



JUMPING THROUGH

*hoops*

7 DAYS



TO CHANGE  
YOUR LIFE

By Hannah Murphy

Congratulations in taking the first step to change your life and your mindset. Every single one of us deserves to live a life full of abundance and joy. The thing is most of us don't truly believe we are worthy and without realising it we create a block in letting abundance flow into our lives through our limiting beliefs. In order to let abundance of every kind flow into your life you need to change your thoughts and feelings.

If you are serious about living the life of your dreams you must remain open minded and put your trust in the unknown as well as in your ability to create your own reality.

Over the next 7 days I ask you to make a commitment to yourself to follow the 5 steps outlined in this worksheet.

Date and sign your agreement with yourself:

I (insert name):.....make a commitment with myself and the universe on (insert date).....to create a life filled with abundance and joy.  
Signed:.....

*'The power for happiness, for good, for everything we need of life is within each one of us. The power is there - unlimited power'  
(Robert Collier - New Thought Author')*

Before you begin ask yourself the following:

What would you like to attract more of into your life?

- 1.
- 2.
- 3.
- 4.
- 5.

What do you wish you could let go of?

- 1.
- 2.
- 3.
- 4.
- 5.

What is your ONE goal for the next 12 months?

Where would you like to be in 5 years from now?

Now you have created these thoughts and put pen to paper you have brought your dreams and goals into existence. All you now need to do is take inspired action to bring them into your reality.

Are you ready?

*'All you can possibly need or desire is already yours. Call your desires into being by imagining and feeling your wish fulfilled'  
(Neville Goddard - New Thought Author)*

## THE 5 STEPS TO ABUNDANCE

### 1. SET YOUR INTENTIONS

What is your goal and your intention? Re visit it daily. Visualise it as if it has already happened. Believe that it is more than possible. Perhaps create a vision board so that you can look at images daily of the things you wish to attract into your life.

### 2. PRACTICE DAILY GRATITUDE

Always find something in your day to be grateful for. However tough life can be at times there is always something to have gratitude for. We can often take many things for granted. The more you feel gratitude, the more love you give, and the more love you give, the more you receive.

### 3. TRUST IN THE UNIVERSE

Whether you call it the Universe, God, the Creator, Divine energy or no name at all, we put our trust in the unknown every day without realising it. When you go to work and say 'see you later' to your family we trust that we will return. We need to learn to trust the 'Universe' and the unknown. We need to learn to get comfortable with uncertainty. The Universe always has your back and at times when we go through periods of hardship it can be extremely hard to trust, but understand that when things don't work out the way you had hoped or planned it is purely because something better is waiting for you. Everyone is on their own journey in this life and we must learn to surrender to uncertainty.

#### 4. RAISE YOUR FREQUENCY

Everything is energy including our thoughts and feelings. When we vibrate at a higher frequency the Universe responds to our vibrations. Have you noticed that when you feel low you never attract great things? For example if a bill comes unexpectedly and your vibration is suddenly lowered then comes another bill! and the negative domino effect occurs. This is the Universe responding to your low frequency. However, when you are feeling good and vibrating at a high frequency good things just keep coming. The test is in maintaining that high frequency. Life can be tough but if we can find the strength to change our mindset to one of a high frequency then that is when the magic happens!

#### 5. PAY IT FORWARDS

Have you heard of the saying ' Give freely without expecting anything in return and it will come back to you 10 fold'?

Always give more than you expect to receive and give with a pure and loving heart.

Giving does not have to mean giving away all of your worldly possessions or donating your life savings to charity. Small daily acts of kindness are what the world needs. Perhaps buy a stranger a coffee, give someone a smile, help someone with their shopping or if you have time visit someone who is lonely and who would love some company.

Each day for the next 7 days answer the following questions. You can either do this at the start or end of the day or even both should you wish.

## DAY 1

What is your intention today?

What ONE thing are you grateful for today?

How will you/have you put your trust in the universe today?

What are you doing/have you done today to ensure you vibrate at a high frequency?

How will you/have you paid it forwards?

## DAY 2

What is your intention today?

What ONE thing are you grateful for today?

How will you/have you put your trust in the universe today?

What are you doing/have you done today to ensure you vibrate at a high frequency?

How will you/have you paid it forwards?

## DAY 3

What is your intention today?

What ONE thing are you grateful for today?

How will you/have you put your trust in the universe today?

What are you doing/have you done today to ensure you vibrate at a high frequency?

How will you/have you paid it forwards?



## DAY 4

What is your intention today?

What ONE thing are you grateful for today?

How will you/have you put your trust in the universe today?

What are you doing/have you done today to ensure you vibrate at a high frequency?

How will you/have you paid it forwards?

## DAY 5

What is your intention today?

What ONE thing are you grateful for today?

How will you/have you put your trust in the universe today?

What are you doing/have you done today to ensure you vibrate at a high frequency?

How will you/have you paid it forwards?

## DAY 6

What is your intention today?

What ONE thing are you grateful for today?

How will you/have you put your trust in the universe today?

What are you doing/have you done today to ensure you vibrate at a high frequency?

How will you/have you paid it forwards?

## DAY 7

What is your intention today?

What ONE thing are you grateful for today?

How will you/have you put your trust in the universe today?

What are you doing/have you done today to ensure you vibrate at a high frequency?

How will you/have you paid it forwards?

## CONGRATULATIONS

You have completed '7 days to change your life'. Hopefully you have started to see some beautiful changes occurring in your thought patterns and also in the way you feel. Your feelings are what create your reality so if you are serious about changing your life and creating a life of your dreams then keep up the good work and make these 5 steps to abundance a part of your daily routine.

*'Everything is possible for the person who believes'*

*Hannah x*