Higher Standard Commitment

Holding yourself to a higher standard upgrades your results.



H I G H E R
S T A N D A R D
C O M M I T M E N T

It is only when we DECIDE to hold ourselves to a higher standard that our outcomes change for the better.
Do not compare yourself with anyone else, this is about setting standards of excellence for yourself, your only competition is YOU.
Keep in mind that some days your best effort will vary from day to day; you are human and you can give yourelf space for error. The key is to move on and uphold your new standards.

Deciding your next level standard:
The exercise is simply a 'rinse and repeat' for all areas of your life.

You can choose to define a new standard for ONE or all areas. When you upgrade your thinking in one area it often has a knock on effect to other areas. So do what feels intuitively right for you right now, you don't need to follow anyone else's higher standard commitment process

H I G H E R S T A N D A R D
C O M M I T M E N T
for

Money

Describe where you are **right now** in relation to this area of your life; what is it about this that makes you feel like you want to create a higher standard for yourself? Be as specific as you can:

Can you describe how the current situation makes you feel:

How long has it been an issue for you?

How do your current beliefs affect your thoughts/behaviour/actions?

What is the HIGHER STANDARD that you would like to believe instead of this?

How does that NEW higher standard impact your thought/ beliefs/ actions?

H I G H E R S T A N D A R D
C O M M I T M E N T

Where do you have any evidence that a HIGHER STANDARD is possible for you?
(in your own life or observed from other people?)

If you held yoursef to a HIGHER STANDARD BELIEF, how will it affect your thoughts and behaviour?

What do you think that HIGHER STANDARD SELF will FEEL like?

How will this HIGHER STANDARD energy impact you in an positive way?

What 3 of the smallest action actions are you will commit to that will uphold your higher standard?

COMPLETE AN EMPOWERING STATEMENT THAT ENCOMPASSES THE **HIGHER STANDARD** YOU WISH TO CREATE FOR YOURSELF:

I am.....

I believe.....

On the next page is your Oath of Abundance, say it out loud daily, this will activate you and remind you daily that you are already abundant!!!

O A T H O F
A B U N D A N C E !

In this Oath of Abundance, I know the truth that within me resides the energy of abundance and overflow

I am ready and open to receive expected and unexpected money, love, goods, kindness, generosity, offers, joy, peace, happiness and opportunities.
I am constantly guided and empowered to receive the lavish abundance of the universe, from a place of perfect divine alignment.
I fully accept that abundance and prosperity are already mine. My acknowledgement and acceptance of this makes it real and opens the door for manifestations to flow to me easily.
Through this contract with the divine forces of the Universe I KNOW all things are possible. I know I live in a friendly universe that fully supports me in ways I cannot see with my eyes, but know within my soul, as the truth.

I am open to give more and receive more. I know that I can afford anything I desire. As I say these words I bring my energy into alignment with higher consciousness, the energy of abundance, the frequency of flow and the joy of ease.
I know this to be the truth, that I am a child of a friendly Universe, and no matter what seems evident in the 'outside world' I fully believe that everything is conspiring in my favour.

I cast out all doubt, all fear, all anxiety, all limits as I take full ownership of these truths and allow my energy today and always, match that of trust, knowing and abundance.

And so it is.

Signed_____