

# MANAGE YOUR MIND WORKBOOK

---

Learn the EXACT mindset required to reach  
the health, fulfillment + life you desire.



**WITH MEGAN SCHMIDT**

Mindset + Energy Coach, Plant-based  
enthusiast, Yoga Instructor, + Host of The  
Align Wellness Podcast

# Manage Your Mind

## Masterclass Series

How to Use Your Mind	August 17, 9 am CST
Why Am I Not Getting Results?	August 18, 9 am CST
Problems, Excuses + Control	August 19, 9 am CST
Why You Feel Unfulfilled	August 20, 9 am CST
What It Takes to Create Change	August 21, 9 am CST
Q&A + Daily Practices	August 22, 9 am CST

### **Before we begin:**

Map out the time in your calendar to join LIVE if possible, or watch the replay as soon as possible so that you get the most out of this private training and see results in your life.

Print out this workbook, and fill it in during the lives, and use the backside if you want to do some journaling or need extra space!

# Session 1: How to Use Your Mind

Managing your mind and energy is the first and most essential step for you to create the results in your health, body, relationships, career, + life.

My #1 goal for the next 30 days is:

How the world works:

T -

F -

A -

R -

To live an Aligned Life requires you to look at these 11 major categories and DECIDE what you want for yourself:

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

# Session 1: How to Use Your Mind

Our \_\_\_\_\_ create our \_\_\_\_\_.

Our \_\_\_\_\_ drive our \_\_\_\_\_.

Our \_\_\_\_\_ create the \_\_\_\_\_ we have in our life.

The reason you do everything you do is because of:

\_\_\_\_\_.

The reason for our pain and suffering is:

\_\_\_\_\_.

The Motivational Triad:

1.

2.

3.

You will never take \_\_\_\_\_ when you are feeling negative emotions.

# Session 2: Why Am I Not Getting Results?

"A Belief is a \_\_\_\_\_ you choose to keep \_\_\_\_\_"

Our beliefs are not even "ours", they are from our caregivers growing up.

# Session 2: Why Am I Not Getting Results?

1-3 Beliefs that do not serve me anymore and I would like to let go of are:

1.

2.

3.

The definition of identity is: the condition or character as to who a person or what a thing is; the qualities, beliefs, etc. that distinguish or identify a person or thing.

What is the identity of your TRUE Self? What are the thoughts, feelings + actions you take when you are acting from your authentic Self or your future Self?

Our Subconscious programming is responsible for about \_\_\_\_\_% of our day/actions.

Our conscious programming is responsible for about \_\_\_\_\_%

# Session 3: Problems, Excuses + Control

The definition of Problem is: \_\_\_\_\_ or \_\_\_\_\_  
circumstances that are not wanted and need to be \_\_\_\_\_.

Our minds are \_\_\_\_\_

A problem isn't a problem if it can be \_\_\_\_\_.

If you don't make \_\_\_\_\_ a PRIORITY RIGHT NOW  
before you change anything, you \_\_\_\_\_  
when you get what it is you want.

What are 2-3 "problems" you have in your life right now:

1.

2.

What can you do to "solve" for these "problems"?

1.

2.

# Session 3: Problems, Excuses + Control

Excuses:

1. It will be difficult
2. It's going to be risky
3. It will take a long time
4. There will be family drama
5. It don't deserve it
6. It's not my nature
7. I can't afford it
8. No one will help me
9. It has never happened before
10. I'm not strong enough
11. I'm not smart enough
12. I'm too old (or not old enough)
13. The rules won't let me
14. It's too big
15. I don't have the energy
16. It's my personal family history
17. I'm too busy
18. I'm too scared

What are your top excuses that keep you stuck where you are? (Think back to the #1 goal you said you wanted to accomplish in Session 1 - why have you not accomplished this goal yet?)

What is in your control?

1.

2.

3.

When we are put into a situation with another person, we can't always control that we are in a situation we didn't want to be in, but we can always control \_\_\_\_\_.

## Session 4: Why You Feel Unfulfilled

Fear is listed as #18 in Dr. Wayne Dyer's list of excuses, but I really think (as he states as well), that all excuses come back to fear.

How is fear stopping you in your life? Where are you holding back, dimming your light, or not being true?



# Session 4: Why You Feel Unfulfilled

## **Purpose, Fulfillment + Passion**

You don't have \_\_\_\_\_

Your \_\_\_\_\_ is filled up by what brings you fulfillment + passion.

It's not \_\_\_\_\_ to do things that bring you joy. Your \_\_\_\_\_ helps serve others. No one is helped by you being resentful, burnt out, tired, or unfulfilled.

What are some of your passions? What fills you up?

# Session 5: What it takes to Create Change

## **Notes:**

# Session 6: Q&A + Practices

**Notes:**

# Resources

## Podcast Episodes

16: Fear + Judgement  
27: You Deserve More  
35: How To Take Action  
40: Living With Passion  
41: The Path to Fulfillment  
45: Why You aren't getting results  
48: Building Belief  
49: When You Feel Unfulfilled

## Connect:

<https://www.alignwellnessyxe.com>  
email: [megan@alignwellnessyxe.com](mailto:megan@alignwellnessyxe.com)

Facebook: <https://www.facebook.com/groups/alignwellnessyxe>  
Instagram: <https://instagram/alignwellnessyxe>  
Youtube: [https://www.youtube.com/watch?v=eFMeSGM\\_3N4](https://www.youtube.com/watch?v=eFMeSGM_3N4)

## About Megan Schmidt

Megan Schmidt is a mindset + energy transformation coach, yoga instructor + host of The Align Wellness Podcast. She teaches women how to master their minds + change their energy to become happier, healthier + more fulfilled in their lives!

As the founder of The Aligned Life Program, Megan teaches women what it really takes to create + live a fulfilling, healthy + happy life. This transformational program gives you the steps to design your life by YOUR version of success + fulfillment.

She has over a decade of knowledge in personal growth, mindset, plant-based nutrition + yoga that she infuses into her teachings + program. She is also a mom of three daughters and fully understands how important real self-care is for the energy + health of the household.

Megan is passionate about helping women transform their lives from the inside out. She knows what it takes to move from a directionless life, full of self-pity and exhaustion, to energetic, focused + fulfilled - and she wants you to experience that too!