



MEGAN NICOLA PRESENTS

THE CFP MASTERCLASS

Question: What would your life look like if you embodied your highest potential?

Take a few mins to really describe this.

1. Use your emotional guidance system.

Use this scale to gauge where you are currently with regards to your emotions. The higher up the scale, the higher your frequency and the closer you are to alignment with your higher self/full potential.

1. **Joy/knowledge/empowerment/freedom/love/appreciation**
2. **Passion**
3. **Enthusiasm/eagerness/happiness**
4. **Positive expectation/belief**
5. **Optimism**
6. **Hopefulness**
7. **Contentment**
8. **Boredom**
9. **Pessimism**
10. **Frustration/impatience/irritation**
11. **"Overwhelm"**
12. **Disappointment**
13. **Doubt**
14. **Worry**
15. **Blame**
16. **Discouragement**
17. **Anger**
18. **Revenge**
19. **Hatred/rage**
20. **Jealousy**
21. **Insecurity/guilt/unworthiness**
22. **Fear/grief/depression/despair/powerlessness**



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Tool: Set your intention to find a thought, any thought that feels better and be consciously aware of how that thought feels so you can start to move up the emotional scale. You can evaluate if this new thought makes you feel better. You think and feel, think and feel with your only intention being to feel some sort of relief.

2.Align with your dreams, desires, wishes by visualising and emotionalising.

Tool: Every day spend at least 10 minutes visualising and scripting your ideal life. What does it look like? What am I doing? How do I feel? How do I carry myself?

Use things like vision boards, goal cards, mind movies.

The key point is to emotionalise the visions.

Q: What feelings does my goal represent? e.g. abundance, wealth, joy, freedom, happiness, confidence etc.

3.Trust yourself and the divine timing of everything.

Ways to start trusting yourself:

- **Keep your word**

Tool: Identify your triggers by sitting down and asking yourself where you most frequently break promises with yourself and others?

- **Trusting your emotions/energy about a situation/person/action**

Tool: use the emotional guidance system scale technique

- **Embrace ALL of you**

Tool: Where/when do I feel the most uncomfortable owning my confidence/value/power?

How can I help myself in those situations? thoughts, feelings, affirmations, actions

Write a list of your strengths and perceived weaknesses.

How can you celebrate your strengths more?

How can you reframe one positive for each of your weaknesses?



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3. Trust yourself and the divine timing of everything

(continued)

- **Be kind to yourself, treat yourself with love and respect**

Tool: Make a list of everything you've achieved, and continue to achieve/do well/ when you notice a transformation or mindset shift.

Q: When do I need to show myself the most love /appreciation/ acceptance?

Trusting divine timing:

Tool: Visualise planting seeds. Every desire you have is a planted seed. And these seeds must be nurtured, looked after, watered, planted in abundant soil. They must also be allowed to grow. When we do things for immediate results, we uproot the seed. We resent the seed for not immediately sprouting. If you can instead, embrace the affirmation 'It's coming. It's coming. It's coming.' and align with the excitement and the emotions of what that seed represents, you allow it to come into fulfillment. You allow it to grow into the MOST abundant crop.

Q: How can I be more of a vibrational match (through the thoughts I think and the feelings I create) to what is COMING instead of WHAT IS?

Where do I go next?

If you would like to enquire about working 1:1 with me through either my **1 hour confidence reboot sessions** or my **12 week CFP program**, you can send me an enquiry on megan@megannicola.co.uk or use the links above.

Thank you for joining me on this powerful masterclass!

Megs xx

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