

The Champion Season

Redefining, Reinventing & Rebuilding
Your Life



Workbook
Champion Series

Dr Geraldine Teggelove

Redefining Reinventing & Rebuilding

You and Your Life

Geraldine Teggelove

www.geraldineteggelove.com

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Today's Note to Self ~Remember today that change is just love answering the cry of my soul to grow and become~

'My wish for you is through the participation in this course that you are given the courage and inspiration to step into the beautiful life that already awaits you. I want you to understand that it doesn't matter how old you are, or what you have lost, that it is still possible to live the life of your dreams.' Geraldine

We are living in an incredible time of change, and we are all feeling it in some way, shape or form! If we fight it, we just go deeper into the mud of life, but if we take the time to learn how to flow with it, I guarantee you will be soaring into a life you never dreamed possible!

This course provides you the practical steps you need to jump into a brand new way of living - one filled with excitement and passion! It will assist you in putting a halt to the depression and fear that grips you at certain times in your life, and finally finding the strength and courage you need to follow your heart and create the seemingly impossible.

There is one special secret that I would love for you to understand before we begin. The secret to achieving great happiness and success is not necessarily all the planning, goal setting, marketing, sales, etc! Yes, these things are important, but the key to ongoing and sustainable happiness and success is how you grow yourself personally and spiritually. This is the key that unlocks the flow of abundance allowing you to Redefine, Reinvent and Rebuild your life in ways that are perfect for you.

This is what will make your life sizzle with happiness and success.

You may need to take a huge breath of courage, and muster up all the inner strength you have to follow through with what I am about to suggest, but I promise it will be so worth it! I don't share anything that I have not experienced firsthand. It is only then that I know the process works!

The exciting news is, by take responsibility for Redefining, Reinventing and Rebuilding your own little world, creating more happiness and success, then we will be effecting change throughout the entire planet and Universe. It doesn't necessarily take enormous acts of change on a global level, but just tiny steps of courage and bravery on the part of each individual human being to make massive changes on a cosmic level.

Remember: To know and not to do is not to know at all!

REDEFINING

Module 1:

Today's Note to Self ~Amazing miracles often appear amidst the most barren times of our lives ... it just takes opening our mind to the possibility~

To redefine your life, there is really only 1 place to begin and that is to ask yourself the question:

YOUR A:

Where am I right now? As I am sure you understand, this is not a location question! This is a question for you to really ponder and contemplate. Why? Well, the fact of the matter is, if you don't know your beginning point, then you will have no earthly idea of how to get to where you want to go. You have to know you're **A** before you can map your route to end up at your desired destination - your **B**.

So, what is my story?

What have I learnt from the journey so far?

Today's Note to Self ~Some just look out and wish ... others dive in and make
a big beautiful splash~

REDEFINING

Module 2:

Do you imagine or daydream about a life for yourself that has not yet come to pass?

Why has this not happened?

What have been my excuses?

Today's Note to Self ~Remember today, regardless of our age or the season of our lives, there is great beauty to be shared~

What or who has held me back and how?

Today's Note to Self® ~It takes courage to break out of your cocoon & step beyond your comfort zone ... but it is the only way to find true freedom~

Where have I been hiding?

Today's Note to Self® ~The most successful people are those who have chosen to grow through the struggles of life ... & believe anything is possible~

REDEFINING

Module 3:

Where to begin:

Finding your Truth

- There is a greater energy that guides our planet and the whole of the Universe. It lives and operates in all people and all things
- You are a spiritual being living in a physical body
- You live in a quantum field of infinite potential and possibility
- Your thoughts create your reality
- Thought combined with emotion is truly the most powerful force of manifestation

Universal Laws: There are unseen Universal Laws that operate in our world whether we know about them or not.

- Law of Attraction/Compensation
- Law of Vacuum

- Law of Gratitude

- Law of Gestation

Today's Note to Self ~Right 'NOW' is the perfect time to shed your old worn out negative beliefs & smooth out the journey ahead with those that are brand new & positive~

Using this knowledge to redefine my life.

- **Take total responsibility** for where I am sitting right in this moment. What are the thing I must take responsibility for in my life?

- **Let go of negative thoughts** as they just continue to create negative outcomes. What are my most dominant negative thoughts?

- **Let go of negative emotions** which constantly fuel my thoughts and bring about manifestation of things so much faster than I can ever imagine.
Which of the following negative emotions do I relate to? Which ones are effecting my ability to redefine my life and move forward into all I desire?
 - Blame
 - Resentment
 - Anger
 - Shame
 - Frustration
 - Fear
 - Guilt
 - Despair

- **Stop telling my old worn out stories** to everyone who will listen. What are the stories I have been telling?

- **Give up any old beliefs or perceptions** about people or circumstances that keep me chained to lack and limitation. What are my most dominant negative beliefs?

- **Forgive the past - Yes, I said forgive!** List who and what I need to forgive and why!
 - Myself

 - Others

 - Circumstances

 - The past

Today's Note to Self ~Remember today, anything that blocks our path can be lifted with forgiveness of self & others~*

AFFIRMATION TO FORGIVE and RELEASE

I fully and freely forgive any person or circumstance that has clogged up my life and held me back from moving forward. I release these people and circumstances to their highest good and me to mine ... and I am very grateful.

Remember, we cannot change others, we can only change ourselves.

REINVENTING

Module 4:

Today's Note to Self ~Remember today, that exploring new paths enlightens our journey~

Your Mind:

Your Conscious Mind

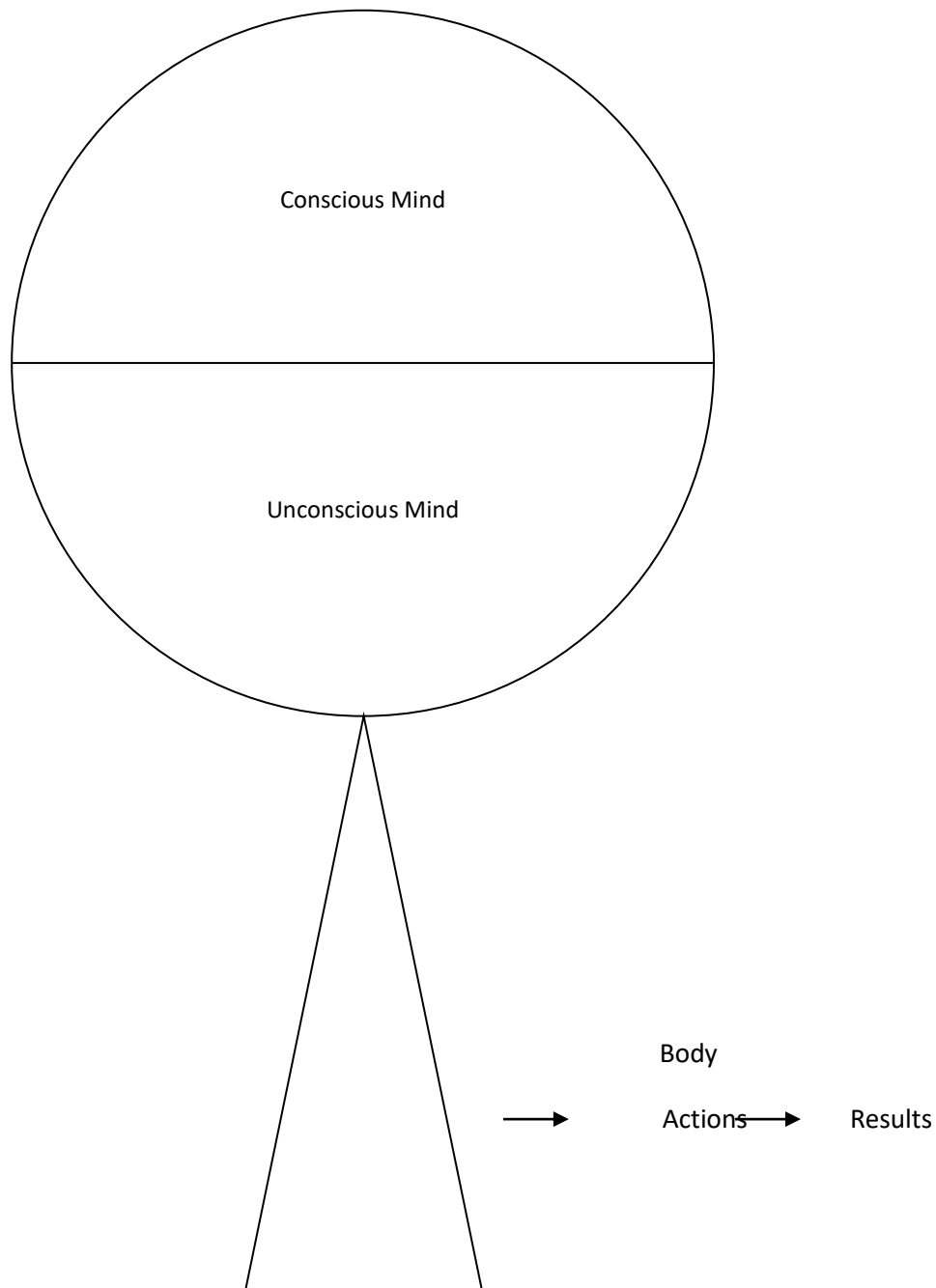
- The “thinking” mind – uses the brain
- Can only hold one thought at a time
- Identifies information from senses
- Analyses that information
- Makes decisions
- Has no memory

Your Unconscious Mind

- Stores and organises memories
- Home of the emotions
- Runs the body
- Preserves the body
- Enjoys serving
- Habits formed and stored
- Controls and maintains perceptions
- Does not process negatives
- OPERATES AT THE CELLULAR LEVEL

Your body: The thoughts that you have consciously chosen, and then put into the unconscious mind will move your body into action, and these actions will determine your results.

What the mind looks like and how it works



Today's Note to Self ~Remember today, that OUR transformation is entirely
in OUR hands ... we create our own reality~

My New Belief Patterns

1. Anything is possible!

Start filling your conscious mind with the idea that you can achieve whatever you wish.

2. I am the amazing manifestor of all my heart's desires!

Yes, the truth is, no one else can create your life for you ... unless you allow them too. You came into this life with all the power within you to accomplish all that you desire. It is time for you to really take control of the reigns of your life and steer it in the direction of your choosing.

3. I am unique and one of a kind

What are the new beliefs that I need to embrace to create happiness and success?

4.

5.

6.

Today's Note to Self® ~We simply have to believe in miracles for miracles to appear ... & they will~

The Truth is:

- You are a child of the Divine
- You are made in the image and likeness of God/Spirit/Source
- You are a magnificent spiritual being... a tiny drop of pure energy in a sea of pure energy
- You are totally unique
- You are here for an extraordinary purpose.... To be YOU!

What are other positive Truths about me?

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Today's Note to Self® ~Remember today, that OUR transformation is entirely in OUR hands ... we create our own reality~

REINVENTING

Module 5:

Defining My Uniqueness

Today's Note to Self ~Roses may be red, violets may be blue, but nothing is sweeter or more beautiful than the uniqueness of you~

This is vital to you reinventing yourself and your life. Believing and living your uniqueness not only grows your self esteem and self worth, but also brings happiness and success in so many magical ways - ways you never dreamed possible!

Today's Note to Self ~When we become the star of our own life ... we shine a magic silver light into an often dark & dreary world~

Where to begin?

- What do I like about me?
- What am I good at ... now please don't go running into your shell!
- What would my friends tell others about me?

- What is it that I just love to be engrossed in?
- What brings meaning to my life?
- What do I love to learn about and do – my special interests?
- What do I love to share with others?
- What little messages or not so little messages am I constantly receiving?

If your uniqueness is still not jumping out at you, go back to your childhood and think about all the things you loved to do and play. These are all the little clues that will help unravel the mystery.

Today's Note to Self™ ~Remember today, that no matter whether I make a huge splash or a quiet ripple ... I still leave my unique imprint upon the sands~

Expressing Your Uniqueness

How will I use my gifts to reinvent my life?

- New career
- Move my career in a new direction
- Start a business
- Revamp my current business
- Monetise what I now already do
- Offer a service
- Create products
- Become an author
- Keynote speaker
- Compose music
- Become an artist

My personal list:

Today's Note to Self™ ~Remember today, there is no dream too big to realise, because NOTHING is impossible with vision, passion, courage ... & a great work ethic~

REINVENTING

Module 6:

Your B

This is known as your end result - your new reinvented you and your life.

Write a description of this newly invented you and your life. This really needs to be clear and in as much detail as possible. This is the vision for your life, so make it sing! Remember, anything is possible and is already waiting for you in the quantum field of infinite possibilities and potential. Include:

- Health and wellbeing
- Finance
- Relationships
- Career
- Business
- Personal and spiritual growth

Create a vision board!

Cover your Vision Board with pictures, favourite quotes, pretend money, hearts, gratitude sayings, affirmations, statements of what you want as part of your reinvention ... etc, etc. Make it really colourful unless you want your life to be drab and dreary. (To get started on this, it would be a great idea to jot down lots of ideas here.)

Today's Note to Self° ~Remember today, to be open to the moments in life when the light of knowing breaks through the clouds of uncertainty~

Visualisation

This is the secret known and used by the ancients - if we can see it in our minds, it will eventually become a physical reality. It just has too - it is Universal Law! 3-4 minutes of visualisation a day set the wheels of the Universe in motion!

Generating Emotions that Create Success

These are the positive and powerful emotions that add rocket fuel to your visualizations. The truth is that the only thing standing between you and all of your desires are the negative emotions that you are feeling on a daily basis! Heal your emotions and your dreams will appear.

With regards to Redefining, Reinventing & Rebuilding my life, what emotions am I feeling right in this moment?

Check where your emotions are sitting right now! Are your dominant emotions positive or negative? Feel into all areas of your life and write down the attached emotions. It is a great idea to put a date beside each time you take this little test. This will help you to see how you are progressing emotionally.

Today's Note to Self™ ~Remember today, getting caught up in the web of negative can keep us from seeing magical opportunities~

How to create more positive feelings and emotions?

- Remove myself from negative environments.
- Placing myself with those who are uplifting and inspiring.
- Finding someone who will cheer me on and give positive support.
- By not listening to those who put down my dream.
- Doing the little, and no cost things that give me joy
- Giving of myself to others in some small way.
- Through loving and accepting me, just the way I am.
- Finding the good in every situation
- Writing a list of all the things, places, people, activities, etc, which bring me joy
- Through building my self esteem and self worth
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How to build self esteem and self worth

- Go to the mirror and say out loud, “I love you” and really mean it.
- Stop putting yourself down
- Constantly checking your self-talk
- Making the decision to be happy with who you are and how you look
- Writing out and affirming that you are worthy and deserving of all good – regardless of what has happened in the past

What will you do to build self-esteem and self-worth?

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Notes:

Have you fallen in love with your dream today? Falling in love with your dream every single day creates magic!

REBUILDING

Module 7:

Today's Note to Self~Remember today, that new beginnings are possible every moment of every day ... just imagine the sunrises we can create~

The Physical Tasks:

It is time to get your hammer and nails into action and start the rebuilding phase of your new and fabulous life.

Make the decision to do what needs to be done!

This is a commitment to yourself and no-one else! It is always a good idea to actually write out your own commitment and sign on the bottom line! By taking this step of writing a commitment you have also set the Universe in motion because you are clearly saying, "I mean business and this is what I truly desire". And the Universe gets cracking!

My Commitment:

Map out the road ahead

Find yourself some large sheets of paper, draw a line down the middle of each, and then hang these around the walls and begin to brainstorm all the things that you know you will need to do. Examples below ...

- Get qualifications or update your qualifications
- Get business cards
- Design a logo
- Decide on place of work
- Design products/services

- Work out a financial plan
- Work out a business plan
- Work out a marketing plan

Your Mapping: draw a line down the middle of this page and the next to begin mapping out your action steps. ***Please note:** only write on the left hand side of the line you have drawn.

Today's Note to Self® ~Remember today, that there are times when we must
stick our necks out & look around to see the possibilities in life ... the results
can be amazing~

Plan out your timeline: you do this by numbering your tasks in order as explained in the video.

Please don't start with your excuses ...

Once you recognise these, it is so much easier to jump over them by setting up a plan to overcome the issue, or asking for the help of an expert.

- No money
- No qualifications
- Don't know where to start
- Can't do this on my own
- No one understands what I've been through
- I've tried all this before and it didn't work
- I know others who have tried to start their own business and it didn't work
- I'm not clever enough
- I'm too old
- I'm not good at these things

What are your favourite excuses?

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Finding Your Mentors

This is such a vital step. Rebuilding your life can be challenging and overwhelming, but with the help of others, the task is made so much easier. Now, on the other side of your line, you write down who might be able to help you with that particular task.

What type of mentors do you need?

- Business coach
- Marketing guru
- Spiritual mentor
- Those who have already achieved in the same endeavour
- Friends & supporters
- Writing coach

Write a list of the mentors you feel would be best for you.

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Notes:

*Today's Note to Self® ~ Growing in the shelter of a wise & caring soul gives us
the strength & courage to take another step~*

REBUILDING

Module 8:

Set Goals

Be kind on yourself with this task and set SMART goals:

- **Specific:** make them clear and concise
- **Measurable:** you must be able to measure it in practical terms
- **As is:** this means simply writing out your goal as if it has already happened
- **Realistic:** if you don't believe you can achieve a goal, then you won't
- **Time component:** you must state your completion date

Today's Note to Self ~It only takes 1 tiny step each day to reach the top of the mountain ... but we must take that step~

My Goals

1 month:

3 month:

6 month:

12 month:

*Today's Note to Self ~Remember today, that with persistent focus on our goal
... we will be rewarded with the sweet, golden nectar of our dream~*

Chunk down tasks into a Daily 'to do' list

We all look for that magic potion, or the magic wand, or that secret recipe that will see our new redefined, reinvented and rebuilt life miraculously appear before our eyes. We would all love for it to just happen in the blink of an eye - particularly without having to do a great deal of work. There are very few people who walk upon our planet who can actually click their fingers and have things appear, but with a little practise, and by following some very simple steps, we can have things appear in a very short space of time! The question is – are you willing to do what needs to be done?

- **Mind mapping**
- **Keep a diary which is a month to an opening**
- **Keep a diary with a week to an opening**
- **Plan every Sunday evening**

Which are you going to use? Take the time to organise all you need to plan efficiently and effectively.

REBUILDING

Module 9:

The Spiritual Tasks:

*Today's Note to Self ~Close your eyes, fly out across the ocean of your dreams
... then rest in the knowledge that all is well & on its way~*

Setting Intentions and trusting in the process of manifestation:

An Intention is simply stating what you want to see manifest in your life. It is then time to TRUST in the process of manifestation.

Write your intention here ...

Know that you are not alone on this journey:

Once you combine forces with God, Great Spirit, Universe, Divine Mind or whatever name you like to give this power and become a team – anything is possible!

Co-creation and action:

You have a partner in this business of rebuilding your life, and it is necessary for both partners to be involved - You plus God/Universe.

Who are the Co-Creators?

Your part in the co-creation:

- Have a vision of the real you and your new Redefined, Reinvented and Rebuilt life - the End Result!
- Build the image through visualisation
- Fuel it with positive emotions
- Affirm its manifestation
- Give gratitude
- Have faith, trust and expectation
- Take action
- Follow the intuitive guidance given

*Today's Note to Self® ~Remember today, that golden thoughts of gratitude
produce golden pathways of prosperity~*

Universe's part in Co-creation:

- The how's
- The when's ... Divine Timing
- The who's
- The what's

Begin to live the dream – act as if

This is the most amazing way of rebuilding your life! Go back to pretending as your unconscious mind does not know the difference between the pretending and the real thing! Remember back to how your mind works? The unconscious mind will begin to bring amazing results if you constantly act as if!

What are you going to do to 'act as if'?

ESSENTIAL to your success: the very first tasks on YOUR 'Daily To Do List' for every single day must read visualisation, affirmations and meditation. Once these have been completed, then you are ready to go with everything else.

Today's Note to Self® ~Remember today, that to find a quiet place in nature to still our mind & to listen to our heart ... is the most beautiful way to feed our soul~

MEDITATION:

This is the greatest way of opening the channels to allow your dreams and desires to flow into your life in magical ways. I cannot stress this enough!

Benefits of meditation;

- Meditation brings peace and calm to our lives.
- Improvement in health and wellbeing.
- Brings clarity of thought.
- Allows you greater focus.
- When we quiet the mind during meditation we allow creative ideas to flow.
- It is in those quiet, still moments that we get messages from our soul.

There are many different forms of meditation and it just takes time to find what is best for each individual.

- Just a quiet time alone with gentle music.
- Guided meditation – this is really great for beginners.
- Visualisation meditation.

Suggested steps to follow:

- Set aside an amount of time for your meditation – even if it just 5 mins to begin with.
- Find a space where you can get away from the noise of everyday activities and be by yourself – this could be a comfy chair in the corner of your bedroom, a walk in the park, lying on the floor, or whatever takes your fancy.
- Totally relax and for this short time make the decision to let go of all the worries and stresses in your life.
- Close your eyes, take several deep breathes in and out and relax every part of your body.
- Now see if you gently clear your mind of those nagging thoughts of worry. As the mind is a great one for trying to sabotage our attempts to clear our thoughts, it is also a great idea to have a word or phrase to focus on e.g. love, peace, etc.
- It may be helpful to play some gentle music.
- At the end of your quiet time, give thanks for the experience and then open your eyes, take a stretch and then resume your normal activities.

Today's Note to Self ~Remember today, that to find a quiet place in nature to still our mind & to listen to our heart ... is the most beautiful way to feed our soul~

We have finally reached the end of the program – and the beginnings of a brand new you and a brand new life. I want to thank you for allowing me to assist you in this moment in time. I wish you a million blessings of happiness and success in the journey ahead. Always remember that you are a magnificent and unique being who deserves the very best this Universe has to offer. It is now your time to welcome an abundance of all good things into your life.

Love, Geraldine.

The winds all whisper come on now, come and live your dream

I take a breath and take a step and fall so fast it seems

until I feel the currents they catch me from the fall

And carry me so high above where I can see it all

From 'On Winds of Freedom' – Geraldine Teggelove

www.geraldineteggelove.com

info@geraldineteggelove.com

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