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MINDSET TOOLS TO HELP YOU THRIVE

BY MADELYN CARAFA



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CHAPTER TWO

THE POWER OF AFFIRMATIONS & HOW TO USE THEM



*"Our only limitations
are those we set up
in our minds"*

- Napoleon Hill

In the book, Choose Happy, author Sarah Gregg states ' Psychologists have found we use past memories to formulate beliefs about our future performance. Research has shown that, even if we've never completed the task before, the level of confidence in our ability will be shaped by how well we perceive our performance in a similar situation'.

One of my favourite ways to remove limiting beliefs is by using affirmations. By creating positive affirmations we can slowly but surely create a new, more positive belief by challenging the negative beliefs and thought patterns we are telling ourselves.

REMEMBER: Your energy is one of your greatest assets and when we can match our energy to high vibrations we truly start attracting more greatness. When you are coming and living from a place of positivity, when the glass is full half and not half empty you will see how you start to attract more of what you want.



HOW TO CREATE AFFIRMATIONS TO REMOVE LIMITING BELIEFS

Step 1: Bring some awareness to your limiting beliefs and negative thought patterns. What's holding you back?

Step 2: Take some time to identify where this belief came from. Was it the school yard, your childhood or a past experience that made you believe this is true.

Step 3: Rewrite these beliefs into positive ones, listing the negative belief in one colour and then the new belief in red.

Step 4: Look for expanders or proof that your new beliefs can be your reality. Expanders are people that are already achieving the things you'd want to achieve - they are living proof that it is possible, use them as your inspiration and motivation.

Step 5: Create a daily practice to support and nurture your new beliefs - there are some ways you can do this below in 'using your affirmations'.

HOW TO CREATE AFFIRMATIONS TO BECOME YOUR FUTURE SELF:

Step 1: Get super clear on who your future self is, what are your daily routines, habits, behaviours, what do you wear, how do you show up in the world? I personally love writing all of this down in a journal and reading over it regularly.

Step 2: What are your goals and dreams?

Step 3: What is holding you back from achieving these dreams?

Step 4: Creating your positive affirmations – these should be positive beliefs that will rewire those negative thought patterns that are holding you back from achieving your dreams.

EXAMPLE:

Aligned opportunities flow to me effortlessly

I wake up feeling refreshed, energised and ready to tackle
the day ahead

I love and appreciate my body for all that it does for me

The less I force the more I attract

I trust that my desires are on their way to me

I'm organised, and approach my days with ease and calm

WAYS TO USE YOUR AFFIRMATIONS

1. Everytime the negative thought pops in your head, bring awareness to it and then reinforce your new positive affirmation.
2. Mirror work is incredibly powerful, standing in front of the mirror, looking at yourself in your eyes and repeating your affirmations. This is very strange at first but over time it feels more comfortable and is so incredibly powerful.
3. Print them, stick them on your mirror, around your desk, wherever you will look at them regularly throughout your day.
4. Set reminders on your phone. I love this one. I personally like using spiritual numbers so I set an alarm for 11:11 daily and 2:22 and have the alarm message as my affirmation. Every time it goes off, repeat your affirmation.

The key is to attach emotion and positive feelings with your new affirmations, feel them, allow them to inspire you and let them be your new belief system.



A woman with blonde, wavy hair is sitting in a meditative lotus position on a woven mat. She is wearing a white short-sleeved t-shirt and light blue denim shorts. Her eyes are closed, and her hands are resting on her knees in a mudra. The background consists of light blue sheer curtains hanging over a window, with soft natural light filtering through. In the top left corner, there is a red circle containing the text 'THH.'. In the bottom left corner, there is a large, light pink abstract shape that frames the chapter title.

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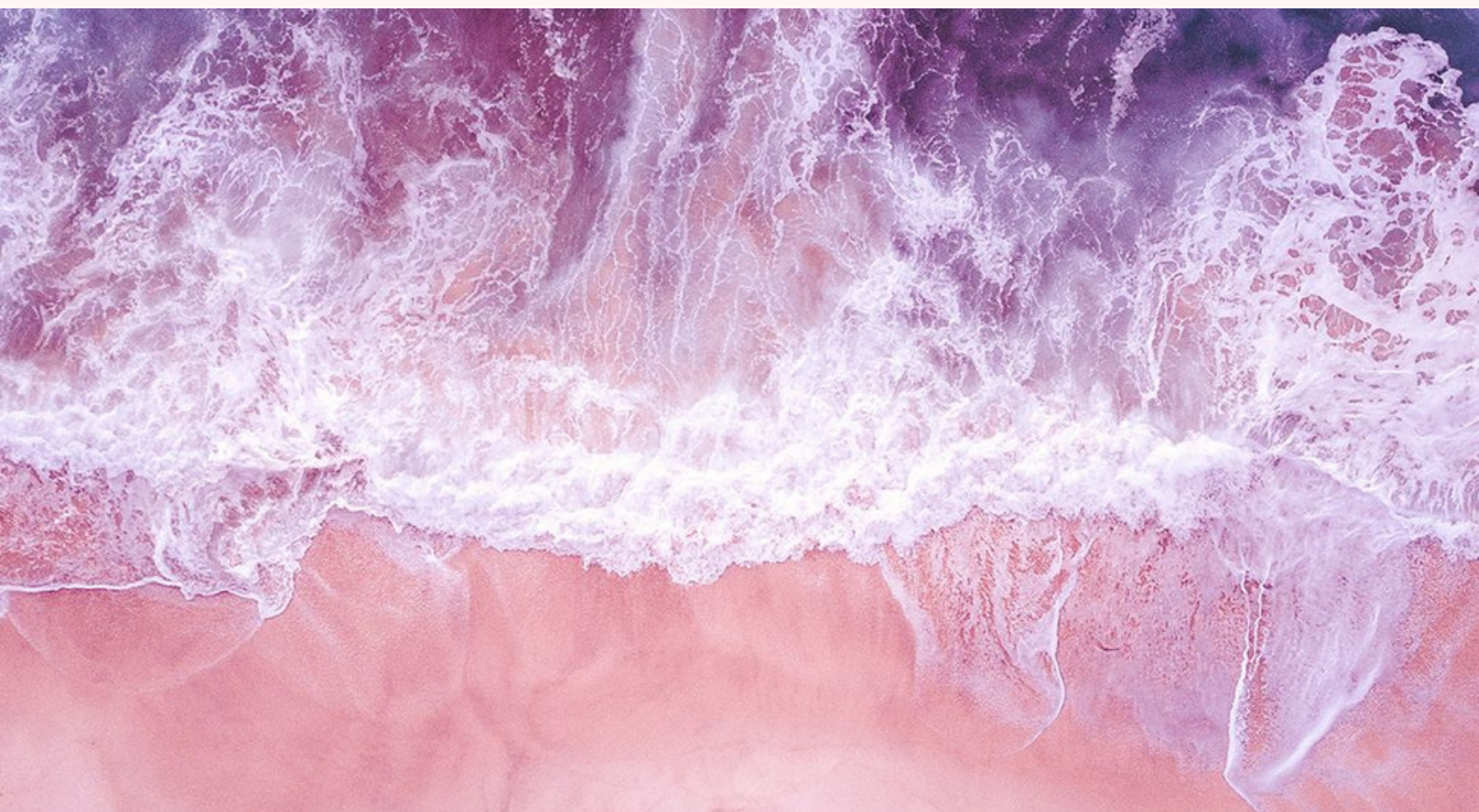
CHAPTER FOUR

BEGINNERS GUIDE TO MEDITATION

QUOTE:

Meditation is the ritual or daily practice that allows you to harness your surroundings, stillness, and the present moment to calm your mind and in turn, strengthen your connection with your intuition.'

I truly believe that by creating space and practicing a form of meditation daily, you invite the true callings of your soul into your mind. Your thoughts and actions become aligned with your purpose and you develop a clear and intentional vision for what you want to achieve. Regular meditation allows you to realise that your thoughts are just thoughts and your emotions are emotions neither define you. You'll gain the awareness to stop engaging in thought patterns that no longer serve you and overtime you'll become more intentional with your thoughts, words and actions.



- Breath Work: Lie or sit comfortably and use your breath as an anchor. Focus on breathing in deeply through your nose all the way to your stomach and exhaling out your mouth. Remember, slow and controlled breathing is the aim here.
- Guided Meditation: Use one of my go-to apps for a guided meditation or a YouTube one.
- Nature Meditation: Go for a walk in nature and admire your surroundings, feel your feet walking on the ground, your arms swinging beside you, tune in to hear your heart beating, observe the wind on your face, listen to the noises around you, and take in the beauty of the outdoors. [Text Wrapping Break]Remember, the aim here is to be as fully present in your surroundings as possible.
- Full Body Scan: Lie down comfortably on a bed or couch and start to scan your body from your feet up to your head. Go slowly, focusing on each part of your body one by one until it is completely still and relaxed before moving on to the next part. Starting with your feet, work your way up to your ankles, calves, knees, and so on until you reach the top of your head. I personally love doing this when I get into bed each night. I start by feeling the bed wrap around my body before proceeding with a whole-body scan. Sure enough, this helps me slowly drift into a restful sleep.
- Sit With Your Thoughts: Set an alarm for 10 minutes and sit down in a comfortable position on the ground or in a chair. Close your eyes, place your palms softly in your lap, and just 'be'. Catch your thoughts and gently let them go by, visualising them floating out of your mind into the open air. Remember, the key here is to simply 'be'. You don't need to stop thinking, you just need to allow your nervous system to slow down and let your mind feel calm.



MY GO-TO APPS & RESOURCES

Mindspo by Rochelle Fox & Chris Sol

Wellweb by Chloe Szep & Moly Jane

Gabby Bernstein meditation albums



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CHAPTER FIVE

GRATITUDE AND APPRECIATION



QUOTE:

"Appreciate the little things because one day you will realise they are actually the big things"

AFFIRMATION / MANTRA:

"When I'm grateful for what I have, I can feel good along the way to what I desire" - Gabby Bernstein

I believe gratitude is the most powerful tool for shifting your energy from a negative mindset to a positive one. There is a saying that 'a grateful heart is a magnet for attracting your dream life'.

Being grateful for the life and opportunities you already have creates the feeling of abundance and happiness. In turn, this attracts new and wonderful opportunities into your life because you are vibrating at a higher frequency, and that my friends, is where the magic happens.

8 WAYS TO PRACTICE GRATITUDE:

1. As you fall to sleep at night and then as soon as you wake in the morning focus on three things you are grateful for
2. Start a gratitude journal – write a journal entry daily of all the things that you are currently grateful for and then say thanks to the universe
3. Go for a walk in nature and pay attention to all of the abundance around you
4. Create a gratitude jar – this is a great one for families, get everyone in your home to put a note in each night saying thanks for something that made them happy that day.
5. Create a regular dialogue with the universe and say thank you when something you have been desiring comes into reality or when something good works in your favour like getting a car park outfront of the shop on a busy day.
6. Show gratitude to the people in your life that you appreciate by telling them how you feel, this could be via a text message, a card or even a simple gift.
7. Say thank you to the people in your community that have served or helped you – the shopkeeper, the sales assistant, the checkout chick. Sometimes we forget to show our gratitude for everyday interactions.
8. When you pay for something say thanks that you can afford that and remind yourself there is plenty more where it came from. Sometimes we get really frustrated when we have to pay for bills or buy groceries, however, these things are serving such an important purpose in our lives and we should show gratitude not frustration. Like when you pay an electricity bill instead of being frustrated at the cost, say 'Thank you, I'm so grateful to have electricity in our home that allows me to cook nourishing meals, stay warm and work'.

A smiling woman with blonde hair is the central figure, wearing a brown ribbed top. She is in a bright, modern interior with a large green plant to her left and a grey sofa with cushions to her right. The background shows a hallway and a window. A pink circle in the top left contains the text 'THH.'. A large white curved shape at the bottom contains the chapter title.

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CHAPTER ONE

HOW TO CREATE A SPIRITUAL PRACTICE



'When I live and act from a place of spiritual alignment, I can trust that everything is working out for me, even if I don't know when or how it will happen'

- Gabby Bernstein, Super Attractor

Some healthy tips for committing to your spiritual practice:

- Have fun and try new things to figure out what works for you
- Don't overthink it or overcomplicate it. If you live close to the beach or near nature, use this as your spiritual practice, nature connects us so deeply with the universe, be present in that moment and take in your surroundings.
- Start small and inject these habits into your life slowly and allow yourself time to see how they make you feel. Once they become a habit incorporate something else
- Carve out time daily to commit to your practice. We all have time, it just depends on what we decide to prioritise.
- Read books or listen to podcasts that will help you open your mind further – some of my favourite books are *The Universe Has Your Back* and *Super Attractor* by Gabby Bernstein. And two of my favourite resources are WellWeb and Mindspo, both have so much content that will help expand your mind.



CREATING YOUR SPIRITUAL PRACTICE

1. First find what will serve you best, meditation, journaling, reading, using affirmations, being in nature. It is so important to do what makes you feel good, that's how we become an energetic alignment with our dreams and that's what ignites the power in your practice, feeling good.
2. Create a space or environment that nurtures your practice and helps you feel good. That might be a sunny corner in your home or maybe you'll have a comfortable chair and essential oils burning to sit and practice, maybe it is a beautiful spot on the beach where you can see and hear the ocean. Wherever it is, make sure it allows you to feel abundant, happy and alive.
3. Commit to a time everyday. I highly recommend first thing in the morning as it sets such a beautiful tone for the day ahead or maybe you want it to be night time so you go to sleep filled with good feeling energy.
4. Finally, bring awareness to how you feel after your practice and allow that feeling to be your motivation to continue.

Remember, a spiritual practice doesn't have to be wohoo wohoo, it is simply a ritual or tools that help you go innerwards allowing you to realise that your thoughts are just thoughts, they don't define you, helps build faith and hope in times of darkness and shows you that nothing is permanent.



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CHAPTER SIX

MANIFESTATION PRACTICE AND HACKS

QUOTE:

"Manifesting is the creative process of aligning with the energy of the universe to co-create an experience that elevates your spirit and the spirit of the world". - Gabby Bernstein, Super Attractor

AFFIRMATION / MANTRA:

'My desires are on their way to me'

MY PERSONAL STEPS TO MANIFESTING

1. Get super clear on what it is you are desiring and be as specific as possible
2. Create space in your life to connect to these desires by committing to a daily practice of meditation, journaling and self care. Remember, the thoughts we think become our reality so create the reality you want to see.
3. Form an undeniable belief that your desires will show up when you are ready, this means surrendering and wholeheartedly trusting the process.
4. Commit to feeling good. Feeling good raises our vibrational frequency and helps put us in direct alignment with our dreams and goals. Do this through finding joy in everyday moments, being present and having fun along the way.
5. Appreciate and show gratitude daily for all that you already have. Remember, once upon a time you were most likely wishing for the things you have right now, that job, that income, that relationship, the home. Show gratitude for the past desires that have been fulfilled.

MANIFESTING HACKS:

- Write a letter to your future self, dated one year from now, telling her all of the things you are proud of, how you feel, and what you are grateful for. Allow the letter to evoke feelings of pride, happiness, abundance, joy and allow those feelings to flow through the pen and onto the pages.
- Create a manifestation playlist, listen to it as often as possible and allow the songs to raise your vibrational energy so you become a magnet for your dreams. My friend Rochelle Fox introduced me to this hack, however, she focuses on just having one song that is your manifestation song. The choice is yours, whatever feels good to you go with that.
- Do a visualisation meditation and create the feelings you would feel if you were living your dreams right now. To make this even more powerful, once you have finished the meditation grab your journal and start writing your dreams and desires in present tense. I personally do this practice every day.
- If you are wanting to call something in, create some new powerful affirmations to support your goal or desire and then record yourself saying those affirmations and listen to it as you fall to sleep at night. This was a practice I learnt during Amy Bett's Money Mastery Course - my personal example was around money mindset and I wrote down 10 money affirmations that resonated with me and then recorded myself and listened to them at night as I fell to sleep. The other way you can do it is to listen as soon as you wake.
- Create a vision board, the key here is to allow the images you place on the board to not only represent your dreams and desires but also evoke a feeling of joy, happiness, success, abundance whatever it is that you are calling in. Then place this board somewhere that you will see it daily.
- Life script of your future self, this is a great practice that I learnt from my beautiful friend Ange Simson (@thegratitudeproject). Write your dream day in present tense, starting from the moment you wake up, write how you want to feel, what you would eat from breakfast, how you would dress, what your daily routine would look and feel like. Get super, super detailed. Then, record this and listen to it at least once a week. Personally, I like doing guided meditation and then listening to this as I do my daily stretching.

A smiling woman with blonde hair, wearing a white blouse, is the central figure in a bright, modern kitchen. In the top left corner, there is a red circle containing the text 'THH.'. The bottom of the image features a large, light pink curved shape that serves as a background for the chapter title.

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CHAPTER THREE

HOW TO RAISE YOUR VIBES



"Everything is energy and that's all there is to it. Match the frequency of the reality you want and you can't help but get that reality. It can be no other way. That's not philosophy, that's physics". - Albert Einstein

Science has confirmed that everything in the universe, including us as humans, is pure energy vibrating at different frequencies.

When it comes to us, human beings, we are energy, and our energetic frequency is constantly changing based on our emotional, physical and mental state. Which means we can alter our vibrational energy at any time.

HERE ARE SOME WAYS YOU CAN RAISE YOUR VIBRATIONAL FREQUENCY

- Get outside in nature, feel your feet on the ground and the sun or breeze on your face
- Be in stillness
- Find moments of gratitude and mindfulness
- Appreciate what you already have and say thank you to the universe
- Listen to frequency music, my favourite is 528hz manifesting frequency which you can find on Spotify
- Listen to uplifting and inspiring podcasts
- Engage in conversations that open your mind and give you a fresh perspective
- Meditate – I love doing a guided meditation by Gabby Bernstein or Rochelle Fox
- Journal – you can find my journal prompts in the other free resources
- Build a spiritual practice
- Eat nourishing, high vibe food that nourishes your body (avoid dead energy food like processed meats, deep fried food and sugar)
- Play, dance, sing and HAVE FUN. Joy is one of the greatest emotional states for attracting greatness and becoming a vibrational match with your dreams
- Replace fear with faith

AWARENESS IS SUCH AN IMPORTANT COMPONENT OF MASTERING OUR MINDSET

and in particular, having awareness for what's not serving you is a key point in protecting your energy. Make sure you are engaging daily in things that make you feel good.

When it comes to your environment, you want to focus on ensuring you are doing your best to be immersed in environments that are nurturing your energy – here's some simple ways:



1. Plants (not fake plants, plenty of real plants)
2. Crystals
3. Essential oils in a diffuser
4. Music
5. Candles
6. Things that make you feel good, like fresh flowers
7. Clear space and no clutter

A smiling woman with blonde hair is holding a light blue mug. She is wearing a brown ribbed cardigan and blue jeans. The background shows a modern interior with a large green plant and a framed picture on the wall.

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CHAPTER SEVEN

HOW TO BE YOUR OWN HYPE GIRL



QUOTE:

"Be your own hype woman. Love yourself like no one else. Cheer yourself on like how you would your closest friends. Believe in yourself above all else because at the end of the day, you've got to be your biggest fan". - Boss Babes Inc.

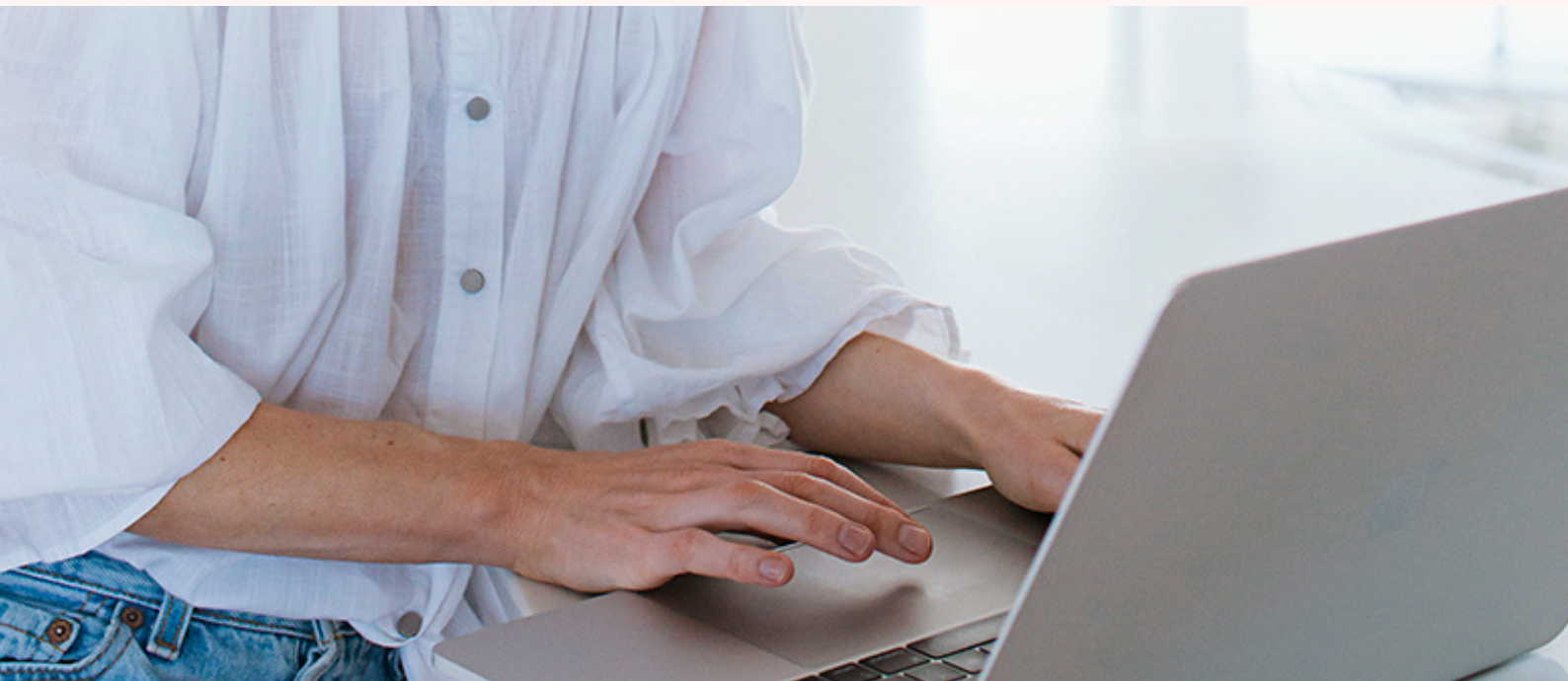
AFFIRMATION / MANTRA:

There is only one me and that's what makes me so damn special"

WHAT DOES BEING YOUR OWN HYPE GIRL ACTUALLY MEAN?

Forbes describes it as relying on nothing other than yourself to escape unhelpful thought patterns. It involves having a set of tools that you know you can visit and revisit to get you back to feeling in charge and ready to take action.





5 EASY PRACTICES TO HELP YOU START BEING YOUR OWN HYPE GIRL:

1. Daily mirror work saying your positive affirmations (see the power of affirmations page for further details)
2. When you get dressed in your feel good outfit for the day look in the mirror and say to yourself 'this is what success looks like' or 'this is what sexy looks like' or 'this is what confidence looks like' - whatever you are focusing on building more of focus on that.
3. When you have a negative thought about yourself, stop, bring awareness to it and then say to yourself 'I'm having that thought again about (not feeling enough)'. By doing so, we stop ourselves from identifying with that thought and over time the positive thoughts we have been creating become more powerful
4. Unfollow everyone online who doesn't spark feelings of joy, happiness, inspiration or who isn't serving you through empowerment, education or thought-provoking content.
5. Start a journaling practice that allows you to connect with yourself.



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CHAPTER EIGHT

CREATING HEALTHY BOUNDARIES

QUOTE:

"You have to be able to set boundaries, otherwise the rest of the world is telling you who you are and what you should be doing. You can still be a nice person and set boundaries" - Oprah Winfrey

AFFIRMATION

/ MANTRA:

I am kind and loving towards others while creating clear boundaries that protect my good feeling emotions" - Gabby Bernstein, Super Attractor

We all have values, our values are a belief system or our inner code that guides our actions and decision making. Your values are what should help create your boundaries in order for you to thrive.

Every conversation, activity, interaction and experience is an energy exchange. Your energy should be treated like currency, a considered and mindful exchange.





Here is my quick 4 step process for creating healthy, loving boundaries:

1. Bring awareness to what is and isn't serving you. What situations, experiences and environments bring you joy, make you feel aligned, inspire and uplift you and what situations, experiences and environments leave you feeling anxious, drained, deflated, demotivated. Does a busy social calendar make you feel happy or depleted? Does working until 8pm every night because you are trying to build your career allow you to feel in control and successful or exhausted and stressed? Bring awareness to it all, all aspects of your life.
2. Learn to say no - start to feel confident in saying no to situations that don't light you up. If it's not a hell yes then it should be a no.
3. Listen to your gut, your intuition always knows what is best for you, trust it.
4. Protect your energy as it is your most powerful asset - remember that engaging in activities, conversations and experiences is an energy exchange, we are made of energy, be very mindful of what you are so freely giving yours away to.

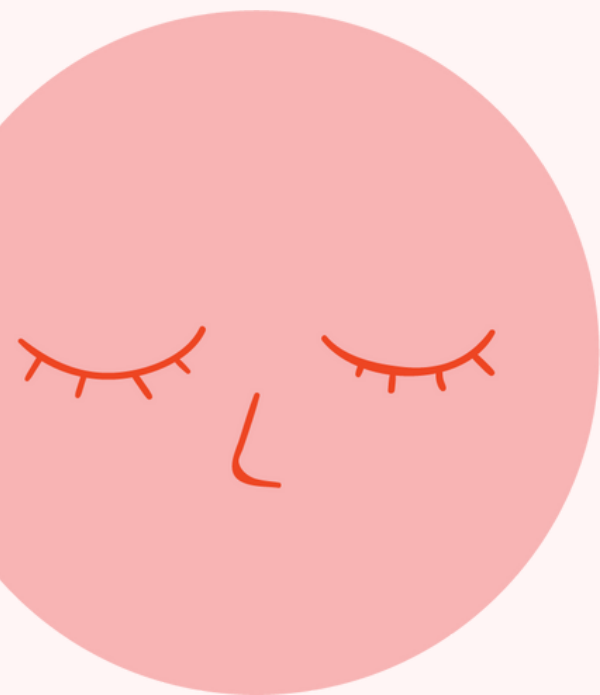
For a detailed rundown, head to The Healthy Hustlers Podcast via your fav podcast app and listen to the full episode on how to create healthy boundaries.

A woman with long, wavy blonde hair is smiling and looking down at a baby she is holding. The baby has curly blonde hair and is wearing a light-colored, textured cardigan. They are in a bright, modern kitchen with white cabinets and a window in the background. A tray with two golden-brown pastries is visible in the foreground. The image is overlaid with a large, light pink circular graphic on the left side.

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CHAPTER NINE

USING PERSPECTIVE TO SHIFT YOUR MINDSET



QUOTE:

"When you change the way you look at things the things you look at change"

AFFIRMATION / MANTRA:

"I am open to new ways of thinking. I lead with love, kindness and compassion"

Using perspective to open your mind is a very powerful tool. By widening our perspective, we are able to release anxiety, tension and frustration around certain situations while also being able to lead with more kindness and compassion.

1. Try to consider other people's situations, we never truly know what someone is going through, so being kind and by being able to look at something from their perspective is very powerful when focusing on a positive mindset
2. Write down your negative thoughts as it helps reduce their power and you will realise they are just thoughts and then you can choose again
3. Focus on the bigger picture, the world, other people's living situations and environments. We are so blessed in so many ways, putting your situation into perspective with the big wide world really helps to evoke a sense of gratitude in tough times.
4. Remember, we are all doing the best we can at any given time with the knowledge that we have.

A photograph of two young women with long hair, smiling and sitting together. The woman on the left has blonde hair in a braid and is wearing a white athletic top with a mesh panel. The woman on the right has brown hair and is wearing a white athletic top over a dark patterned sports bra. They are in a warm, indoor setting with soft lighting and a plant visible in the background.

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CHAPTER TEN

HOW TO HAVE AN ABUNDANT MINDSET

QUOTE:

"The key to abundance is meeting limited circumstances with unlimited thoughts." - Marianne Williamson

AFFIRMATION / MANTRA:

"When I focus on the abundance around me I become abundant" - Gabby Bernstein, Super Attractor



Research has shown that the way you think about yourself and the world around you can have a profound impact on the way you learn, how you handle stress and tough situations, your success, and even your relationships.

The term 'abundance mindset' was coined by Stephen Covey the author of *The Seven Habits of Effective People*. The overall concept of an abundance mindset is believing that there is enough room for you and others to succeed, there is enough to go around. One person's success will never detract from yours and so on.

With an abundance mindset you believe you are in control and the author of your story not the victim of your circumstances. The above practices and tips in this workbook will help you create an abundance mindset.

Here are some extra ways you can start adapting and applying the abundance mindset in your daily life:

1. There are no limits, opportunities are limitless. Stop putting a glass ceiling over your head, smash through that ceiling by dreaming big and building the confidence you need to go all in on your big, wild dreams.
2. Remember your thoughts are powerful, they hold energy, so choose them wisely. Become aware of the negative thoughts that are no longer serving you and focus your attention on the positive beliefs you are creating
3. Just like your thoughts, your words too are powerful so don't engage in negative self-talk, don't bring yourself down, instead focus on being your own best friend and talk to yourself as you would someone you love. Refer to 'how to be your own hype person' for further guidance.
4. Become passionate about personal development – the best investment you can make is on yourself. Open your mind to new ways of living, being and learning. We are so privileged to be in a time where we have an abundance of resources from books to podcasts, live talks, audible, opening our mind to new ways of thinking has never been easier or more exciting.
5. Focus on what's working in your life instead of what's not. Focusing on the good will allow you to appreciate all that you have.
6. Engage in conversations that foster curiosity and allow you to learn about new topics, other people's interests and life experiences. Other people's experiences have a magic way of unlocking new wisdom inside you. Get curious.
7. Spend time with people who have an abundant mindset and make you feel like anything is possible – this can be in person or online. Like the quote by Jim Rohn says, 'you're the average of the five people you spent the most time with.'
8. Start to train your mind to see possibilities not roadblocks.



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