



mind love

Priming Your Mind for Lasting Change



A Masterclass By:

Mind Love Host Melissa Monte



1. Commit To Yourself

I commit to my higher self

Write your commitment here:

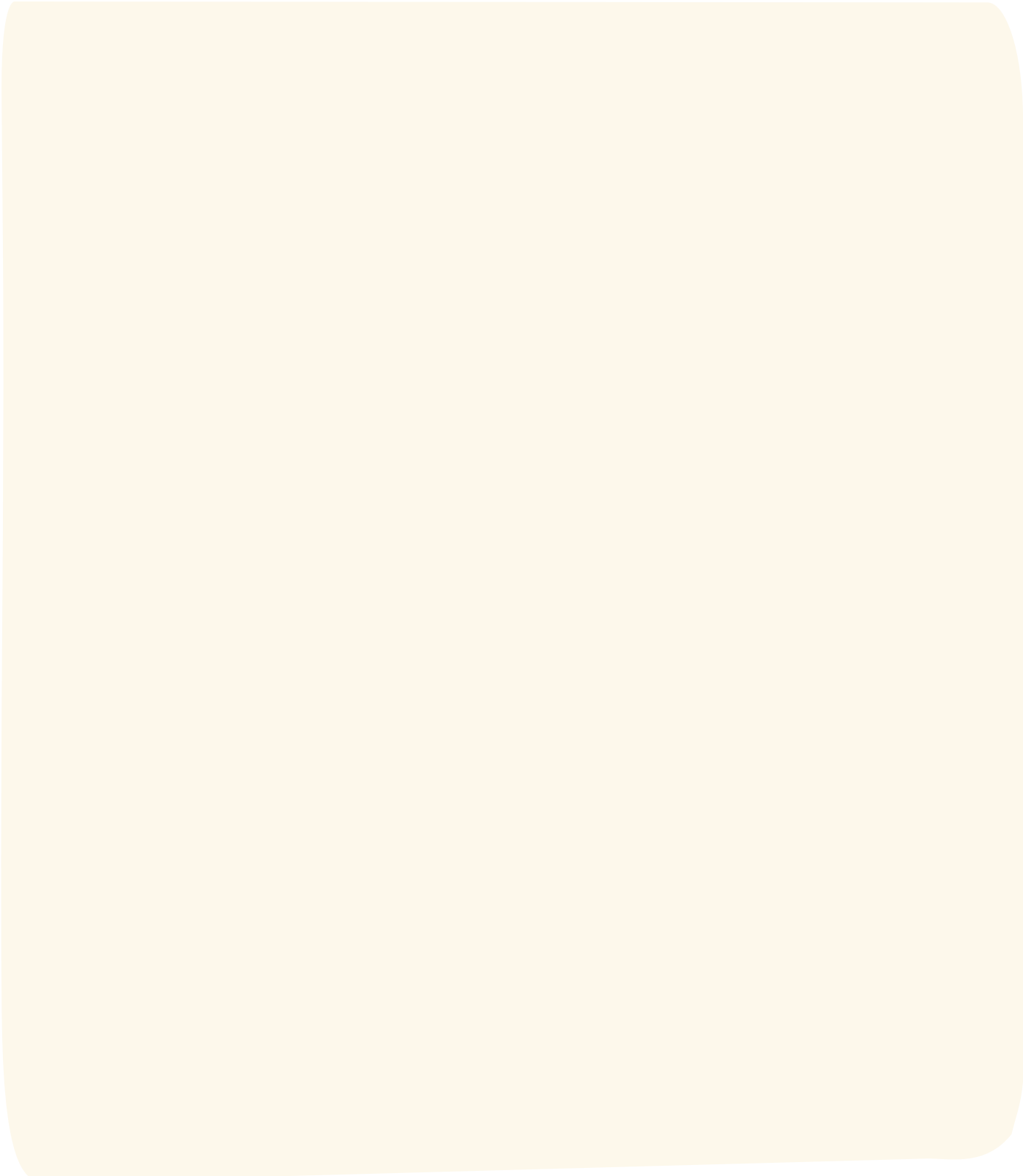
When & where will you take this time?

What will you do if "oh sh*t" something comes up?

"I commit to myself because I am worthy of my own time and I deserve to be the best version of me that I can be." - Melissa Monte

2. Find Your True Motivation

Your magic compass...



"Happiness comes from what we do. Fulfillment comes from why we do it." - Simon Synek

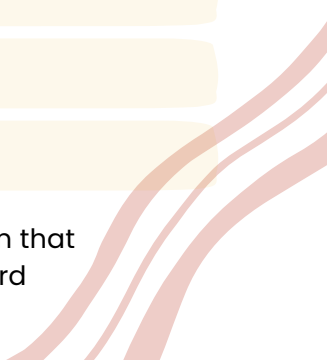


3. Break Through Your Limiting Beliefs

Thoughts holding me back are...

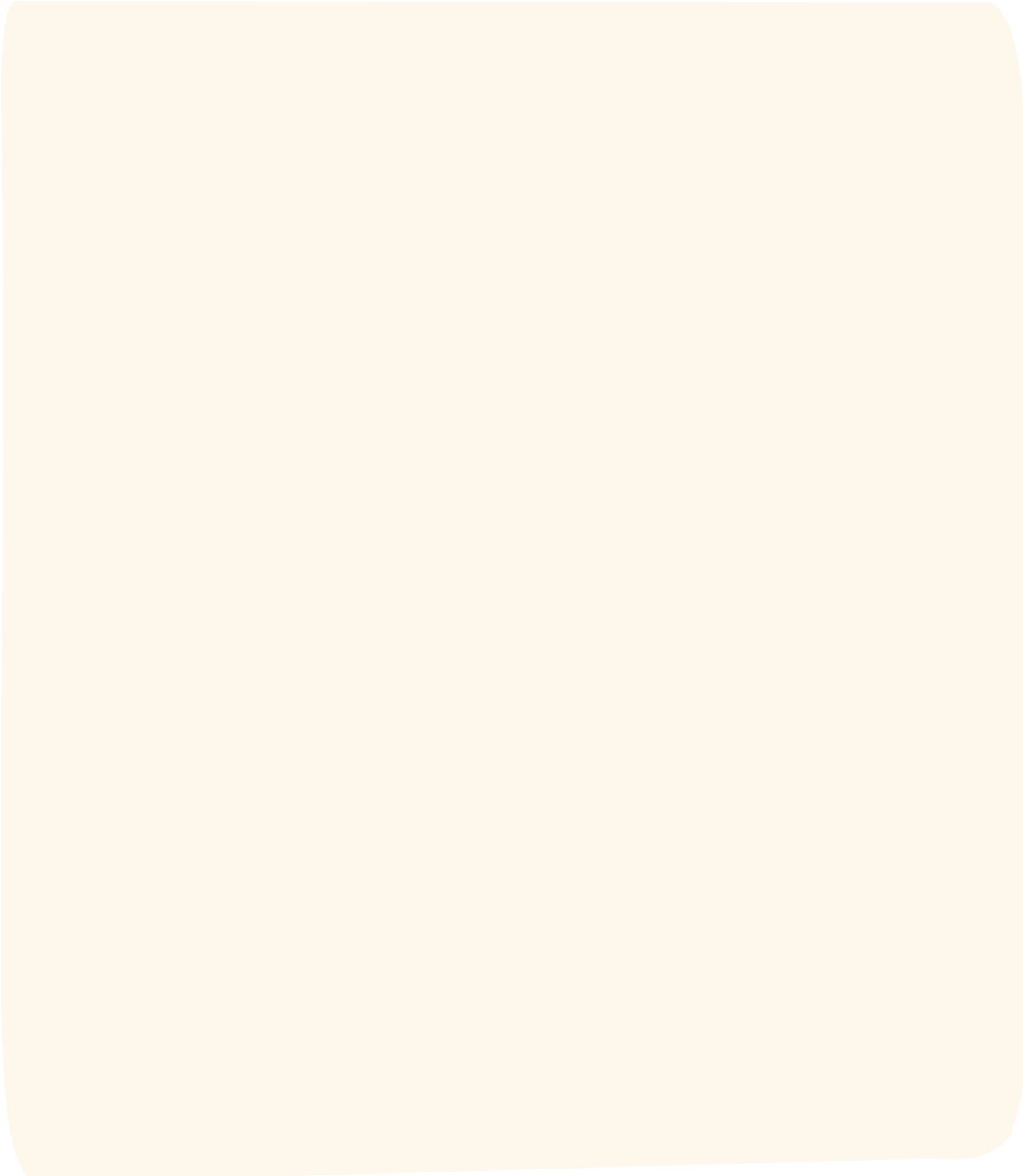
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"It is our interpretation of the past, our limiting beliefs, and our undigested pain that stop us from being able to move forward with clear direction." - Debbie Ford



4. Forgive Yourself For The Past

I forgive myself for...



"Let the past go. Forgive yourself and allow peace to enter in. Life is a process of learning and we are all works in progress." - Eileen Anglin



5. Know That You Deserve This

I know that I deserve my desires

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"What a person desires and what they deserve are often not identical." - C.A.A. Savastano



6. Empower Yourself

I feel renewed when I...

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"Self-care is how you take your power back." - Lalah Delia

6. Rewards List

Self-care when I need it most...

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"When you recover or discover something that nourishes your soul and brings joy, care enough about yourself to make room for it in your life." - Jean Shinoda Bolen