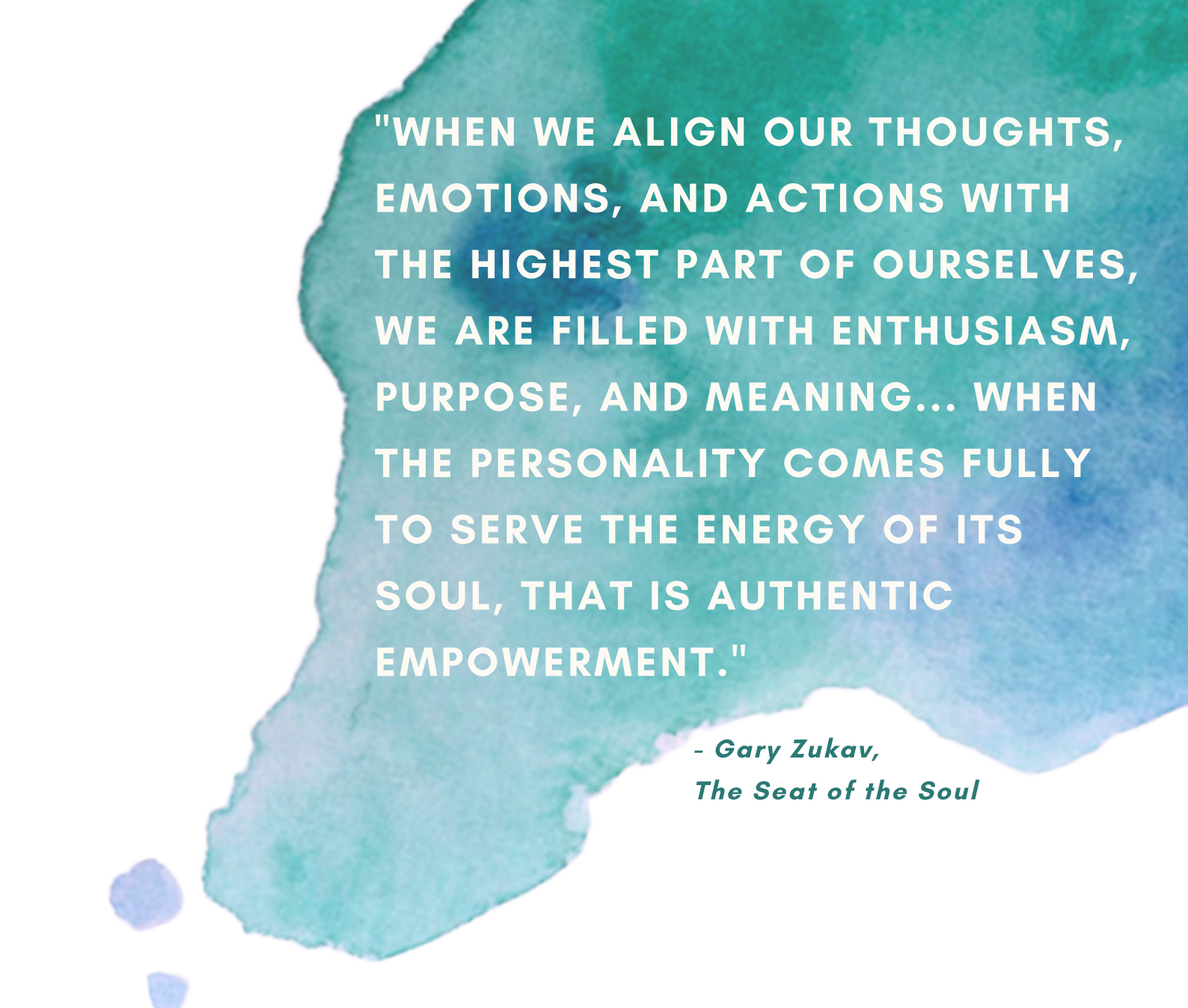
And for an empathic person, 'feeling' is a life-defining thing.

Because you feel everything. The good. The bad. The ugly. The beautiful.

And you take it in, let it wash over you, and begin to carry it around as your own - unless you know how to protect yourself from emotional overwhelm and compassion fatigue.

Filling your life with meaning, existing with a purpose, is what gives you that electrifying "juice" and makes people stand in wonder at how you do it.





"WHEN WE ALIGN OUR THOUGHTS,
EMOTIONS, AND ACTIONS WITH
THE HIGHEST PART OF OURSELVES,
WE ARE FILLED WITH ENTHUSIASM,
PURPOSE, AND MEANING... WHEN
THE PERSONALITY COMES FULLY
TO SERVE THE ENERGY OF ITS
SOUL, THAT IS AUTHENTIC
EMPOWERMENT."

- *Gary Zukav,*
The Seat of the Soul

So, print this out and grab a pen - or grab a pen and journal - because an important thing like what you're going to work on here requires your full attention.

Research has shown that by writing things down (yep, pen and paper) your brain is forced to slow down which gives it more time to process things deeply.

And you're going to want to tap into that cerebral superpower when you're figuring out how to make your wildest dreams come true!



What do you want to figure out?

What is it that you want to solve or change? You may have a laundry-list of things you desperately want to do - that's fine. Let it all out. Get it down on paper. Then choose the one thing that is the **most important** to you right now.





What stopped you before?

What limiting or negative belief(s) have stopped you from figuring this out before today? What have you told yourself about you, your skills or capabilities, others, the world or reality that has prevented you from making this change once and for all?

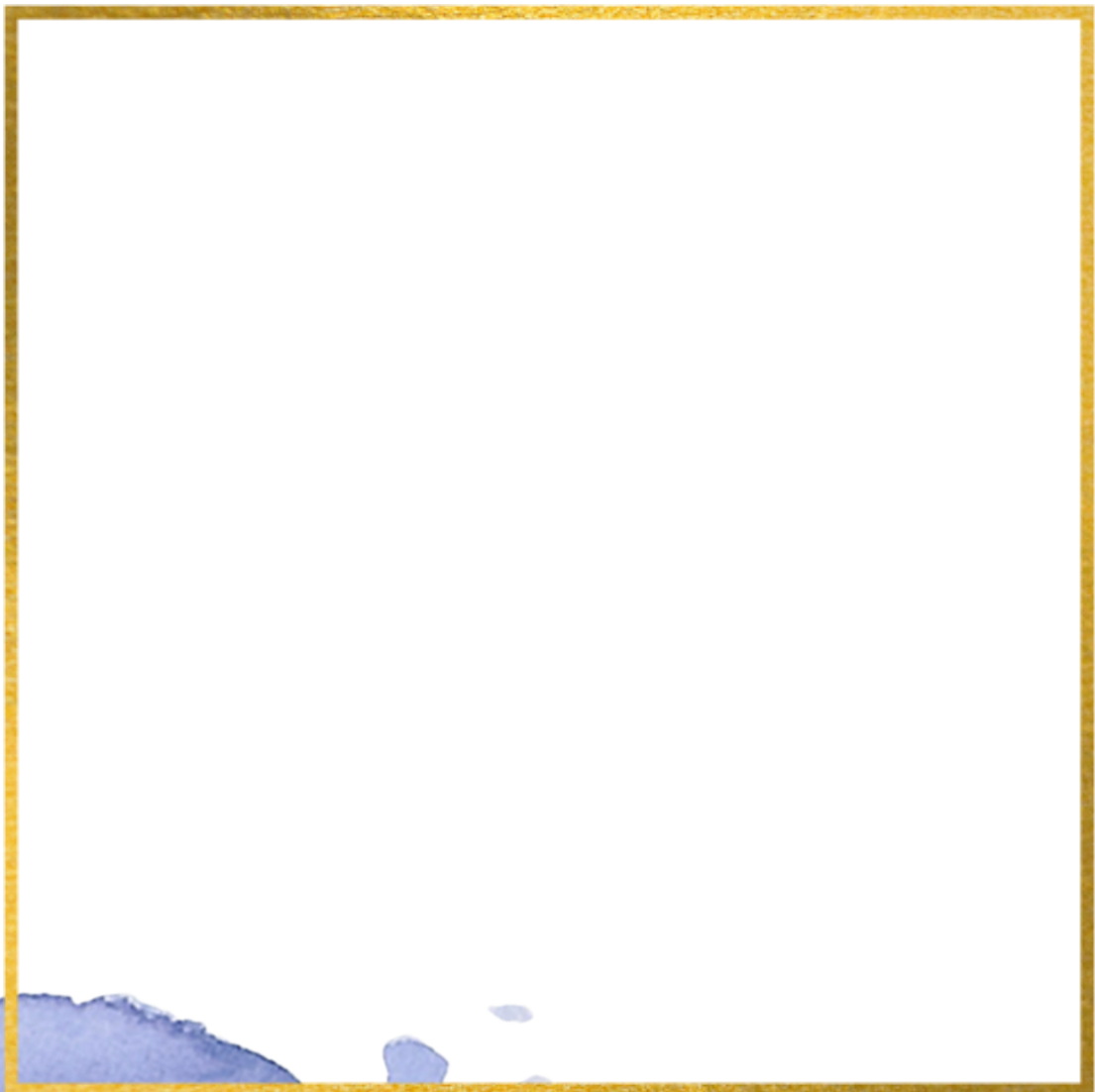


Time to call bullshit

Skip back to the previous page and cross out each of the beliefs you wrote down. Write 'BULLSHIT' next to each and every one. Go on, do it. It's fun!

Now take the opposite side of that and write down WHY every belief is bullshit. Make your best, most impassioned case for the opposite perspective. For example: "The belief that I can't get my dream job is bullshit because I have the skills and the experience to do it well."

Get real. Be brutally honest. Write from your heart, not from your head. No one else has to read this.

A large, empty rectangular box with a gold border, intended for writing. The box is positioned in the lower half of the page, below the instructional text. The background of the page features watercolor splashes in shades of blue and pink.

Now imagine life without it

Just imagine; who would you be if you didn't have this limiting belief?

What would be different in your life if you were physically incapable of thinking that small-minded, limiting belief that only serves to diminish you?

What would change for you emotionally, physically, financially, spiritually? Imagine yourself without that belief and describe what life would look like for you:



Now make it happen!

Write down one sentence that will help you embody and achieve your new goal. An action plan in the present tense.

I am making 200k by the end of this year. I am the owner of the best dog in the world. I have a blog with 10k visitors per month. I have my dream job working at _____.
(company)

Be specific. Add in all the important details.

Your turn:

I, _____, _____
(your name)

And repeat it often. Write it down in your journal twenty times every day for the next 90 days. Make it the wallpaper on your phone and read it every night before you fall asleep (and let your brain do the work while you sleep!).

Chant it while you're doing the dishes or folding the laundry. grunt it out loud when you're doing squats and repeat it like a mantra every time you feel like it's not true or like that goal is slipping away from you.

Use as many modalities as you can - your voice, writing, drawing, painting, graphics, audio, embodied movement and - most important - repetition.

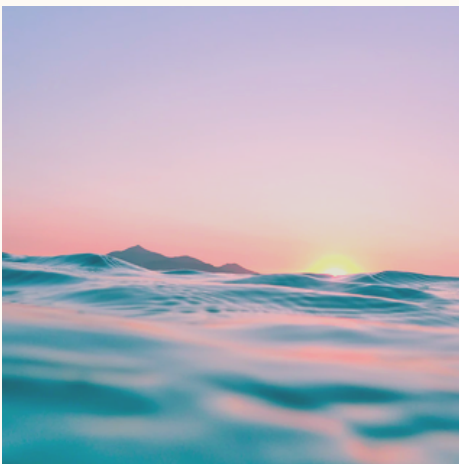
When you believe it, you can make it happen. Because you deserve to let your true self shine.

Oh hey!

If we haven't already met, I'm Eva Hussain.

I'm an illustrator and a writer with a passion for deep inner work.

And if you'd love to continue doing more inner work with me, you can get the Write Yourself Happy workbook for FREE when you sign up to my emails.



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