



**"I'M ON A MISSION" VIBE**

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## about

Certified Coach and NLP Practitioner Madeline would love to show you how to get an 'On A Mission' Vibe and get what you want and create the life you want.

Madeline has created amazing relationships, a lovely home, a fulfilling career, her ideal body, supports others creating their ideal body and body confidence, and in the process a thriving business!

**Madeline knows exactly which tools and techniques are required to get an 'On A Mission' Vibe**

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## introduction

Thank you for taking the time to download this book so you have it to read as often as you like, you've taken the first step on the journey to empowerment!

This book is very interactive, so have a pen handy!

I believe EVERYTHING is about ENERGY!

That everyone; including YOU has the power to change their mindset and change their life.

So why would you listen to me?

Well, like me you're a **conscious creator** on a journey of discovery. On my journey the belief **I create my own reality** was so empowering it enabled me to turn my life around.

The Law of Polarity states **everything has an equal opposite**. Therefore, every perceived problem has a solution and within every perceived failure lays success. It's up to you which side of the pole you experience as you create what you focus on.

So....

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So....

Believing you've created your current reality and thinking how you created it. Where were you focusing?


And....

Considering **everything has an equal opposite** you can choose to shift your focus onto what you **want** to create in your life and create the opposite reality.

Does that make you feel empowered?

Provide an awareness of the soothing and shifting of your energy as you begin to take responsibility for your life?

How safe and secure would you feel if you believed you had all the resources you need to create the life you really want?



Every adversity,  
every failure and  
every heartache  
carries with it the  
speed of an  
equivalent or greater  
benefit....  
Napoleon Hill

## it's all about vibes

Everything is energy  
and that's all there is  
to it. Match the  
frequency of the  
reality you want and  
you cannot help but  
get that reality.

It can be no other way.  
This is not philosophy.  
This is physics....  
Albert Einstein

I believe the Law of Attraction operates twenty-four seven in our life, whether we're aware of it or not, under the premise *I attract into my life what I focus my attention and energy on... whether positive or negative....*

Our **words** create our **thoughts**, which create our **feelings**, which in turn determines the **actions** we take and our **results**. So, if we want different **results** we need to choose different **words**!

Understanding the Universe is responding to the vibrational signals we're offering, obediently sending back more of the same, we can then begin to deliberately focus our thoughts on what we want, and in turn, send out vibrational signals to create it, known as **Deliberate Creating**.

Then you'll notice what others consider *coincidence, synchronicity, serendipity, luck, karma, meant to be, fate, out of the blue* experiences....

Saying that, you need to know what you want!

Now can you see how you create your own reality?

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## emotions

When you become aware of something you want to create in your life, a new partner, money, a whole new you; a higher expanded part of you is created and *it's already got your name on it'* (that something you want to attract) and your work is to align with it to receive it.

All emotions are good

Our emotions are always helping us understand what we do and do not want. When we experience negative emotion we are in resistance, experiencing what we don't want. That's **Contrast**.

Each of us is born with an Emotional Guidance System directing us by our feelings. Our **thoughts** affect our **feelings** and our **feelings** our **actions**.

So, to become a Deliberate Creator we need to become a are of our emotions and what they're trying to tell us.

**STEP:** Notice how your Emotional Guidance System responds to your thoughts. When you feel good you are in vibrational alignment and closer to creating what you want. So, what makes you feel more joyful? How do you feel when you focus on what you don't want?

Click [here](#) to take the 'Emotional Journey' as nothing is more import than FEELING GOOD...



## clarity

Get CLEAR. Decide what you really, really want. Often, we focus on what we don't want. *I don't want this to happen, that to happen; I don't want to gain weight.* That's **Contrast**.

When you ask yourself 'What do I want instead?' you shift your vibration. It takes seventeen seconds to shift your vibration and you can only hold one vibration. So as soon as you focus on **what you want** you start the vibration shifting, you start focusing on *I want my ideal fit body* instead of *I don't want to gain weight*. That's **CLARITY**.

Shouting NO includes it's vibration in your vibration....

By focusing on what you DON'T want in an effort to *defeat* or *resist* it you create more of it. You're in resistance, low level vibration, and things stay the same as you're creating at a vibrational level. To achieve your desires first seek vibrational alignment.

**STEP:** Schedule some me time, light a candle, have a candle lit bath, put some soft music on, whatever turns you on! Get clear and **write down** how you want your life to be, as well as, who you will be being, as life organises itself around who YOU ARE BEING.

Down load and complete the first two columns of my Universal List process and instructions [here](#)

## your WHY

Why you want what you want?

WHY is the motivating force.

WHY is the purpose behind your desires.

Why do you want what you want? Why do you want to create your ideal body, the money you want, the love of your life, a whole new you?

What will it give you? A sense of? Happiness, health, peace, freedom or fun?

Listen to your intuition, your gut feeling, go deep and ask yourself again 'What will that give me?'

Then to the answer ask 'And what will that give me?' at least another six times to discover your why, your purpose.

**STEP:** Complete the third column of my Universal List process downloaded under Clarity to discover and write down your WHY for your desires?

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How do you want to feel in every moment?

How do you want to feel when you have your ideal body, the partner you want, all the money you want, a whole new you?

Identify the feeling, and then get into that feeling.

**STEP:** Get into the feeling place when you complete the third column of my Universal List process downloaded under Clarity.

Or... Get into the feeling place by stepping into the future vision of how you want your life to be, who you will be being and experience your emotional state.

What would you feel? A sense of peace, security, confidence, happiness, abundance, love, worthiness, deserving?

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## thoughts

As a deliberate Creator your thoughts are key to getting into “I’m On A Mission” Vibe, so deliberately choose thoughts in alignment with what you want.

Thoughts become things....

Your mind is a powerful source of creation; so do whatever it takes to keep your thoughts focused on what you want, on your future vision of how you want your life to be and who you will be being.

**STEP:** As you move through your day start to become aware of where you’re focusing your thoughts.

When your thoughts are focused on what you DON’T want ask: What do I want instead?

This FLIPS your focus to what you want, to *I want to be in my ideal fit body* instead of *I don’t want to gain weight...*

The words change; the thoughts change and guess what, the results change!

Start keeping a thought diary, see link:

<http://www.ru-ok.org.uk/downloads/natsdry.pdf>

Ask yourself :

Is this thought moving me  
towards or away from  
what I want?

The words we use form our thoughts! So we need to use words in alignment with what we want.

The words DON'T, NOT, NO bring our attention, energy and focus on what we DON'T want and need to be eliminated from our vocabulary forever!

If I said *DON'T think of a red rose*. What are you doing?

If I type *NO red rose* into the internet. What will I get?

Red rose!!

If I say to my gorgeous dog Lily *you're NOT going for a walk* her ears prick up, tail wags and she gets very excited as she hears 'going for a walk!

Eliminate the words  
DON'T, NOT, NO

**Step:** Start eliminating the words DON'T, NOT, NO  
Ask: What do I want instead? Then *I DON'T want to be late* becomes *I want to arrive on time*. On what you want!

Then you'll notice what others consider coincidence, synchronicity, serendipity, karma, meant to be, fate, out of the blue experiences.

## the HOW

To  
Rely  
Upon  
Spirit  
Totally....

Trust in the process, let go of the HOW it's going to come to you as the Universe can come up with so much more than you can ever imagine.

So become open to the possibility of your desires showing up in ways you can ever imagine!

**It's your work to dream it and let it happen; the Universe will make it happen. In your joy, you create something, and when you maintain your vibrational harmony with it, the Universe must find a way to bring it about. That's the promise...**

**Abraham**

Maximise your inner guidance.

Sit for a few minutes.

**Slow down your breath,  
slow down your mind....**

**Control your breathe,  
control your mind....**

Breathe in 'I welcome guidance'

Breathe out 'I wait to receive'

Let your mind be quiet and listen for guidance, wait for it; it is there, it's available all the time if you just practice listening to your higher self for guidance.

If you get distracted, put any thoughts in a bubble and let them float away or try and lengthen the time between each thought.

Then take intuitive, inspired action.

If you get a feeling to phone someone, even though it doesn't logically make sense, honour it, pick up the phone and make that call.

Taking inspired action causes energy to move, so the more changes you want to see in your life the more energy needs to move.

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Practice gratitude and appreciation. Focus on and write down the things you're grateful for in your life. First thing in the morning and last thing at night is the best time, as the brain is like a sponge.

**Where your attention  
goes your energy flows....**

When you focus on gratitude and appreciation you're in a more connected place. You can access your higher self and receive creative insights. After a while it becomes automatic and you start to appreciate everything, and as you get what you focus on in life, you'll experience more things to feel grateful and appreciate.

When you appreciate you feel good, raising your vibration, your point of creating what you want.

**STEP:** Take a moment NOW and ask: What do I love in your life right NOW? What do I appreciate NOW?

Look around you and let yourself bask in that feeling.

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Love yourself. Put yourself first, ensure you get plenty of sleep, and make exercise a part of your life, eat nutritious foods, breathe, practice stillness and meditation, practice kindness and appreciate yourself.

Create your own daily rituals such as journaling with the aid of a Habits chart.

Maximise your support, either by an accountability buddy, hire a coach, tap into a community, join or create your own group, employ someone to clean your house, do your laundry to enable you work on your unique ability and show up in the world. Having someone to celebrate with along the journey is huge!

As you vibrate in a place of gratitude and self love the Universe will reward you with all the material things you desire!!

**No one is going to love you until you love yourself....**

## visualise

The mind uses pictures to help us process information and understand what we want to do.

**Make the mental image clear,  
distinct and perfect....**

**Then hold it firmly and the way  
and means will develop....**

When you give your mind a picture it starts filtering the world and the input you receive, bringing things to the forefront of your mind to help you accomplish the picture you put in.

**Clarity** ensures you put a clear, detailed picture in your mind of exactly what you want your awesome future to look like.

**STEP:** Tune your mind in on a daily basis to ensure you're moving in the right direction and taking the steps you need to take.

Keep a journal, write, and draw pictures, even if you can only draw stick men! Get as detailed as possible, add colour, yourself, and bring emotion into it. As you move forward it will change, so adjust it.

Create a vision board, cut pictures out of magazines and paste to a board and hang where you'll see it every day. Click [here](#) to see some examples.

## daily ritual

Start your day with gratitude and meditation.

Sit with your [desires](#) and then **with your eyes closed**

Repeat out loud your [affirmations](#) with feeling **and then**

Visualise your life the way you want it to be, creating a movie in your mind of what life will be like when you've created what you want.

What will you be doing, feeling, being? What will be going on around you? See what you see, hear what you hear, feel what you're feeling. Add colour, sound, people, include YOU in your movie **and then ask**

What action could I take today, tomorrow, next week to move me towards my desire?

Act 'AS IF' you've already achieved your desires.

End your day reflecting on at least two successes you've accomplished during the day.

Use a [habits](#) chart to keep motivated, success attracts success.

Write down and keep with you a power word or phrase you can focus on to remind you how you want to think, **for**

**example:**

I am a love magnet *or* I am a money magnet

Remember YOU'RE a brand NEW YOU!

Need help manifesting of your own reality?

Your experience in goal setting is directly related to your attitude WHILE setting them, so do whatever it takes to feel incredible!

As our beliefs become our reality, they act as a magnet, drawing into our experience the essence of what we believe, which determines our **decisions**, which determine our **actions** and in turn our **results**.

The power of gratitude is based on the power of our beliefs, to be grateful for something is an emotional response to believing that the thing you're grateful for is good and you believe that more good things will come into our life

**STEP:** For each desire use SMART goals that you **write down** as if **already happened** then take inspired **action**.

**If you keep doing what  
you've always done,  
you're going to get what  
you've always got....**

For each goal\desire ask 'What belief do I need to have to recite every day that will help me feel that I can achieve and deserve it?'

Note: some beliefs are more powerful, work on changing the strongest belief first.

Then create [Affirmations](#)....

Create Affirmations for each of your desires that are **believable**, written in the present tense **as if already happened** and ensure you include how you'll FEEL.

You could start **I feel so grateful**

It's New Year's Eve and I now weigh 8 stone, or

It's January 2020 and I'm now earning £80k a year, or

My relationship with the guy who gets me feels so connected and loving, or

My emotional being is solid and wonderful, or

I'm so grateful and happy I am \ I have .....

Ending **Thank You Universe!**

So 'Its New Year 2013 and I feel worthy of and so grateful, safe and secure that I'm sharing my life with the guy who gets me, thank you Universe.'

Write them down. Hang where they will be seen on a daily basis, or in your journal, to focus on and remind you what you desire. Record and play back to yourself.

This is a POWERFUL exercise that acts as a plan for your desires, creating vibrational resonance with what you want to create into your life.

Need help reframing your beliefs, creating affirmations?

## inner coaching

Get a piece of paper and a pen, sit quietly, close your eyes, take a few deep breaths and ask yourself:

- What one thing in my life, if I changed, would make the most difference NOW?

*Then:*

- What thought or belief about me is standing in the way of making that change?

Write down the first answer that comes into your head, even if you don't resonate with it.

What was your answer?

- I'm not good enough
- I'm not loveable enough
- Too....fat, broke, damaged....
- Scared

Your answer is UNTRUE!

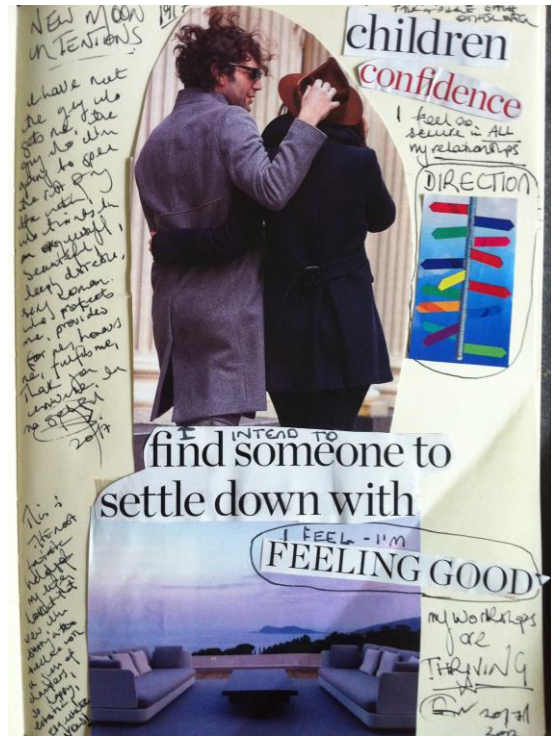
Thoughts repeated a lot become beliefs. The only limits recognised by our subconscious are those we consciously choose to believe in, and beliefs create our reality. YOU do have the power to change your thoughts and beliefs, they just needs reframing!

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# vision boards



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## Take the emotional journey.

What is my emotional setpoint?

Do I feel... or... —shorten range to pinpoint emotion.

Once found, find thoughts that give a slight feeling of relief from emotion currently feeling. An improved feeling means a releasing of resistance and a releasing of resistance means a greater state of allowing what I really want. Fashion some words that lead me into a slightly less resistant emotional state of being. "I want to release my *frustration* at not being able to... and replace it with the sense of *hopefulness* of..." and go from there.

### 1. Joy/Knowledge/Empowerment/Freedom/Love/Appreciation

**Joy:** pleasure, delight, ecstasy, bliss

**Knowledge:** awareness, understanding

**Empowerment:** be able, have power

**Freedom:** liberty, independent

**Love:** deep affection, care

**Appreciation:** favorable or grateful recognition, increase in value, find worthwhile

### 2. Passion: strong emotion, enthusiasm, intensity, fervor

### 3. Enthusiasm/Eagerness/Happiness

**Enthusiasm:** strong interest, great eagerness, fascination, excitement

**Eagerness:** energetic, keen, fervid

**Happiness:** fortunate, glad, high spirit

### 4. Positive Expectation/Belief

**Belief:** conviction, firm opinion, certitude

### 5. Optimism: positiveness, cheerfulness, confident

### 6. Hopefulness: expectation and desire combined, promise, wish, dream

### 7. Contentment: satisfied state, tranquil, happiness, ease, comfort

### 8. Boredom: dullness, tedium, monotony, dreariness

### 9. Pessimism: tendency to be gloomy or expect the worst, defeatism

### 10. Frustration/Irritation/Impatience

**Frustration:** effort ineffective, discontented because unable to achieve one's desire, disappoint

**Irritation:** excite to anger, exasperate

**Impatience:** lacking patience or tolerance, restlessly eager

### 11. Overwhelm: overpower with an excess of, inundate

### 12. Disappointment: frustrate, let down, dissatisfy, saddened, fail to have one's expectation

### 13. Doubt: uncertainty, inclination to disbelieve, lack of full proof, undecided

### 14. Worry: be fearful, be apprehensive, anguish, anxious

### 15. Blame: assign fault or responsibility, attributing responsibility

### 16. Discouragement: deprive of courage, confidence or energy, dispirit, demoralize

### 17. Anger: extreme or passionate displeasure, antagonism, irritation, madden

### 18. Revenge: retaliation for an offense or injury, vindictive feeling

### 19. Hatred/Rage

**Hatred:** intense dislike

**Rage:** fierce or violent anger, violent action, be full of anger

### 20. Jealousy: fiercely protective, envious, resentful, possessive

### 21. Insecurity/Guilt/Unworthiness

**Insecurity:** lacking of confidence, unsafe, hesitant, unsound

**Guilt:** sinfulness, fact of having committed a specified or implied offense, responsible for a wrong

**Unworthiness:** discreditable, inferior, mediocre, unmerited, unqualified

### 22. Fear/Grief/Depression/Despair/Disempowerment

**Fear:** panic or distress caused by exposure to danger, expectation of pain, feel anxiety about

**Grief:** deep or intense sorrow or mourning, suffering, calamity

**Depression:** extreme melancholy, often with physical symptoms, reduction in vitality, vigor or spirits, slump

**Despair:** complete loss or absence of hope, discouragement, misery

**Powerlessness:** without power or strength, wholly unable

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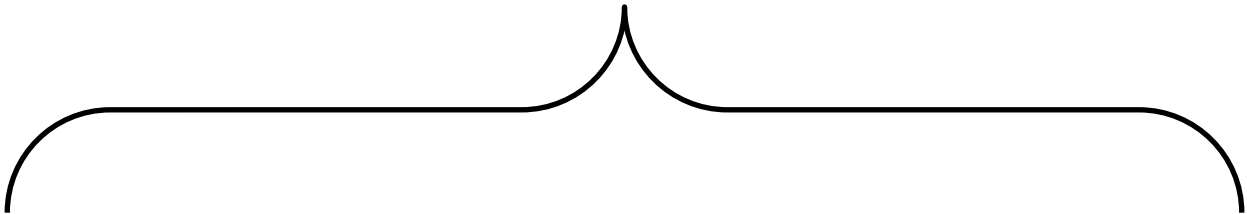


My daily success habits for the month of \_\_\_\_\_

H A B I T	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
<i>Gratitudes on waking</i>																															
<i>Desires</i>																															
<i>Visualise</i>																															
<i>Successes end of the day</i>																															

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[YouTube Channel](#)

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