

'SCRIPT' from pg232-239 of my book

Break free from Self Sabotage in 7 Steps

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***"Being safe and protecting ourselves is important,
but please do not block everyone out."***

Emotional events, such as weddings, funerals and public speaking, can be overwhelming. The first significant thing to do is set yourself up for success. You can start by checking-in with yourself, utilising the attributes test and change your energy if you need to. Know who you are speaking to and let that guide you. Be your own energy source. You can grab a song that resonates with you and listen just before you go on. You can close your eyes and just connect with yourself for a split second and breathe. If you are self-conscious, just head to a location that is safe for you and do a quick energy movement there. You don't have to like what you are talking about, but you will need to find something within it to connect to so you can tap into that energy.

At a funeral, write down words to remind you of the positive things you know or did with the person. Find someone in the audience that is not crying and can support you with their eyes. Remember, the person is still around as our spirit does continue on. Therefore, let them assist you, and honour them while speaking and make that connection.

Interviews can also be stressful for most people because we are focusing on the wrong thing. You need to focus on the present moment and the positive, not the outcome or a past experience. If you focus on the past or future, you will not be clear and energized.

People know if you are incongruent, so be honest and sincere in what you say. Write a script of how you want the interview to go in the weeks or days ahead, and read it twice a day. This activity sets you up for success and provides you with the right mindset to tackle anything. Remember, you do need to word it exactly how you want it to happen, including how emotional you want to come across. You might not be the exact person for that job, however, do not waste the opportunity and experience because people talk, and you might get a referral or another chance.

I've heard many times that a person gains a job from someone else via a referral. Just be yourself and make an impression. After all, even if you do not get the job, it will help you grow, and you will get better each time you have an interview.

Depression, anxiety, avoidance, hiding, and/or anxiousness may have directly impacted you in the past/present, yet have you ever investigated why and how? These things are good to experience in a safe environment to build resilience. Have you ever thought of them as being good? Never look at it as a bad thing, and never hold onto them, or they will control you.

Everyone in the world will experience these things. I, myself, let them control me and in doing so, I almost took my own life. What you think, matters. Remember that! Adjust your thoughts when you need to. Furthermore, know that others will see you and will be attracted or repelled with your vibe, and how your energy is flowing.

Never let certain thoughts hold you back, such as, “Oh, if I change, then I lose my friends” “I don’t have enough time or money” “I am not good enough,” “I am tired.” If you focus on these thoughts, then this is what will happen, especially if you continue to tell yourself these things. Not until you change your ways will you ever move forward in life. You cannot control the situation or another person, so you should only live for yourself.

Remember, if you lose a friend, you will gain another. If you feel not good enough, then get good enough. Change what you need to change, and do not ever let that black shadow cloud stay over you. Make sure you write a script and read it (scripts are covered soon).

Fear is easy to change. It is most likely that fear stops us every time we attempt to do something that scares us. You can justify it by saying you don’t know how to do something or you’re not that person, etc. but challenge that fear, and go and get it! There is always a way. Look at it from a different angle or perspective. Try to imagine “if I did ‘this,’ what it will give me?”

So many times, I hear overweight people say they are scared of losing weight as they worry about what might happen when they do. I knew I did not fit in and stayed overweight because I didn’t fit in. I also told myself I could not afford new clothes, and said to myself that eating healthy costs more money. This is crap! This is fear, and a story we tell ourselves so we do not do it!

Just **SWAP IT!** Change your story and get what you deserve. Write your affirmations and script, and read them every day. If you want to change, then do it; **DO IT NOW!**

For decades, I kept eating junk food as I wanted to block other people’s emotions out. Being an empath and psychic, you tend to feel a lot emotionally. I mean, like all the time, so I did what I could to get by.

I was my biggest sceptic, and many times we all are in our own way. Fear is the best fuel for passion, and until we know the correlation and use fear as our power, we remain stagnant. There never is the right or perfect time as we can always find an excuse. Remember, with every failure you have, it is never a real fail, just a step closer to your next goal! You now have the steps to take the action for you, to be you.

There are millions of ways we can empower ourselves and our passion. Your drive and perseverance are an essential element to put you on the path to the right plan and action it. However, if it is not your destiny, and you are fighting your soul, it will not work the way you see it, and that is okay. Listen to your intuition; you might need to tweak your goal, so be flexible.

Not much happens if we have no plan or emotion behind our drive. For almost a year, I was a part of a supercharged group, which was run by a fantastic entrepreneur, Peta Kelly. She emphasized how important writing a script was, and to include what you want to feel emotionally when you obtain the outcome you want.

At first, I thought it was a little weird, but it just works. Simply put, a script is a simple yet detailed journal of what you want to happen in the future, and how you will feel about it without the ego. You can put anything in it as long as it is what you want the outcome to be. This is not a script in the mind, nor is it already written in a book. These are words that you write yourself in a cherished position, and with love and gratitude.

There are multiple ways you can do this, and there is no wrong way, as long as it is a true reflection of what you want to achieve or experience. A script is written to what you want your life to feel like after you have what you need in life and not the materialist stuff. It is what it feels like to be in balance with your mind, body and soul; to be congruent.

Here are a few examples of what a script might look like:

Script set out

1. **I feel...** (write all the good feelings you want to feel and experience).
2. **Why** you love these things
3. **How** you implement them into your life.
4. **How** good the people are around you.
5. **How** supportive they are to **your** high vibe.
6. **How** the environment enhances you.
7. **Summarise** your work and how it all fits incongruently into your life.
8. **Explain** the feeling of how your work fits into your personal life.
9. **Explain** how proud you are of yourself and the energy that you have.
10. **Add** an affirmation or two, bringing in the positive as a summary.
11. **How** does it get any better than this? (or similar).

Be sure to use lots of colours, feeling words, and date the entry. Read this script every morning and night.

Example script 1: (simple version)

When I wake every morning, I feel refreshed, recharged and ready for the day ahead. I go about my morning routine with ease and accomplish the tasks needed quickly. As I head to work, I enjoy the drive, and I don't allow the other busy cars, trucks and busses to change this.

As I go through my working day, I accomplish so many of my tasks. Ticking off my to-do list gives me great satisfaction and keeps me on track. Leaving work, I feel content with my efforts

and can leave my working day behind me. As I head home, I reflect on my day and feel happy to be going home.

I am happy to be seeing my family, and I know they will be just as excited to see me. The drive home energises me as I pull in the driveway. I know I am ready to be fully present with them. We enjoy a nutritious meal and talk about our day. We all share quality family time before the bedtime routine, along with the grateful experience we all had.

As I lay down in bed, I am proud of my efforts at home and work. I am truly happy for the relaxed time I get to spend with my partner before we fall into a restful sleep together. I attack each day with love and excitement, and I am grateful for all things. I am filled with gratitude and can't believe my life is so full of ease. How can it get any better than that? (example of date: 27/10/2020).

Example script 2:

I feel uplifted and energised, looking into nature and connecting with Mother Earth. The ease and grace of nature brings me peace and strength, letting my worries disappear. I can look into nature everywhere I go and get the same connection. I have plants at work, bringing that nature love inside with ease. I gain my new position at work and money comes in with ease, allowing me to have little to no stress with all my worries gone. Everything happens so quickly, it feels so right and in alignment with my soul. I am free, abundant and worry free; how does it get any better than this? 28/10/2020.

Example script 3:

Money flows easily into our lives, creating a sense of peace. I am supported by the universe to be able to spend this money on what our family truly needs to live in our best alignment. We will buy fresh organic produce, improve our health, and also create savings while not be burdened by bills. We always have enough to cover our bills and allow ourselves the opportunities to enjoy life. I am so grateful for every amount of money coming into our lives, and equally grateful for the money going out, allowing us to live in our limitless potential. With ease and grace, I begin and end the day without a worry in the world. How can it get any better than that? 29/10/2020.

You can see you have to make the script for you, something that elevates you for the day, and brings you back to your centre. It must be felt and touch your deepest heart in how you want to feel and what you want to accomplish. You can create or search for your own affirmations to bring in that spark to ignite and embody that feeling.



Complete in your journal or here



Answer the following

Are you ready to be who you're meant to be?

Will you write a script in the next 24 hours

Will a new day bring you a new opportunity?

If at any time you feel stuck, will you read your script?

If you are having a bad day, will you read your script?

Will you read your script every day for 1 year+?

As you can see, a script is what we want and how it feels to have the outcome; it embodies us. It can be as long as you like it to be. I know some are four pages long, while others just use two sentences. A script must be read 1-2 times a day for weeks and months, and then change it and continue to use it for as long as you want to create change. The more you embody this and make it a habit, the intention then becomes a reality. Most entrepreneurs have this a type of script; they're also called vision boards, but this is better than that!



Write your script, for yourself, what you want to feel and live.