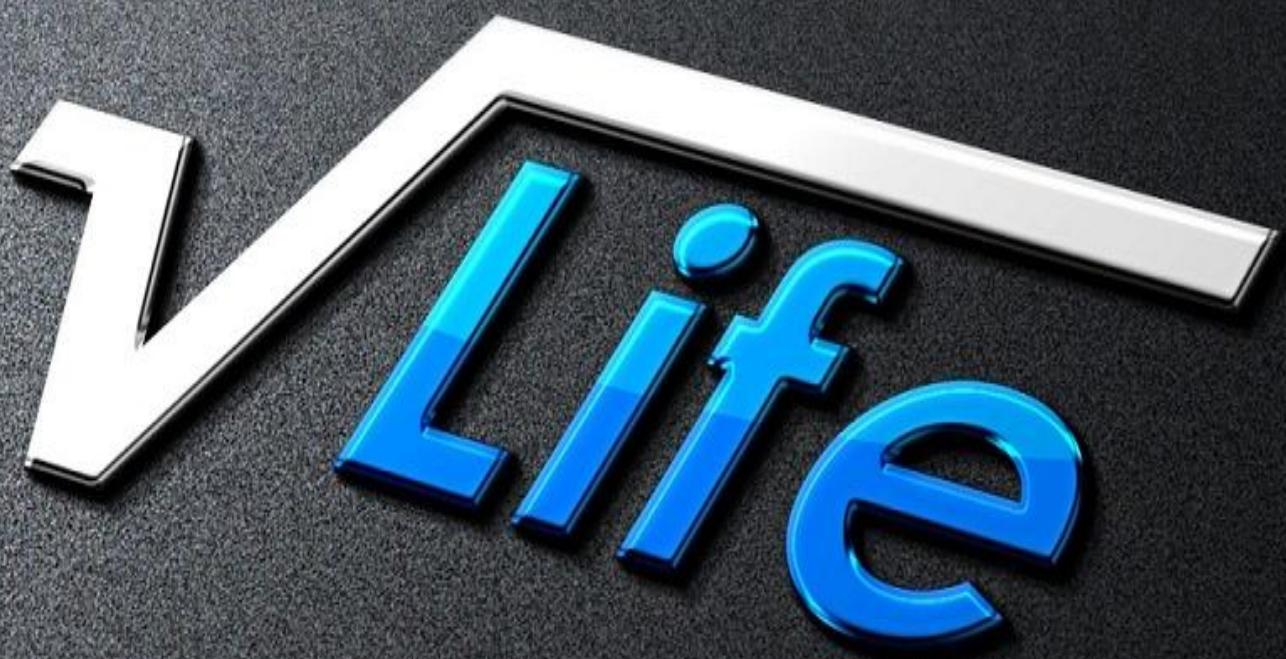
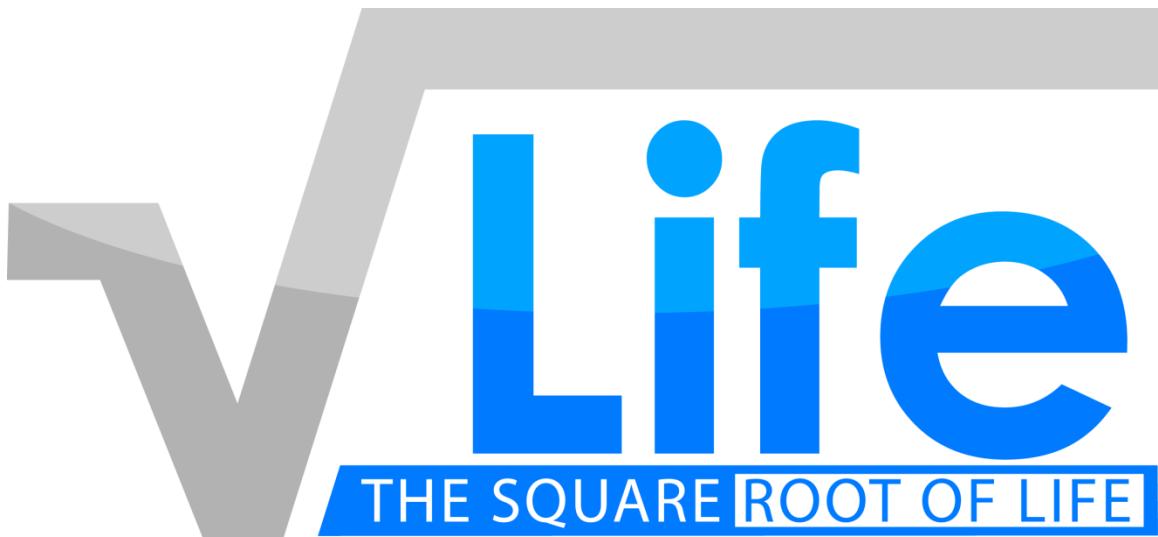


Square Root of Life Workbook



Sarah Davis



It only takes one

One cell to create a living thing

One dream to create a life

One hope to return life from hopelessness

One person to save a life

One tree to sprout a thousand vines

One thought to become a reality

One book to change your thoughts

One idea to change your mindset

If you had to come up with the number of total life experiences you have encountered until today, it would be the tens of thousands. We lead a complex existence that has endless experiences. These seemingly unrelated experiences make up who we are today, they define how we think, how we respond and react to the world around us.

The square root of life = YOU

Please read:

While every attempt has been made to verify information provided in this workbook, the author assumes no responsibility for any errors, inaccuracies or omissions.

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DISCLAIMER

All the information, techniques, skills and concepts contained within this publication are of the nature of general comment only and are intended to be educational and not in any way recommended as individual advice. The intent is to offer a variety of information to provide a wider range of choices now and in the future, recognising that we all have widely diverse circumstances and viewpoints.

Should any reader choose to make use of the information contained herein, this is their decision, and the contributors (and their companies), authors and publishers do not assume any responsibilities whatsoever under any condition or circumstances.

It is recommended that the reader obtain their own independent advice.

These techniques are not to replace any medication prescribed by a healthcare professional. The information is not medical advice, and should not be treated as such.

You must not rely on the information in this book as an alternative to medical advice from your doctor or other professional healthcare provider.

If you have any specific questions about any medical matter you should consult your doctor or other professional healthcare provider.

If you think you may be suffering from any medical condition you should seek immediate medical attention.

You should never delay seeking medical advice, disregard medical advice, or discontinue medical treatment because of information in this book.

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Self Published Edition

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Published by

Sarah Davis

Author of

The Square Root of Life series



Dedication

This book is dedicated to my son Ayrton
For giving me purpose and for being my “why”.

To the readers:

We are all alike; choosing to evolve and learning to better ourselves.

This book contains “life tools”
To help you fulfil your goals, live a better life.
and
Be the best you!



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Introduction

Living with abundance and happiness is a mindset that successful people seem to have mastered. God intended for all of us to enjoy happiness and abundance, though we seem to have events in our life that simply destroy the ability to achieve a better one.

Working through the techniques in this workbook and by having the intention to change your life, you can do just that. Strong intent is required to live a better life without exception.

Understand simple daily processes can be adapted into your life which will ultimately redesign your future. You will be learning to enhance your thoughts, dictate your paradigms and create enlightenment within.

Various books have been written on the Law of Attraction, which is the name given to the belief that "like attracts like" and that by focusing on positive or negative thoughts, one can bring about positive or negative results. Most books about the Law of Attraction give you the tools required to use this law, they do not detail techniques required to take immediate ACTION, so you can apply the LAW and adapt it into your life.

I have gained phenomenal knowledge of the Law of Attraction and its power, and with this knowledge I have compiled the "The Square Root of Life" manuals or "life" work books, so that you can learn how to apply these fantastic tools.

With this workbook you will be able to work through tasks in "Positive Thinking for Life" and "Manifest the Ultimate Life" books, you will learn the process to leading a better life on both a conscious and subconscious level, through your own written work and mental awareness.

This is a workbook requires you to practise and develop the skills in each chapter of the "Positive Thinking for Life" and "Manifest the Ultimate Life" books.

You will need to have purchased or downloaded these books; either kindle, e-book or paperback books, to be able to use this affectively.

They can also be purchased in this series range, to be used over and over again, because re-reading and redoing the tasks will refresh your perception, continually freeing yourself each time you use it.



This workbook is a powerful way for you to define your being, create a new outlook and develop yourself to a new spiritual being, enabling you to live the life you truly desire.

Once you work through these tasks you will be moving into a new balance of wellness, a balance of spiritual, mental and physically wealth, restoring a natural equilibrium in all aspects.

You will create a balance between your thoughts, desires and how you conduct your daily life.

Here are some of the reviews “Positive Thinking for Life” has received;

*"There's only one corner of the universe you can be certain of improving,
and that's your own self." ~ Aldous Huxley*



2 Resolving Issues

This section is the tasks listed in chapter 1

Undo your past way of thinking and ingrain a new belief system to conquer any achievement followed by action. You simply can't believe that you never get sick and eat fast food, for you will lack nutrition and suffer the adverse health consequences.

Your actions must also match your beliefs. But first we need to consider what aspect of life we would like to change and from where the belief system stems from. Don't fall into the trap of thinking or wishing for change without acting.

- What is affecting your life at the moment?
- What areas most require immediate change?

You are now going to write down:

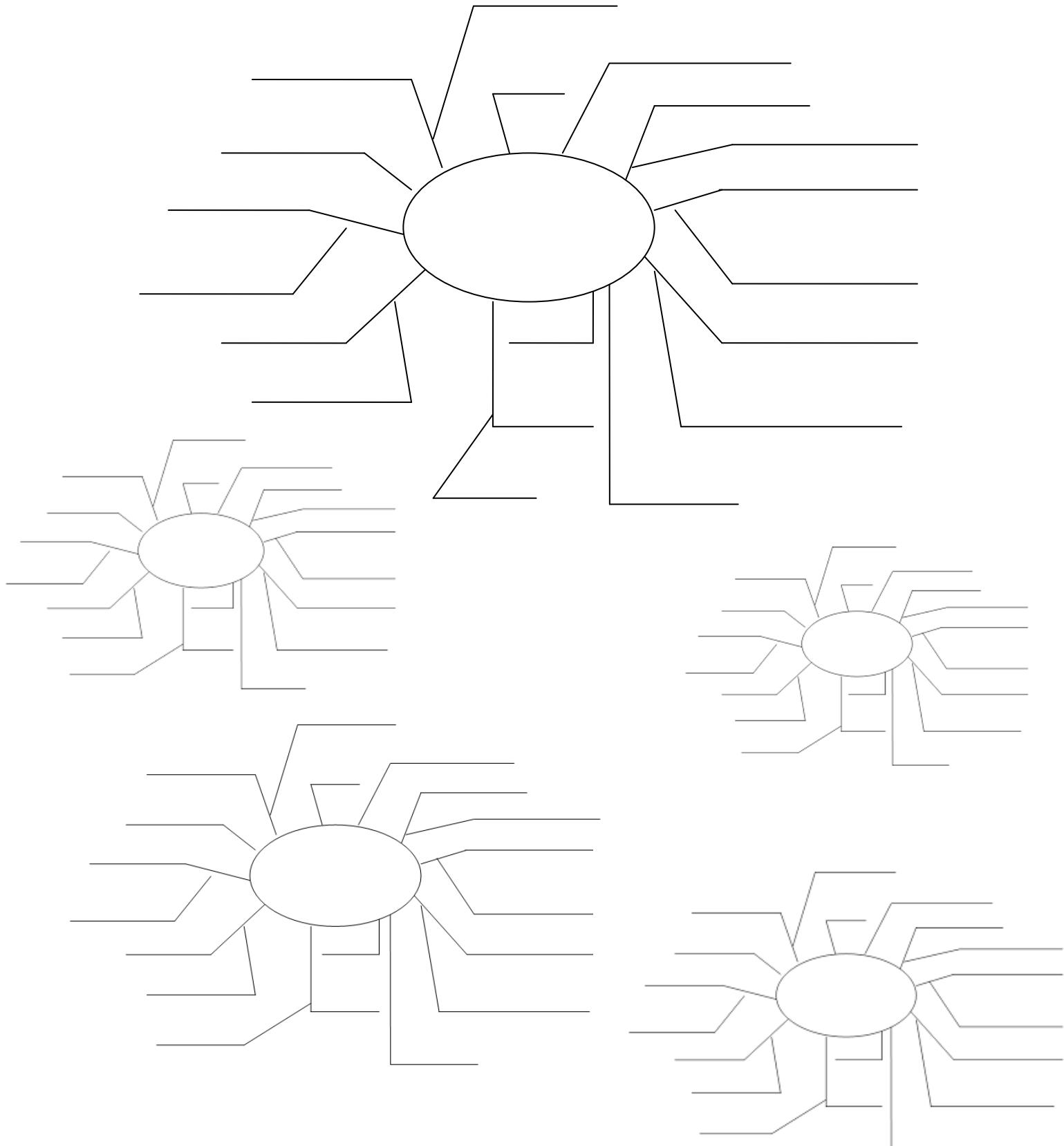
- *Areas needing change – problems you feel you are currently facing*
- *List them on the page,*
- *Write down every ailment that you feel you are experiencing*
- *Everything that is causing negativity*
- *Write down each issue that is affecting your happiness in day to day life*

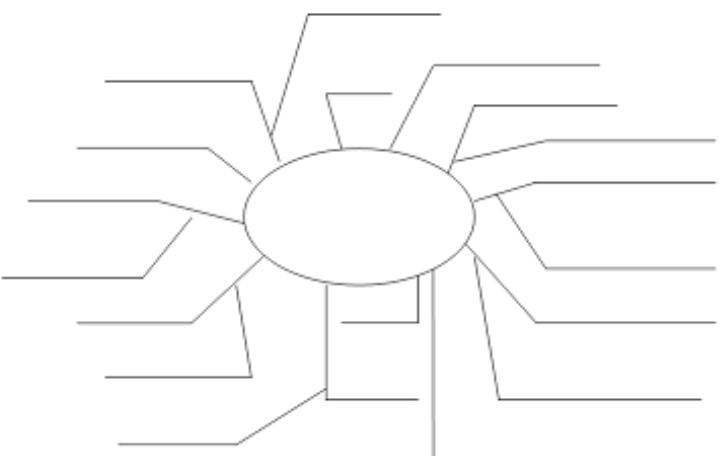
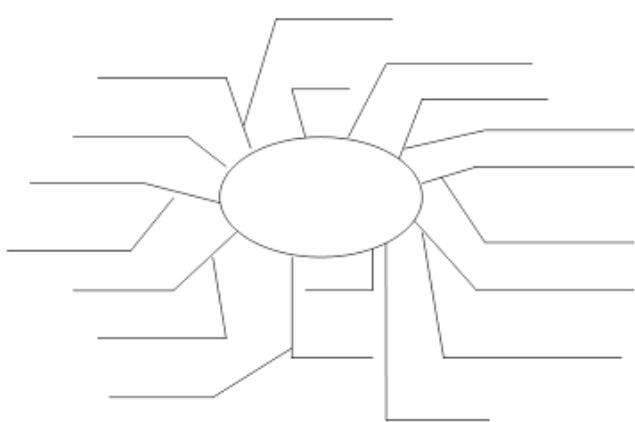
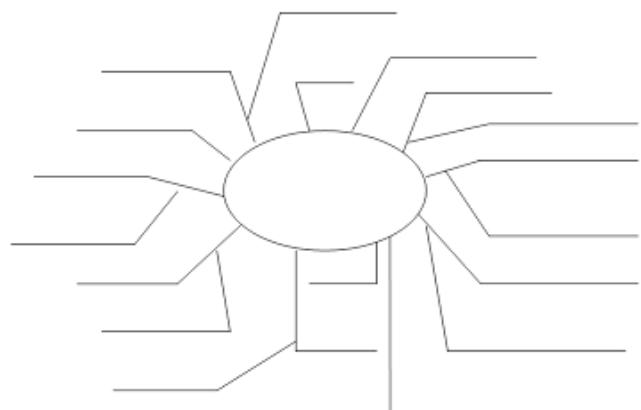
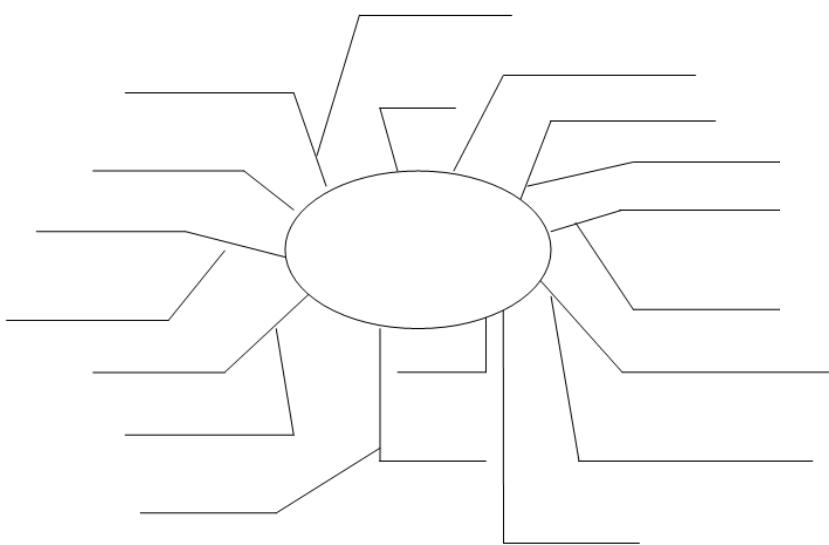
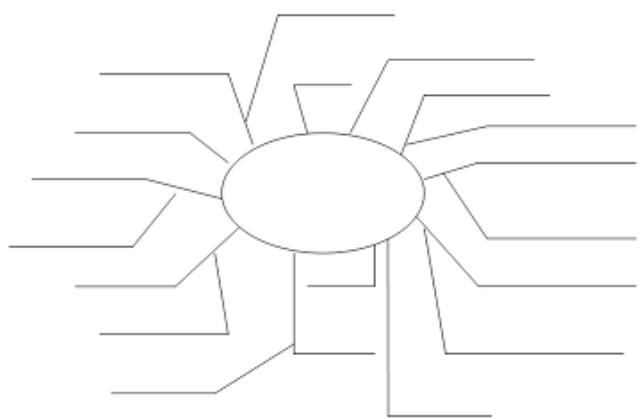
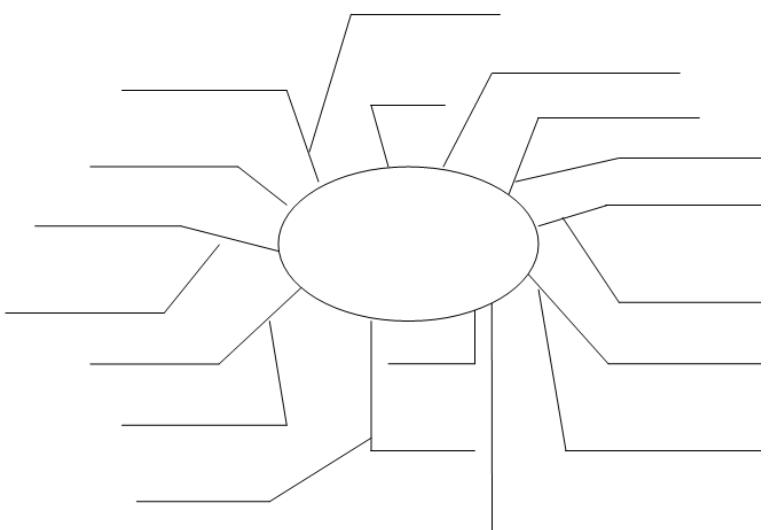
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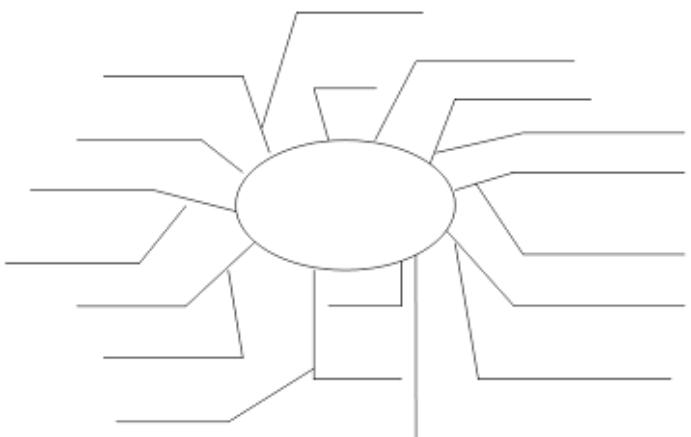
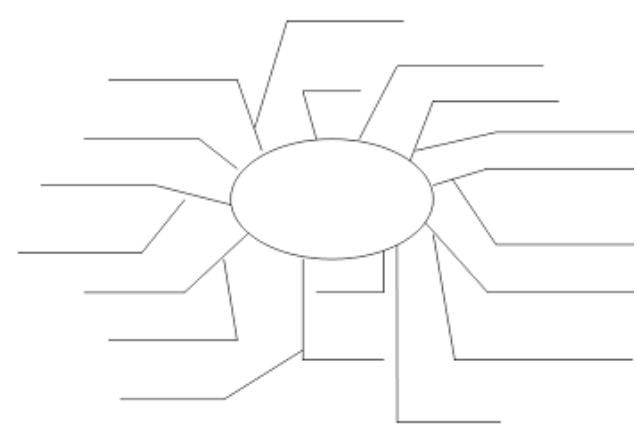
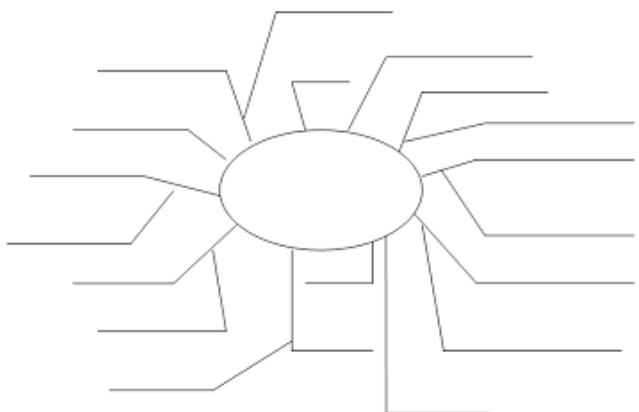
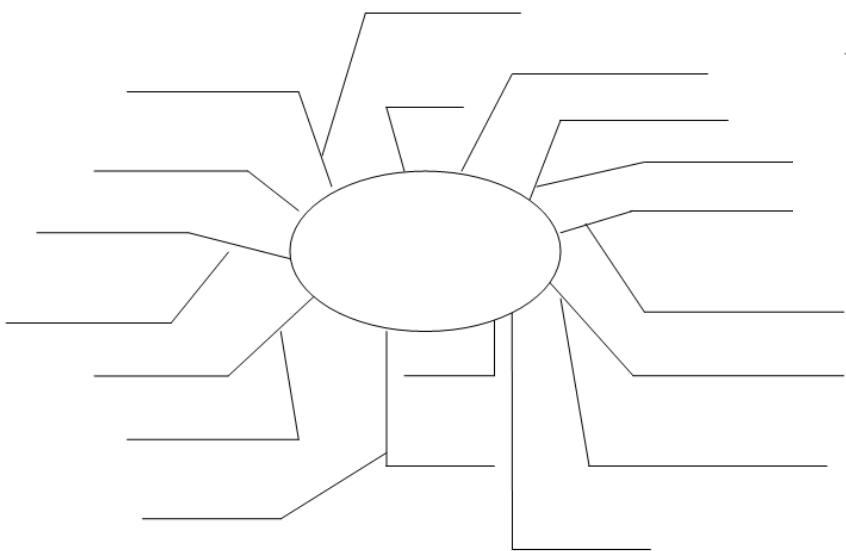
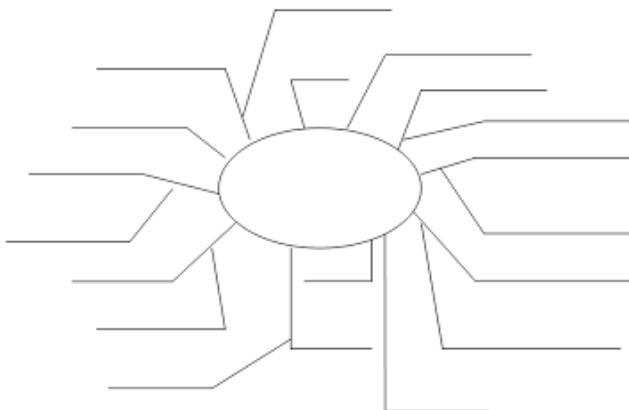
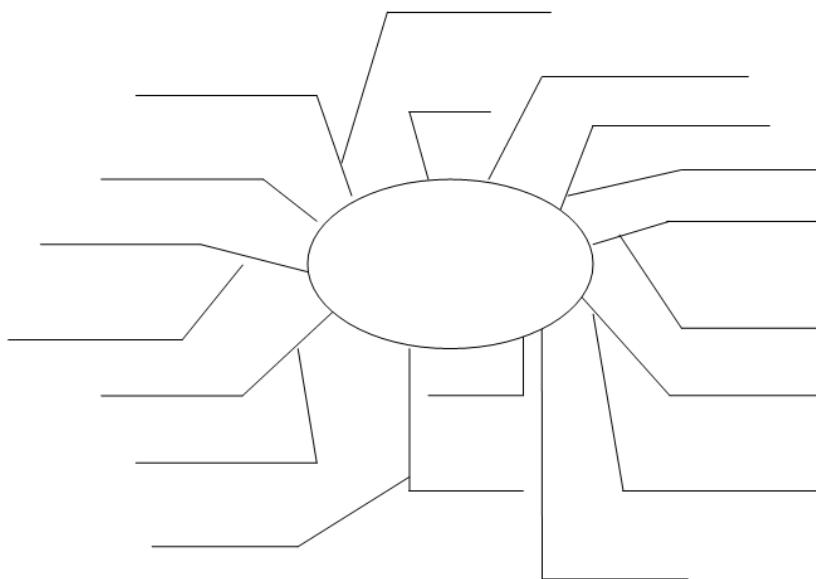
Marriage	Relationships	Friendship	Family	Co-workers
Stress	Depression	Anxiety	Negativity	Feelings
Love	Lust	Sex	Over eating	Overweight
Health	Wealth	Over spending	Debt	Managing money
Bills	Finances	Income	Lifestyle	Children

List your issues in each circle:

Then on each “arm” write what you believe are the issues on this topic, what are the problems you face?



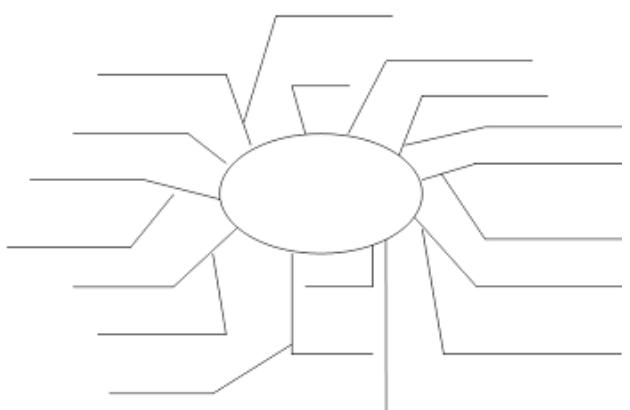
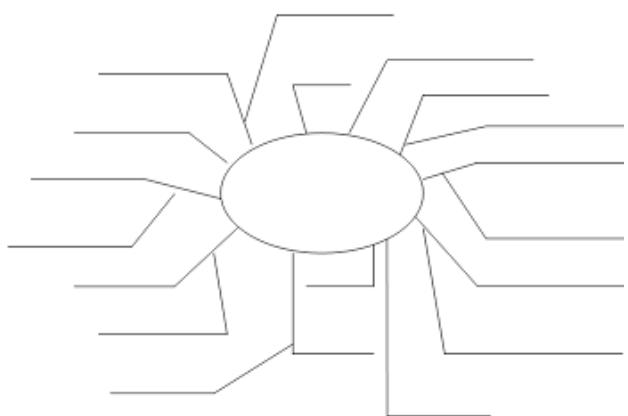
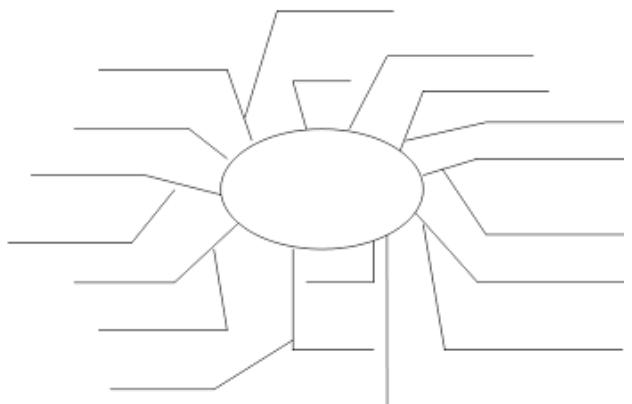
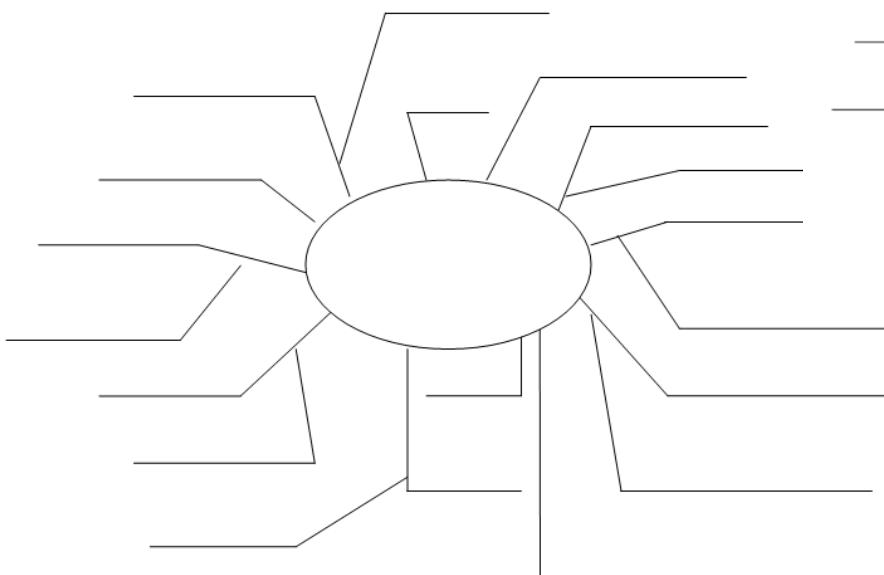
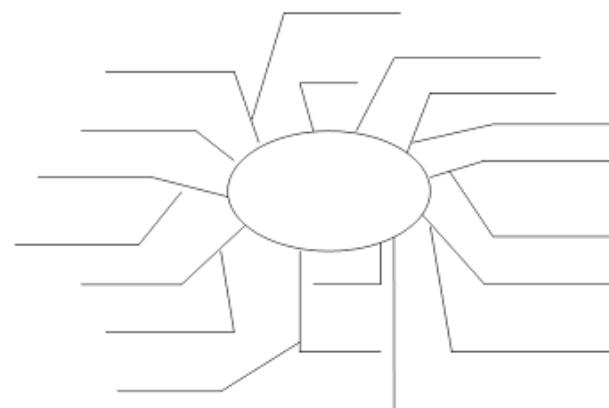
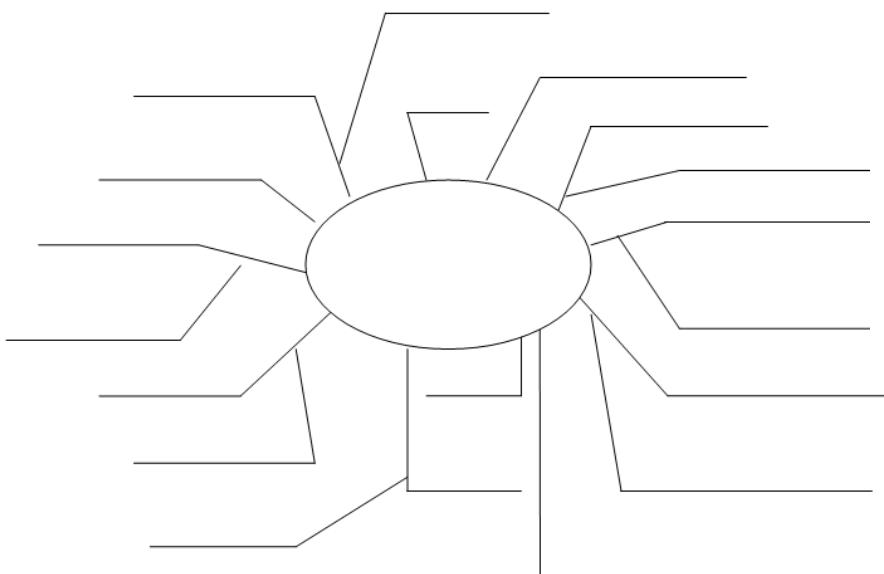


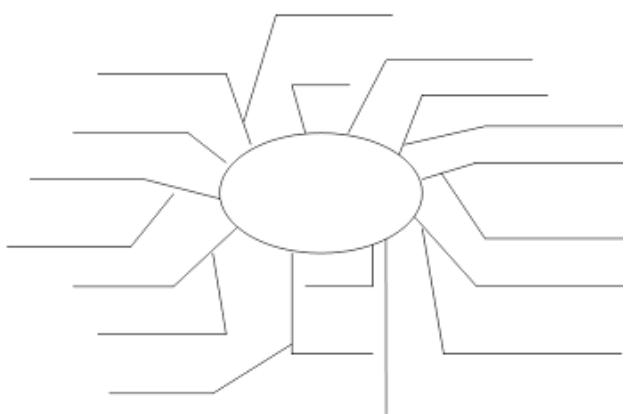
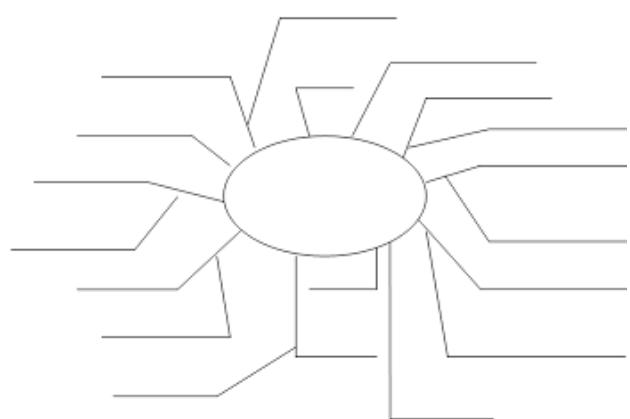
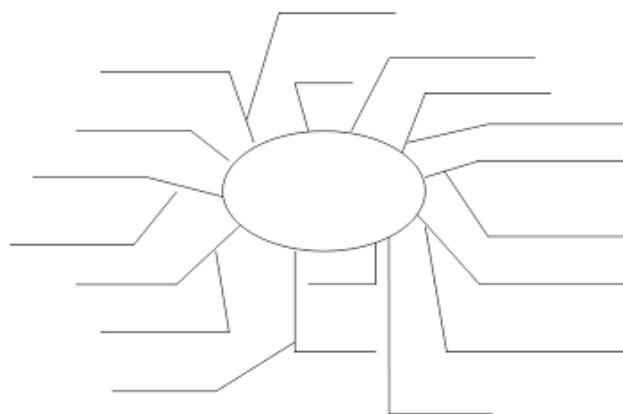
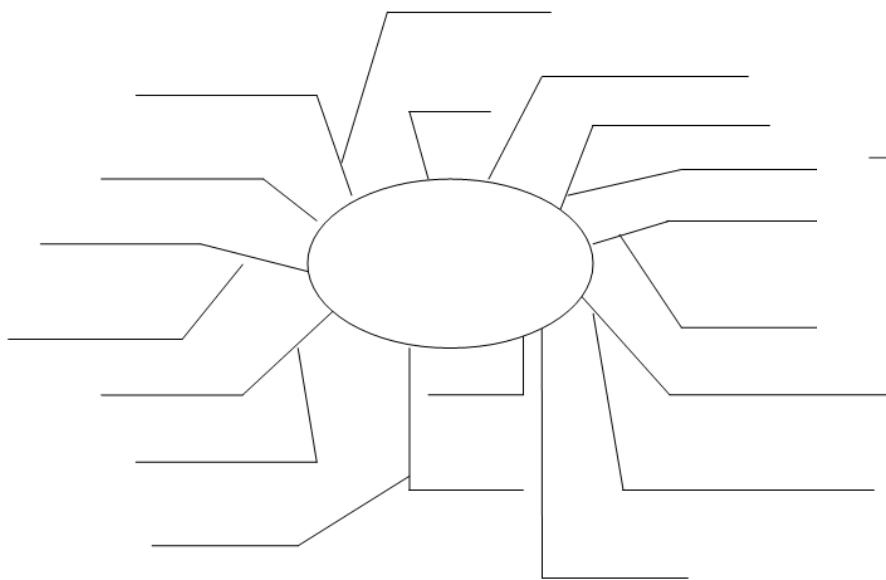
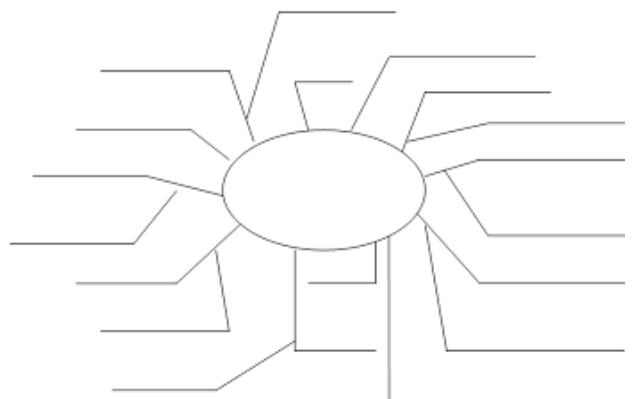
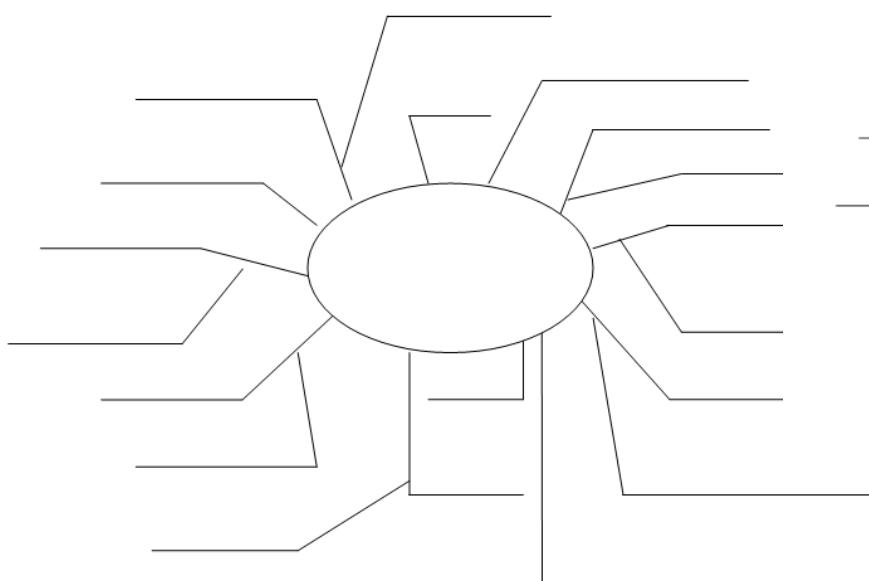


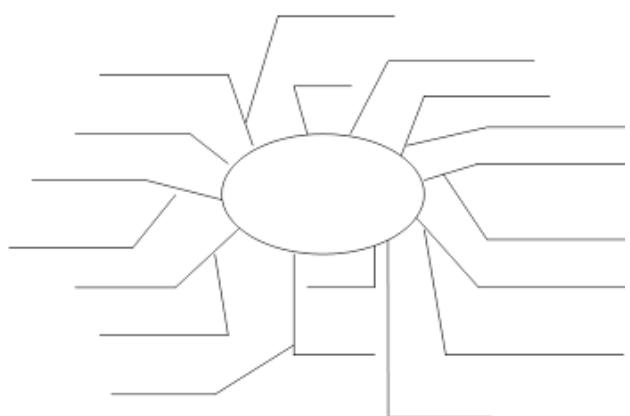
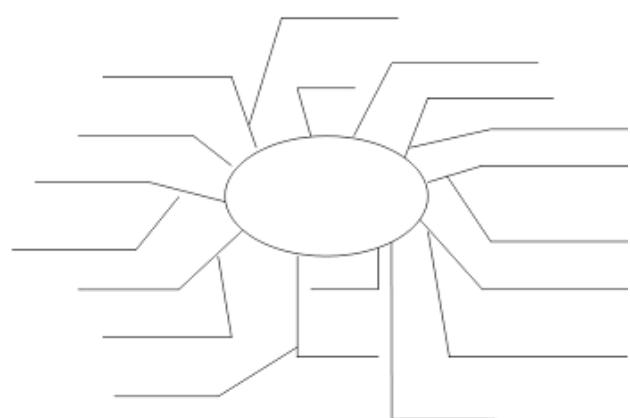
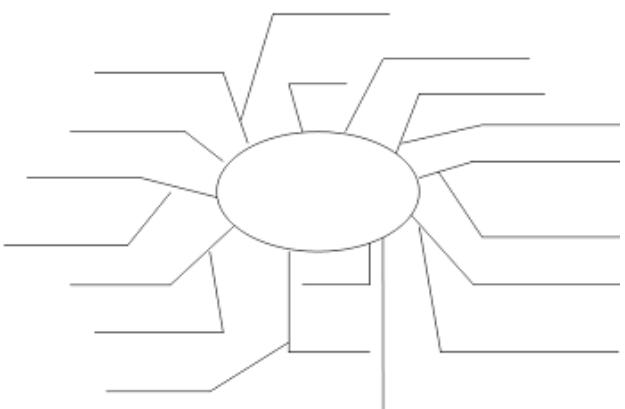
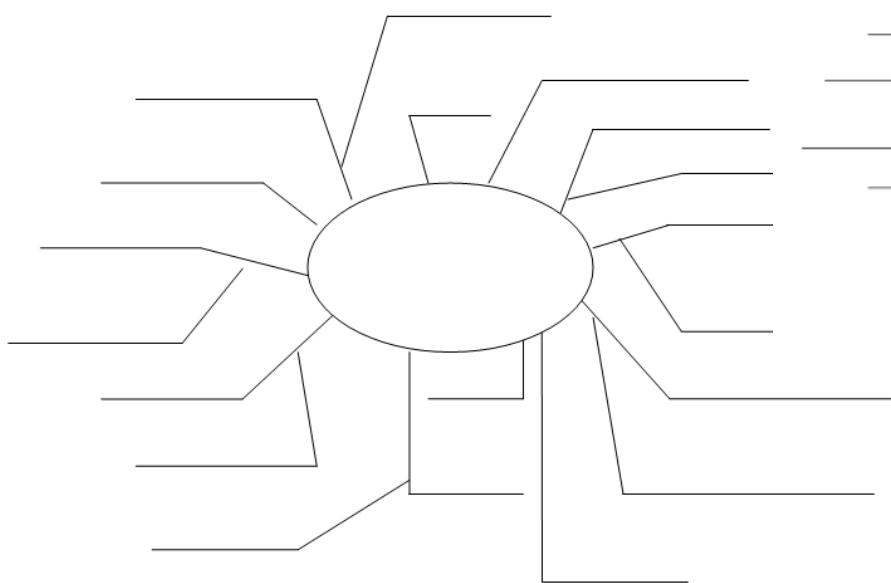
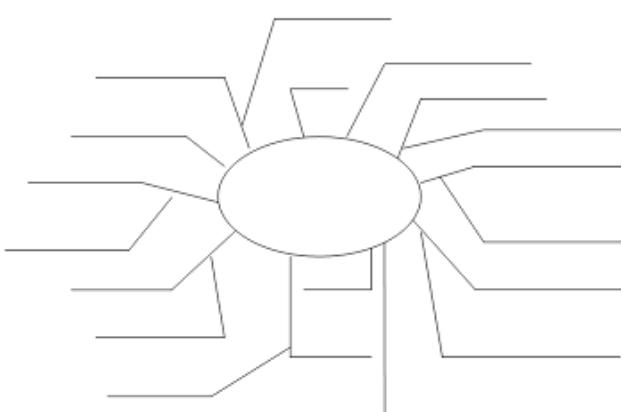
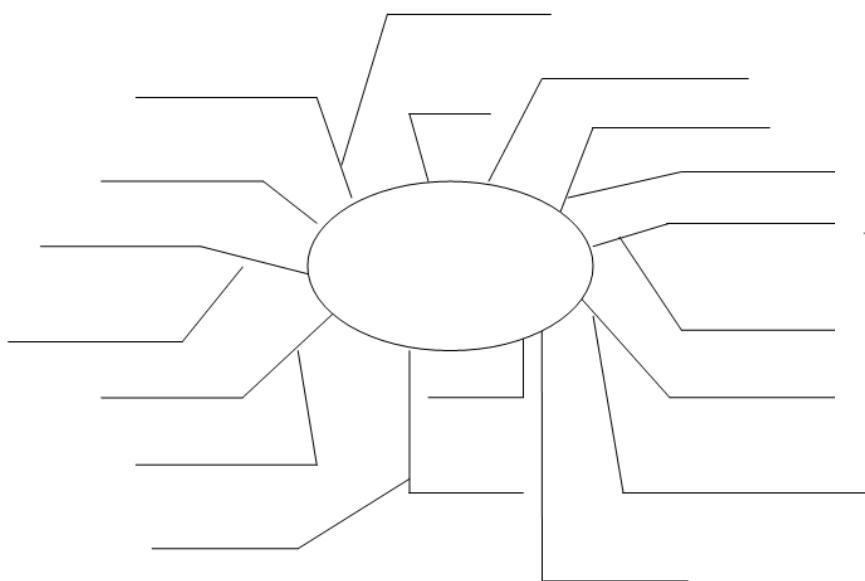
Now re-write the list > same words as in the original circles

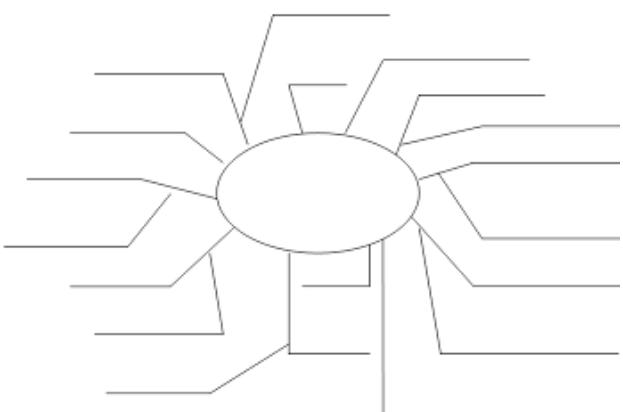
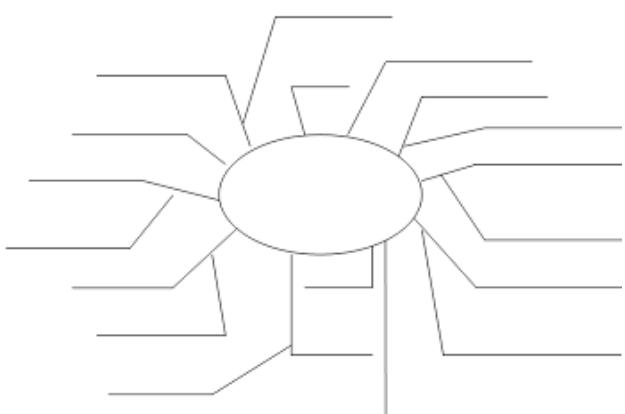
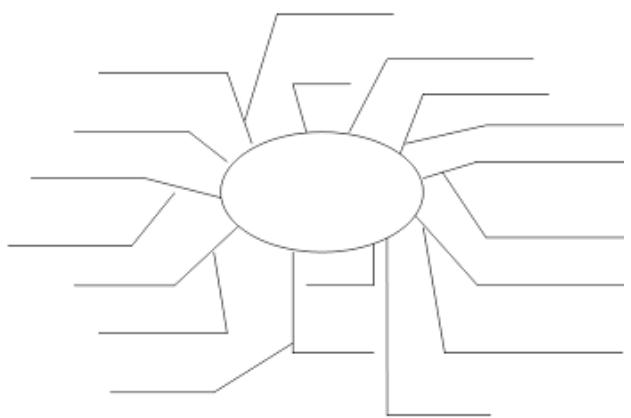
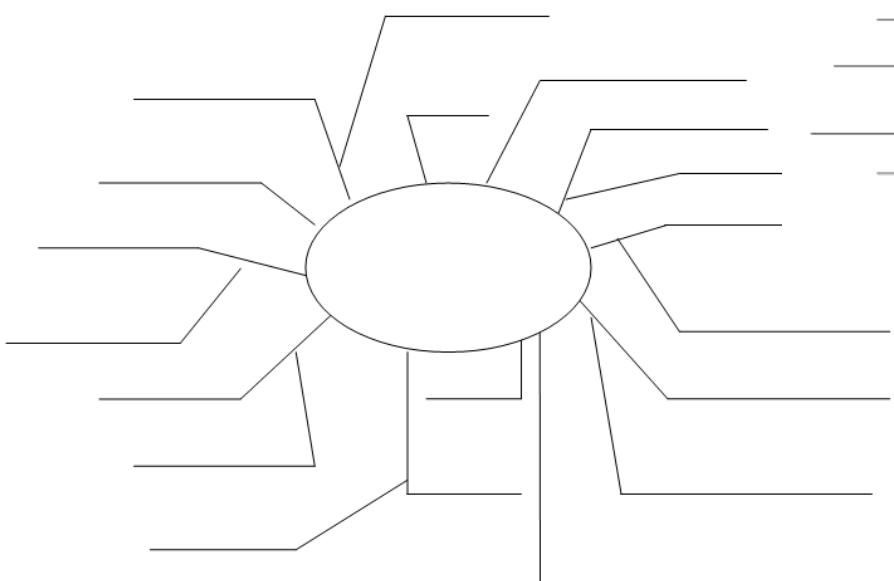
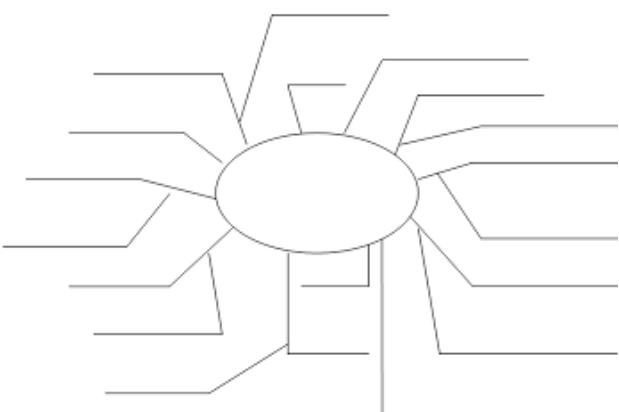
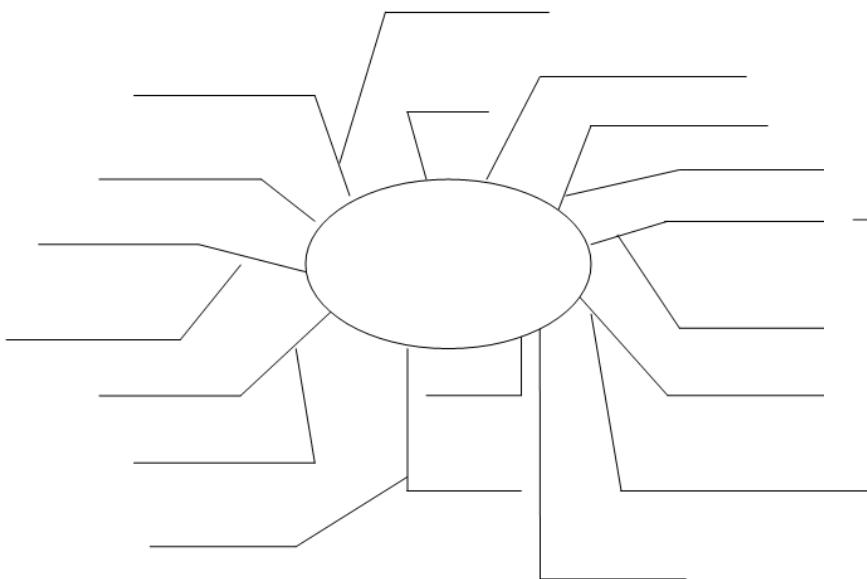
This time write the opposite to the original mind mapping "arm"

Write the areas outlining "How" you can correct the issue









Action is always required to move forward and resolve problems. You hold the power to correct and change the process for the future- once you have identified how issues can be reversed logically, it eliminates a part of your subconscious that keep telling you what is wrong and then you can move forward knowing that you are intentionally working towards fixing the problems.

Make a list of each statement:

Example; Marriage I am going to make sure we have more time alone

3 New Paradigms

Now write your new paradigm / belief to the issue

i.e.;

Marriage; I will work on having the best marriage,

Income: I am in control of managing my money better,

Stress: I am working towards relieving all of my stress and living a happier life

_____ :

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4 Your “Cue”

Follow the following guidelines for creating your cue:

- It needs to be something that helps resonate pure happiness and exhilaration
- Something or sometime that immediately changes how you feel
- It must snap you back into a positive thought
- It's a visual, mental and physical imagery that converts your thought process
- The cue needs to transform your thinking to immediate positive thought

You will be creating your cue to signal thought change. When negative thoughts surface, using your cue, take five seconds to prompt a new emotion will inevitably change your thought process from negative to positive.

Your “Cue” list;

Write down *all* of the *wonderful events* that have happened in your life,
i.e.: birth of your child, your wedding day, buying your 1st car, proposing to your wife, etc
Make a list and take 5 seconds for each event and close your eyes and find out which one
brings you immediate joy and have the most overwhelming excitement and gratitude.
Rate each one in the box at the end of the line to work out which has the best affect.

1)	_____	
2)	_____	
3)	_____	
4)	_____	
5)	_____	
6)	_____	
7)	_____	
8)	_____	
9)	_____	
10)	_____	

5 Remove negativity

Take a moment to Google some of these songs and listen to them.

Blur's -	"Country House,"
Mark Morrison	"Return of the Mack,"
PJ and Duncan's	"Stepping Stone."
Edvard Grieg	select from his Classics
Johann Bach	Also choose from his wide selection

These songs have proven "brain stimulating" reactions

Download them to your play list or purchase them on a CD

Try to take the time to listen to one each day!

Then –

Use an ordinary object (a pencil, clip, etc.) and think about it for five minutes every day. You take an object in front of you or in your mind and the first time you describe it to yourself aloud. You can also imagine yourself describing it to a blind person.

Use all your senses and make as many observations as you can in five minutes. Repeat this the next day; you will probably notice new details.

After a while you can ask questions about the object: "What can I do with it?", "What is it made of?", "Why this shape?", "What other shapes could it have?", "Where was it made?", "How did I get it?", "How are the raw materials mined?", etc.

You will be able to answer some of these questions. If not, you can search for an answer in an encyclopedia or on the internet. You should be able to determine whether your thoughts are correct; otherwise, your thoughts will wander.

Items used: _____

Real feelings usually start with "I am", e.g. angry, happy, sad, surprised.

It can help to make a list of feelings:

To become aware of the feelings you have and their intensity. *Observe* your feelings. Make an inventory of them and their intensity once or several times a day or at the end of the day.

You use your feeling as an instrument of perception because it tells you about your relationship with your surroundings and yourself. You will notice that there are feelings that you often have. You will also notice that some feelings are intense and that there are feelings that are less developed, hard to perceive and rarely or not expressed.

Make a list of your observed feelings “here” as you use this workbook – to write down each of the feelings you encounter as you engage in each task;

Date or task:

Key to remember you are not your feelings – you have them!

Now take note when you notice something different than previously perceived in your daily events.

le;

You may notice while walking to the bus stop that you can smell toast being prepared.

You may notice someone's dinner being cooked as you pull up at traffic lights on the way home. Or the smell of your own amazing dinner as you walked through the door.

You may notice the smell of tobacco as you walk down the street amongst strangers.

You may notice that the dirtiest lawn in the street has had the grass cut !

No matter what it is ... write down your new awareness to circumstances that you may not have thought or noticed before.

This allows you to notice your awareness developing and your open-mindedness becoming stress relieving! You now notice new and different things due to your senses guiding you to new awareness, relieving you of the constant thought of worry or stress patterns.

This is included in your daily tasks in the Square Root of Life “Journal” – if you have not yet purchased this journal, feel free to download or purchase a hardcopy today and then work towards developing your positive life affirming daily routines.

What have you noticed lately:

Date or Place

Becoming more aware of your surrounds will help relieve the daily “grind” of life !

6 **Mediations**

The core of meditation is to focus and eventually quiet your mind, freeing your awareness and achieving a state of deeper self-awareness. As you progress, you will find that you can meditate at anytime, anywhere, accessing an inner calm no matter what's going on around you. You will have better control your reactions to things as you become increasingly aware of your thoughts (letting go of anger, for example.)

Tips

- Don't meditate when you are full or hungry
- Make sure you are comfortable before you start
- Remove yourself from distraction or interruption
- Slowly come out of mediation, opening your eyes and sit for a moment longer to gather your awareness back into your physical realm.
- minutes every day is better than 20 minutes once a week
- I like to track back to the door at the beginning of the pathway (mediation), and open my eyes once I open the door, however you come back, do so peacefully.
- Use a meditation affirmation, an example can be found at the end of this chapter

Now write out a peaceful meditation for yourself.

Write about a place you would love to visit, the things it may have and the experiences you would like. I know of people who go to heavenly places and see cherubs and angels and fly with them.

There is no limit to where or what you can do.

Title

Now write out meditation affirmations.

Affirming all of the beliefs of the universe, allowing yourself to be consumed with the powers at large and surrender to being one with the universe.

le;

I am free from all concerns about the past.

I am free from all concerns about the future.

My life is in perfect order, and it unfolds according to a perfect plan.

I do not strive to attain the things that I desire;

I simply allow them to flow to me.

I release my grip on life.

I am calm in the knowledge that all my needs are taken care of.

I am open to all of life's experiences.

As the moments of my life come and go, I am at peace.

I do not judge these moments. I welcome them. I observe them. I accept them all.

7

Goal setting

Write out your short term and long term goals.

Write down everything you would like to achieve during the rest of your life.

Set goals for this month, this year, 2 years, 5 years, 10 years, 15 years, 20 years

This Month I would like to achieve;

This year I would like to achieve:

Within 2 years I would like to achieve;

Within the next 5 years – I would like to achieve;

Within the next 10 years - I would like to achieve;

In the next 15 years I would like to achieve

In the next 20 years I would like to achieve

During my life I would like to achieve;

Mark above by putting an X at the end- which ones would be one your daydream list
Add another 4 more daydreams that you could use during the day;

Your Bucket List:

This list could change and develop as you get older, you may not want to go on the fastest roller coaster later on in life, nor would you want to travel around the country in a campervan in your twenties.. so get started on your list and let it continually grow as your desires change, if you get past 100 keep going... Let's start with today:

Write all the things you would love to do before you die !

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____
- 9) _____
- 10) _____
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105) _____

106) _____

107) _____

108) _____

109) _____

110) _____

Now you have a clear knowledge of what you want to achieve

8 Affirmations

Your affirmation should begin with “I am.....” or “my” “I feel.....” “I love” “I have...” “I Know...”

It should contain:

(a) Personal reference to you...

(b) The present tense...

(c) Emotion... and

(d) Your ideal results...

Such as “I (personal) am currently (present) enjoying (emotional) getting fit and becoming more healthy (result)

There is no need to rush your affirmations when creating them, you need to take time to write them for the result you desire, and that way you supercharge your frequency to the universe.

Writing about what you expect to happen, helps to dissolve any underlying doubts you may have about your affirmations and it is a powerful technique for writing affirmations.

Practice and write some affirmations;

I am _____

My _____

I feel _____

I love _____

I have _____

I know _____

Now write 5 affirmations for each-

Your appearance;

Your character

Gratitude

9 Karma

Whatever you do will have an equal or greater reaction, make everything you do positive.

Write down 10 things that you could do each day that would send positive karma back to you

Ie; Wave or smile as you greet people, compliment someone, appreciate kindness, donate something, help someone in need.

What 10 things can you think of do activate good karma:

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____

What do you LOVE ?

Write down five things that you love about each of the following topics (or create your own):

Partner, Children, Work, Friends, Parents, Home, Holidays, Neighbours, Suburb, Pets

Continually see in an upward mental state – love and appreciate the things that make them special to YOU

10 Manifesting

When you are out and about next, make a mental note of everything that you see that makes you say, "oh, that's nice" Get as many "nice" things as you can for the 20 minute workshop that night. (for example; a new Ferrari, a ladies blue dress, s infinity swimming pool)

What did you see recently:

Write them in your journal daily as you continue to see new items, this will help you to remember your tools!

Before you go to sleep, lie down and relax your breathing and imagine your tool box is full of all the lovely things you have seen and imagine having them: their colour, their feel, their smell, what you would do with them, how you would look after them... Approx for 20 minutes

11 Appreciation

Write down everything that you are grateful for.

Try to evaluate every aspect of your life today and what you encounter daily and find the positive in each and write what you are most grateful for.

Now make a list of your top 10:

Starting with;

I am truly grateful that

12 Reflection

Write down all of the major difficulties that you have faced along your journey until now.

Make a list of things that have affected you to your core!

Take a moment and go through each event with appreciation in mind:

What have you learnt? What positive things have happened since as a result?

Who have you met due to this occurring? What path has this event opened up to you?

What wouldn't be in your life today, had it not been the way it eventuated? i.e. your children, your new job, your new partner, etc. (ie; You would not have your children if you didn't have your ex-husband)

Work out for yourself what has eventuated due to that event;

Learn what needs to be appreciated from each event occurring, then for each one release gratitude for you now understand why you now have _____ and acknowledge in your mind that you forgive as _____ would not have occurred and you are grateful for the event.

This will shift your perception and release the resentment and transform the experience.

13 Promises

Make a list of “promises” to yourself of how you will improve yourself and revise regularly to ensure you keep your promise to yourself.

I am promise myself that I will: _____

14 Intention

Each day start with a little intention: intend to have a great day, intend to learn something new today, intend to be nice to everyone you come into contact with, intend to take a small step each day towards improving yourself.

Write down a list of intentions that you want to see come to fruition, this will give you guidance.

I hereby intend to : _____

____ / ____ /20 ____ (Date)

Contract: between _____ (<Write your name)

And

_____ (<Write your full formal name)

I hereby solemnly declare to; ("Promise Yourself")

"To be so strong that nothing can disturb your peace of mind.

To talk health, happiness, and prosperity to every person you meet.

To make all your friends feel that there is something in them

To look at the sunny side of everything and make your optimism come true.

To think only the best, to work only for the best, and to expect only the best.

To be just as enthusiastic about the success of others as you are about your own.

To forget the mistakes of the past and press on to the greater achievements of the future.

To wear a cheerful countenance at all times and give every living creature you meet a smile.

To give so much time to the improvement of yourself that you have no time to criticize others.

To be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble.

To think well of yourself and to proclaim this fact to the world, not in loud words but great deeds.

To live in faith that the whole world is on your side so long as you are true to the best that is in you." (by Christian D Larson ; 1874- 1954)

Read this contract & again out loud – DECLARE IT TO YOURSELF

Sign it>

X: _____



Create the kind of self
that you will be happy to
live with all your life.

Make the most of yourself
by fanning the tiny, inner
sparks of possibility into
flames of achievement.

- Golda Meir