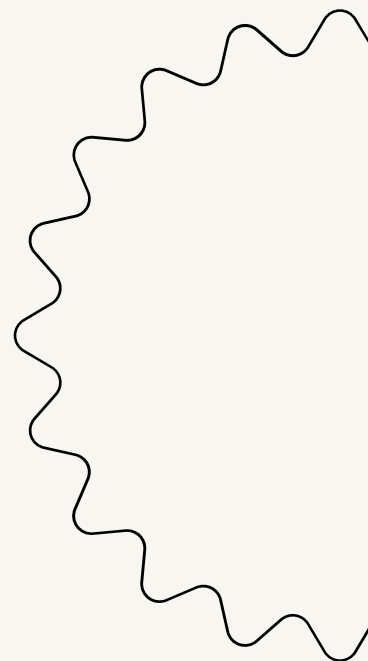
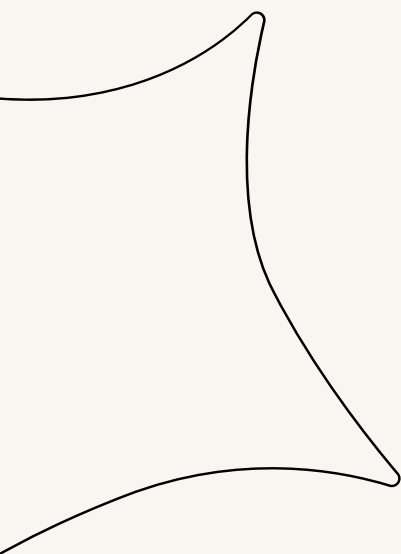


# RESULTS by Rosie

A workbook to help you create the  
life you LOVE.



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# THOUGHTS cause EVERYTHING



ACTIONS CREATE OUR RESULTS, RIGHT? BUT WHAT CAUSES US TO ACT OR NOT ACT? OUR FEELINGS. ARE WE EXCITED OR ANXIOUS? ONE INSPIRES ACTION AND ONE INSPIRES US TO FREEZE IN PLACE. IRONICALLY BOTH FEELINGS MIGHT ELICIT A SIMILAR PHYSICAL SENSATION IN THE BODY...RAISED HEART RATE, SHALLOW BREATH, SWEATY PALMS. SO WHAT ACTUALLY DIFFERENTIATES EXCITEMENT FROM ANXIETY? OUR THOUGHTS ABOUT THE CIRCUMSTANCE AT HAND. THOUGHTS CAUSE OUR FEELINGS....EVERY LAST ONE OF THEM. (TRUST ME ON THIS ONE...I PROMISE I WILL SHOW YOU HOW THIS WORKS IN OUR UPCOMING GROUP.) SO, IF YOU REALLY BREAK IT DOWN, THOUGHTS CAUSE EVERYTHING...EVERY RESULT IN OUR LIFE.

THE PROBLEM IS 95% OF OUR THINKING IS UNCONSCIOUS. WHEN WE LEARN SOMETHING, IT CREATES A VERY WEAK NEURAL PATHWAY. IF WE REPEAT IT OR ADD A SIGNIFIGANT AMOUNT OF EMOTION TO IT, IT BECOMES MORE AND MORE UNCONSCIOUS AND EFFORTLESS.



# It breaks down like this:

NOTICE WHAT YOU'RE THINKING (**UNCOVER YOUR BELIEFS**)

NOTICE HOW THAT THINKING CREATES YOUR FEELINGS, ACTIONS, AND RESULTS

ONCE YOU TRULY UNDERSTAND THAT IT'S YOUR THINKING CAUSING YOUR RESULTS, DECIDE TO CHANGE.

DECIDE WHAT YOU WANT YOUR NEW RESULTS TO BE AND **INTENTIONALLY THINK/BELIEVE NEW THOUGHTS**.

WHAT WILL YOU NEED TO DO, FEEL AND THINK TO CREATE THE RESULT?

PROGRAM THE NEW THOUGHT, FEELINGS, AND ACTIONS INTO OUR LIFE WITH REPETITION.

COMMIT TO THE PROCESS OF **MENTAL REHEARSAL**.

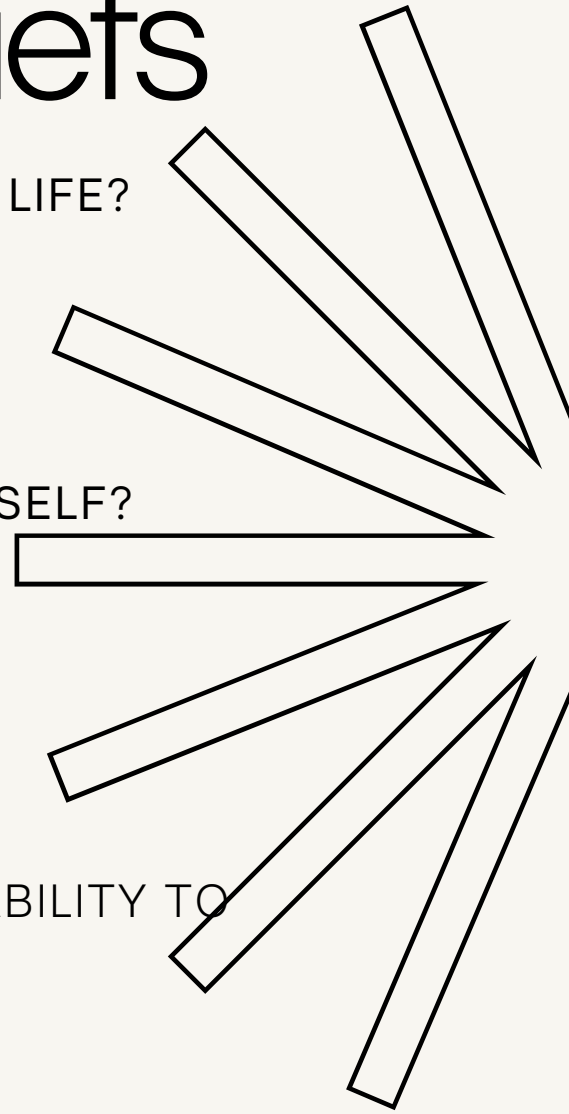
# Uncovering Unconscious Thoughts/Beliefs

WHAT DO YOU BELIEVE ABOUT YOUR LIFE?

WHAT DO YOU BELIEVE ABOUT YOURSELF?

WHAT DO YOU BELIEVE ABOUT YOUR ABILITY TO  
CREATE WHAT YOU WANT?

WHY DO YOU HAVE YOUR CURRENT RESULTS IN YOUR  
LIFE?

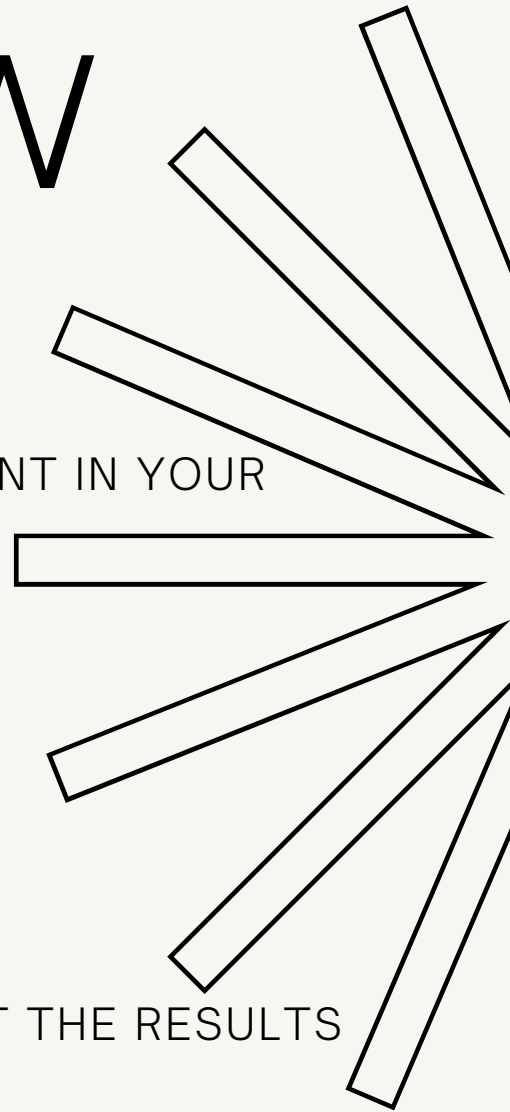


# Believing NEW Thoughts

WHAT ARE THE RESULTS YOU MOST WANT IN YOUR  
LIFE?

WHAT DO YOU NEED TO BELIEVE TO GET THE RESULTS  
YOU WANT?

WHY DON'T YOU BELIEVE THIS YET? WHAT THOUGHTS  
GET IN THE WAY?



# Mental Rehearsal

THINK ABOUT THE CHANGES YOU WANT TO MAKE AND VISUALIZE YOURSELF HAVING ALREADY MADE THEM. WHAT'S DIFFERENT ABOUT YOU?

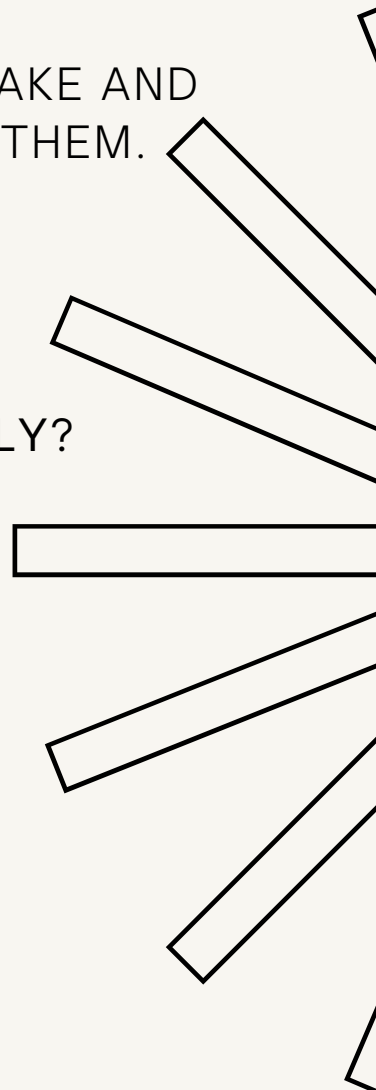
HOW DO YOU HANDLE PROBLEMS DIFFERENTLY?

HOW DO YOU FEEL DIFFERENTLY?

HOW DO YOU ACT/SHOW UP DIFFERENTLY?

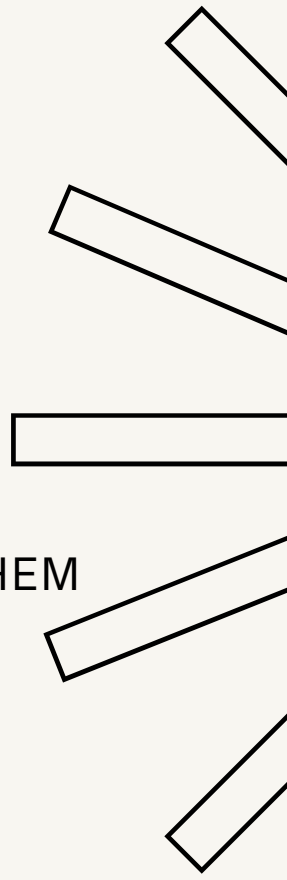
WHEN YOU IMAGINE YOURSELF "PRACTICING" FOR THIS PART IN YOUR NEW LIFE, WHAT ARE YOU DOING WELL, AND WHAT DO YOU NEED TO KEEP PRACTICING?

HOW WILL YOU KNOW WHEN IT HAS CLICKED FOR YOU?



# New Thought Brainstorm

MAKE A LIST OF NEW THOUGHTS YOU WANT TO  
PRACTICE THINKING EVERY DAY. (TIP: RECORD THEM  
AND LISTEN TO THEM REGULARLY).



# Intentional Thinking



HERE ARE SOME SUGGESTIONS FOR NEW THOUGHTS TO THINK:

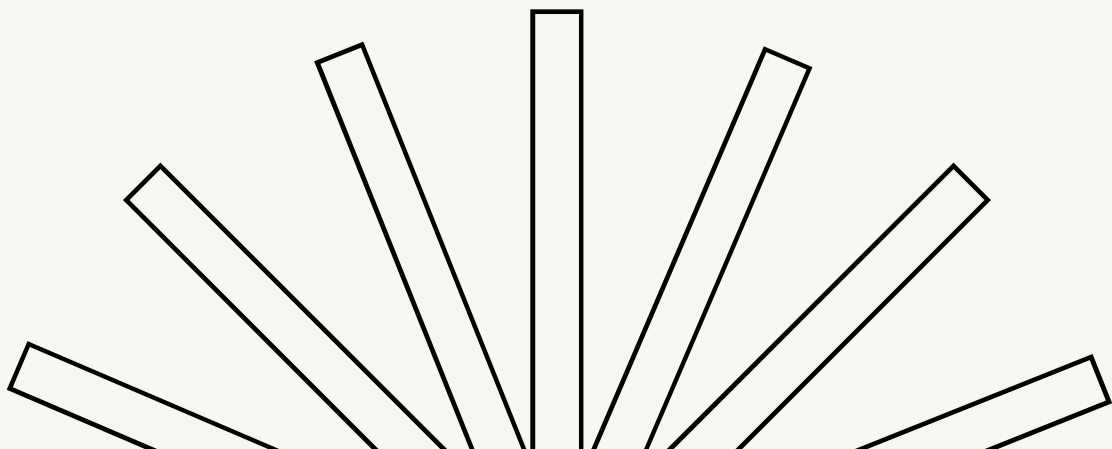
- I AM GIFTED AND GUIDED.
- EVERYTHING IS AS IT SHOULD BE.
- EVERYTHING HAPPENS FOR ME.
- I AM EXACTLY AS I SHOULD BE.
- EVERYTHING HAPPENS RIGHT ON TIME.
- I AM NOT MY MIND. I AM THE WATCHER OF MY MIND.
- LOVE IS ALWAYS AN OPTION.
- I AM RESPONSIBLE FOR EVERYTHING I THINK AND FEEL.
- NO ONE CAN CAUSE EMOTION INSIDE ME.
- THERE IS NOTHING THEY CAN DO TO MAKE ME HAPPY, THAT IS MY JOB.
- PEOPLE ARE ALLOWED TO BEHAVE THE WAY THEY WANT AND I AM ALLOWED TO REACT THE WAY I WANT.
- THERE IS NOTHING WRONG WITH ME.
- I AM ENOUGH.
- NOTHING HAS GONE WRONG.
- THE WORLD LONGS FOR WHAT I HAVE TO OFFER.
- I CAN DO HARD THINGS.
- WORRY SERVES NO PURPOSE.
- WHAT I LOOK FOR I WILL FIND.
- WHAT OTHERS THINK OF ME IS ABOUT THEM, NOT ME (GOOD AND BAD).

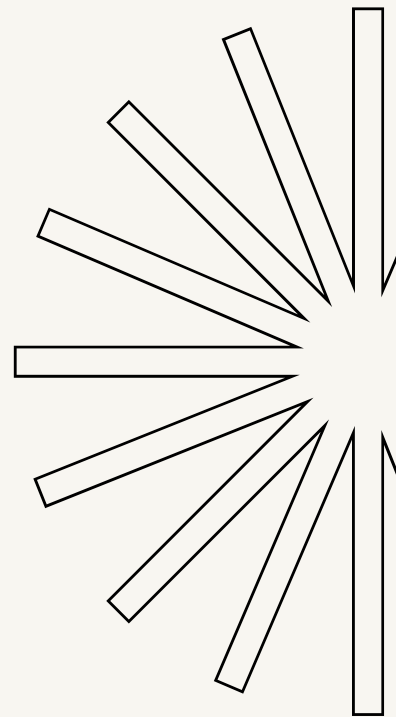
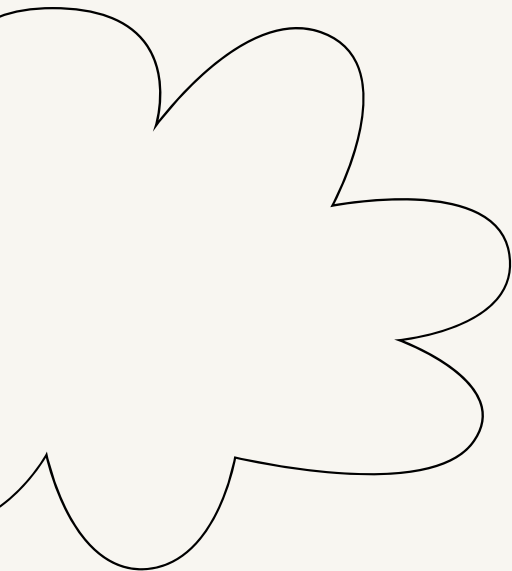


# Great Questions to Ask Every Day

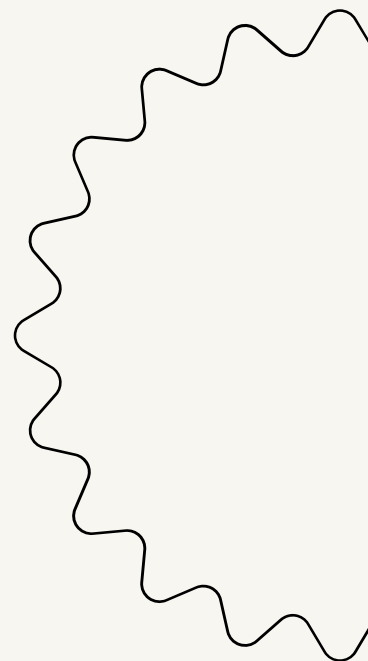
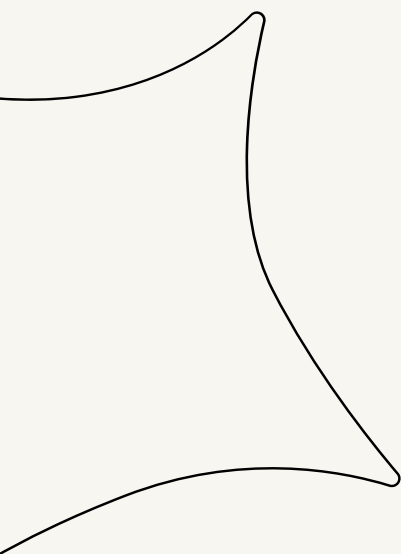
THE QUALITY OF OUR LIFE IS DEPENDANT ON THE QUESTIONS WE ASK.

- HOW CAN I BE AN EXAMPLE OF WHAT IS POSSIBLE?
- WHAT CAN I DO TO LAUGH TODAY?
- HOW CAN I MAKE TODAY BETTER THAN YESTERDAY?
- HOW CAN I MAKE MY FUTURE MORE EXCITING THAN MY PAST?
- HOW CAN I DO ALL THE WORK AND HAVE FUN AT THE SAME TIME?
- HOW CAN I MAKE MYSELF A PRIORITY SO THAT I CAN GIVE TO OTHERS?
- WHAT DO I LOVE ABOUT MYSELF?
- WHAT AM I GRATEFUL FOR?
- HOW CAN I LIVE THE LIFE I LOVE....MY BEST LIFE?
- HOW CAN I BECOME MORE CONNECTED TO MY INTERNAL JOY?
- IS MY PURPOSE THE LIFE I AM LIVING NOW?





Enjoy living the life you  
LOVE.



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