

AN INSPIRING YET PRACTICAL GUIDE TO USING MEDITATION & LAW
OF ATTRACTION FOR SUCCESS IN BUSINESS OR LIFE GOALS



*Six steps
to
mindful
Success*

AN E-BOOK BY
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You Deserve your Dreams!

Introduction

Hi, I am Sophie, Mum-preneur to two!

I am 33 years young and have always dreamt big! Ok so actually more massive - much to my poor husband's delight!!! His main role in my life (and maybe his) is just slowly reign me in but I only allow sometimes!

I am super passionate about my career, but also totally devoted to my beautiful family and to creating our best life.

My husband of ten years is my rock - my two miracle babies are my everything - but my business and its success is a massive part of all of our lives.

You know that saying 'I got it from my momma', well perhaps that's about your apple bottom jeans (I am not sure I got this from my mum) but I definitely inherited my parents drive, determination and dedication. I will always be eternally grateful for this (my husband may well regret marrying me for this) but I also have enormous respect for the universe we live in. I truly believe you are what you put out.

Some people will say well you are just lucky - I am a firm believer you make your own luck. Trust me when I say I have had some bad luck too - that doesn't serve me so I have cut those chords and never dwell on that!

What do they say 'These things make you stronger'?

This book is a small insight into my journey of using meditation and the law of attraction to make my business a success - myself more confident and my dreams come true!

It will work for you too!

I pinkie promise!

Chapter 1

Your Dreams Become a Reality

So - are you starting out in business or do you have a dream you need to fulfil?

Do you have a personal goal?

Whatever it is we need to believe first that we can do it!

I had a dream - my dream was to own my own beauty salon.

I achieved that dream when I was 19!

I owned my first salon and I was so proud but not complete.

I bought a second salon when I was 23. I also took my Teaching & Education course (PTTL'S) because I was keen to teach and pass on my passion - I had always wanted to be a primary school teacher however I really disliked school in the latter years and realised university was not for me so took the beauty path instead.

All of the dreams of expanding and teaching were replaced by the need to expand in other ways and create a family so my dreams were put on the back burner.

After several years of trying to conceive unsuccessfully we decided to step back and sell the businesses.

It was only then that I had my two beautiful babies, complete miracles! When my littlest miracle was 18 months old - my third baby was born - not human!!

I decided I had to go back to doing what I loved so I believed and I dreamt and my dream came true. I took a massive step and paid a large sum of money to go and train in micro-blading, a course that was going to change my career completely. I was stepping into more of a semi-permanent make up world with the hope this was going to boost my income.

Whilst I was training in my new course, I discussed with the educator that I always wanted to teach and she gave me the opportunity to start my teaching career not long after training which a part of my big dream was.

The second part to my dream was to own and run a successful beauty, aesthetics & semi -permanent makeup training academy - and here I am writing this now, sat in my academy surrounded by tables and chairs for students to learn; couches where they pass their assessments, a huge expanse of space plus my cosy clinic treatment rooms all located within the four walls of my academy.

That was my dream! I always wanted to teach. I always wanted to run my own clinic and I always dreamt of a training academy and I can honestly say I feel grateful, appreciative, and abundant. I believed I could. I imagined it but really felt it and I adapted a very positive mind-set.

These next few chapters will explain a little bit more how I meditated my way to success. I hope that this will give you a little incentive to really get to where you need to be too because if you can dream it you CAN have it.

You have got to see your vision. You have got to dream big, see it clearly in your mind, feel it in your heart and experience the feelings you will have when you have it, happiness, joy, love, success. Watch yourself in that dream, what things look like around you, what are people dressed like, how do you feel, I mean actually feel those emotions.

So, stop for a five minutes, play my CSS Education playlist for meditation for success, close your eyes and focus on your dream in your mind, just indulge in it, if you can feel it you can have it.

Chapter 2

Daily Meditation

Meditation I hear you ask. Well what is meditation? Okay so meditation is a way of zoning out basically!

Meditation can be defined as different techniques that are intended to encourage a heightened state of awareness and focused attention. Meditation is also a consciousness changing technique and has been shown to have a wide number of benefits of psychological well-being being.

If you're new to mediation - think of it like learning a new exercise, using a muscle that you've never worked before. It takes time and it takes practice so the best way to start out is to find the best time for you to meditate.

The best time to meditate is at a time where there are little or no distractions, stress is minimal, no work demands, perhaps before the children wake up or just before you go to bed.

I personally wake up at six o'clock every morning and meditate before my little people bombard me for the day (but I am a morning person so understand if many of you think I'm nuts!) but sometimes I do also meditate before I go to bed too!

Create strict rules for yourself so if you say you're going to get up at six o'clock every morning – set that alarm and do not snooze! You won't regret it.

Explore different meditations. There are hundreds of fantastic guided meditations on the Internet. My favourite

of all is 'Boho Beautiful.' She has a YouTube channel you can subscribe too, she has a mixture of five minutes to fifteen minutes sessions. Anything from how to deal with overwhelm, anxiety, meditation for success, meditation for calm and peace. Take your pick!

Another one of my favourites, one I use before bed, is Deepak Chopra. He has recorded a five minute sleep meditation, not only does it help you sleep but it also helps you wake up with no stresses remaining from the day before. He teaches you a technique of how to watch back your day like it was a movie and then like a cloud, just watch it drift away because it's done and there is nothing more that can be done! I feel quite relaxed just writing this!

How to Meditate for success?

One of the many reasons I started meditation was to help with my confidence, my confidence mostly to speak up but also to get rid of self-doubt and any limiting beliefs because if you're going into business you can't have a mind full of clutter like this. Meditations are also great for calming the mind - if you have had a busy day and feel all a bit of head fog or overwhelmed by building your business. Stop, breathe and just concentrate on your breath, still the mind. Most people who start out meditating will always have the issue of distracting thoughts popping into your head - have you hung out the washing? - Oh I must message that friend. Mmmmm! I forgot to do this today! It's natural. But a simple breathing technique will help you practise stilling the mind and become present, say 'No thank you to those thoughts' and continue in your quest to

calm the mind. You will soon learn how to just let go of those thoughts.

So - give it a go, plug your headphones in, sit somewhere comfortable, quiet and enjoy!

Chapter 3

Gratitude and Affirmations

How often do you think to yourself 'I'm so grateful for that hot cup of tea?', 'I'm so grateful for my fridge full of yummy food?', 'I am so grateful for that new client today', 'I'm so grateful for the walk I had in the woods today?', 'I am so grateful for that particular sale today'.

It is very rare for us to step back and be grateful, if we are on a fast, frantic, forever rolling rollercoaster that is life, its common to forget.

We may or may not think of gratitude regularly but if you do then your half way there!

Do you know writing at least three things you are grateful for each day is so powerful!

Taking pen to paper - yes old fashioned I know but you could type it too, if your more down with the kids than me! And taking the time to think and note it down amplifies how you feel about the statement, you feel more positive emotions, relish in great experiences and build strong relationships. This really does help to create a perfect recipe for a much happier life!

Researchers have found that people who write about gratitude are more optimistic and feel better about their lives in general.

After my meditation at 6am, I play some relaxing music and note at least three things every day I feel grateful for.

Purchase yourself a small notebook and grab a pen and I challenge you to note your gratitude daily.

But I don't stop there with scribbling away....

Affirmations are next...

Affirmations are statements that turn your self-sabotaging or negative thoughts into positive ones!

I spend at least five minutes writing daily affirmations.

When you are writing daily affirmations for success they need only be very simple, but positive.

Statements - declaring specific goals; but as if they are completed.

They are empowering and when you read them aloud even more powerful.

Speak them like mantras and in return they have profound effects on the conscious and unconscious mind.

Affirmations also hold a key to unlocking the Law of Attraction and creating the life of your dreams!

I will dive deeper into law of attraction a few chapters on!

There are many a successful person, from entrepreneurs, famous actors, authors, motivational speakers, athletes, and top salespeople that all will openly admit they realised that just their willpower alone was not enough to get their true success and affirmations were a huge part of their success journey.

Ok, let's start to write your affirmations...

You need to let go of any negative thoughts and images that bombard your subconscious mind they no longer serve you!

You will need to replace them with new thoughts and images that are positive and in the present tense.

Most affirmations will start with 'I am' or 'I have'

For example:

I am blessed to have everything in my life to make it successful.

I have infinite potential to grow and improve.

So have a little think, there are loads online to help with inspiration and there are even videos to watch/listen if you don't have time to write them. Listen to them on the way to work, in the shower or just before bed.

But if you do this for twenty - one days it's proven to change your mind-set and deliver true abundance and success into your life.

Here are some Affirmations for Success ideas to set you off on your way...

- Happiness, Abundance & prosperity flows easily to me (one of my favourite ones!)

- I have the power to create all the success and prosperity I desire.
- I let go of old, negative beliefs that have stood in the way of my success.
- My mind is free of resistance and open to exciting new possibilities.
- I am worthy of all the good life has to offer, and I deserve to be successful.
- I believe in myself and my ability to succeed.
- I am grateful for all my skills and talents that serve me so well.
- I am enjoying my work today and optimistic about the coming days.
- The universe is filled with endless opportunities for me and my career.
- I am surrounded by positive, supportive people who believe in me.
- I am always open minded and eager to explore new avenues to success.
- I deserve my dreams!

Chapter 4

Vision letters

If I told you to write a letter to yourself you are going to start thinking I'm a bit crazy but hear me out!

So I have actually written things down and then watched them come true. If you can dream something, feel it and live it then write it down because it's a style of manifesting.

A vision letter is a letter to yourself with a date for one month; one year or even five years' time - however long you like. In the letter you write about who you are with, where you are, how your business is achieving, how your goals have been met. You can be as descriptive as you like - in fact the more detail the better.

The whole point of writing a vision letter is to dream big so don't hold back with those ambitions, aspirations and goals. You don't need to worry about how this happens; the universe will deal with that! Your only part is to dream it, feel it, believe it and act on it when the time comes.

For example if you own a small beauty business from home, but you write that you own your own large beauty salon, a profitable business with three members of staff and a reputable name. Then in a year's time you meet someone selling a salon or you see a premises that would work beautifully as a salon that could be the sign that you need to act!!!

When you are in business I found it really rewarding to even write vision letters for the month. Almost see it like goals but as its written down it affirms it and opens it up for the universe to place its hand on your shoulder and gently lead you in the right direction.

Here is an example of a vision letter I recently wrote to myself on New Year's Day for the month ahead...

Dear Sophie,

It is Sunday 31st January and I am sooooo excited to tell you that this month I have...

Been running twice a week!

Excelled at home schooling both the children!

Rebranded my salon to clinic to attract my ideal client!

Spoke to a VA (Virtual assistant) to help me manage my social media sites to give me back some precious time and build my brand.

Written an e-book!!!!

Taken action to build my training business online for a larger audience and also to Covid - proof my business.

Laughed a lot!

Loved a lot!

And remained calm, positive and relaxed in lockdown!

Love you lots

Sophie xxx

Chapter 5

Law of attraction

What is the Law of Attraction?

The Law of attraction is a philosophy suggesting that positive thoughts bring positive results, so if you're thinking negatively it will result in negative outcomes.

The universe is full of different energy fields and basically you want to be attracting the positive energy source for areas of success in your life, health, finances, relationships or whatever it is.

To dive deeper into what the Law of Attraction is, you **must** read the book 'The Secret' it is amazing!

I'm not really here to explain too much about it but to tell you how useful this is for success...

So if like attracts like, the Law of Attraction suggests that similar things are attracted to one another, for example; if you were intending on meeting somebody in business that has traits of being really positive and brings about great benefits in your life but if you don't also betray those things you're unlikely to bring those people into your life. In turn you may attract negative people into your business and that is no good for anyone.

A perfect example of how this has worked for me in the past - I presented flowers on my friend's doorstep just because. I don't need a reason! I travelled home feeling so happy and joyful I had made her smile! When I returned home, there on my doorstep was some beautiful flowers from another friend for me!!! My heart was full! Giving out brings good back to you multiplied!

Law of Attraction is an unwavering desire, so in basic terms, the deepest goals, the deepest values that you have, if you set your sights and you really truly desire it then these are just the first steps of bringing the law of attraction into your life.

I like to think of Law of Attraction as Amazon, you pop a few items in your wish list, place the order and soon they turn up on your doorstep! (although it is not quite as quick as Amazon prime!)

All the activities from my previous chapters bring you to the Law of Attraction in some way and opening yourself up to the universe.

I honestly truly believe that my success stems from my 30 minutes a day my miracle 30 minutes. – yes just 30 minutes out of 24 hours a day- you owe it to yourself!

Chapter Six

How to conduct my 30 minutes for miracles

So you have read my book, your feeling the fire in your stomach but you don't know how to implement it.

Follow my simple guide:

Step 1: Find the ideal time of day; try to make it the same time every day.

Step 2: Sit comfortably in a cosy space and feel warm. No socks and feet firmly on the floor to stay grounded.

Step 3: Have a good old stretch, roll your shoulders stretch your neck, stretch your arms.

Step 4: Close your eyes and take a couple of long deep breaths in through the nose and out through the mouth.

Step 5: Play your guided meditation and truly indulge.

Step 6: Set a timer for 5-6 minutes and play some background music (don't forget my Spotify playlist) and start scribbling your gratitudes and affirmations.

Step 7: Once a week, once a month or once a year write your vision letter.

Step 8: Watch a motivating video – there are hundreds online – they need only be short but it will pump you up!

Step 9: Feel relaxed, but ready to go get those dreams you deserve!

A little note from Sophie:

I hope you have enjoyed my e -book, whether you just take a few little ideas from this or truly indulge yourself in your thirty minutes for miracles. From my heart to yours I wish you every success in your dreams, goals and ambitions. I know you will get what you wish for. xxx