

YOU ARE Infinite

2.0

E - W O R K B O O K

Quiet your **self-doubts** &
tune into your **higher power**.

You are a boundless energetic
being with infinite potential.

Over the next five days you'll be
guided to explore deep within the
layers of your Self. "You Are Infinite" is
here to help you master your mind and
reclaim your power. Before we begin
I'd like to remind you of one crucial
truth:

You are a conscious cluster of chemical
reactions divinely created and
supported by the universe.



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Day 1

RECOGNISE

Who are you beneath all the layers?

To create change in life, we must identify ourselves as we are and honestly recognise the areas that we desire transformation.

Day 1 is about dismantling your current framework to reveal your present belief systems. This type of self reflection gives you the space to highlight your strengths, and lovingly approach any beliefs that aren't serving your greatest good.

Day 1

RECOGNISE

What are your core values?

What are a few things in the world that you value most?



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Day 1

RECOGNISE

What life experiences have you gone through that have influenced you to become who you are today?

What lessons have you learned from these experiences?



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Day 1

RECOGNISE

Do the lessons you have learned from your life experiences align with your core values? Why?

How can you apply these lessons to different areas of your life?



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Day 1

If you stayed exactly as you are today, what would your life look like in 5 years?

Day 1

Imagine you have no barriers holding you back. What would your life look like in 5 years? What would a "day in your life" look like? How would you spend your time? What areas of your life receive daily nourishment?

Day 1

What are a few small ways that you can begin to embrace this version of yourself today? What priorities would need to change? What do you need to shift your focus toward?

You've Completed Day 1.

Softens your eyes.

Rest your hands over your heart.

Take three deep, restorative breaths.

You are here. You are loved.

"Smile, breathe, and go slowly."

- THICH NHAT HANH



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Day 2

REDIRECT

How often do you challenge your thoughts?

Your negative thoughts may frequently challenge you... but how often do you challenge them back?

Becoming aware of the thoughts that create dis-ease in the mind gives you the power to shift the direction of these thoughts as you notice them arise.

Today, we'll focus on unmasking and redirecting disempowering thought patterns.



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Day 2

REDIRECT

What are a few negative thoughts that frequently cycle in your mind?

When did you hear these words first spoken into existence? Why did this have an impact on your perspective of yourself?



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Day 2

REDIRECT

Do you think any of your negative thoughts are stemming from beliefs you have about yourself? If so, what self-beliefs have been fuelling these negative thoughts?

Day 2

REDIRECT

What are a few alternative perspectives, thoughts or facts that challenge these negative thoughts and beliefs?

How can you redirect the flow of your negative thoughts when you feel them arise in the future?

Day 2

REDIRECT

Why are your disempowering beliefs not true?
Who are you at your core?

Reflect on your core values. What are a few empowering beliefs about yourself, and life, that you can begin to affirm?

You've Completed Day 2.

Relax your forehead.

Rest your jaw.

Soften your shoulders.

You are here. You are loved.

"Until you've made the unconscious conscious, it will direct your life and you will call it fate."

- CARL JUNG



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Day 3

REDEFINE

Every moment is an opportunity to redefine the meaning of words, situations and life experiences.

Language is powerful.

The meaning behind a word gives it significance. Day 3 is all about playing with your perspective to personally relate to and proclaim empowering words.

Re-define the following words in a way that positively aligns with you:



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Day 3

REDEFINE

Connection

Consciousness

Creativity

Failure

Fear

Fulfilment

Happiness



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Day 3

REDEFINE

Health

Perception

Progress

Reality

Success

Value

Wellbeing



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Day 3

REDEFINE

What are some other words you can think of that might be important to redefine?

Day 3

REDEFINE

How are you describing your circumstances?

Adjusting the language you use to describe how you're feeling can be extremely empowering.

For example, instead of saying "I am frustrated" you can say "I feel frustrated". In doing this, you avoid identifying yourself with labels that do not serve you, while honestly acknowledging your current experience.

Here are a few more examples of how slight changes in wording can make your self-talk empowering vs. disempowering:



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Day 3

REDEFINE

Disempowering Self-Talk

I'm sorry for taking
up your time.



Empowering Self-Talk

Thank you for being
here.

I'm sorry for venting.



Thank you for listening.

I can't do this.



This is challenging.

I'm broken.



I'm healing.

I'm overwhelmed.



I need some space to
process this.



Day 3

REDEFINE

What words do you use to describe yourself that have a negative undertone? What are some things you might be saying throughout the day that could be disempowering you?

How could you positively reword or reframe those statements? What words would you like to stop using entirely, and what could you use instead?



You've Completed Day 3.

Tune into your body.

Stay present with your breath.

Feel the energy flowing through you.

You are here. You are loved.

**"When I let go of what I am, I become
what I might be."**

- LAO TZU



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Day 4

REALIGN

Where focus goes, energy flows.

Let's imagine... a computer. Think about how a computer would start to function after a few years of use, with little to no maintenance. It's likely that there are tons of files and background programs that would be taking up space and energy. Well, humans function very similarly. If we don't take inventory of what is taking up our energy and do regular mental/physical/emotional upkeep, we won't function as optimally.

Day 4

REALIGN

What "energetic sources" (people, places, things, experiences, ideas or other) have you been plugged into? Identify as many 'positive', 'negative' and 'neutral' sources as you can think of.

Day 4

REALIGN

What fuels you most? How can you nourish those positive energetic sources in your life?

What's been keeping you stagnant? What's stopping you from moving forward? Why?

Day 4

REALIGN

What's been draining you? What's holding you back? Why?

What are some ways you can "unplug" yourself from these negative connections? If you can't disconnect from them in this moment, how can you preserve and protect your energy?

Day 4

REALIGN

How can you develop more positive connections in your life?

How often do you feel you need to take an "energy inventory"? How can you remind yourself to make time for self-check-ins?

You've Completed Day 4.

Place your hands over your lower belly.

Take deep, relaxed breaths.

Feel the energy radiating from your hands.

You are powerful.

**"They who have conquered doubt and
fear have conquered failure."**

- JAMES ALLEN



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Day 5

REFLECT

THE MIND IS LIKE WATER:

Murky water is caused by debris moving through the body of water, obstructing our view through it. A clouded mind is similarly opaque when it is filled with churning thoughts. Cultivating stillness creates calm. And it's only once the water is calm that you can see your true reflection.

Thoughts create ripples that extend out into every area of your life. By taking time to reflect and tuning into your higher Self, you'll be able to navigate the oceans of your mind and the waves of your life with ease.

Day 5

REFLECT

In support of your personal growth, what does your inner-child need in this moment?

In support of your personal growth, what words of advice would your wise older Self give you?

Day 5

REFLECT

Do you need to set any personal boundaries in your relationships, career or otherwise, to support your personal growth? How can you do this in a loving way? How will setting these boundaries benefit you?

Day 5

REFLECT

What do you need to focus on to continue to nurture your personal growth?

You've Completed Day 5.

Hold your hands to your heart.
Feel the energy emanating from you.
Send that out into the world, for it is boundless
and in endless supply.

You are powerful.

**“Darkness cannot drive out darkness:
only light can do that. Hate cannot
drive out hate: only love can do that.”**

- MARTIN LUTHER KING JR



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You've completed

YOU ARE *Infinite.*

These pages will always be here to support you. Revisit them and refine them to your heart's content. And always remember: you are stardust in the flesh... an infinite being.

"You are the universe in ecstatic motion."

- RUMI

YOU ARE

By Cassidy Barratt

Infinite^{2.0}

Thanks for reading!

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Sending positive energy
your way. Keep shining and
chasing those dreams!