



THE
ELEVATED
SELF

STARTER PACK

MODE
THE METHOD

HOW TO ACCESS YOUR CONTENT

STEP 1

Click the button below to access the starter pack.

BECOME YOUR
ELEVATED SELF

STEP 2

Create your account.

MODE

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Full Name
First and last name

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THE ELEVATIONS

FREE BUNDLE (13 VIDEOS):
THE ESSENTIAL ELEVATIONS

THE ESSENTIAL ELEVATIONS is a series of our most comprehensive Elevation Meditations. Through powerful guided visualization and scientifically-backed techniques, you will work on reprogramming your subconscious mind, cultivating real physical changes in your body and appearance, transform your self-image, manifest abundance and so much more. THE ESSENTIAL

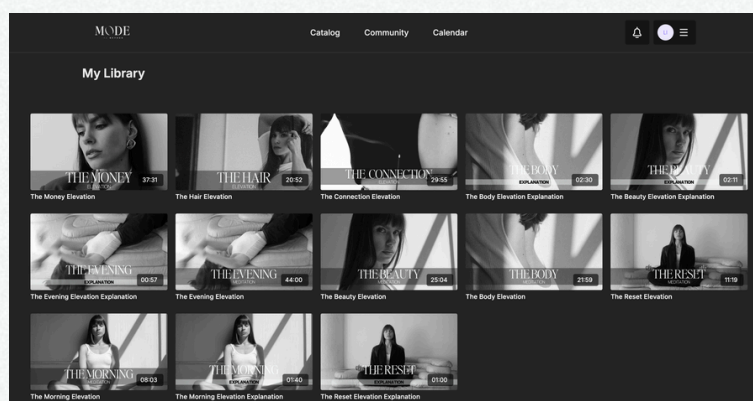
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STEP 3

Meet your Elevated Self.



THE ESSENTIAL ELEVATIONS

THE ESSENTIAL ELEVATIONS is a series of our most comprehensive Elevation Meditations. Through powerful guided visualization and scientifically-backed techniques, you will work on reprogramming your subconscious mind, cultivating real physical changes in your body and appearance, transform your self-image, manifest abundance, love and so much more. **THE ESSENTIAL ELEVATIONS** were created to help you to believe in your potential and effortlessly attract abundance in all areas of your life.

*We recommend doing one elevation at a time for at least 21 days**





THE CONNECTION

Align with your dream partner through "The Connection," a powerful meditation designed to help you manifest your ideal relationship. This practice guides you in releasing limiting beliefs, opening your heart, and aligning with the frequency of your perfect partner. As you move through this session, you'll cultivate self-love, clear emotional barriers, and embody the qualities of your Elevated Self, preparing you to attract and feel gratitude for the love you deserve.



THE MONEY

Experience the ultimate meditation for unblocking financial barriers and manifesting your most abundant MODE. This powerful practice focuses on attracting financial abundance, prosperity, and fulfillment while equipping you with the mindset and skills to hold and grow your wealth. During this session, you'll release limiting beliefs, expand your capacity to handle wealth, and cultivate a confident, abundant mindset. You'll feel empowered and aligned with the frequency of financial prosperity, ready to welcome limitless abundance into your life.



THE MORNING

Start your day with intention using this transformative walking meditation. This practice helps you align your mind with your goals, setting the tone for your entire day. By focusing on what you want to manifest as soon as you wake up, you replace old, limiting habits with positive routines that naturally guide you toward your dreams. Whether you're walking, getting ready, or simply moving through your morning routine, this meditation empowers you to consciously shape your reality, making each day a step closer to the life you are calling in.



THE EVENING

Drift into a deep, restorative sleep with this meditation, designed to help you unwind and let go of the day's stress. Using a blend of gentle relaxation techniques, visualization, and affirmations, this session guides you into a peaceful state, allowing your body and mind to fully relax. As you listen, you'll release tension, set intentions for your day tomorrow, calm your mind, and prepare yourself for the most rejuvenating sleep possible. You are meant to fall asleep during this meditation, don't worry if you do before the end.



THE RESET

The perfect emotional transition. This meditation is designed to help you transition smoothly out of stressful situations. Whether you've just had a tough conversation, a long day at work, or are feeling emotionally drained, this session is like an "energetic shower," cleansing your mind and body of any negativity or blockages. Use it to release lingering stress, cut energetic cords, and recenter yourself. Perfect for any time you feel stuck, stagnant, or in need of a fresh start, this practice will leave you feeling refreshed, balanced, and ready to take on whatever comes next.



THE BEAUTY

This meditation is all about shifting your inner state so your natural beauty can radiate from within, transforming both how you feel on the inside and your external appearance. It leans heavily into the idea that true beauty begins with inner health, self-love and harmony. You'll work through any limiting beliefs or blocks that might be holding you back, helping you to embrace self-love and build confidence. We will go through a deep visualization with the aim of triggering real, physiological and mental shifts in your body and appearance, allowing your true radiance to shine through.



THE BODY

This meditation is designed to help you build body confidence and cultivate a healthier relationship with your body. We will go through a guided visualization, with the aim of activating your lymphatic system, balancing cortisol levels, and encouraging your body to release fluid retention and emotional weight. This practice is rooted in science-based techniques, helping you trust your body's natural processes and cultivate a positive, loving connection with yourself.



THE HAIR

Enhance your hair's health and growth. This session combines visualization, stress reduction techniques, and principles from Traditional Chinese Medicine (TCM) to activate your body's natural healing abilities. By focusing on the energy flow through the Kidney and Liver meridians, you'll support the balance of these vital organs, contributing to the overall vitality of your hair. This meditation is designed to guide you in creating healthy hair from the inside out.



THE
ELEVATED SELF

WORKBOOK

MODE
the METHOD

WELCOME

Regardless of what you're trying to manifest, the beauty of creating and merging with your **Elevated Self** is that it encompasses so much more than achieving a single goal. It's about embodying the most elevated version of yourself in every aspect of life.

Imagine becoming the version of you who feels deserving of true love and is comfortable and confident alone, therefore naturally attracting their soulmate. The version of you who is open to miracles and abundance, free from limiting beliefs around wealth, and allows money to flow easily and effortlessly into their life. The version of you who exudes grace and confidence in your natural beauty, makes healthy choices, is abundant and successful in everything they do, prioritizes rest, and radiates positivity, leading to feeling and looking incredible and achieving incredible outcomes.

This can all be one person. This can all be yours through **Elevated Self Work**.

So let's get started!



THE DESIGN

First, let's clarify what we mean by "**Attributes**". Attributes are the unique qualities, traits or characteristics that define who we are and who we aspire to be. They represent the foundation of our **Elevated Self**, shaping our thoughts, actions and interactions with the world around us.

CHOOSING YOUR *ATTRIBUTES*

Now comes the exciting part—choosing the attributes that align with your dream life. There are no right or wrong choices, here's some tips to help with your selection:

BALANCE IS KEY

Aim for a balanced selection that covers various aspects of your life. Think about attributes that contribute to your personal growth, relationships, career, well-being, self-image and overall happiness.

ALIGNMENT

Only select attributes that truly resonate with you. Not what your parents wanted for you, not what your friends or society thinks is aspirational. These are the qualities that, when embodied, feel like a true reflection of your best self.

VISUALIZE THE IMPACT

As you make your choices, take a moment to visualize the impact these attributes will have on your life. How will they shape your interactions with others? How will they influence your decisions and actions?

Now, let's make your selections. Take a moment to consider the attributes that best represent your Elevated Self Reflect on their significance and the positive changes they can bring into your life.

This is your opportunity to create a unique roadmap to your Elevated Self.

INSPIRATION

To get you started, here are some examples of attributes that our community have used in the past:

- **CONFIDENCE**

The unwavering belief in your abilities and self-worth.

- **RESILIENCE**

The ability to bounce back from challenges and setbacks.

- **KINDNESS**

The practice of showing compassion and empathy to others.

- **COURAGE**

The willingness to step out of your comfort zone and face fears.

- **GRATITUDE**

The practice of recognizing and appreciating life's blessings.

- **EMPOWERMENT**

The state of feeling in control and capable of shaping your destiny.

- **GRACE**

The ability to handle life's challenges and successes with poise, equanimity, and composure.

- **THE 'IT FACTOR'**

That magnetic quality that draws people to you, making you stand out in any crowd.

These Attributes are just a starting point. Feel free to draw inspiration from them or choose others that deeply resonate with you!

JOURNAL

MY ATTRIBUTES

Write down your attributes:

REFLECTION

Now that you've selected the attributes that align with your **Elevated Self**.

Let's reflect on their meaning and potential impact on your life. I love this part because it helps to uncover exactly why these attributes matter to you, how they can positively impact your life and where they can make the most significant difference.

THE FOLLOWING PROMPTS ARE HERE TO GUIDE YOU:

- Why does this **attribute** hold significance for me?
- How would my life be different if I fully embodied this **attribute**?
- What specific areas of my life can benefit from this **attribute**? How?



CHOOSING YOUR ESSENTIALS

Now it's time to explore your **Essentials**—these are the non-negotiable aspects that truly matter to you in your ideal life. Just like with attributes, there are no right or wrong choices. Here are some helpful tips for your selection:

BALANCED CHOICES

Aim for a balanced selection of **essentials** that cover various aspects of your dream life. Think about essentials that contribute to your well-being, self-image, happiness, fulfillment, and overall vision.

ALIGNMENT

Choose **essentials** that authentically resonate with your inner self. Not what society expects, not what others have defined for you, but those aspects that, when they are constant in your life, make you feel truly aligned and grounded.

VISUALIZE THE ESSENCE

As you make your choices, take a moment to visualize the essence of these **essentials** in your life. How will they influence your daily experiences? How will they shape your environment and the way you live?

Now, let's make your selections!

INSPIRATION

*To inspire your choices, here are some of the examples of **essentials** that people from our community have been incorporating into their dream lives:*

- **OPULENCE**

The experience of living in abundance and indulging in the finest comforts and pleasures.

- **ADVENTURE**

The thrill of exploring new horizons and embracing the unknown.

- **ABUNDANCE**

The state of having more than enough in every aspect of life.

- **TRAVEL**

The joy of discovering new cultures and places around the world.

- **HARMONY**

The state of balance and peaceful coexistence in all areas of life.

- **CONNECTION**

The establishment of deep and meaningful relationships with others.

- **VITALITY**

The presence of boundless energy and vibrant health.

- **FREEDOM**

The ability to live life on your terms and make choices that align with your desires and values.

- **SUCCESS**

The achievement of personal and professional goals.

These essentials serve as a starting point. Feel free to draw inspiration from them or choose others that deeply resonate with your vision of a perfect life. They can also be as simple as “Me-time” or “Exercise”.

JOURNAL

MY ESSENTIALS

*Write down your **essentials**:*

REFLECTION

*Now that you've selected the **essentials** that align with your **Elevated Self**.*

Let's reflect on their meaning and potential impact on your life.

TAKE A MOMENT TO EXPLORE THESE PROMPTS:

- Why does each **essential** hold a special place in my heart? What makes them non-negotiable to me?
- In what ways do these **essentials** align with my core values and beliefs?
- How would my life change by having these **essentials** as my baseline?
- In what ways would my daily interactions, relationships, and overall well-being transform with these **essentials** at the core?

INTEGRATION

ELEVATE

WITH AFFIRMATIONS

One of my favorite ways to begin embodying the **Attributes** and **Essentials** of your Elevated Self is through affirmations. I have used affirmations in my daily routine for years. At first, they might feel a little silly, but the key is to feel the emotions that would come up if you truly believed the statements to your core. Even if you don't consciously believe them right away, this practice can create new neural pathways in the brain through a process called neuroplasticity. Over time, this can help you internalize and truly believe these new, empowering beliefs.

When I first started, I made a pact with myself to at least try to mean it when I said it. I stood in front of my mirror, looked deep into my eyes and tried to understand what it would feel like to truly believe a statement like, "I radiate beauty from the inside out".

After a week of doing just that, I started to really look forward to my little supportive conversations with my mirror and noticed a profound shift in my perception of myself.



From that point on, I was hooked.

I have been refining my practice and I will share with you what I do now in the next section of this exercise.

But let's get into crafting your own personal affirmations!

CRAFTING *YOUR AFFIRMATIONS*



So another fun part!

Creating your own affirmations is a powerful way to ensure that they are effective. Affirmations are so much more transformative when they are spoken from your own heart.

It can be a little daunting but here are some tips to help get you started:

- **BE PRESENT AND POSITIVE**

Craft your affirmations in the present tense and in a positive light. Use phrases like "I am" or "I have" rather than "I will" or "I want."

- **SPECIFICITY MATTERS**

Be specific about what you want to manifest. Instead of a vague affirmation like "I am successful," try something like "I am successful in my career as a respected writer."

- **SHORT AND MEMORABLE**

Keep your affirmations short and easy to remember. Concise statements are more effective for daily repetition.

- **PERSONALIZATION**

Tailor your affirmations to your unique goals and aspirations. What matters most to you personally should be the focus.

YOUR AFFIRMATIONS

ATTRIBUTES-BASED AFFIRMATIONS

CONFIDENCE

"I exude confidence in all aspects of my life."

KINDNESS

"My heart overflows with unconditional kindness, and I spread positivity wherever I go."

RESILIENCE

"I bounce back from all challenges stronger and wiser."

GRATITUDE

"I am grateful for the abundance of blessings in my life."

EMPOWERMENT

"I have the power to shape my destiny and create the life I desire."

ESSENTIALS-BASED AFFIRMATIONS:

HEALTH

"I prioritize my health and well-being every day."

LOVE

"Love and compassion flow through me, attracting the same and enriching my relationships."

ABUNDANCE

"I attract abundance and prosperity into my life effortlessly."

FREEDOM

"I embrace the freedom to live life on my terms."

JOY

"I choose joy as my guiding light, filling each day with happiness."

Now I want you to write out your **Attributes** and **Essentials** again and think of a corresponding affirmation to go with each one. I've included some examples from the **Attributes** and **Essentials** I mentioned before.

CRAFT

YOUR AFFIRMATIONS

Take your time, get creative and experiment with what you come up with. Say it out loud and decide if the wording is right before you move onto the next one. If you don't have time to do them all, feel free to just pick one at a time as we'll be working on them one by one.

Enjoy the process!

**ATTRIBUTES-BASED
AFFIRMATIONS**

**ESSENTIALS-BASED
AFFIRMATIONS:**

7 DAY AFFIRMATION PRACTICE

Now that you've created your **personalized affirmations**, it's time to put them into practice and do the work. Consistency is key, so select one affirmation from your list to focus on for the next 7 days. Here are some fun and creative ways to incorporate it into your daily routine:



Morning Routine

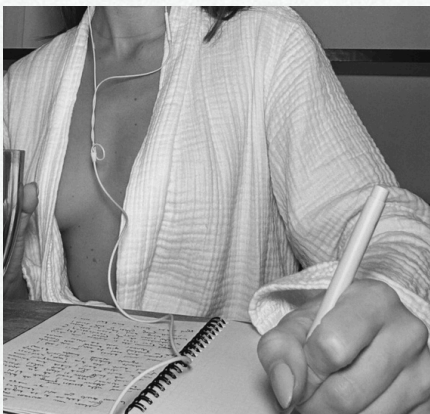
Begin your day by reciting your chosen affirmation. Place it on your bathroom mirror, where you'll see it as you get ready for the day. Say it with conviction and visualize yourself embodying the qualities it represents.

I love to write them in lipstick to romanticize them a little!



Phone Wallpaper

If you feel comfortable, set your affirmation as your phone's wallpaper. Every time you unlock your phone, you'll be reminded of your commitment to self-improvement.



Daily Journal

Write your affirmation in your journal each morning. Reflect on its meaning and how it aligns with your goals. Write down how much you believe it from 1-10 and track your progress! Record any insights or feelings that arise during this practice.

7 DAY AFFIRMATION PRACTICE



Mirror Work

Stand in front of a mirror while repeating your affirmation. You can do this during your morning skincare routine, while brushing your teeth, or anytime you catch your reflection throughout the day. Visualize the positive changes it can bring to your life and feel the words resonate within you.



Affirmation Cards

Create small affirmation cards and place them strategically throughout your living space. You might put one on your desk, by the kitchen sink, or in your car. Whenever you see a card, take a moment to repeat your affirmation.



Share with Loved Ones

Incorporate your chosen affirmation (or what it means) into conversations with your **closest** friends and **trusted** loved ones as a statement about yourself. Encourage them to join you in affirming positive beliefs about themselves. The more you say it, the more you'll believe it. *Reading the room is essential here. Some people might be dealing with their own blocks and limiting beliefs, so if someone reacts negatively, recognize and empathize with them about where they are in their own journey.*



MY PERSONAL MIRROR PRACTICE

One of the most effective methods I've discovered is the Mirror Work.

This Looks Like:

Standing in front of a mirror and repeating your affirmation to yourself.

It's best done during **mundane and unconscious tasks** like your morning skincare or brushing your teeth. This diverts the attention of your mind to start focusing on the positive and helps your brain to unconsciously start creating new beliefs about yourself. The aim is to get into a **suggestive state** without thinking too much and just feeling the words as much as you can physically as you say them.

For example, if the affirmation is, 'I am confident and successful', try and imagine what it would feel like to believe that to your core. What would physically happen to you? How would you hold yourself? Would you smile, feel tingles down your spine, start to talk with more assurance?

At the same time, you would be scanning your reflection, looking at your face lovingly and finding aspects that represent confidence to you. You could smile as if you've just signed a million dollar deal. If you see hesitation, send love into the parts of you that have made you self-conscious or insecure in the past.

If the affirmation is not about abundance, imagine what it would feel like to fully embrace your affirmation. Visualize scenarios in which embodying this statement would benefit you. Would you smile, feel a sense of empowerment, or experience a surge of confidence?

At first, it may feel a bit unusual or even silly, but that's perfectly normal. Over time, you'll anticipate these moments with yourself. As you continue, you'll begin to see the huge impact this practice can have. Trust the process and remember that elevation takes time, some of these self-limiting beliefs we are trying to replace have been engrained since childhood. **Embrace this process of self-discovery and self-love, and soon, you won't remember a time when you didn't engage in little mirror dates with yourself.**

If you want guidance on how to try this, search for "The Mirror Meditation" from "The Beauty Essentials" on the Mode The Method platform! - It is based around beauty but you can always use it for any part of you that you're working on

TAKING YOUR FIRST STEPS AS YOUR *ELEVATED SELF*



So how do we bring these intentions into the physical world? You've already taken a huge leap on your journey toward your elevated self. Now, let's turn your attributes and essentials into action. Here are some small, manageable steps you can take to begin aligning with your elevated self.

I encourage you to come up with your own steps that are unique to your choices, but here are some examples I came up with to start you off:

ACTIONABLE STEPS FOR ATTRIBUTES:

CONFIDENCE

Challenge yourself to step out of your comfort zone in a specific way each week. Whether it's speaking up in meetings or trying a new hobby, these small acts will boost your confidence.

KINDNESS

Make a conscious effort to perform one act of kindness each day. It could be as simple as holding the door open for someone or sending an encouraging message to a friend.

RESILIENCE

When faced with a setback, **before you react**, reflect on what you've learned from the experience and how you can apply that knowledge moving forward. Resilience grows when we embrace challenges as opportunities for growth.

GRATITUDE

Start a daily gratitude journal. Write down three things you're grateful for each day. This practice will shift your focus toward positivity.

ACTIONABLE STEPS FOR ESSENTIALS

HEALTH

Commit to a daily self-care practice, whether it's a 20-minute walk, a healthy meal, or a mindfulness practice. Prioritize your physical and mental well-being. Make sure it's achievable.

LOVE

Express love and appreciation to your loved ones daily. Whether through words or actions, nurturing your relationships is essential for a fulfilling life. Send a loving text message, tell a friend exactly what their best qualities are. Another idea would be to learn about your love language and that of those close to you to find out how you all like to express and receive love.

ABUNDANCE

Get into the habit of tipping without hesitation, picking up pennies as if they're hundreds. Focusing on the gratitude for what you do have rather than what you want. Abundance isn't just limited to money. You can be abundant by showing gratitude for your good health, relationships, time and talent.

FREEDOM

Identify one aspect of your life where you can reclaim your freedom. It could be setting boundaries at work, allocating more "me time," or pursuing a passion project.

JOY

Dedicate time each day to engage in activities that bring you joy. Whether it's dancing, painting, or simply enjoying nature, prioritize moments of happiness. These could be 5 minute activities, just do one every day.

FINALLY HERE ARE SOME MORE GENERAL EXAMPLES OF SIMPLE ACTION STEPS YOU CAN TAKE DAILY TO EMBODY YOUR ELEVATED SELF!

Keep It Small and Achievable

- Choose simple, manageable steps that you can start implementing today.
- The goal is to build momentum and confidence.

Order a Coffee as Your Elevated Self

- Approach the barista with confidence, smile, and make eye contact.
- Choose a drink that feels like a treat, savor it, and express gratitude for this small luxury.

Dress Like Your Elevated Self for a Day

- Pick an outfit that makes you feel powerful, elegant and confident.
- Pay attention to your appearance and presentation, embodying the time and care you would take to get ready as your Elevated Self.

Check Your Bank Account Balance as Your Elevated Self

- Log into your banking with a sense of calm and confidence, regardless of the number.
- Know that you have the ability to earn more money and no matter what your balance says, you know you are rich in opportunities, possibilities and mindset.
- Visualize the balance growing and express gratitude for the money you already have.

Speak Up in a Meeting as Your Elevated Self

- Share an idea or opinion with confidence and clarity.
- Don't share for approval, share with the only intention being to contribute to the common goal. Have no outcome in mind and don't react negatively if it isn't aligned with others' opinions.
- Notice how it feels to contribute and be heard.

Walk with Confidence as Your Elevated Self

- Walk down the street or into a room with your head held high, your back straight and a confident pace.
- Center your breath and stay calm and poised.
- Feel the strength and assurance in your body language.

Send an Email as Your Elevated Self:

- Write and send an email you've been hesitant about, whether it's to network, apply for an opportunity, or express gratitude.
- Take a moment before you write it to ask "am I elevating myself and the other people involved with this email?" Ask the same question again before you click send.
- Use positive and assertive language.

Declutter a Space as Your Elevated Self:

- Tidy up your workspace or a small area in your home.
- Create an environment that reflects the clarity and organization of your Elevated Self.

Practice Gratitude as Your Elevated Self:

- Spend a few moments writing down three things you're grateful for.
- Reflect on how these things contribute to your sense of abundance.

Invest in Yourself as Your Elevated Self:

- Buy a book, sign up for a class, or invest in a tool that will help you grow.
- See this as a step toward your personal and financial growth.

Compliment Someone or Receive a Compliment as Your Elevated Self:

- Give a genuine, heartfelt compliment to a friend, family member, or colleague.
- Or receive a compliment with gratitude without rejecting or downplaying it.
- Notice the positive energy exchange and how it makes you feel.

*Remember, becoming your **Elevated Self** is an ongoing practice, the goal posts can move as you grow. But taking these small, intentional steps with consistency will align your frequency to an **Elevated MODE** every time you do it. Embrace each day, each moment, each challenge as a chance to grow and evolve into the most elevated version of you. Most importantly, be loving, supportive, patient and kind to yourself along the way. Showing up at all is what matters; it's not about how quick or extreme your progress is.*

Remember, practice makes progress!



COMMITMENT

As we conclude this exercise, I want to acknowledge the commitment you've made to your personal growth.

You've taken the first steps toward aligning with an **Elevated MODE** and merging with your **Elevated Self**, and that's definitely something to celebrate!

Remember, you can't change your life without changing your life. Patience, and consistency. It's not a race, and there's no need to rush.

This work is designed to be a joy from beginning to elevation,
Allow yourself to enjoy it!

YOUR COMMITMENT

DAILY PRACTICE

Dedicate a small amount of time each day to repeat your chosen affirmation and visualize your Elevated Self. Whether it's during your morning routine, a moment of reflection, or on multiple occasions spread throughout the day, make it a habit.

TAKE ACTION

Implement small, manageable steps aligned with your chosen attributes and essentials. Actively embody these qualities in your daily life.

JOURNAL YOUR PROGRESS (OPTIONAL)

This isn't necessary, but if you enjoy journaling, keep this practice going by documenting your thoughts, feelings, and experiences as you work with your affirmations. Chart your progress by including the small actionable steps you take, coming up with refined affirmations and action steps along the way. This can provide valuable insights and serve as a record of your growth.

THANK YOU

Thank you for taking these first steps with us! Your commitment to self-discovery, personal growth and self-love is a beautiful representation of your dedication to yourself. If you have any questions about them, don't hesitate to reach out to me at support@modethemethod.com.

**You are worthy, you are capable, and you are enough just as you are.
Keep believing in yourself, and know that your Elevated Self is actually
just you, in your purest form, living in an Elevated MODE.
We're here to support you every step of the way!**

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