

Unbreakable Mindset MASTERCLASS

TUNE INTO OUR
LIVESTREAM EVERY
DAY TO COMPLETE
THIS WORKBOOK

THIS BOOK WILL BE
YOUR NOTES, PLANNER,
AND YOUR GUIDE TO
ACHIEVING THE LIFE
YOU DESERVE.



WORKBOOK

Unbreakable Mindset MASTERCLASS

Day One

CREATING YOUR OWN REALITY
THROUGH THE SCIENCE
OF YOUR MIND



DIAMOND BY
Design

“THE JOURNEY OF A THOUSAND
MILES BEGINS WITH ONE STEP.” - Lao Tzu

YOU ALWAYS GET MORE OF WHAT YOU FOCUS ON. SO, BE
SURE YOU'RE ALWAYS FOCUSING ON WHAT YOU WANT.

SUCCESS IS _____

_____ % MINDSET _____ % WHAT YOU DO

WHAT SUCCESS LOOKS LIKE FOR YOU.

SUCCESS IS FIRST DECIDING WHAT YOU REALLY _____ AND THEN
_____ IT UNTIL YOU _____ IT!

UNIVERSAL LAWS 1.
 2.
 3.

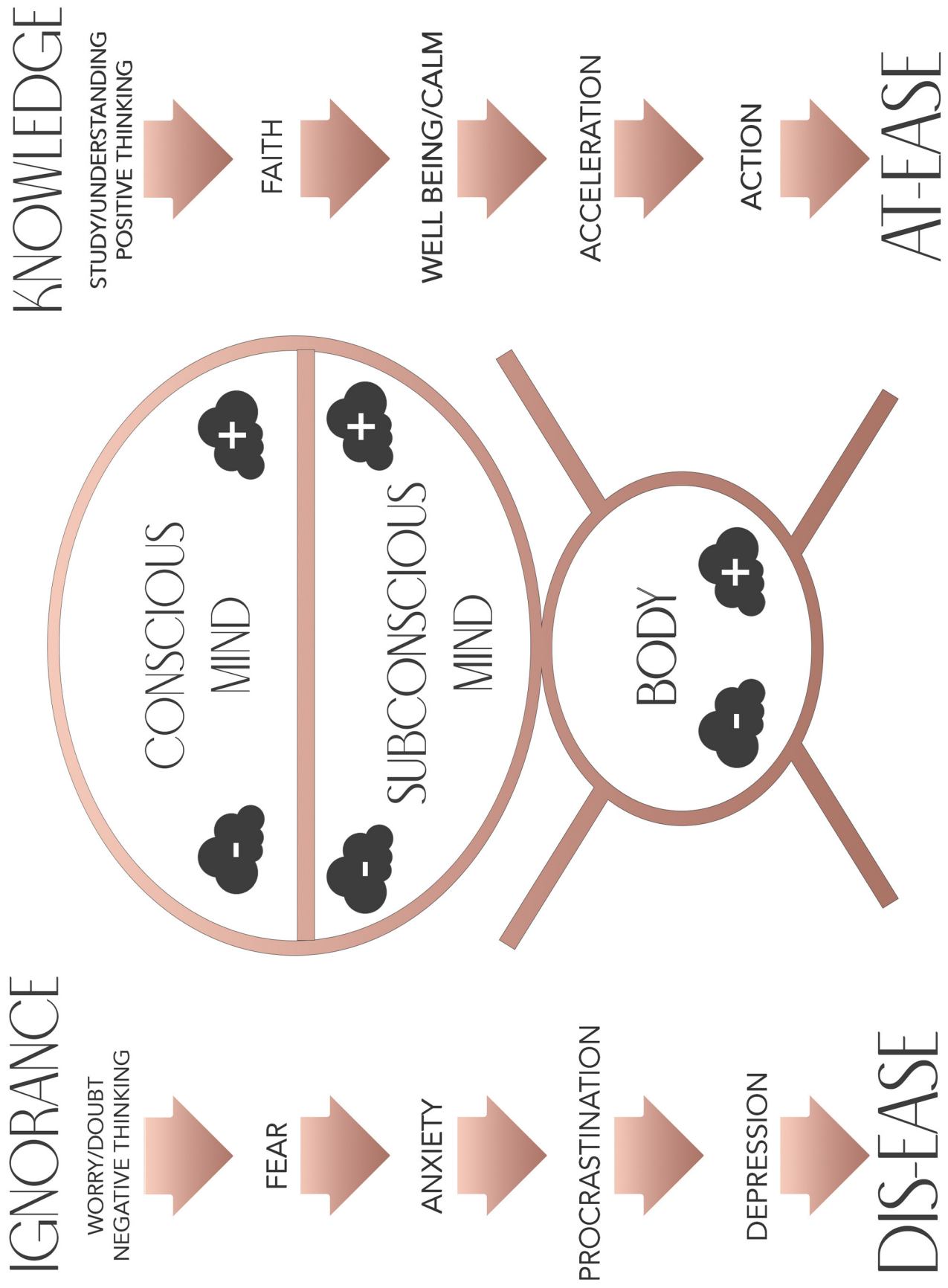
WHEN YOU DO THINGS IN A _____, YOU CAN
GET IN _____ WITH THEM!



WHAT DOES THE MIND LOOK LIKE?



THE MIND IS_____ IT IS_____ AND
_____. IT IS _____





WHAT DOES THIS LOOK LIKE?

F_____ D_____ W_____

WORRY IS LIKE_____FOR WHAT YOU DON'T WANT.



WHAT DO THESE IMAGES REPRESENT?

F _____

"WHETHER YOU THINK YOU CAN OR THINK YOU
CAN'T, YOU'RE RIGHT." - *Henry Ford*

KEY TAKEAWAY:

ON YOUR OWN

IMAGINE A LIFE WITHOUT LIMITATIONS. WHO WOULD YOU BE?
WRITE OUT IN DETAIL WHAT YOUR LIFE LOOKS LIKE.

creating your own reality

TODAY YOU TOOK YOUR FIRST STEP IN THE DIRECTION OF A NEW, AMAZING FUTURE!
I'M EXCITED TO BE ON THIS JOURNEY WITH YOU. SEE YOU TOMORROW!

XO, Sheri Thompson

Unbreakable Mindset MASTERCLASS

Day Two

DISCOVERING YOUR PURPOSE
AND TRUE DESIRES



DAY 2: DISCOVERING YOUR PURPOSE AND TRUE DESIRES

HAVING A DEFINITE _____ IS A _____ TO SUCCESS!

_____ BRINGS ORDER, _____ DRIVES US AND
THE _____ IS THE ACTIVITY - TO TAKE ACTION AND GET THERE!

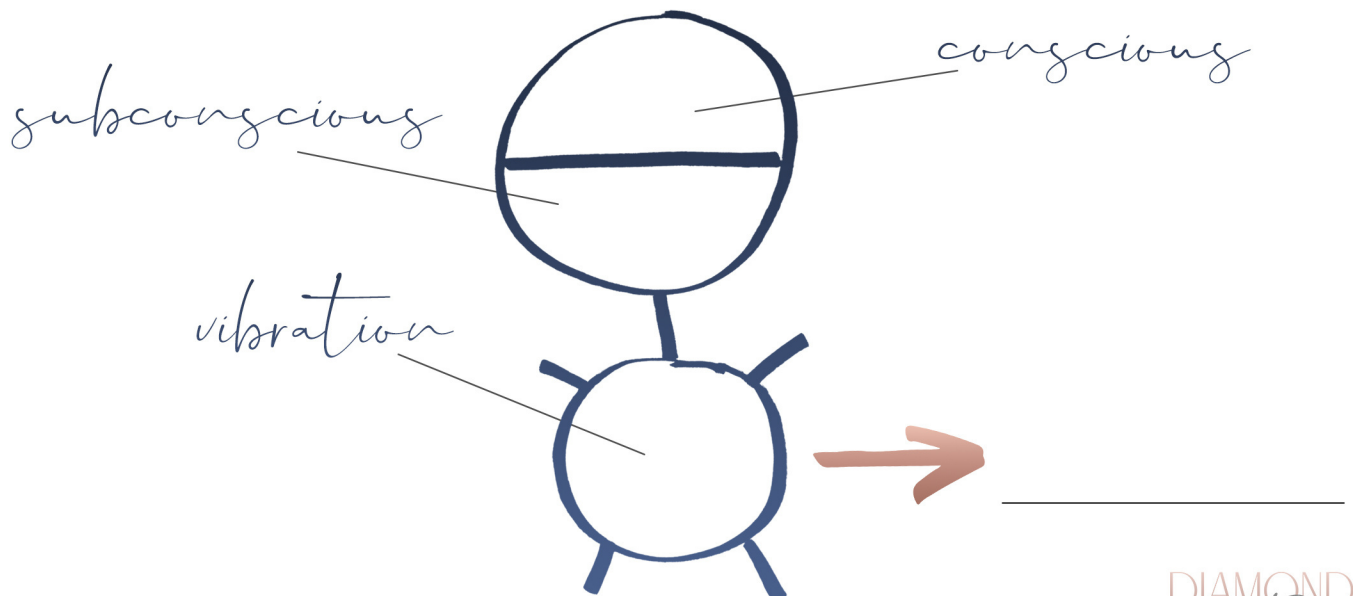
AS A BABY, YOU WERE WIDE OPEN TO _____
WITHOUT ANY _____ BELIEFS.

THERE IS NO SUCH THING AS _____ OR _____,
IT JUST _____, UNTIL YOU _____ IT TO SOMETHING.

UNIVERSAL LAWS 1.
 2.

BAD MOOD = _____ VIBRATION

GOOD MOOD = _____ VIBRATION



REVIEW: SET UP NEW THINKING



GOAL SETTING:

A GOAL IS _____ THINKING. IT GETS YOU FIRED UP AND EXCITED.

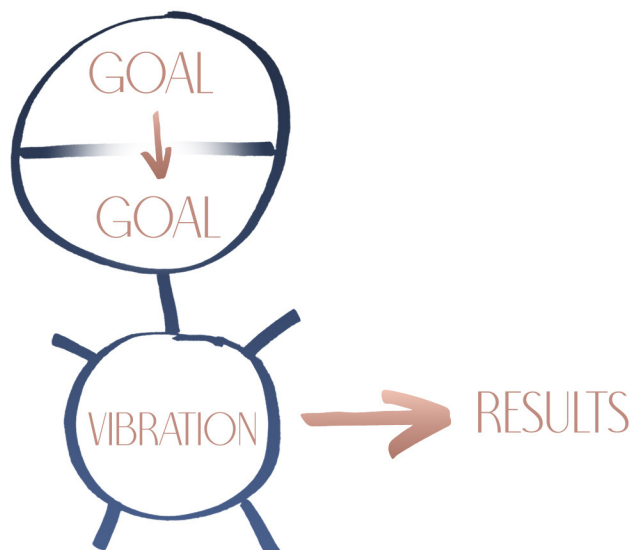
WHEN YOU ARE THINKING OF YOUR GOAL, YOU HAVE TO _____
THE GOAL _____! THE WISH FULFILLED.

V _____

G _____ FROM THE CONSCIOUS MIND TO THE SUBCONSCIOUS MIND.

SETS UP _____.

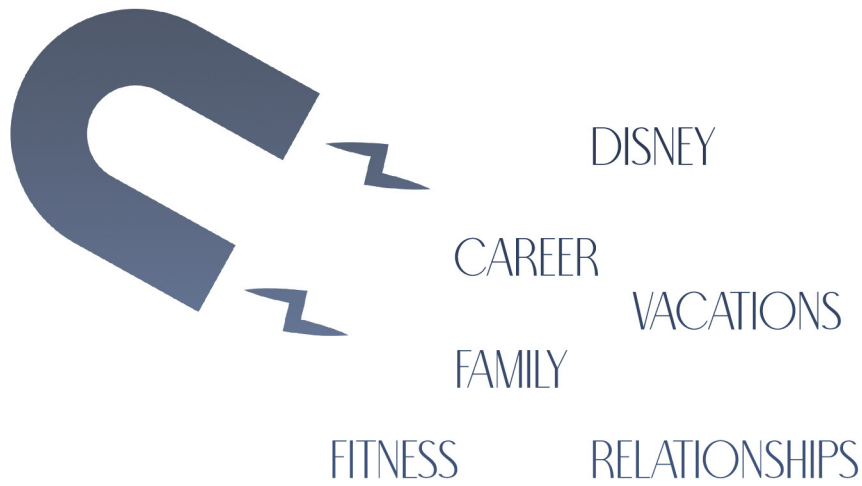
PUTS THE BODY IN _____.



LAW OF ATTRACTION:

LIKE ATTRACTS LIKE.

ATTRACTION _____ TO VIBRATION. YOU BEGIN TO ATTRACT BY
SETTING GOALS.



IF YOU START TO LOOK FOR WHAT IS GOOD IN LIFE INSTEAD OF WHAT
IS NOT GOOD, YOUR LIFE WILL CHANGE.

YOU _____ WHAT YOU ARE IN _____ WITH.

NOTES:

THREE TYPES OF GOALS:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

“WHEN A WEALTHY PERSON REACHES THEIR GOAL, IT IS
EXACTLY WHAT THEY EXPECTED - PRECISELY BECAUSE, THROUGH
VISUALIZATION, THEY HAVE ALREADY BEEN THERE.” - *Bob Proctor*

SUCCESS IS _____

_____ % MINDSET _____ % WHAT YOU DO

IF YOU KEEP PURSUING THE THING, YOU WILL FIND THE THING.

KEY TAKEAWAY:

ON YOUR OWN

WHAT IS YOUR PURPOSE?

WHAT IS YOUR C-TYPE GOAL?

WRITE OUT YOUR C-TYPE GOAL 50 TIMES. POST A PICTURE OF YOUR PAPER ON THE FACEBOOK GROUP WHEN YOU'VE COMPLETED IT.

NOW THAT YOU KNOW WHAT YOU WANT,
YOU CAN CLEARLY VISUALIZE WHAT YOUR
FUTURE LOOKS LIKE! I'M SO EXCITED FOR
TOMORROW! SEE YOU THEN.

XO, Sheri Thompson

Unbreakable Mindset MASTERCLASS *Day Three*

CLOSING THE GAP AND CREATING
QUANTUM LEAPS IN YOUR LIFE





WHAT IS A PARADIGM?

WHAT MENTORS DO YOU HAVE?

THE _____ CONTROLS THE PHYSICAL BODY.

HABITS:

IT DOESN'T TAKE ANY MORE THOUGHT ENERGY TO FOLLOW
A DESTRUCTIVE IDEA THAN IT DOES TO FOLLOW A BRILLIANT ONE.

WHAT HABITS DO YOU HAVE THAT ARE NOT SERVING YOU?

THE KEY TO LIFE IS THE JOURNEY TO YOUR GOALS!

WHEREVER YOU ARE, WHATEVER IS GOING ON, WHATEVER SHAPE YOUR
BODY IS IN, WHATEVER YOUR FINANCES ARE, WHATEVER YOUR RELATIONSHIP IS...

_____!

ARE YOU IN AN INVISIBLE PRISON?

NOTES:

PARADIGM = MINDSET = OPERATING SYSTEM

controls all of your results

FINANCIAL RESULTS _____

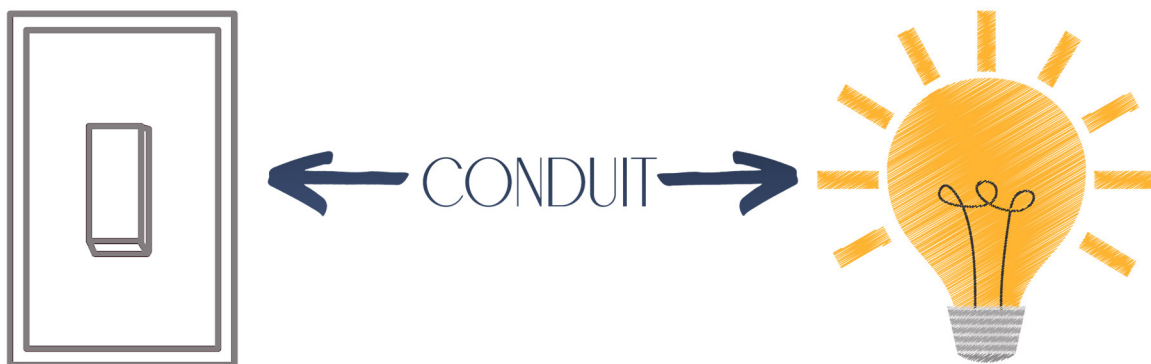
PHYSICAL RESULTS _____

RELATIONSHIP RESULTS _____

SPIRITUAL RESULTS _____

AND... WHAT YOU BELIEVE IS!

YOU ARE A CONDUIT FOR ENERGY.



THOUGHT TO THE THING:

SWITCH = _____ LIGHTBULB = _____

TRANSMUTATION OF ENERGY!

MOST PEOPLE ARE DOING THIS...



NOTES:

WHEN YOU SET A GOAL, YOU SHOULD ONLY
BE THINKING ABOUT THAT GOAL.

Quantum Leap

ACT FIRST - YOU START - YOU MAKE A DECISION AND GO FOR IT

DEVELOP A GAME PLAN AS IT COMES TO YOU.

KEY TAKEAWAY:

ON YOUR OWN

WRITE OUT ANY CURRENT PARADIGMS THAT ARE NOT SERVING YOU ON
A PIECE OF PAPER. THEN, SHRED OR BURN THAT PAPER!
POST A PICTURE IN THE FACEBOOK GROUP.

THIS 'ON YOUR OWN' ACTIVITY FROM TODAY IS PROBABLY MY FAVORITE ACTIVITY IN
THIS SERIES! YOU FEEL SO MUCH WEIGHT LIFT OFF YOUR SHOULDERS AS YOU
WATCH THIS REPRESENTATION OF YOUR WORRIES GO UP IN FLAMES.
I'LL SEE YOU TOMORROW FOR THE FINAL DAY OF OUR MASTERCLASS!

XO, Sheri Thompson

Unbreakable Mindset MASTERCLASS

Day Four

CREATING YOUR
WINNING
SELF IMAGE



HOW DOES SELF IMAGE IMPACT MY LIFE?

HOW IS SELF IMAGE FORMED?

HOW IS SELF IMAGE CHANGED?

CONSCIOUS MIND IS...

SUBCONSCIOUS MIND...



HIGHER FACULTIES/INTELECT...

P _____

W _____

R _____

I _____

M _____

I _____

YOU HAVE TO CHANGE HOW YOU SEE YOU!
YOU HAVE TO SEE YOURSELF AS ALREADY BEING THE PERSON YOU WANT
TO BE - AS IF YOU ALREADY ARE THAT PERSON!

PSYCHOCYBERNETICS - WE HAVE _____IMAGES.

1. ONE THAT IS REFLECTING BACK AT YOU IN THE MIRROR.
2. ONE THAT WE SEE INSIDE OF OURSELVES.

YOU SEE YOU _____THAN OTHER PEOPLE SEE YOU.

“NEVER CHANGE THINGS BY FIGHTING THE EXISTING
REALITY... TO CHANGE SOMETHING, BUILD A NEW MODEL THAT MAKES
AN OLD MODEL OBSOLETE.” - *R. Buckminster Fuller*

DECISION:

WINNERS MAKE DECISIONS QUICKLY AND
MAKE VERY LITTLE CHANGES, IF AT ALL THE PEOPLE WHO
GO BACK AND FORTH ARE THE ONES WHO LOSE.

NOTES:

ON YOUR OWN

WRITE A DESCRIPTION OF THE PERSON YOU INTEND TO BECOME -

how you want others to see you.

POST A PICTURE OF YOUR DESCRIPTION IN THE FACEBOOK
GROUP WHEN YOU ARE FINISHED.

THANK YOU FOR JOINING ME ON THIS JOURNEY OF
SELF-DISCOVERY AND REDIRECTION. I'M SO EXCITED FOR
THE VERY BRIGHT FUTURE AHEAD OF YOU!

AS A WOMAN WHO IS ALL TOO FAMILIAR WITH THE STRUGGLE,
LOSS, AND HARDSHIP THAT COMES FROM LIFE, I AM SO
HONORED TO HAVE BEEN ABLE TO SHARE THE VERY
LESSONS THAT CHANGED MY LIFE WITH YOU
THROUGHTOUT THIS WEEK! I HAVE TRULY ENJOYED
MEETING YOU AND LOOK FORWARD TO WORKING
WITH YOU AGAIN VERY SOON.

XO, Sheri Thompson