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B E R N I E C U R D

BREATHE

AND

BLOOM

*with Bernie*



CLARIFY WHAT YOU WANT AND THEN GO AFTER IT...

Copyrighted Material

This download has been created for those people who have bought the ebook version of my book, and so don't have access to the exercises and vision board templates that were in it.

## **Clarifying your life purpose**

### **Be clear about your Life Purpose**

Once you are clear about what you want and keep your mind constantly focused on it, the 'how' will keep showing up – sometimes just when you need it and not a moment earlier. You were born with an inner guidance that tells you when you are on or off course by the amount of joy you are experiencing. The things that bring you the greatest joy are in alignment with your purpose and will get you to where you want to go. Take some time to think honestly and openly about where you are currently in your life and what you want to do with your life.

- What is your financial status?
- How are your relationships going?
- How is your health?

Next, think about where you would like to be.

If your life were perfect right now, what would it look like? What kind of job would you have and where would you be living?

By continually doing this exercise, you'll send powerful triggers to your mind – whilst also training your mind into positive affirming thought patterns.

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## **Creating your own vision board**

Over the next few pages, you will find a space for each of your focus points to create your own vision boards.

Health, Relationships, Career, Personal Growth, Your Personal space and Environment, Money, Fun, Spirituality

All you need to create your own unique vision board are

- Pictures that inspire and focus you – raid your own memory collection or get inspired by magazines and online snaps
- Affirmations that align with your focus, look up some of your favourite people or find some of your affirmations from within
- Scissors, pen or crayons, glue or Sellotape – why not treat yourself to a nice new pencil case and pens for journaling – make it your time and an integral part of your day

Now that you have your supplies, it couldn't be simpler. Choose the pictures that resonate with you and lay them out on your board.

You may also want to add some affirmations. These can be inspirational sayings you've found on the internet, or positive inspiring statements that you write yourself. Mingle these in with the photos on your board, arranging them in any way that looks good to you.

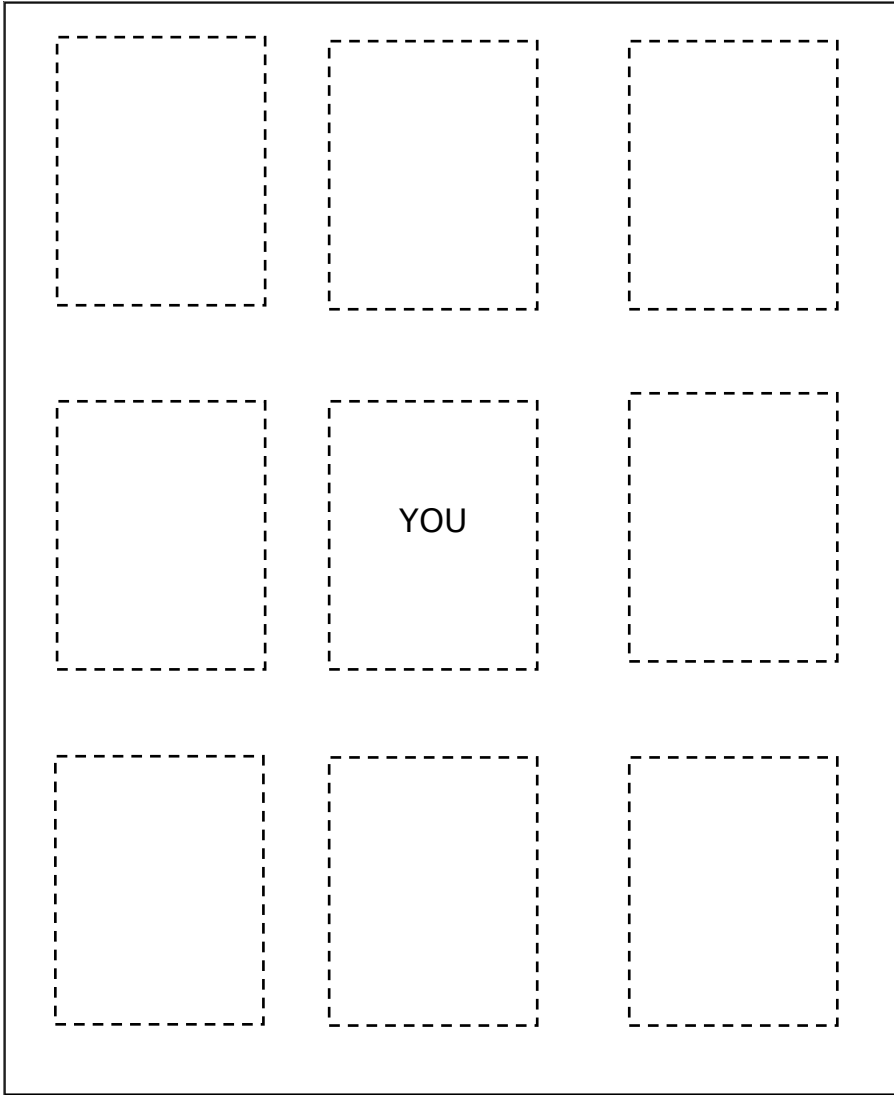
Once you're happy with the look of it, stick the items to your board. That's it. You're done.

Remember that it isn't about sitting and staring at your vision board for hours on end. Creating a vision board is a little like planting a seed - the ideas and intentions are in your mind, your vision board is a tool to nurture them, a daily reminder to keep you focused.

We are like plants in a lot of ways, we need to nurture are needs to grow and bloom.

Just a suggestion:

Why not cut out each page and mount them, with you in the middle.





## **Your Health**

## **Your Relationships**

# Your Career

# Personal Growth

# **Your Personal Space and Environment**

# Money

**Fun**

# **Spirituality**



Quotes and affirmations for your vision board...

Believe  
YOU CAN  
and  
YOU'RE HALFWAY  
THERE

BE  
THE BEST VERSION  
OF  
Yourself

DO  
what you  
LOVE  
LOVE WHAT YOU  
DO

Blessed

TRUST YOUR PATH

STOP AND BREATHE

BE OPEN TO INSPIRATION.

DREAM  
big

OPEN  
YOUR  
HEART.

You are the  
creator of your  
own reality.

DO SOMETHING  
today  
THAT YOUR  
future self  
WILL  
thank you for

Believe

I am  
worthy.

Dream <sup>it</sup>  
» WISH IT «  
♥ DO IT ♥

BE  
Yourself  
♥

BE THE ENERGY YOU  
WANT TO ATTRACT.

Decide  
to be  
happy.

Think  
positive!

Make it  
happen!

If you can  
dream it, you  
can do it.  
Walt Disney

  
CREATE  
YOUR OWN  
sunshine

Always  
Be  
Kind

YOU ARE THE  
AUTHOR OF YOUR  
LIFE.

Choose  
Kindness

Accept no  
limitations.



## **My Successes**

How to use this section

Affirmations and visualisation are great at reprogramming the mind but will amount to little, if you don't believe them...

By leveraging your previous successes, it helps you to remember all the things you've already done. This is incredibly helpful when your inner impostor creeps in and you start to think you're not good enough, don't know enough etc.

I like to compare it to climbing a mountain. You focus so much on looking up, you forget to look how far you've already come.

It's a real confidence boost when you start writing down your own successes. Maybe, get a notebook yourself and start writing your own down.

Read them, and then think about what you feel about the person who wrote it

















## **Week 1**

### **Desire 1**

What is your 1<sup>st</sup> desire?

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Why is this important to you?

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Now list 10 solutions

1. 

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2. 

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3. 

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4. 

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5. 

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6. 

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7. 

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8. 

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9. 

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10. 

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## Desire 2

What is your 2<sup>nd</sup> desire?

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Why is this important to you?

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Now list 10 solutions

1.

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2.

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3.

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4.

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5.

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6.

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7.

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8.

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9.

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10.

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### Desire 3

What is your 3<sup>rd</sup> desire?

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Why is this important to you?

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Now list 10 solutions

1. 

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2. 

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3. 

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4. 

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5. 

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6. 

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7. 

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8. 

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9. 

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10. 

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Think about someone you know who is successful.

What is their biggest achievement?

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Now think about their biggest challenge. What was it?

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How did they move from challenge to success?

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What lessons can you take away from their story?

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Think about someone else that you know who is successful.

What is their biggest achievement?

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Now think about their biggest challenge. What was it?

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How did they move from challenge to success?

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What lessons can you take away from their story?

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Now think about your own story.

What is your biggest achievement?

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Now think about your biggest challenge. What was it?

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How did you move from challenge to success?

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What lessons can you take away from your own story?

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## Values v Time

**What is most important to me?**

**What do I spend my time doing?**

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## **Week 6 - Affirmations**

Affirmations are positive statements that can help you to challenge and overcome self-sabotaging and negative thoughts. When you repeat them often and believe in them, you can start to make positive changes.

Words create emotions and with emotions we create the desired outcome of our lives. That's why it is so important to be aware of the words you use on a daily basis, because these create your reality.

Not every word you speak will bring results. To ensure you get what you want, your words need to be said with attention, intention and feeling.

Some people think affirmations are just "wishful thinking". But look at it this way: most of us do repetitive exercises to improve our physical health and affirmations are like exercises for our mind and outlook.

These positive mental repetitions can reprogram our thinking patterns so that, over time, we begin to think and act differently.

If you repeat an affirmation that you don't really believe in, there might be some subconscious resistance to it. When you are lacking in self-esteem or going through a difficult situation, your mind keeps thinking of your current situation and finding it difficult or nearly impossible to think of a different, positive situation.

Affirmations are most effective when they are repeated when you are relaxed and calm. It needs to be something you feel comfortable saying and that you are able to say with sincerity. Once you have chosen your affirmations, repeat each one to yourself regularly throughout the day.

I found repeating them 10 times during the day really helped, they became second nature and my subconscious mind believed they were the truth. I wrote mine in a notebook and whenever I took a break, I would read them. You could also set a reminder on your phone. so your affirmations appear regularly to you throughout the day.

The key to making affirmations work is to repeat them often. By doing this you are implanting the seeds of your desires in your unconscious mind.

Affirmations should be phrased in positive words. For example:

- I am not weak
- I am strong

Although both sentences express the same idea, the first is a negative sentence as it focused on a mental image of weakness. The second focuses on what you want – strength.

Always phrase your affirmations in the present tense, as you want to achieve your goal now. If you want a new job, don't say, "I will have a job", but instead say "I have a wonderful job".

I often speak affirming words into the mirror first thing in the morning, saying "Today is going to be a great day". Short statements are easier to remember.

Affirmations you may want to try

- Every thought I think is creating my future
- I am grateful for all that I have
- My life is simple and easy
- I now attract positive healthy people into my life
- I deserve the best and I accept the best now
- Everything I touch is a success
- I attract wonderful new opportunities into my life
- My income is constantly increasing

### **Exercise**

Write down 3 affirmations that you can use.

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## Exercise

Think about something that you're really passionate about.

What is it that you're so passionate about?

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Why is that?

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How does your passion show up?

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Take some time and think about how passionate you are right now about your goals. Is there anything else that you can do to connect with your goals on a deeper level? Write them down below:

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## **How will you recognise your successes?**

Take a few minutes to think about how you'd recognise your successes

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## 100 Things that I enjoy doing

|     |     |
|-----|-----|
| 1.  | 26. |
| 2.  | 27. |
| 3.  | 28. |
| 4.  | 29. |
| 5.  | 30. |
| 6.  | 31. |
| 7.  | 32. |
| 8.  | 33. |
| 9.  | 34. |
| 10. | 35. |
| 11. | 36. |
| 12. | 37. |
| 13. | 38. |
| 14. | 39. |
| 15. | 40. |
| 16. | 41. |
| 17. | 42. |
| 18. | 43. |
| 19. | 44. |
| 20. | 45. |
| 21. | 46. |
| 22. | 47. |
| 23. | 48. |
| 24. | 49. |
| 25. | 50. |



|     |      |
|-----|------|
| 51. | 76.  |
| 52. | 77.  |
| 53. | 78.  |
| 54. | 79.  |
| 55. | 80.  |
| 56. | 81.  |
| 57. | 82.  |
| 58. | 83.  |
| 59. | 84.  |
| 60. | 85.  |
| 61. | 86.  |
| 62. | 87.  |
| 63. | 88.  |
| 64. | 89.  |
| 65. | 90.  |
| 66. | 91.  |
| 67. | 92.  |
| 68. | 93.  |
| 69. | 94.  |
| 70. | 95.  |
| 71. | 96.  |
| 72. | 97.  |
| 73. | 98.  |
| 74. | 99.  |
| 75. | 100. |

You now have 100 ways that you can celebrate your success.

**Your weekly goal  
setting journal and  
accountability  
pages**



## Goal Setting

What am I committing to this week?

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Why is this a priority?

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How will I feel when it's done?

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Date: \_\_\_\_\_

What will I focus on today?

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Affirmations

To Do:

1

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2

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3

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Daily Gratitude

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## Accountability

What did I commit to this week?

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Why was it important?

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How did I get on?

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