

BRING ABOUT WHAT YOU THINK ABOUT

MASTER WORKBOOK

Unlock the Power of Your Thoughts
to Create a Life You Love



A Guided Companion to Eddie
LeMoine's 11-Lesson Program

Eddie LeMoine

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Lesson 1 – Evolution of Personal Development

Applying the Power of Thought to Create Change

“Your thoughts are planting seeds every day — and those seeds grow into your experiences.” — Eddie LeMoine

Section 1: Key Insights & Highlights

In this first lesson, we’re laying the foundation for the entire course. Personal development isn’t just about improving skills — it’s about becoming the person you truly want to be. That process starts with understanding how your thoughts shape your reality.

Every thought you have is like a seed. When you think it often enough — and pair it with emotion — that seed begins to grow. Over time, those thoughts shape your experiences, your relationships, and your results.

You’re always creating, whether by design or by default. The key is to move from reacting to life... to designing it on purpose. And it begins by becoming aware of your thinking.

Eddie shares a moment that changed his life — when someone told him, “If you change your thinking, your whole life will change.” That simple insight became the spark for everything that followed.

When you start noticing your thoughts, you begin to see how powerful they are. Awareness is the first step toward transformation.



Section 2: Reflection & Awareness Exercises

Use the space below to reflect honestly — no right or wrong answers:

- Think about a time when your thoughts influenced your mood or behaviour. What happened?
- What are three thoughts you repeat often in your day-to-day life?
- What beliefs might be holding you back from creating the life you want?
- When was the last time you stopped to observe your thoughts without judgement?

- Write down one situation where you could choose a different thought today.
-

Section 3: Practice & Application

Try This: Thought Awareness Challenge

For the next 24 hours, simply *observe* your thinking. Set reminders throughout the day to ask: - What am I thinking right now? - Is it helpful or limiting? - What could I choose to think instead?

Jot down any patterns or surprises you notice.

Action in Motion: Start a Thought Log

Create a small chart like this and complete it once or twice a day:

Situation	Thought	Emotion	Empowering Alternative
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Section 4: Key Takeaways & Quotes

- Your thoughts are constantly shaping your results — awareness is the first step to change.
- Becoming a “Directed Thinker” means choosing thoughts that move you forward.
- Real change starts inside, not outside.

Quotes to Remember: > “You’re either creating by design or by default.” — Eddie LeMoine
> “Change your thinking, change your life.”

Section 5: Your Personal Action Plan

This week, I will: -

One thought I will intentionally choose more often is: -

What I learned about myself in this lesson: -

 **Coaching Tip from Eddie:**

You don't have to get it perfect — you just have to get started. The moment you become aware of your thoughts, you begin to shift your life. Every bit of awareness gives you more power. I'm cheering you on, and I believe in your ability to change from the inside out.

Notes:

Lesson 2 – Let Me Tell You My Story

Your Story Has Power — Let's Rewrite It Together

“If you change your thinking, your whole life will change.” — Eddie LeMoine

Section 1: Key Insights & Highlights

This lesson is all about understanding the story you've been telling yourself — and realizing that you have the power to change it.

Eddie shared his personal story of burnout, stress, and uncertainty, even while appearing successful from the outside. That turning point — when someone pointed out that he always seemed worried — became the beginning of a new chapter.

Through awareness, intentional thinking, and emotional shift, Eddie began to visualize new outcomes and rewrite the narrative of his life. The key takeaway is this: **you are not stuck in the story you're living now.**

The thoughts and beliefs that shape your current identity can be transformed. And when you rewrite your story, you begin living a new one.

Your thoughts, beliefs, and identity are connected — and when you shift them, you create new results.

Section 2: Reflection & Awareness Exercises

- What parts of Eddie's story do you relate to?
 - What story have you been telling yourself about your life, career, or relationships?
 - Where do you feel out of alignment between how things look on the outside and how they feel on the inside?
 - What thoughts or beliefs come up when you imagine changing your story?
 - Who would you be if you let go of the old narrative?
-



Section 3: Practice & Application

Try This: Your Story Map

Draw a line down the middle of a page. On the left, write a short version of the “old story” — what you’ve believed about your life so far. On the right, write a “new story” — the one you want to live going forward.

Old Story New Story

Don’t worry if it’s not perfect — just write what feels true.

Action in Motion: Rewriting Limiting Beliefs

Make a list of beliefs that may be holding you back. Then reframe each one with something more empowering.

Limiting Belief Empowering Belief
I’m not good enough I’m growing every day

The goal isn’t to lie to yourself — it’s to choose beliefs that open you up to possibility.

Section 4: Key Takeaways & Quotes

- The story you tell yourself shapes your identity — and your identity shapes your results.
- Changing your thoughts and beliefs gives you the power to create a new chapter.
- Everyone has a “before” story — your “after” is written by choice.

Quotes to Remember: > “Beliefs shape behaviour. And when you choose a better belief, you begin to create better outcomes.”

> “You’re not here to fix yourself. You’re here to become more of who you’re meant to be.”

Section 5: Your Personal Action Plan

This week, I will: - _____ -

One belief I’m ready to let go of: - _____

A story I'm ready to begin living: - _____

 **Coaching Tip from Eddie:**

We all carry stories from our past — but none of them define us. You have the power to pick up the pen and write something new, starting today. Don't rush. Be honest. And believe in the version of you that's waiting to come forward. I'm proud of you for taking this step.

Notes:

Lesson 3 – It’s All About Thought

Your thoughts are the beginning of everything.

“You are not your thoughts. You are the one observing them. And once you become the observer, you can also become the editor.” — Eddie LeMoine



Section 1: Key Insights & Highlights

This lesson introduces a life-changing concept: that every result in your life begins with a single thought. The way you think about your circumstances, your abilities, and your future plays a massive role in shaping what happens next.

Eddie explained that thought leads to emotion, and emotion leads to behaviour. That’s why catching a thought early — even a negative one — can change the course of your day, your mood, and ultimately, your life.

This is not about denying challenges or pretending to be positive all the time. It’s about becoming *aware* of your thought patterns. Because when you become aware, you gain choice. And choice is where your power lives.

You are not stuck with the thoughts you’ve been thinking. You can choose again — and that choice can open the door to a whole new way of living.

Section 2: Reflection & Awareness Exercises

- What are some of the recurring thoughts you notice in your daily life?
- How do these thoughts tend to affect your emotions or actions?
- Can you recall a recent moment where one thought shaped your whole day?
- How would it feel to become the editor of your thoughts instead of the prisoner of them?
- What kinds of thoughts do you want to think more often?

Section 3: Practice & Application

Try This: What’s On My Mind? (Thought Awareness Scan)

Take a few quiet minutes to complete the following:

Instructions: - Set a timer for 3 minutes. - Without editing or judging, write whatever thoughts come into your head. - Once finished, read through what you’ve written and

underline or highlight any recurring patterns. - Ask yourself: are these thoughts serving me, or holding me back?

Action in Motion: Shift the Script

Take some of the thoughts you identified above and try reframing them into something more supportive.

Current Thought	Empowering Reframe
I never have enough time	I'm learning to prioritize what matters
I always mess things up	I'm doing my best and learning with each experience
People don't understand me	I'm learning to express myself with confidence

Repeat your new thoughts a few times each day. The more you think them, the more they become your new normal.

Section 4: Key Takeaways & Quotes

- Every result begins with a thought.
- Thoughts create emotions. Emotions influence actions. Actions lead to outcomes.
- You are not your thoughts — you are the observer and editor.

Quotes to Remember: > “You’re not stuck with the thoughts you’ve been thinking. You can choose again.”

> “When you shift a thought, you shift your future.”

Section 5: Your Personal Action Plan

This week, I will: - _____ -

One thought I’m ready to release: - _____

One new thought I want to practice daily: -

 **Coaching Tip from Eddie:**

Your thoughts are like seeds — they grow into whatever you plant. If you plant fear, you get hesitation. If you plant hope, you get courage. Start choosing thoughts that feel more aligned with the life you want to live. And remember: this isn't about being perfect. It's about being *aware*. You've got this.

Notes:

Lesson 4 – The Role of Emotion

Your emotions amplify what you attract.

“Your thoughts create your reality, but your emotions give those thoughts their power.”

— Eddie LeMoine



Section 1: Key Insights & Highlights

This lesson explores the powerful relationship between your thoughts and your emotions — and how emotion acts as the *amplifier* of your mindset. A thought on its own has potential, but it’s emotion that energizes it into reality.

When you *feel* good, your thoughts gain momentum. When you *feel* discouraged, even the best intentions can stall. This lesson reminds us that we don’t need to feel perfect all the time — we simply need to become more aware of how we’re feeling, and gently shift when we’re ready.

As Eddie shared, emotions like gratitude, hope, and excitement open doors. They invite in more of what we want. On the other hand, emotions like fear or frustration don’t need to be avoided — they just need to be acknowledged and understood.

When you tune into your emotions and raise your emotional “setpoint,” you begin to shift your energy — and what you attract.

Section 2: Reflection & Awareness Exercises

- What emotions do you feel most often throughout a typical week?
 - How do those emotions influence your decisions, habits, or interactions?
 - Think of a recent time you felt truly grateful, calm, or energized. What were you doing?
 - How do you tend to respond to difficult emotions like fear, anger, or self-doubt?
 - What would change if you allowed yourself to feel more empowered emotions — even in small ways?
-

Section 3: Practice & Application

Try This: Check Your Vibe – Emotional Setpoint Scan

Instructions: On the scale below, circle the 2–3 emotions you feel most often. Then place a star beside one emotion you’d like to feel more consistently.

Emotional Spectrum: - Powerless - Anxious - Frustrated - Overwhelmed - Bored - Content - Curious - Hopeful - Grateful - Excited - Joyful

Now ask yourself: - What contributes to the emotion I feel most often? - What activities, people, or thoughts tend to shift me toward higher emotions?

Action in Motion: Elevate the Feeling

Think of a moment when you felt the positive emotion you starred above. Describe it in detail:

- What happened?
- Who was there?
- What were you doing or thinking?
- How did it feel in your body?

Now, think of a current challenge or stressor in your life. How could you bring even a small piece of that feeling into the situation?

Example: > If you felt peaceful during a walk in nature — can you pause for a moment of breath before your next tough conversation?

The goal isn’t to eliminate stress, but to bring in new energy — and gradually raise your emotional baseline.

Section 4: Key Takeaways & Quotes

- Emotions are fuel for your thoughts — they amplify what you attract.
- Feeling good aligns your energy with what you desire.
- You don’t need to feel amazing all the time — just *aware* and *willing* to shift.

Quotes to Remember: > “You are not your mood — you are the one guiding it.”
> “Gratitude, even in small doses, creates powerful momentum.”

Section 5: Your Personal Action Plan

One emotion I'm ready to feel more of:

One activity or habit that helps me feel it:

One small action I'll take this week to elevate my emotion:

Coaching Tip from Eddie:

Emotions are your internal compass — they're not good or bad, they're just information. And when you get curious instead of critical, you take back your power. This week, practice noticing how you feel... and gently choosing a better-feeling thought when you can. You're doing incredible work — keep showing up for yourself.

Lesson 5 – The Law of Attraction

You attract what you align with.

“You don’t attract what you want — you attract what you are aligned with.” — Eddie LeMoine



Section 1: Key Insights & Highlights

This lesson dives into the core idea behind the entire program: the Law of Attraction. It’s not magic, and it’s not just wishful thinking — it’s a practical principle based on focus, alignment, and momentum.

What you focus on expands. The energy and emotion behind your thoughts send a signal out into the world, and what you attract back often matches that frequency.

If you think thoughts of lack, struggle, or unworthiness — even if you say you want something better — you might unintentionally attract more of what you *don’t* want. But when you shift into belief, gratitude, and intention, you start inviting new outcomes.

Eddie’s story reminded us that transformation starts with inner alignment. When you truly believe in what you have to offer — and feel it — opportunities begin to find *you*.

Section 2: Reflection & Awareness Exercises

- What areas of your life feel “stuck” right now?
- What thoughts or beliefs might you be sending out in those areas?
- When you imagine having the life or outcome you want — how does it *feel*?
- What daily thoughts or emotional patterns might be blocking that feeling?
- Where in your life have you seen evidence of “like attracts like”?

Section 3: Practice & Application

Try This: Signal Check – What Are You Broadcasting?

Think about the four key areas of life below. What are your dominant thoughts in each area? Are those thoughts aligned with what you *want* — or with what you *fear*?

Area	Common Thoughts or Feelings	Aligned or Misaligned?
Money		
Relationships		
Career		
Health		

Once you've filled in the chart, reflect: - What patterns are you noticing? - Which area is sending the clearest aligned message? - Which one could use more intention?

Action in Motion: Power Thoughts Practice

Flip to the next page and write one clear, intentional thought for each area above. These thoughts should reflect the version of you who's already moving in the right direction.

Examples: - *"I have everything I need to succeed, and more is on the way."* - *"I welcome connections that support my growth."* - *"I'm showing up every day with clarity, energy, and purpose."*

Repeat these aloud or write them each morning this week. Your job isn't to force belief — just to practice alignment. And let it build from there.

Section 4: Key Takeaways & Quotes

- The Law of Attraction is about energy, alignment, and focus — not control.
- You attract what you focus on *with feeling*.
- Practicing power thoughts can rewire your mindset and outcomes.

Quotes to Remember: > "What you focus on expands."

> "You are always sending a signal — the question is, what kind?"

Section 5: Your Personal Action Plan

This week, I will focus on attracting:

One belief I'm choosing to release:

One new thought I'm ready to align with:

Small daily habit to reinforce this:

 **Coaching Tip from Eddie:**

You don't need to get everything right. You just need to get aligned. Your thoughts, emotions, and energy are always creating. So this week, practice tuning your signal. Shift gently toward the thoughts and feelings that match the life you want. And trust that life will start meeting you there.

Lesson 6 – Your Beliefs Create Your World

Your beliefs shape what you see — and what you experience.

“You don’t see with your eyes — you see with your beliefs.” — Eddie LeMoine



Section 1: Key Insights & Highlights

In this lesson, we go deeper into the roots of thought and emotion — and that’s where we find **beliefs**. A belief is simply a thought that’s been repeated so often, it becomes automatic. Sometimes we choose our beliefs consciously. But often, they were formed by past experiences, upbringing, or society.

Beliefs act like filters. They determine what we notice, how we interpret situations, and what we believe is possible for ourselves.

Some beliefs empower us: “I’m resilient.” “I attract great people into my life.” But others limit us: “I’m not good at that.” “Nothing ever works out for me.” These beliefs run silently in the background — until we bring them into the light.

Eddie shared how his own belief that “success requires sacrifice” led to burnout... until he replaced it with a more aligned belief. That’s the power of belief: when we change our internal script, our external world begins to change too.

Section 2: Reflection & Awareness Exercises

- What is one belief you picked up in childhood that still influences your thinking?
 - How has that belief helped you — and how might it be holding you back?
 - Think of an area of your life where you feel stuck. What belief might be fueling that pattern?
 - What beliefs do you admire in people you respect?
 - Are your current beliefs aligned with the future you want to create?
-

Section 3: Practice & Application

Try This: Belief Inventory – “The Beliefs That Built Me”

Look at these four areas of life: - Money - Relationships - Success or career - Health or wellbeing

For each one, write down any beliefs you currently hold. Include both positive and limiting beliefs.

Examples: - “I have to work extra hard to earn enough.” - “People always let me down.” - “I never stick to healthy habits.” - “I’m lucky to do what I love.”

Now reflect: - Where do you think each belief came from? - Which ones feel outdated or limiting?

Action in Motion: Rewrite the Script

Flip to the next page. For each limiting belief, write a new belief that reflects the mindset you want to practice.

Your new belief should feel slightly better — and more empowering — than the old one.

Examples: - Old: “I’ll always struggle with money.” - New: “I’m learning to manage money with more clarity and confidence.”

- Old: “I’m not good at relationships.”
- New: “I’m attracting people who appreciate and support me.”
- Old: “I’m too old to make a change.”
- New: “I’m just getting started — and every step counts.”

Take your time. Your brain builds beliefs through repetition and reinforcement — not pressure.

Section 4: Key Takeaways & Quotes

- Beliefs are learned patterns — not unchangeable facts
- Limiting beliefs can be rewritten through practice
- New beliefs lead to new behaviour and new outcomes

Quotes to Remember: > “Your beliefs are the lens — not the truth.”
> “When you shift your belief, you shift your possibilities.”

Section 5: Your Personal Action Plan

One belief I'm ready to release:

One belief I'm ready to practice instead:

What I'll do this week to reinforce the new belief:

 **Coaching Tip from Eddie:**

Every belief you hold was learned — which means it can be unlearned. So be patient. Be kind to yourself. And know that every time you choose a better thought — even once — you're training your brain to support your dreams. Belief isn't about perfection — it's about practice. Keep going. You're building something powerful.

Lesson 7 – The Power of Visualization

What you see in your mind, you invite into your life.

“If you can see it clearly, you can start moving toward it — and it can start moving toward you.” — Eddie LeMoine



Section 1: Key Insights & Highlights

Visualization is not wishful thinking — it’s a daily mental practice that helps align your mind, emotions, and energy with the life you want to create.

When you visualize a goal vividly and repeatedly, your brain begins to treat it as familiar. This reduces fear and resistance, while increasing clarity and motivation. That’s why top athletes and performers use visualization — because it works.

Eddie shared how he used visualization long before he ever stepped onto a big stage. The more he saw the future he wanted — with feeling — the more he believed it was possible. That belief began shaping his actions and outcomes.

Visualization helps you move from “I hope this happens” to “I can feel this happening.” And that feeling? That’s the fuel that brings it to life.

Section 2: Reflection & Awareness Exercises

- What is one dream or goal that feels exciting but uncertain?
- How often do you picture yourself achieving that goal?
- When you do imagine it, what thoughts or emotions come up?
- Do you tend to focus more on obstacles or outcomes?
- How could a daily visualization habit support your belief and momentum?

Section 3: Practice & Application

Try This: Mental Movie

Open to the page titled “**Visualize the Goal.**”

Think of something you want to attract or experience. Now close your eyes and imagine that moment — as if it’s already real.

- What do you see?
- Who’s there?
- What are you doing or saying?
- Most importantly: How does it feel?

Let yourself fully experience it — sights, sounds, energy, emotion. Then, write down what you visualized below:



My Mental Movie:

Action in Motion: Visualization Ritual

Now open to the page called “**Visualization Ritual.**”

Choose a consistent time each day — morning, bedtime, or during a quiet break — and commit to visualizing for just 2 to 5 minutes.

Use a cue (like brushing your teeth or drinking your coffee) to trigger your practice.

Each day, replay your mental movie. Feel it. Believe it. Breathe into it.



My Practice Plan:

- Time of day: _____
- Daily cue: _____
- Mental movie topic: _____

Section 4: Key Takeaways & Quotes

- Visualization helps rewire your brain for belief and readiness
- Feeling is the fuel — the stronger the emotion, the stronger the effect
- Small daily practices build powerful momentum over time

Quotes to Remember: > “You don’t need to know how — you need to feel that it’s possible.”

> “Your brain rehearses what your heart believes.”

Section 5: Your Personal Action Plan

This week, I will visualize:

Why this vision matters to me:

One emotion I want to practice feeling as I visualize:

What I'll do to stay consistent:

Coaching Tip from Eddie:

You already have a powerful creative tool inside you — your imagination. This week, give yourself permission to dream on purpose. Even if it feels unfamiliar, stay with it. You're planting seeds. With time, attention, and practice, those seeds take root. Keep visualizing. The future you're imagining is closer than you think.

Lesson 8 – The Power of Words

Your language shapes your focus, your feelings, and your future.

“What you bring about is shaped by what you speak about.” — Eddie LeMoine



Section 1: Key Insights & Highlights

Words aren't just communication tools — they're energetic signals. They reflect what we believe, influence how we feel, and shape the experiences we attract.

In this lesson, Eddie reminds us that even everyday phrases can reinforce powerful patterns. Saying “I'm always broke” or “I'm too busy” might feel like harmless honesty — but over time, those repeated words become part of your mental and emotional wiring.

The good news? We can change our language to support our goals. By choosing more intentional words — words that reflect the outcome we *want*, not just the problem we see — we begin shifting our thoughts, emotions, and results.

This isn't about being fake or overly positive. It's about being **deliberate**.

Section 2: Reflection & Awareness Exercises

- What are some common phrases you say when you're under stress?
 - Are those phrases helping or hurting your ability to respond?
 - Think back to childhood: what language did you hear around money, success, or self-worth?
 - Which of those phrases still show up in your vocabulary today?
 - How do you feel when you say something empowering versus something self-critical?
-

Section 3: Practice & Application

Try This: Catch Your Phrases

Open to the page called “**Words I Use.**”

Think of a few situations that often frustrate or stress you. Then write down what you typically say — out loud or in your head — in those moments.

Examples: - “Nothing ever works out.” - “Why does this always happen to me?” - “I can’t afford that.” - “I’m not smart enough for this.”

Now circle the ones that show up most often in your life.

Action in Motion: Reframe the Script

Flip to the next page titled “**My Empowered Language.**”

Beside each circled phrase, write a new version — something that still feels *true*, but shifts your tone, focus, and emotion.

Examples: - “Nothing ever works out.” → “Things are shifting — and I’m learning as I go.” - “I’m not good at this.” → “I’m improving with every step.” - “I’m too busy.” → “I’m choosing to focus on what matters most.”

Write your own language upgrades below:

Old Phrase

Empowered Version

Repeat your new phrases daily. Say them out loud. Write them on sticky notes. Let them become your new internal script.

Section 4: Key Takeaways & Quotes

- Language is a reflection of thought — and a shaper of belief
- Your repeated phrases become mental scripts
- Shifting your words helps shift your mindset and energy

Quotes to Remember: > “You’re not lying to yourself — you’re leading yourself.”
> “Language can limit you — or lift you.”

Section 5: Your Personal Action Plan

One phrase I’m ready to stop saying:

My new empowering version:

Where I'll practice using it this week:

How I'll remind myself daily:



Coaching Tip from Eddie:

You're speaking your future into existence — one sentence at a time. So this week, listen carefully to your own language. You don't have to be perfect. You just need to be intentional. Replace one phrase... then another... and watch your inner world shift. Keep speaking possibility.

Lesson 9 – The Power of Gratitude:

Gratitude turns what we have into more than enough.

“You can’t attract more of what you want until you appreciate what you already have.”
— Eddie LeMoine



Section 1: Key Insights & Highlights

Gratitude is more than a feel-good emotion — it’s one of the most powerful tools for shifting your mindset and energy.

When you’re feeling grateful, it’s nearly impossible to feel fear, lack, or negativity at the same time. That’s because gratitude roots you in the present moment — where appreciation, peace, and abundance live.

In this lesson, Eddie shared how a simple practice of writing three things he was grateful for each night helped him reset during a stressful season. Over time, that small ritual rewired his focus — from what was wrong to what was working.

Gratitude helps you notice the blessings in your life. And the more you notice them, the more you attract.

Section 2: Reflection & Awareness Exercises

- What emotions do you experience when you’re truly grateful?
- How often do you pause to appreciate the good in your day?
- Do you tend to focus more on what’s missing or what’s present?
- Think of a tough season in your life — what hidden blessings were there?
- How could a gratitude practice help shift your current perspective?

Section 3: Practice & Application

Try This: Gratitude Scan

Open to the page titled “**Right Here, Right Now.**”

Take a deep breath. Notice your surroundings, your thoughts, and your feelings. Now write down five things you're grateful for *right now*.

They might include: - A person who supports you - A recent opportunity or lesson - A simple joy or comfort - An act of kindness - Your own courage or growth



Today, I'm grateful for:

1. _____
2. _____
3. _____
4. _____
5. _____

Let yourself feel the emotion of appreciation as you write.

Action in Motion: Your Gratitude Ritual

Flip to the next page: **“My Gratitude Practice.”**

Choose a consistent time of day — morning, evening, or during a quiet moment. Then commit to writing down three new things you're grateful for *every day* this week.

No repeats. No pressure. Just honest noticing.

Date	3 Things I'm Grateful For
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

This simple habit will help your brain rewire for optimism, appreciation, and abundance.

Section 4: Key Takeaways & Quotes

- Gratitude is one of the fastest ways to raise your energy
- You don't need perfect circumstances to practice it
- What you appreciate, appreciates

Quotes to Remember: > “Gratitude doesn't wait for things to change — it helps you change how you see them.”

> “Look for what's working, and you'll find more of it.”

Section 5: Your Personal Action Plan

One thing I've been taking for granted:

Why it matters to me now:

When and where I'll do my gratitude ritual:

How I'll remind myself to stay present:

Coaching Tip from Eddie:

Gratitude is a quiet kind of power. It doesn't demand attention — but it changes everything. So today, let your heart soften. Let your awareness sharpen. There's beauty around you — and within you — right now. You don't have to earn it. Just notice it. And let that noticing change the way you move through the world.

Lesson 10 – The Missing Piece: Taking Action

Small steps lead to big shifts — if you take them.

“Clarity comes from action — not from overthinking.” — Eddie LeMoine



Section 1: Key Insights & Highlights

You’ve done a lot of inner work — understanding your thoughts, tuning into emotions, rewiring beliefs, visualizing outcomes, and raising your energy. But none of that creates lasting change without action.

Action is the bridge between *intention* and *results*. It’s where ideas become reality.

Many people wait for the perfect moment — for full confidence, for zero fear, for absolute clarity. But those moments rarely come. Confidence and clarity come **after** you start moving, not before.

In this lesson, Eddie shared how a single “yes” to a small opportunity shifted everything. Action creates momentum — and momentum builds belief.

So don’t wait until it’s big. Start while it’s small. Start now.

Section 2: Reflection & Awareness Exercises

- What’s something you’ve been waiting on — but haven’t acted on yet?
- Is fear or perfectionism holding you back?
- What does “taking action” mean to you in this season of life?
- What would it feel like to just take one small step?
- How would Future You thank you for starting today?

Section 3: Practice & Application

Try This: One Small Step

Open to the page titled “**One Small Step.**”

Think of a goal, desire, or vision you’ve been working toward during this program.

Now ask: *What is ONE small, concrete action I could take this week?*

Examples: - Send an email - Make a phone call - Schedule focused time - Sign up for a course - Speak your goal out loud to someone

 **This week, my small step is:**

Why this step matters:

Action in Motion: Put It on the Calendar

Flip to the next page: **“Put It in Motion.”**

Now let’s take that small step... and *schedule it*.

Action Step	When	Where / How	Done?
			<input type="checkbox"/>

Bonus: Tell someone your plan. Accountability adds power.

Section 4: Key Takeaways & Quotes

- Ideas become reality through aligned action
- You don’t need to be fearless — just willing
- Progress is built one choice at a time

Quotes to Remember: > “A small step in the right direction can become the biggest decision of your life.”

> “Your future begins when you move — not when you’re ready.”

Section 5: Your Personal Action Plan

My vision or goal I’m working toward:

My next small step:

I will take this action on:

What I expect to feel afterward:

 **Coaching Tip from Eddie:**

I know how easy it is to wait. For the timing. The confidence. The clarity. But you don't need perfect conditions to make a move. You just need one small act of courage. The rest will meet you on the other side. Take the step — and trust that you're building something powerful with every move you make.

Lesson 11 – Living the Life, You Desire

Your aligned life is already within reach — one thought, choice, and action at a time.

“You don’t attract what you want. You attract what you are aligned with.” — Eddie LeMoine



Section 1: Key Insights & Highlights

The most powerful change doesn’t come from a breakthrough moment — it comes from how you live each day.

Living the life you desire is about alignment: between your thoughts, beliefs, emotions, words, and actions. When these are in sync, you move through life with clarity, confidence, and purpose.

That doesn’t mean every day will be perfect. But it does mean you’ll know how to bring yourself back — to your vision, your values, and your intentional self.

In this final core lesson, Eddie invites you to visualize what an aligned life looks and feels like... and gives you a simple check-in tool to help you live it.

Section 2: Reflection & Awareness Exercises

- When do you feel most in alignment with who you want to be?
- What thoughts or habits throw you off course?
- How can you gently bring yourself back into alignment?
- What does “living the life I desire” mean to you today?
- What’s one belief you want to live from more consistently?

Section 3: Practice & Application

Try This: My Ideal Day

Turn to the page titled “**My Ideal Day.**”

Close your eyes and imagine: it’s a day where you’re truly aligned with your purpose, energy, and values.

Now write about it in full detail: - What time do you wake up? - What kind of thoughts start your day? - Who are you interacting with? - How do you spend your time? - How do you feel throughout the day? - What do you no longer tolerate or entertain?

 **Describe your ideal day below:**

This isn't a fantasy — it's a blueprint. The clearer it becomes, the easier it is to live into.

Action in Motion: Daily Alignment Check-In

Flip to the page titled **“Living in Alignment.”**

This is a 5-minute daily check-in tool. Try it each morning or evening for the next week.

Question	Today's Answer
What thought am I choosing today?	
What emotion am I nurturing?	
What belief am I standing in?	
What action will align me with my vision?	

By checking in regularly, you bring yourself back to center — and strengthen the habits that align you with your desired life.

Section 4: Key Takeaways & Quotes

- Alignment is the foundation for lasting transformation
- Daily choices, not big leaps, create the life you desire
- You have the ability to return to center at any moment

Quotes to Remember: > “It’s not about being perfect — it’s about being present.”
> “The more aligned you are, the more naturally success flows.”

Section 5: Your Personal Action Plan

One area of life where I want more alignment:

What alignment looks like in that area:

One daily habit to support that:

How I'll stay accountable to myself:

 **Coaching Tip from Eddie:**

You've come so far — not just by learning, but by choosing to show up. And now, you get to keep choosing. Each thought, each word, each decision is a way to bring your desires into being. Don't aim for perfection. Aim for presence. Trust that every aligned step you take is guiding you toward the life that's already reaching back for you.

Closing Lesson – Bringing It All Together

Celebrate your journey. Continue your practice.

“You are the thinker of your thoughts. The author of your story. The builder of your life.” — Eddie LeMoine

Section 1: Reflection & Recognition

Take a moment to acknowledge what you've just completed. You've worked through 11 lessons of personal growth and intentional change. That's no small feat. You've reflected deeply, challenged old beliefs, and practiced new habits.

This is your space to capture the biggest shifts you've experienced.

- What surprised you about yourself in this program?
 - What concept or practice had the biggest impact on you?
 - How do you feel about your ability to create change in your life?
 - What's different about how you see your future now?
-

Section 2: Your “Go-To” Tools

Look back through your workbook pages. Highlight the tools and exercises you want to keep using beyond this program. Then list your top 3 “go-to” practices below.

Tool / Practice When You'll Use It Why It Matters to You

These are your anchors — simple ways to stay aligned in daily life.

Section 3: Gratitude & Celebration

Use this space to write a personal note of gratitude — to yourself, to someone who supported you, or to the process itself.

This is about marking the moment.



Today, I'm grateful for...



One thing I'm proud of in myself is...

Section 4: Next Steps

Growth is never finished — it just evolves.

Looking ahead, how do you want to stay connected to this work?

- Will you revisit the program in a few months?
- Will you share the principles with someone else?
- Will you start a morning or evening reflection routine?

Write down one way you'll *keep this work alive*:



One way I'll keep this work alive is...



Final Note from Eddie

You've done something powerful — and it didn't require perfection. It required *presence*. Every small step you took was a signal to your future self: I'm ready.

Keep showing up. Keep using your tools. Keep choosing who you want to become.

I'm proud of you. And I'm cheering you on.

Let this be a new beginning. You have everything you need.