



EMPOWERED WITHIN HER

Free  
Workbook

CHANGE YOUR  
THOUGHTS.  
CHANGE  
EVERYTHING.

*Layla Allen*

Change Your Thoughts,  
Change Everything!

Harness the incredible  
power of

Positive Affirmations

for instant  
self-empowerment



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# An Introduction

I want to let you into something that whilst really well known within the coaching community, is still vastly unknown by the majority of the general public. If they taught this in school, we would not see even half the problems in the world that we see today. And that is...

**Our thoughts are just thoughts.** They are not facts and they are not necessarily reality. They are just thoughts.

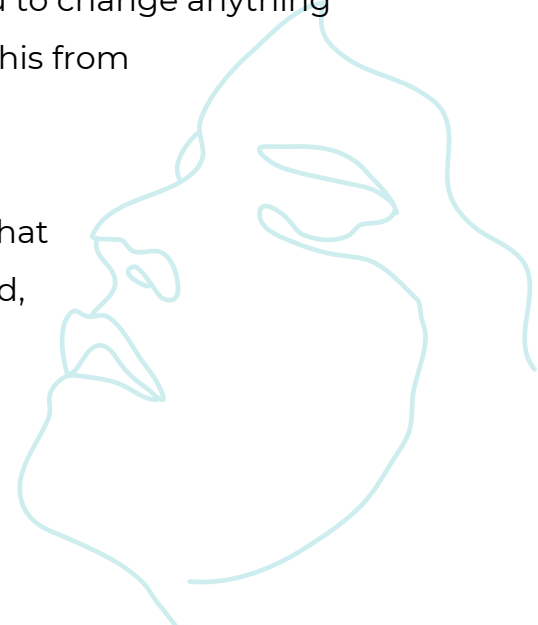
*How does that make you feel?* It will either have given you goosebumps from the epiphany I have just gifted you with, or you will be scratching your head in confusion.

**This means** your life can change *dramatically* just by changing the way you *think* about things. And I am not talking about just putting a positive spin on things. I am talking about really understanding how your mind works. Whilst it can seem trippy, your mind comprises other people's thoughts and opinions.

These thoughts and opinions are taught to us right from the moment we are born and without even realising it, we form a belief system that we just accept, without question. We then go about our daily lives believing that our thoughts and beliefs are original and unique to us - that we have created them and therefore they must be so. The 'hand that we are dealt with'.

But this could not be further from the truth. The way you see the world and yourself can be changed. You have the power within you to change anything that you want about yourself. The only things stopping this from happening, are your thoughts and the beliefs you hold.

What the vast majority of people do not understand, is that what we think and believe about ourselves and the world, affects how we behave, act, interact and attract into our lives, which has a direct correlation on how satisfied or dissatisfied we are with our lives (out lot!).





# Affirmations: More than just words

Affirmations. Those phrases you see all the woo hoo people tell you to say whilst standing in front of the mirror. Cringe, right? Not for you? I get it because I thought this also and avoided anyone who spoke about affirmations like the plague. Until one day, I realised that I had been using affirmations all along and let me tell you, they have got me through my darkest days

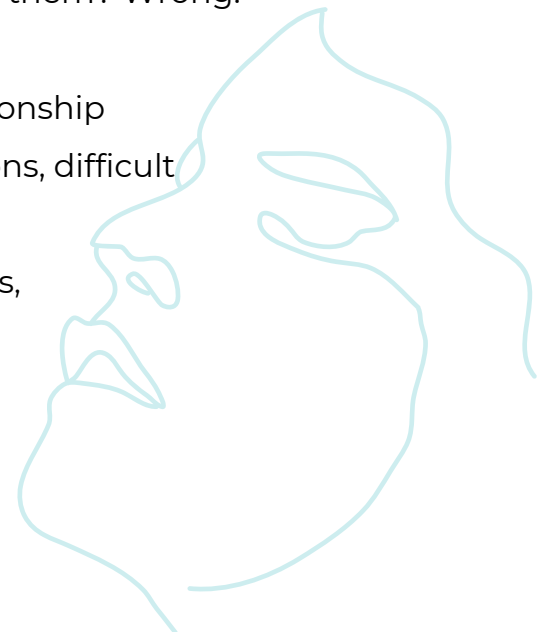
I am seeing a growing number of gurus and coaches demeaning the value of affirmations recently and it has surprised me. The word 'affirmation' simply means 'the action or process of affirming something' - Oxford Language Dictionary.

Affirmations are something all of us do each and every day and for most people, they are not conscious of this at all. If you have ever berated yourself for always being such an idiot when tripping over in front of everyone in the office again, or have told yourself that you'll never find love after your most recent break up, or perhaps you have a knack for getting people the best birthday presents and you secretly congratulate yourself, these are all types of affirmation; aka the thoughts you affirm to yourself. Our minds are full of them, with the majority of them without you even noticing because you have never thought to take notice of them, let alone question them.

But thoughts are just thoughts, right? You can't control them? Wrong.

I have used affirmations to get me through tough relationship break ups, jealousy, job interviews, life-changing decisions, difficult conversations, parenting failures, public speaking engagements, difficult conversations, relationship issues, insecurities and to help me beat my low self-worth.

In fact, if it wasn't for my use of affirmations, then in all seriousness, I am not sure I would be here today



and I don't say that lightly.

If you are suffering from low self-esteem and low self-worth, it is likely that you affirm negative thoughts to yourself regularly.

The more you affirm something, the more you believe it. Why? Because the subconscious mind, which is the part of your mind that operates below the level of conscious awareness, stores your beliefs and values. These beliefs and values are shaped by everything you have ever learned, been taught, and told. Your thoughts about yourself and the world form your beliefs. The way you interact with the world is based upon your belief system. It is as simple as that.

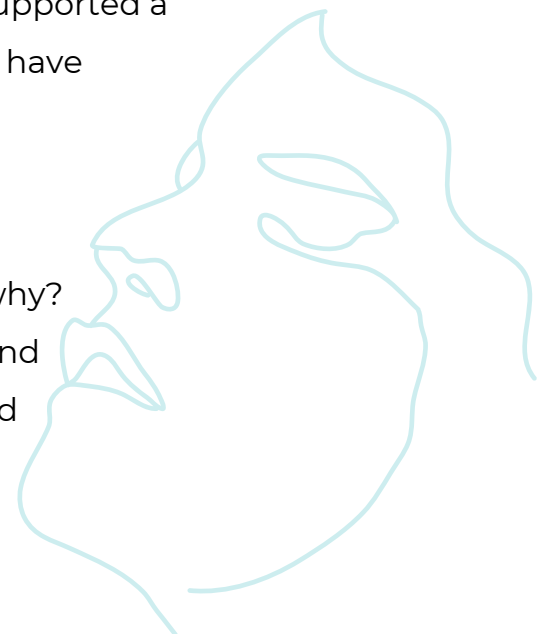
Let me give you a couple of examples:

Is a baby born supporting Manchester United? No! A baby grows to love Manchester United because their parent or care giver loves the team. A child may even dislike Manchester United if they have a strained relationship with the parent who supports the team.

Is a child born knowing about God? No! But if they have religious parents, they will likely accept the religion they are raised in until they reach a point where they decide to think for themselves and either accept the religion, turn away from it, or become agnostic towards it.

How many times have you heard a family, talk about which political party they support? Were they born knowing this? Absolutely not. They would have listened to and formed the beliefs of other people who supported a particular party as they were growing up, and this would have influenced their affiliation.

Think about some of the beliefs you hold about yourself and the world. Are you religious, and if so, do you know why? Do you affiliate yourself with a particular political party, and if so, why? Do you believe that people are inherently good or bad, and if so, why?



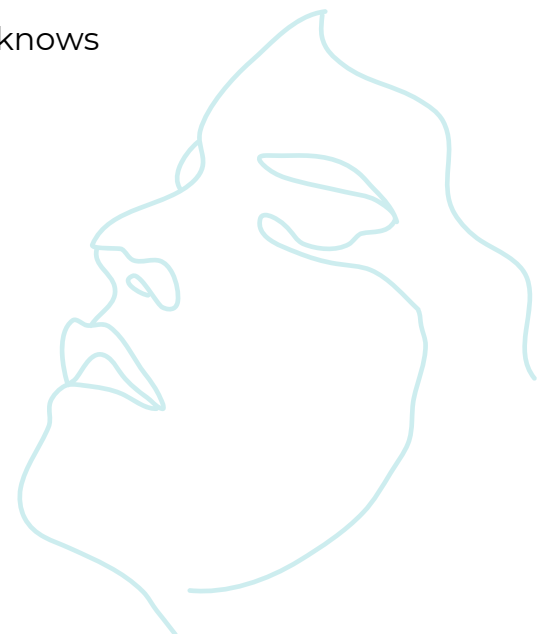
These may seem like very simple questions with easy answers, but the more you dig down, you will find it very hard to evidence that these beliefs came purely from yourself. The reality is, that these beliefs have been created by the things you have been taught and the people you have encountered, and they have been filtered in your mind until they form a belief.

This should fill you with such hope right now that you might want to stand up and do a little dance because you have just discovered that you are the product of other people's thoughts and opinions. This means you have now discovered that there is *nothing wrong with you*, and you can change your life and your beliefs, simply with a change of thought. Recognising that your upbringing and environment play a significant role in shaping your beliefs empowers you. You are not stuck with these beliefs. You can choose to adopt new, more positive thoughts and beliefs that better serve you and start to live your life in a way that works for you.

*But why does our subconscious mind let us engage in thoughts and beliefs that don't serve us?*

Our mind, while complex and incredible, likes simplicity. It likes repetition. The mind is processing thousands of pieces of information at any one time because its primary function is to keep you safe, which requires filtering out anything deemed unnecessary. This is why it prefers the status quo. It doesn't mind if you are in a state of anxiety because it knows how to handle it. It knows what to expect and is used to it. Deep down, your subconscious avoids anything unfamiliar or uncertain. It doesn't care if thoughts/behaviours are good or bad for you - it just longs for that predictable reliability. That's why we get trapped in vicious negative cycles, even when part of us knows better. Your subconscious means well, it just finds warped comfort in the familiar.

Can you see that your subconscious mind does not distinguish between what is good or bad for you? It prefers its comfort zone and dislikes surprises. This was my epiphany!



This is why people stay in jobs they are unhappy in and abusive relationships. This is also why some people believe they are destined to remain poor and never seek to improve their circumstances.

It may seem contradictory that your subconscious mind, which aims to keep you safe, would allow you to engage in unhealthy behaviours like eating 10 doughnuts in one sitting, *but it is driven by habit and familiarity* rather than a judgment of what is beneficial.

This is why affirmations - the activity of affirming something - are so powerful in changing your thoughts and beliefs because you are simply retraining your subconscious mind to think and believe differently.

Remember, the subconscious mind likes the path of least resistance, it likes repetition and the more you affirm your new beliefs the more they will become second nature to you and change your life. Just like when we were kids and we were 'forced' to brush our teeth by our 'mean' parents, we now do this activity twice per day without question!

**Q. What are some of the beliefs you have been holding on to that may be impacting how you are living your life?**



# Affirmations: The Facts

## **What Exactly Are Affirmations?**

Positive affirmations help you think positively and feel better about yourself. They work by reminding you of your core values, helping your brain form new positive pathways, and replacing negative thoughts with positive ones. Research shows that affirmations can activate the brain's reward system, releasing feel-good chemicals like dopamine. To be effective, affirmations should be specific, believable, stated in the present tense, and repeated regularly. Over time, they can lead to positive changes in your attitude and actions.

## **Why Do Affirmations Work?**

**Brain Flexibility:** Our brains are super adaptable. Think of affirmations as exercises for your brain, training it to focus more on the good stuff and less on the not-so-good.

**Boosting Confidence:** They're like your own personal cheerleaders, boosting your belief in your ability to handle life's ups and downs.

**Stress Be Gone:** Regularly using positive phrases can help lower stress. It's like telling your mind, "Hey, we've got this!"

**Staying in the Now:** Affirmations help keep your mind from wandering into the past or future worries. They keep you rooted in the present, where you have the power to make changes.

## **How to Make Affirmations Work for You:**

**Make It Personal:** Your affirmations should be about you and your journey. They should speak to your hopes and tackle your challenges.

**Keep It Positive:** It's all about the positive spin. Instead of thinking, "I don't want to mess up," tell yourself, "I'm going to do this."

**Say It Like It's Happening Now:** Use the present tense to make it feel real, like "I am capable and strong."

**Put Your Heart Into It:** The more you feel them, the more powerful they become.

## **Practice, Practice, Practice:**

Just like learning to ride a bike, affirmations get better and more natural the more you do them. Say them, write them, think them – make them a part of your daily routine.

## **Starting Your Affirmation Journey:**

Remember, changing the way you think won't happen overnight. It's a journey. Be kind to yourself, be patient, and stay consistent. Each positive affirmation you repeat is a step towards a more confident, in-control, and happy you."

# Create Your Life Changing Affirmations;

**Activity:** Before you can create your new and exciting life changing affirmations, we need to uncover what is dragging you down? Think about the negative things you often tell yourself about your abilities, your confidence, or anything else that's holding you back. You can choose to focus on just one thought that's really bugging you or make a list of a few that keep coming back.:

How/Where/When did these belief's start for you?

**Flipping the Script:** Now I want you to write out the main **negative thoughts** that you have about yourself down below from the list you have just created. Then I want you to flip the script on each negative thought and **create a new, positive, and empowering one instead.**

Think about what would cancel out the negative thought. What's the complete opposite of that doubt? What do you wish you could believe about yourself in these moments? If you're finding it tough, don't worry. There are some examples on page 12 to help you get started. Use them until you are aligned with your own but when you are ready, transfer your new beliefs to the blank Daily Affirmations sheet and read them everyday without fail and anytime you can feel your negative thoughts take over. And here is the magic... **you do not have to believe your new affirmations yet.** In fact, you may feel really awkward about them. But go with it because this is how we re-train your subconscious mind.

Negative Thought or Belief

Positive Empowering Belief

# Daily Affirmations



# Daily Affirmations



How to use: You can repeat them all throughout the day, you can use one in particular to get you through a moment. There are no rules other than to repeat one or all of them each and every day and whenever you need to

I am enough



I release doubt & claim my power



My feelings are valid



I am worthy of love



I trust myself fully





# Final Thoughts

Your journey to self-growth is yours alone, and it's perfectly okay to take it one small step at a time. Let these reflections and affirmations be your gentle guides to a happier, more confident you.

You don't have to believe your new affirmations yet because we know that Rome wasn't built in a day.

But what you need to start doing is recognising when the Monkey Mind - aka those Negative Nelly thoughts - get in your way and begin to challenge them, don't accept them and override them with the complete opposite.

**Even when you don't believe them.**

**Even when you feel low and full of self-doubt.**

Keep going with them and I *promise* you, you will start to retrain your subconscious mind to believe these new beliefs over all the stories you have told yourself and all the stories that were told to you.

You will begin to know your self-worth and when this happens, you can become confident in who you are.

If you would like to keep this momentum going, you can head to my website by visiting [www.laylaallen.co.uk/empower-hour](http://www.laylaallen.co.uk/empower-hour) or click [here](#) to book an **Empower Hour** with me.

Each session provides a safe space for you to express your feelings without fear of judgment. Together, we'll uncover the root of your insecurities and your low self-worth and develop strategies to move forward so that you can begin to take back your power.

Use the coupon code **CHANGEMYLIFE** for 20% off just for completing this workbook.





Thank you!

Thank you so much for downloading this workbook. If you haven't done so already, I really encourage you to have a read and complete the tasks. This workbook is based on the principles and concepts of NLP and CBT and which I have used myself.

I truly believe that if this can work me (and honestly, I was a hot mess), I know it can work for you also.

Stay in touch!

Layla x