

# Living Your BEST LIFE

A Game Changer

4 easy  
steps



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Let this booklet **inspire you** each day to focus on your best life.

The simple format will allow you to **open at any page** and **find the inspiration** you need to keep moving in the direction of your best life.

You might **consider focusing** on each aspect for a **single day** to gather an **overview** of the 4 aspects. Then you might give a **week** to each, to **discover** what you really want. Finally, you might give a **month** to each aspect to **ingrain good habits** that become a natural part of who you are.

Remember that each aspect offers you a **practice**, some days you will do each one very well and other days you may feel that you haven't quite hit the mark, that is okay, simply re-commit and continue. **The more you practice, the more the results you desire will show up in your life.**

When things feel hard, remember that **we are all experiencing challenges in our lives** – it is how we move through them that counts, **there is no shame in asking for assistance.**



## Welcome to Living Your Best Life

This booklet introduces the **four aspects of Self** and reminds you that **exploring** who you really are and how you **interact** with the world, will lead to **living your best life**.



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**Strengthening the  
Physical Self  
to be what you Desire**



## **PHYSICAL SELF**

... is your body. **Your body** is how you **interact** with and **experience** the physical world.

This vehicle in which you travel through this lifetime requires **care** and **appreciation** to stay healthy and to provide you with the best possible experiences. If your body is healthy and strong **your potential** expands exponentially.

## HOW Physical Self Impacts your LIFE?

To physically become what you desire can seem like light years away. What is important for you to know, is that this process will be **as hard or as easy as you decide it to be**. If you decide it to be easy, then time will simply collapse on itself to bring forward what you desire much faster than you ever thought possible. Here's some considerations:

Affirm to yourself:  
"I am living my best life – now"

Q. How would I behave and what would I be doing if I were living my best life already?

**Know that a strong, healthy body inspires a healthy mind and spirit**

Ask for support from someone who has your back - a sibling, parent, friend, counsellor or coach. Someone who is unafraid to direct you back on the path of your best life

Challenges are opportunities to prove to yourself that you really do want to experience your **best life** – face them head on, recommit and never give up

Stand up straight and move your body as though you are already living your best life

Organise your daily activities (and your bedroom) with your best life in mind

# Power Up Challenge

## Strengthening Your PHYSICAL SELF

When you commit to strengthening your physical self, you are committing to **strengthening your body**. Your body needs the regular opportunity to move. Be deliberate and commit to physical activity that you will follow through with. Keep it simple!

1. **Commit** to moving your physical body.
2. **Choose** something you enjoy – dancing, team sport, a walk or run.
3. Your body **needs** – fresh air, sunlight and water.
4. **Eat** nourishing foods to support the strengthening of your body.
5. Say **'THANK YOU'**
6. An **attitude** of appreciation is the fuel of positivity and builds strength in body, mind and spirit.
7. Intentionally search out the **goodness and beauty** in your life.

**Remember, what you focus on grows!**



**Empowering the  
Mental Self  
to experience clarity and confidence**





## MENTAL SELF

... is the way you **process your experiences**. The mental self draws from your **beliefs** that have been stored since you were very young and ultimately determines your **perception** of your experiences.

As you spend time nurturing the mental self you develop a **better understanding** of why you see things the way that you do. Scheduling **time to be quiet** with the mental self allows for clearer understanding, a more open **curious** mind and **peaceful** outlook.

## HOW Mental Self Impacts your LIFE?

Often times we don't know what we want, so our **thoughts** are random and therefore our **experiences** are random. To know what you truly desire to experience in life, you must **spend time getting to know your whole Self**. Here's some considerations:

Thoughts stir emotions,  
emotions create experiences

Busy thinking about the past and worrying about the future robs you of the gift that is right in front of you - **the NOW**

**By staying present you have the opportunity to choose constructive thoughts and edit the destructive ones**

Focused positive thoughts bring about positive experiences

Use your senses and notice where you are - this is the Present Moment

A negative thought can be changed by considering another way to view a situation

An undisciplined mind creates chaotic experiences

# Being Present Challenge

## Direct Your MENTAL SELF

How could you re-write your destructive thoughts?

1. Become aware of the **NOW moment** - Feel your feet on the floor, the air on your skin, the taste on your lips.
2. In the NOW moment commit to replacing negative thoughts with **positive thoughts**.
3. Use a phrase to replace the negative thought as a quick editing tool – Phrases like:
  - “All is well”
  - “I know better”
  - “Every day in every way, life is better and better”
4. At first the phrase will feel fake and uncomfortable - **don't give up**.
5. Negative thoughts can be persistent so consider **creating a prayer** that you can repeat to lessen the noise of the negative thought and promote positive feelings—for example, “**May there be peace within me**”
6. Choose a prayer that genuinely expresses your **desire and ignites the feeling** of who you want to be. This is the power of prayer.
7. As the positive thoughts **build strength**, the negative thoughts gradually become less dominant.

The more you **practice positive thoughts**, the more positive feelings you will feel. These feelings strengthen the cells of your body and **attract more experiences** that are aligned to your **best life**.



**Supporting the  
Emotional Self  
to feel and adapt**



## EMOTIONAL SELF

... is the part of you that 'feels'. **Feelings** affect how you behave and your experience of the world around you. Developing an **awareness** of what you are feeling, will allow you to constructively direct your behaviour and **dramatically improve** the circumstances of your life.

Emotions are **energy-in-motion**, they enhance or hinder your relationships and are the driving force of your destiny. Traumatic experiences that are not fully processed, can produce a pattern of circumstance that cause you to believe that you are less than the **powerful, beautiful being**, that you are.

## HOW Emotional Self Impacts your LIFE?

Knowing and saying how we feel, can be a daunting task. However, with the right tools we can **express our emotions safely**, and we can make space for **happiness**, contentment, kind-heartedness, and **peace** to fill our lives.

Just as a river flows naturally forward finding a path to the ocean, so too our emotions **naturally flow** to find a path of expression and release. Resisting or forcing emotions can lead to stagnation and raging torrents of emotions. **Creating opportunities** for emotions to be expressed and heard allows for a steady stream of balanced and **harmonious insight** that opens the way to gentle ebbing and flowing - leading to more depth of character and an ease to navigating obstacles.

Water is a symbol of the emotional self, and it reminds us to flow forward.

Expressing emotions that have been stored away, frees the mind, body and spirit.

Expressing emotions safely with the right tools will make space for happiness and peace in your life

Challenges are opportunities to prove to yourself that you really do want to **experience your best life** – face them head on, recommit and never give up.

To feel, is to heal and grow into more of who you desire to be.

**A journal is a tool to assist emotions to flow safely and freely. It provides an opportunity to process bottled up emotions.**

# Flowing Forward Challenge

## Connect with Your EMOTIONAL SELF

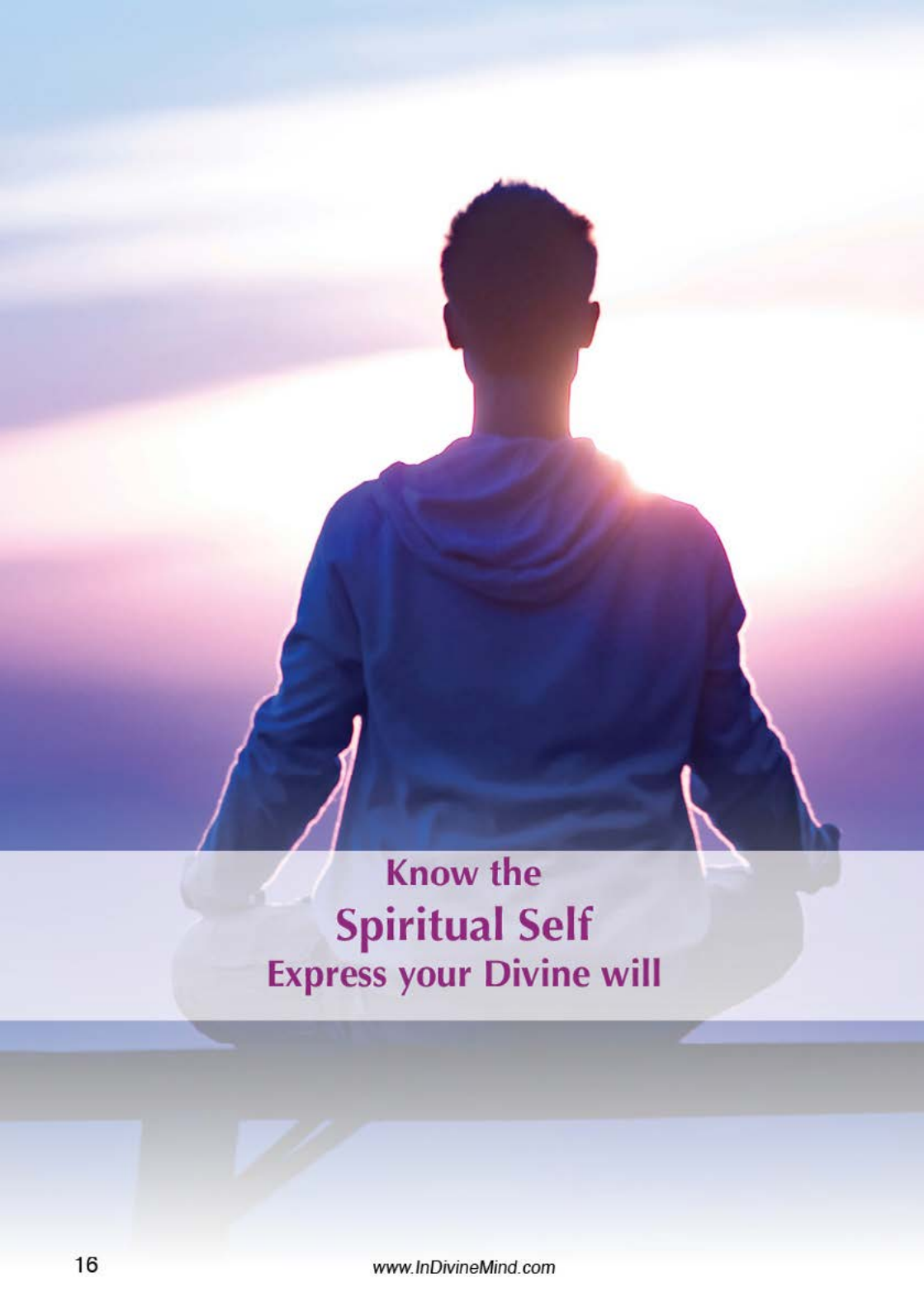
A journal is a book of blank pages to **write your thoughts and feelings** - it can be just the right tool to support your emotional self. A journal allows for **honest communication** that is private and kept from eyes of judgment.

As you become comfortable with your journal writing, you will find you develop an ease in purging any heavy and dark emotions that are keeping you from your true self and greater desire to **express the good things in life** that you are grateful for.

1. Find a **blank notebook**.
2. **Write** down how you are feeling right now, in this moment.
3. Be very **honest** with yourself.
4. Your Journal is for **your eyes only**.
5. The more honest you are in your journal, the lighter and **more at ease** you will become.
6. **Do not censor** your words as it will block the flow.
7. Enjoy every conversation you have in your journal and remember to **express the good stuff**.

## Some lead questions for your Journal:

- What makes me angry (Sad, hurt, bitter, jealous, resentful, lonely, overwhelmed, invisible)? Also; Happy, joy, love, grateful.
- Who makes me \_\_\_\_\_?
- When have I felt the most \_\_\_\_\_?
- How do I deal with the \_\_\_\_\_? Does it change anything?
- What can I do to deal with \_\_\_\_\_ without damaging my relationships or hurting myself?

A person is shown from behind, sitting on a ledge and looking out at a sunset over the ocean. The person is wearing a blue hoodie. The sky is filled with soft, colorful clouds in shades of purple, pink, and orange. The sun is low on the horizon, creating a bright glow. The overall mood is peaceful and contemplative.

**Know the  
Spiritual Self  
Express your Divine will**





## **SPIRITUAL SELF**

... is the self that is **unseen yet is everywhere**. It is the magnificent, beautiful part of you that holds **infinite potential** and **wondrous possibilities**.

It is the part of you that knows **who you are** and what your **mission** is in this lifetime. It is the **You** that is your **true authentic self**.

## HOW Spiritual Self Impacts your LIFE?

The Spiritual Self expresses through the **breath**. When we feel stressed, anxious or any other heavy emotion we might hold our breath or barely breathe. Is your spirit restricted, laboured or stuck, or is it **free flowing**? Your breath will offer you the answer to this question.

We must **spend time with the breath** to get to know the **spirit**, and to invite more spiritual nourishment into the **mind and body**, this is known as **meditation**.

As you offer attention to your spirit, the ability to **make good decisions** and **take action** towards your best life becomes a more **natural way** to be. Suddenly, just like that, **life is happening FOR YOU** rather than to you.

**Take a breath and  
feel the Spiritual Self  
In your body**

The breath is the  
physical expression of  
the invisible self

Stress, anxiety and negative  
emotions restrict the breath

A free flowing breath is  
needed to nourish the  
body and the mind

Meditation is a tool  
used to free the  
breath

A free flowing breath = a clear mind =  
healthy decisions

# Taking the Next Breath Challenge

## Communicating with Your SPIRITUAL SELF

Simple steps to Meditation:

1. **Sit comfortably** in a chair, legs uncrossed with feet flat on the floor. Hands resting into your lap.
2. Allow your **eyes to close**, and begin to **notice your breath** - without judgment notice if your breath is deep or shallow, fast or slow. Notice it for a few moments.
3. You might like to take a **few deep breaths**, to encourage the flow of breath into your physical body, and then **relax** and begin to **observe** the breath again.
4. Thoughts will interrupt you, distract you and entice you to stop. Your job is to **reaffirm** *'I am living my best life'*
5. Return your awareness to your breath. Have **no expectations** about what you think should happen during meditation.
6. The least you expect, the more likely you will **settle into pure relaxation**.
7. Start with two minutes of watching the breath, then gradually **increase your time period each day**.

## In a nutshell

Take care of your physical health to embody your desire.

**A journal is a tool to assist emotions to flow safely and freely. It provides an opportunity to process bottled up emotions.**

Thoughts stir emotions, emotions create experiences – take responsibility for the thoughts you hold in your mind.

**Your breath is the physical expression of your spirit. Breathe in the NOW moment.**

**As you nurture all four aspects of yourself you become the hero of your life.**

If you find yourself struggling, grab your journal, re-affirm "All is well" and remind yourself of your superpowers. Be the hero of your life!

A coach or mentor can remind you of the many tools you can use to be the best YOU that you can possibly BE.

# Notes

*A coach is my secret to living my best life!*





A **Coach** strives to **empower** their clients with **tools and strategies** that enhance their lives and lead to the most **wonderful experiences** ever thought possible. In the face of adversity, we have an **opportunity to prove that our spirit is great.**

The landscape of our **internal world** directly influences our experiences in the external world. Taking the time to **get to know**, and alter the way we **think, feel, breathe** and **behave** essentially determines how much **happiness** we experience.

A coach, whether Soul Coach®, Spiritual Coach, Mind Coach, Life Coach or Physical Fitness Coach can be just the **support and encouragement** you need to start on the path of your **very best life.**

To learn more, please **visit our website** for a list of wonderful coaches who can walk with you on this journey called life.

***[www.indivinemind.com](http://www.indivinemind.com)***



**Be Inspired  
Be Active  
Be Happy  
Be Still  
Be YOU  
Live Your Best Life TODAY**

A coach is a very handy addition to creating your best life. For support and encouragement please reach out and book a session at [www.indivinemind.com](http://www.indivinemind.com)

Every effort you make brings you closer to living the life you deserve.

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