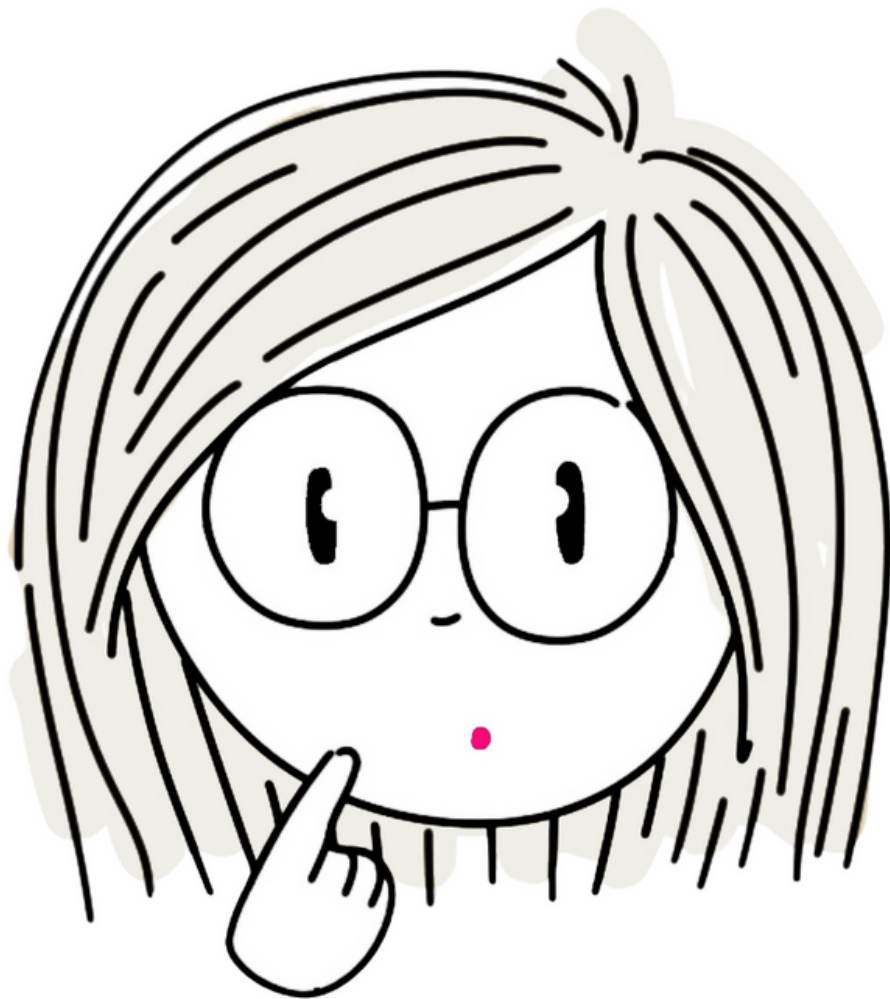


WORTHY AND ABUNDANT

Lesson Four



WELCOME

Welcome to your new lesson!

I hope you've had fun writing and recording your new life script and that it's put a smile on your face! And I also hope you gave yourself a massive pat on the back too, because I know it was a lot of work!

In this lesson, we'll look into the secrets of making your script work for you. By harnessing the power of your imagination and embracing the Law of Assumption, we'll also adopt a mindset of living from the end - where your desired reality becomes your present reality.

As you begin to realise that some aspects of your current reality have been shaped by your past thoughts and emotions, you'll discover just how incredibly powerful you truly are. Oh, how I wish I had known this stuff when I was younger!

So let's get started!

Wendie x



LAW OF ASSUMPTION

So, you've got your shiny new life script all set and ready to go, filled to the brim with your heart's desires. Now, it's time to kick it into gear with a little help from the Law of Assumption.

The Law of Assumption is a powerful principle that states that **what we assume to be true becomes true**. The Law of Assumption invites us to harness the creative power of our minds to shape our reality according to our desires.

Have you heard the saying, "We manifest twice: first in the mind, and then in reality." And that's exactly what we're about to do here. It's time to let your imagination run wild. Let's give you an example of how to manifest your desires using the Law of Assumption.

Imagine you have a deep desire to manifest a closet filled with fabulous clothes. Close your eyes and visualise yourself standing in a gorgeous walk-in closet. This fabulous space is beautifully organised and arranged, showcasing an array of stylish garments that would make Carrie from Sex and the City, go weak at the knees!

These aren't just any clothes; these are designer clothes that scream sophistication and style. From red carpet-worthy gowns to trendy streetwear, your wardrobe is bursting with pieces that are a perfect reflection of your unique personality.

It feels amazing and effortless putting together outfits that not only look good but also make you feel like a million pounds. With your impeccable sense of style to rival even the fashion icons, you feel confident, strong and worthy and ready to conquer any challenge that comes your way.

LAW OF ASSUMPTION

By employing the Law of Assumption, we adopt a mindset of **living from the end**. This entails vividly imagining and experiencing the positive emotions that arise from fully embodying our desired life script in the present moment.

This powerful practice taps into the transformative capabilities of our subconscious mind, which faithfully follows the script we feed it with. It does not differentiate between what is real or imagined, nor does it have the ability to accept or reject. Instead, it dutifully operates based on the script we impress upon it, aligning our thoughts, beliefs, and actions with our desired reality.

To truly embody your new script, you must continue to nourish and reinforce it in your mind. Your old script didn't simply materialise out of thin air. It was crafted through the power of repetition. Let's take speaking, for example. How did you learn to speak?

Indeed, it was through the power of repetition that you began to grasp the meaning of words. By hearing them repeated over and over, their significance became clear to you. As time went on, speaking became second nature, just like tying shoelaces, telling time, or even driving a car. It became so ingrained in your subconscious that you can now effortlessly express yourself without even thinking about it.

This process stands as testament to the incredible ability of our minds to adapt and master new skills through repetition.

So, just as you mastered the art of communication through repetition, you can harness the same principle to manifest your dreams.

LAW OF ASSUMPTION

Embrace the incredible capacity of your mind to adapt, learn, and grow through repetition, and witness the transformative power it holds in manifesting your desires. You've already taken the first step by crafting your life script. Now, it's time to bring your dreams to life.

Inside your workbook, you'll find some highly recommended actions to take on a daily basis. These shouldn't take anymore than 20-30 minutes in total, I assure you!

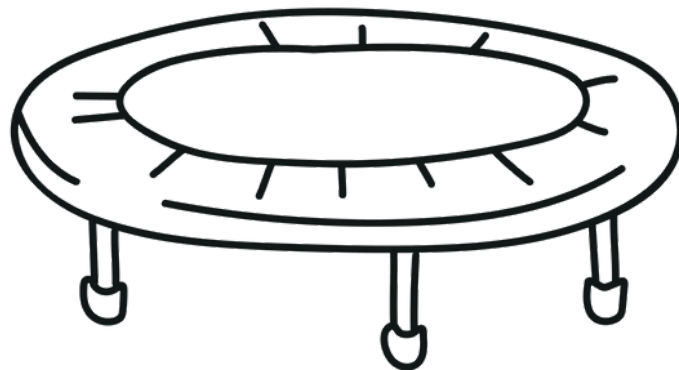
By completing these actions each day, you will set yourself on a swift path towards manifesting your desires.

Remember, repetition is key! It's crucial to consistently remind your mind of the magnificent person you aspire to become. By doing so you rewrite your mind's script, shaping your reality in magical ways.

So give it everything you've got!



WELCOME TO THE FUN WORK



THE FUN WORK

Starting now, begin listening to your life script twice per day, more if you can. As you do this, imagine yourself as being the person you aspire to be, having manifested all your desires. **Live from the end.** Allow yourself to feel really good. Remember your current reality is a manifestation of your old script!

Write down THREE things you're grateful about *yourself*. They can be moments, achievements, or even tiny joys. Write them in the present tense, to fully embrace the gratitude.

EXAMPLE: I'm so proud of my calmness today! I'm so happy I made someone laugh today. I'm so grateful that I got to walk in nature today!

Think of ONE action you can take today, to bring happiness to someone's day and make them feel valued. It's even more meaningful when you do something kind without expecting anything in return!

EXAMPLE: Give a genuine compliment. Lend a listening ear. Engage in an activity that eases the burden for another person. Surprise a friend with a heartfelt message to let them know you care.

Optional reading - If you are interested to learn more about the Power of Assumption, there is an additional article available in the 'Articles Tab'. Consider reading the article repeatedly for 7-14 days too! While it may initially seem unconventional, each reading will unveil fresh insights and revelations, allowing your inner horizons to expand in incredible ways.