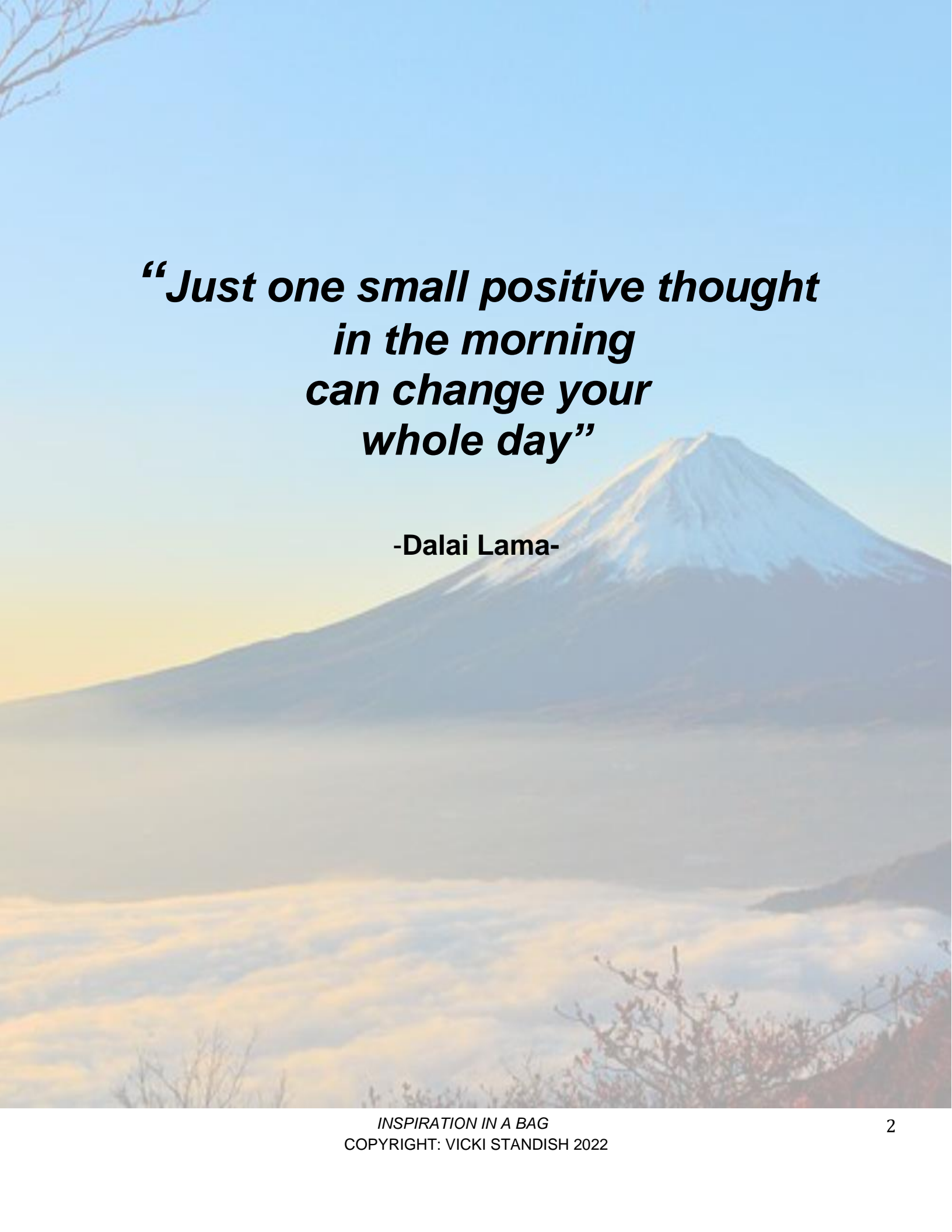


# INSPIRATION IN A BAG



Vicki Standish



***“Just one small positive thought  
in the morning  
can change your  
whole day”***

**-Dalai Lama-**

# INSPIRATION IN A BAG

HOW TO GET THE MOST OUT  
OF YOUR KIT



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## INSPIRATION IN A BAG

Definition of Inspiration: inspiration is a feeling of enthusiasm you get from someone or something, which gives you new and creative ideas.

– *Collins English Dictionary*–

After two years of dealing with all the ups and downs, constraints, fears and isolation of Covid and now the instability and looming recession, I thought we could all benefit from a little bit of support. So I was guided to create this simple little kit to inspire, uplift, motivate, support and make you feel good!

It consists of cards with inspiring quotes, affirmations, and thoughts, a guided visualization, inspirational short movie and a Guatemalan worry doll in a lovely little bag that you can take anywhere. There's also this little ebook to help you to get the most out of this 'Inspiration in a bag', with guidance about how to use it and how to create your own affirmations. Affirmations can be very powerful. You will also learn how, by combining them with a couple of steps, you can enhance your ability to manifest what you desire.

I hope you enjoy your 'Inspiration in a bag'.

Vicki



## **HOW TO GET THE MOST OUT OF YOUR 'INSPIRATION IN A BAG'**

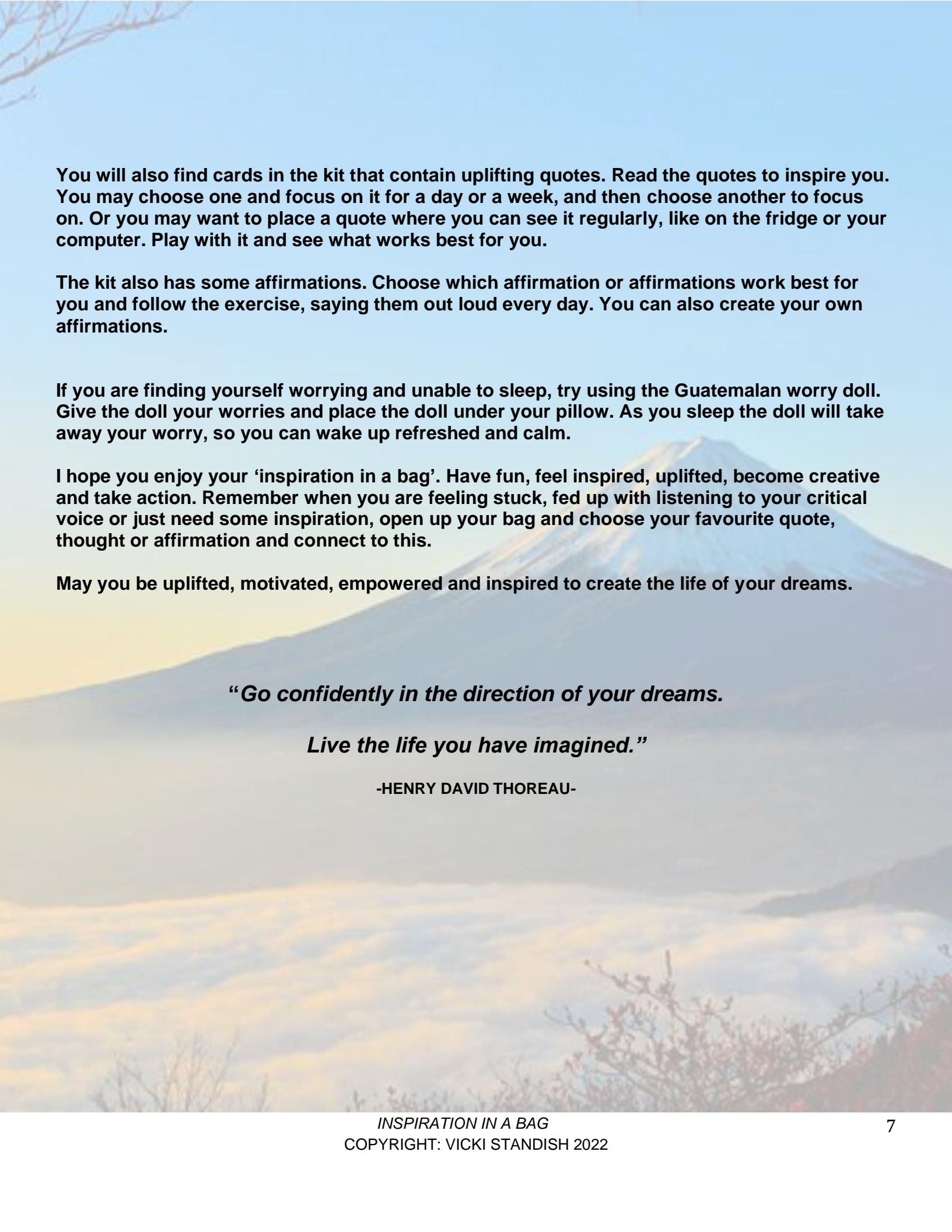
**The 'Inspiration in a bag' contains activities and exercises that will motivate, inspire, empower and uplift you, helping you to feel more positive and create the life you desire.**

**Here is just a short summary of what you will find and some guidance and ideas of how to make the most of your 'inspiration in a bag'.**

**A good way to start, when your bag arrives, is to take everything out and check out each item. Read the short ebook and get a feel for the activities and exercises.**

**Take time to think about what you would like to work on, the goal you would like to achieve. It's a good idea to start with something simple first so you can achieve it quickly and this will inspire and motivate you to continue.**

**There are two digital products. One a guided visualization, "The Frozen Forest". This will take you on a journey to awaken the power within and leave you feeling present, empowered and wonderfully relaxed. The second is a short "Inspirational" Movie. This is a visualization tool to help you become connected to, embrace and step into your desire or goal.**



You will also find cards in the kit that contain uplifting quotes. Read the quotes to inspire you. You may choose one and focus on it for a day or a week, and then choose another to focus on. Or you may want to place a quote where you can see it regularly, like on the fridge or your computer. Play with it and see what works best for you.

The kit also has some affirmations. Choose which affirmation or affirmations work best for you and follow the exercise, saying them out loud every day. You can also create your own affirmations.

If you are finding yourself worrying and unable to sleep, try using the Guatemalan worry doll. Give the doll your worries and place the doll under your pillow. As you sleep the doll will take away your worry, so you can wake up refreshed and calm.

I hope you enjoy your ‘inspiration in a bag’. Have fun, feel inspired, uplifted, become creative and take action. Remember when you are feeling stuck, fed up with listening to your critical voice or just need some inspiration, open up your bag and choose your favourite quote, thought or affirmation and connect to this.

May you be uplifted, motivated, empowered and inspired to create the life of your dreams.

***“Go confidently in the direction of your dreams.***

***Live the life you have imagined.”***

**-HENRY DAVID THOREAU-**

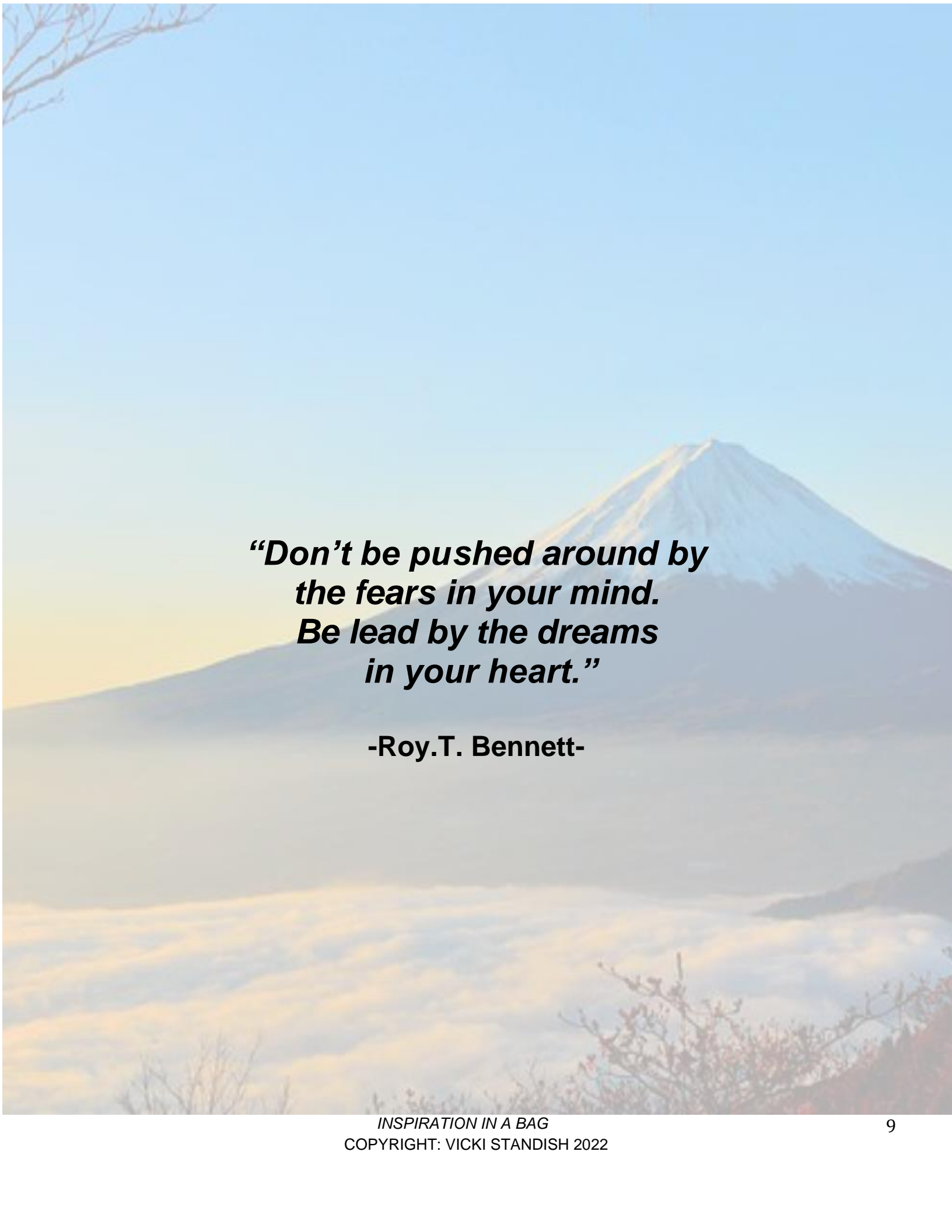
## WHO IS THE INSPIRATION IN A BAG FOR?

Anyone who:-

- needs a little inspiration or motivation
- is feeling stuck, anxious, unsure or unable to take the next step
- is lacking confidence or belief that it's possible
- has no idea where to begin
- feeling a little down, sad, frustrated
- has negative self-talk

Using the exercises can help you to:-

- feel more positive
- change your thoughts
- feel good about yourself
- feel that things are possible
- motivate and inspire you to take the first or next step
- change your focus
- be creative
- believe in yourself
- persevere
- see a way forward
- smile, relax and feel happy
- look for solutions
- take action
- achieve your goal



***“Don’t be pushed around by  
the fears in your mind.  
Be lead by the dreams  
in your heart.”***

**-Roy.T. Bennett-**

# The Frozen Forest

A guided Journey to awaken the power within.

## The Frozen Forest Guided Visualization:

- ✓ Supports you to awaken the power within
- ✓ Assists you to release block to moving forward
- ✓ Supports you to reconnect to yourself
- ✓ Leaves you feeling relaxed and empowered.

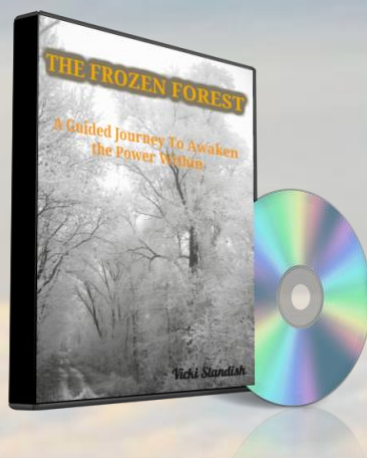
This thirty minute guided visualization will take you on a journey through a frozen forest. The Binaural brainwave music softly playing in the background takes you easily to a whole new level of relaxation.

As the forest awakens, you connect to a powerful vibration that awakens the power within you.

Your journey takes you to a waterfall where you release whatever you are ready to release that maybe stopping you from moving forward and keeping you stuck.

During your journey a colour is revealed to you that you can use to connect with your inner power and help remind you of who you are.

Here is your link to download "[The Frozen Forest](#)" guided visualization



## QUOTES

“People like to read quotes, because these are concise sentences, expressing wisdom, and awakening, motivation, inspiration and happiness.”

- *From Remez Sasson – successconsciousness.com*

Many people enjoy reading quotes because in just a few sentences they can feel uplifted, inspired and motivated.

Quotes can be found in many places and if you want one related to a specific topic, emotion or situation you can type it into the internet and soon find numerous quotes. There are whole websites devoted to quotes. They are very popular.

**Here are a few ways you can get the most benefit from quotes.**

1. Read the quote several times and then place it somewhere you can see it. For example by the mirror, on the fridge, by your computer or in your car where can see it when you get in.
2. Read it several times everyday and when you need to feel inspired, motivated or uplifted. Doing this, the quote acts like an affirmation, stimulating positive thoughts.
3. Take time to really study the quote, going deeper and perhaps find a hidden meaning or see how you can use the message in your life.
4. Choose a quote you are attracted to and then meditate on it and see what it reveals. You may receive clarity, insights, creative solutions that may help you.
5. Collect your favourite quotes and place them in a book. That way they are at hand whenever you need a boost.
6. You can create a beautiful book of quotes for your friend as a lovely present.
7. Keep your favorite quote in your purse or wallet so you can read it whenever you need a boost, perhaps after a difficult day or when you are doing something challenging.

### Simple Exercise

Just close your eyes for a moment,  
Take a deep breathe, relax,  
Read the quote,  
Close your eyes again,  
Let the inspiring words wash over you.  
Transporting you to a place of peace.  
Inspiring you and supporting you  
Moving forward.

***“It is our attitude at the beginning of a difficult task which, more than anything else, will affect its successful outcome”***

- William James -

**“Believe you can and you’re half way there.”**

Theodore Roosevelt -

**“Just don’t give up trying to do what you really want to do. Where there is love and inspiration, I don’t think you can go wrong.”**

-Ella Fitzgerald-

## AFFIRMATIONS

*“Affirmations are positive, specific statements that help you to overcome self-sabotaging, negative thoughts. They help you visualize, and believe in, what you’re affirming to yourself, helping you to make positive changes in your life and career”*

*(from <http://www.mindtools.com>.)*

We often find ourselves thinking negative thoughts. We are so used to our thoughts we are not even aware of them. With much of our thinking happening on the subconscious level, which believes everything we say, over time these repeated negative phrases become our beliefs. It becomes harder for us to achieve or even attempt new things or things we have done in the past that have gone badly. We tell ourselves, “what’s the point, I couldn’t do it last time I tried”, or I’m too stupid’, ‘I’m too clumsy’, ‘I don’t know enough”, “I can’t dance”, “I will make a fool of myself “, “I’m useless at this”, “It never goes right”, “no point even trying because I always fail” .....

This creates negative feelings, making us feel afraid, sad, frustrated, angry, anxious, ashamed or guilty. This can be felt in our physical body as tension, pain, headache, stomach upset, skin issues, exhaustion and so on. This can result in us procrastinating and avoiding taking action, which in turn makes us feel even worse and perhaps give up altogether.

Affirmations allow you to focus on positive thoughts about what it is that you wish to achieve or do. Remember most of your thinking brain does not know the difference between the truth or a lie, what is real or imagined, so by repeating these positive statements frequently the brain starts to generate positive feelings and emotions, which support you to take action. It may also come up with creative solutions!

In the beginning saying these positive affirmations may create some discomfort but you can overcome this by changing the words or using the phrase, “I am working on.....”

# BENEFITS

Using affirmations as part of a program of activities may have many benefits. Here are some of the possible benefits:

1. Reduces stress
2. Improves self-esteem
3. Reduces depression
4. Supports you to take action and improve well-being
5. Changes your thinking pattern, helping you to make positive changes in your lives
6. Increases self-confidence, feel calmer and increases your chances of success
7. Reduces procrastination and supports you to overcome bad habits
8. Supports you to achieve your goals

## **USING AFFIRMATIONS**

- a. Choose your affirmations.
- b. Read it to yourself and start to connect to how you will feel when you have achieved this
- c. Copy the affirmation onto a sticky note and place it on your mirror
- d. Stand in front of the mirror and read the affirmation out loud
- e. Use all your senses, let it feel as real as possible.
- f. Have fun, dance, sing the words, use a funny voice, do actions, whatever makes you feel good
- g. Repeat the affirmation 5 times
- h. Do this exercise 3-5 times a day
- i. Start using the mirror in your bathroom and then move to other reflective surfaces like your fridge or window.
- j. Put the affirmation where you see it throughout your day, on the fridge, computer, work place.....
- k. Try playing music that makes you feel good while you are doing it. This can make the affirmation even more effective!
- l. Have Fun!

## HOW TO CREATE YOUR OWN AFFIRMATIONS

Here are some guidelines to help you create your own affirmations.

1. Start by choosing an area or a few areas of your life you would really like to make changes. This can be any area, for example relationships, career, abundance, health, self-esteem, fitness, weight loss, a particular skill and others.
2. Choose one thing or area you want to work on.
3. If you are finding it difficult, choose a negative thought and rewrite it. Tear up the negative thought. For example, "I can't ever be confident". This can be rewritten as "I am confident".
4. Make sure the affirmation is 100% positive. For example, "I am not angry" or "I am not unhappy". Your subconscious mind will interpret that as "I am angry" or "I am unhappy". Change this to, "I am calm" or "I am happy".
5. Write the affirmation in the present tense, so it feels like you are already experiencing what you desire. Rather than saying "I will be happy soon", change it to "I am happy being who I am today".
6. Be specific, keep it short and make the affirmation easy to remember.
7. Start the affirmation with 'I' or 'my'
8. Avoid starting the affirmation with "I want" or "I need". Write the affirmation in such a way as it expresses your gratitude for already having and being what you want.
9. Avoid words like, 'not', 'don't', 'can't', 'won't', 'doesn't', 'must' or 'have to'. Keep your affirmations one hundred percent positive. "I am living an abundant life" or "My life is filled with abundance", "I am having a great day and I give thanks for my many, many blessing".

**10. Include emotions to your affirmations to make them more powerful. For example, “I am excited about being able to express what I think”**

**11. The affirmation needs to be believable. If you are finding it hard to believe, then change the wording. For example “I am slim and fit’, can become’ I am working on being slim and fit”, or ‘I am open to’ or ‘I am willing to believe I could.....’**

***“By recording your dreams and goals on paper,  
you set in motion the process of becoming the  
person you most want to be. Put your future in  
good hands – your own.”***

***- MARK VICTOR HANSEN -***

## How To Enhance The effectiveness of Your Affirmations

Successful people have two things in common, they are very motivated and they love what they do. Studies have shown the brain reacts to what it sees as bringing a desired reward and stimulates the brain's motivation network by releasing a chemical that stimulates the brain to work harder to achieve what is desired, including overcoming obstacles.

Affirmations and vision boards can be used to focus your mind on long term goals, the future rewards. Unfortunately, a study showed that just using this method can actually reduce your chances of success. The brain may believe that you have already achieved the desired reward, as it cannot distinguish between what's real and what's imagined, and so your brain's motivational network turns off.

In order for your brain to come up with a plan for you to achieve your desired goal, it does need you to imagine your desired goal and the reward it will bring. Research psychologist Gabrielle Oettingen came up with a solution to this problem. First visualize the potential reward, then visualize the possible obstacle and then the solutions to overcome them. Your brain can now solve the problems, allowing you to achieve your goal.



**Here is an exercise for you suggested by Mark Waldman who is a neuroscience researcher. He has written fourteen books and offers a neurocoaching certification program.**

- 1. Take a piece of paper and write down one simple goal you want to achieve today. Make it as specific as possible.**
- 2. Now using all your senses visualize or imagine that you have achieved that goal and how it would feel.**
- 3. Next write down one obstacle that could stop you, or make it difficult to achieve your goal and visualize it. Just observe that obstacle, don't judge it or get overwhelmed by negative emotions. Once you have achieved this move onto the next step.**
- 4. Now write down two or three ways you can overcome this obstacle. Now visualize yourself doing so.**

**I hope you found this helpful. Brain scan studies show that this exercise helps to motivate your brain to achieve your desired goal.**

**You have a powerful tool now to use with your affirmations and quotes to support you to achieve your desired goals and experience the positive rewards of your achievement.**

**Initially start with small goals, overcoming small obstacles, before moving onto bigger and more complex goals with bigger obstacles.**

**Good Luck!**

# INSPIRATIONAL MOVIE

Visualization helps you to achieve your goals by conditioning your brain to see, hear and feel success in your mind. This is a technique used very successfully by athletes.

This video is a visualization tool to help you become connected to, embrace and step into your desire or goal. The video contains a series of positive statements, stimulating images and uplifting music.

This is a short video, under four minutes, so find a place you won't be disturbed, get comfortable, take a deep breath and focus on the video.

This movie is uplifting, leaving you feeling relaxed, motivated and giving you a sense of wellbeing.

Watch the movie morning and evening for maximum benefit.

- It inspires and motivates
- Supports you to achieve your goals and desires
- Assists you to create your vision of your goal
- Supports you to relax, focus and take action.

Here is the link to download your [inspirational movie](#).



## GUATEMALAN WORRY DOLL

### Guatemalan Worry Doll Story

The worry dolls came originally from the highlands of Guatemala. Originally, they were small dolls, handmade of wire, wool and textile leftovers. The dolls were dressed in traditional Mayan style.

According to legend, Guatemalan children tell one worry to each doll when they go to bed at night. They place the doll under their pillow, and in the morning the doll have taken away their worries!

Stories have been written about the dolls and can be found on the internet.

The idea of the dolls was initially to help children control their emotions by managing their fears and anxiety. This allowed the child to avoid nightmares and get a good nights sleep. Waking refreshed and calm, free from worries.

Nowadays the dolls are used by adults, allowing the person a means of managing their anxiety and worries by transferring them to the doll and letting the emotions go. The next morning all sorrows and concerns are said to have been taken away by the doll.



## How To Use Your Worry Doll

1. When you go to bed, take a moment to focus on and connect with your worries or concerns.
2. Hold the doll, and tell the doll about the worry you want the doll to take away.
3. Gently rub the doll's abdomen a few times so that the concern does not hurt it.
4. Thank the doll and place it under your pillow.
5. If you have more than one worry, you can either give all your worries to the doll or give just one worry to each doll.
6. Give yourself permission to release your worries to the doll.
7. Sleep well and in the morning all your worries will have disappeared!
8. Return your doll to the bag and it in a safe place until she is needed again.

### GUATEMALAN WORRY DOLL STORY

According to legend, Guatemalan children tell one Worry to each doll when they go to bed at night. They place the doll under their pillow, and in the Morning the dolls have taken their worries away!



## WORRY DOLL POEM

By Debbie Palphreyman

*I'm your little worry doll.  
Keep me by your side.  
When worries pop into your head  
Don't let the tears slide.*

*I will always listen.  
I am laid right next to you  
Tell me how you're feeling.  
No need for feeling blue.*

*Tell me all your secrets.  
And let me comfort you.  
When the nighttime comes  
Then sleep will take you through.*

*My magic is so powerful.  
It sets you free from harm.  
Your dreams will be happy.  
And your morning full of calm.*

## SUMMARY

I hope you have found this ebook a useful guide to getting the most from you “Inspiration in a bag”.

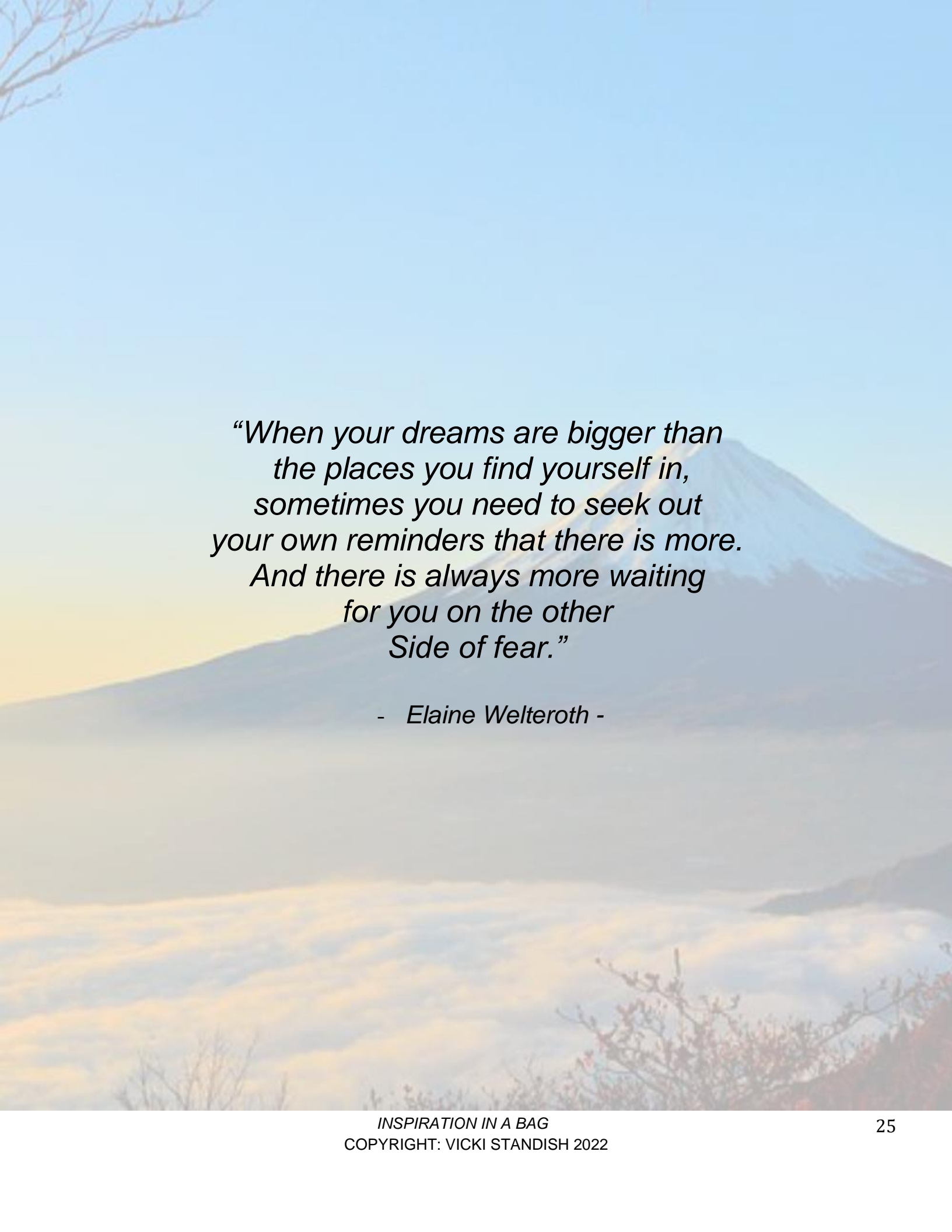
There is no right or wrong way to use your inspiration bag. A good starting point is to get familiar with the contents of your inspiration bag. Take some time to listen to the visualization, watch the movie and look at the exercises included in the kit.

When you are ready, you may wish to choose an affirmation card or create your own. Then do the exercise with the affirmation chosen several times a day. Keeping the card where you can easily see it. You may also choose a quote or positive thought that you find uplifting. Again keep this where you can see it so you can connect with it often. Give your worry doll your worries or concerns before you go to bed at night and put her under the pillow. You could also keep it close to use during the day and use it as often as you like.

When you are ready, choose something you desire, a goal you want to achieve and use the exercise and quote, affirmation and positive thought cards to support you. Remember to start with something simple.

Play with the bag and have fun. Initially it may feel hard to do it on a daily basis. The more you commit to using it and let it become a new habit in your life, the easier it will become and the more you will use it and the more you will get out of it!

Enjoy your journey, as you start to relax and manifest the life you desire.



*“When your dreams are bigger than  
the places you find yourself in,  
sometimes you need to seek out  
your own reminders that there is more.  
And there is always more waiting  
for you on the other  
Side of fear.”*

*- Elaine Welteroth -*