

3 Steps to an Anything is Possible Mindset



Nicola Walker

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Step #1 Know What You Want

The truth is that Life wants us to have what we truly desire. What is in your heart is yours. You are here to blossom into the fullness of who you are and what is possible for you in your life. .

Focus on what you want, not what you don't want. If you stay focused on what you don't want, getting emotionally caught up in what you dislike or fear, you lose your perspective and attract an energetic match to what you dislike.

For example, if your focus is not liking your financial situation, you might attract more bills to pay, or lose a source of income. If you focus on what you don't like in your work, you can feel like you're wading through a swamp, making it hard to step into your power and create work you love. If you focus on not liking your interactions in a relationship, the relationship is unlikely to evolve beyond being difficult.

When you become problem focused rather than solution focused, it's hard to open the doors to ease and flow, and the success that could be yours — if you let it.

The simple solution is to focus on what you want. Ask yourself, "What do I most deeply want?"

Go somewhere where you can be quiet and feel relaxed. Ask the question, "what do I most deeply want?", breathe and listen. You can ask this question for clarity in the moment, or a specific situation, as well as big life choices and decisions.

Notice if you go up into your head for the answers. If you do, breathe and drop your energy and awareness into your heart.



The answers you find deep in your heart are the answers you can trust.

Step #2: Be Willing to Transform Your Mindset

We are vibrational beings. Our thoughts, feelings and emotions are all energy that creates our reality. It's important to become aware of our thoughts and energy throughout the day, especially if we start to feel negative or don't like what is happening.



We all have times when we feel despondent, frustrated, wondering if we will ever get there. I know I have. It's tempting to be hard on yourself, to go into your head rather than your heart, and even doubt yourself and wonder whether it's possible to live your dreams. You might tell yourself, "it's too hard" or "it's not practical or realistic," and be close to giving up.

There are many ways we can thwart ourselves when it comes to manifesting what we deeply want, even going as far as not admitting what we really want, so as not to get disappointed. Our minds can be tricky.

Practice Mind Awareness Each Day

Be aware of your mind and thoughts. Notice when you close down your energy and tighten inside. As soon as you catch yourself tightening, take a few deep, belly breaths to slow down and center yourself. Feel your feet firmly on the ground.

Dropping deeper into your body, breathing yourself fully into the present moment, helps you to disengage from identifying with your thoughts and beliefs.

Write down what you are noticing, thoughts, feelings.

Breathe into your heart and listen. Your intuitive wisdom, which may appear as a whisper, an image or a sense of knowing will speak to you from your deepest truth.

Your mind is meant to support you to create what you long for, rather than limit you. Your true self knows the bigger picture for your life and what is possible for you.

Step #3: Open Your Mind to Unlimited Possibility

Focus on unlimited possibility because anything less is simply your mind spinning limitations, based on past experience.

The Universe is unlimited possibility. You are a Divine, spiritual being having a human experience. Open your mind to imagine all kinds of wonderful things happening.

Our brains are wired to protect us and keep us safe. We can reprogram ourselves, either through healing and transforming old patterns, or the power of intention and listening to our inner guidance.

Once we change our state and become our free, genuinely positive, most alive and vibrant self, we see a different reality. A shift of perspective and an openness to unlimited possibility are all you need.



Let Go of Attachment and Raise Your Vibes

We all love to feel good. When you orient yourself around what feels good, you raise your vibes. When you feel joyful, what's possible increases. Bursts of clarity, amazing synchronicities, everyday miracles. Explore and discover!

An Anything is Possible Mindset is an opening experience. Being open means being free of attachment. When we deeply want something, we get very attached to it happening. Attachment is that sticky area where we get caught like flies in a fly trap over and over again. The more we attach, the harder it is to manifest what we want because of our underlying fear that what we want won't happen.

Open to receptivity. Breathe deeply into receiving. Remember that when you deeply want something, it is yours. **The Universe wants what you want and will support you in having it. Life is always guiding you to evolve, so you can create what you long for and live your dream.**

Your Next Step

Let's go deeper to find out whether we are a match for you and your situation. I invite you to sign up for a **free 45 mins Create What You Long For discovery call** (over Zoom, Skype or phone).

You will get:

- Renewed focus on your dreams, goals and yearnings
- Insight into what gets in the way of you manifesting what you deeply want
- Clarity on the right next step for you

To sign up, send an email to Nicola@nicolawalkercoaching.com with your name, best email, cell number with country or time zone. Or, book now <https://calendly.com/nicolawcoaching/discovery-call-45-mins>

About Nicola



Hi, I'm Nicola Walker. I am an *Anything is Possible* mindset coach, with over 25 years of combined life coaching and hypnotherapy experience. I support people with big dreams to easily shift into genuine positivity and joy to create what they long for, no matter what. My clients tune up their Anything is Possible mindset and follow their calling to live their dream.

I am the author of the forthcoming memoir and self help book, *Joy in the Middle of the Mess: An Evolutionary Adventure on the Quest for Success*, as well as a trained WomanSpeak circle leader. One of my greatest joys is to walk and hike in the hills and along the beautiful

California beaches, near my home in the San Francisco Bay Area.

<https://nicolawalkercoaching.com>

"I am so grateful to have found someone with the skills and inspiration of a spiritual teacher, and life and business coach, all rolled into one."

— F. Carbonaro, vocalist, Sebastapol, CA