



BY ROSE-ANNE PARTRIDGE

A GUIDE TO CREATING THE LIFE OF  
YOUR DESIRES  
**REAL LIFE CHANGES**



## WELCOME

Do you know about the power of mindset? It is unbelievable how much power you have over your life, your attitude, the outcome of situations just by changing your mindset, or by really concentrating on whatever it is you want to have happen.

Brian Tracy stated, “The law of concentration states that whatever you dwell upon grows.

The more you think about something, the more it becomes part of your reality.” So if you decide that you’re in a terrible marriage, guess what your marriage will become? If you wake up and you decide you’re low on energy, and you’ve got a headache, and you feel lethargic, and you want to take a nap, you’re going to continue to feel more tired.



## ABOUT ROSE-ANNE

Rose-Anne is a published, best-selling author, former radio show host and iTV personality. Her most recent work includes being the visionary and co-author of *For the Love of Our Children – True Stories of Hope and Healing*, working with families who have children with special needs and sharing their unique journeys.

She has received several certifications along the way: Energy Link Healing practitioner, Quantum-Touch practitioner, Reconnective Healing® practitioner, Breatharian Healing practitioner, Angel practitioner, and Brainwave Optimization® technician.

Rose-Anne has been integrating life coaching, energy healing, Quantum Biofeedback sessions (Healy), essential oils, breathwork, and meditation for clients for over 20 years. She combines her diverse knowledge to share the wisdom of the heart-brain connection to bring forward healing frequencies of calm, light, love, and joy every day.

# *Apathy as a neutral zone*

Often we associate apathy as a negative thing. Feeling a lack of interest, enthusiasm, or even concern can be very demotivating for many. And if this is a long-term feeling, it can lead to greater issues in your life. However, moments of apathy can be turned into a place to create the life you want if you can shift your perspective of the emotion.

What if being apathetic can instead be defined as feeling neutral? You are not having any strong positive emotions, however, you are also not feeling any strong negative ones either. So it can be considered a point zero. And from this neutral zone, you have the ability to really decide what you want to get passionate about again in your life. And where there is passion, there is creation!





# RELEASE THE OLD: ROOM FOR THE NEW

Another powerful concept to add into this time of apathy and creation, is to brainstorm on all that no longer serves you as well. From this point zero, you can take a look at outdated belief systems, jobs, relationships, routines and habits that no longer bring you joy and can be released from your energy field.

Releasing the old makes room for the new in your life. Holding on to old frequencies from that which no longer serves you will continue to hold your overall vibration much lower. Allow yourself to vibrate as high as possible by letting go of these old energy patterns.

## *Release meditation*

Guided meditations are a proven way to help change the brain and bring more calm and relaxation to your day. When you do a release meditation, your main focus or mantra is to let go of all that no longer serves you. Brain patterns are formed through repetition, so doing a release meditation can assist in letting go of outdated beliefs and emotions and help you make room for new higher vibrational thoughts and feelings.





## Step One

Identify what you want to create in your life. Write out a list of your top 3 desires.



## Step Two

Create an "I am" affirmation supporting each positive creation. Feel the emotion of actually already having all that you wish to create.

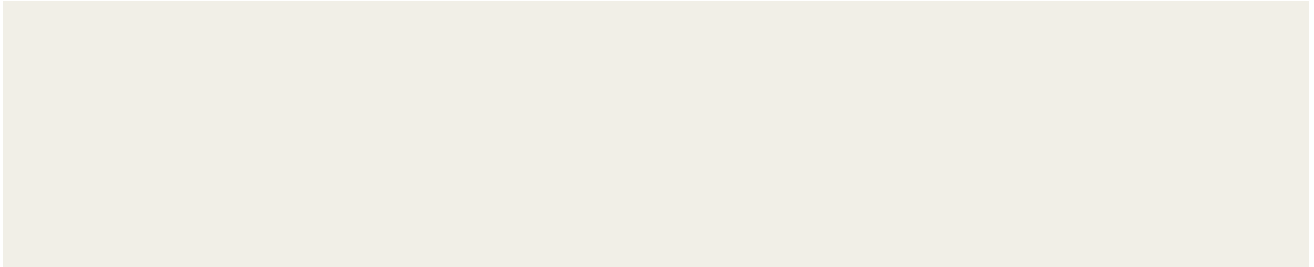


## Step Three

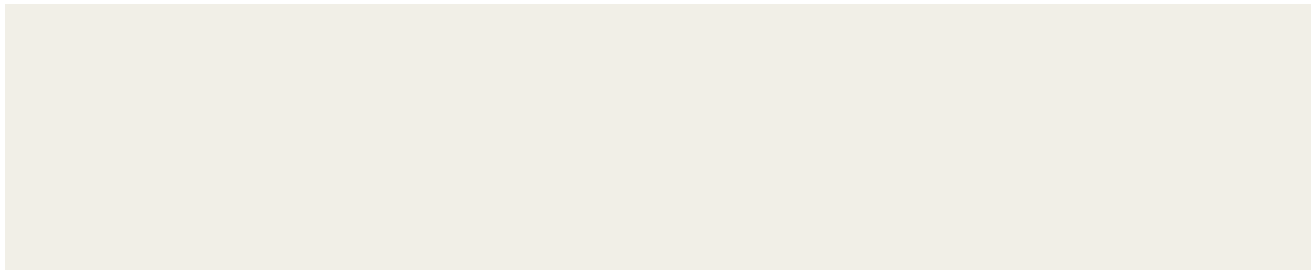
Create a list of things, situations, emotions that you wish to release. Visualize them leaving your energy field or do a guided meditation to help release.

## FOCUS ON WHAT YOU WANT TO CREATE

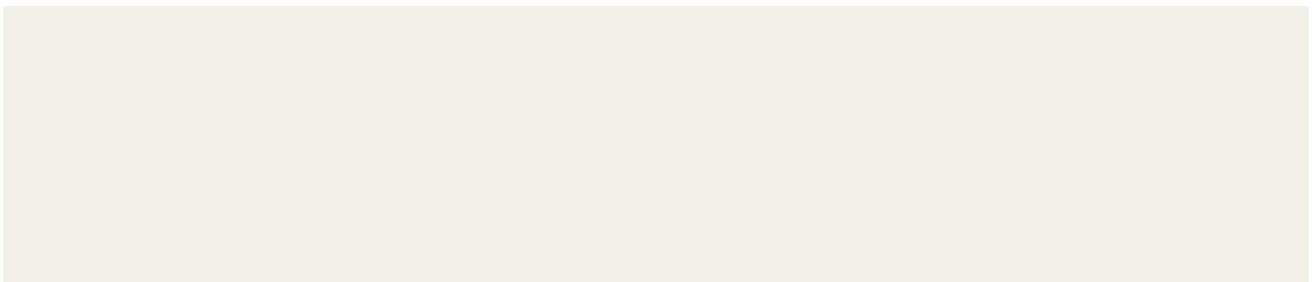
Write down three things, situations, emotions that you wish to create in your life:



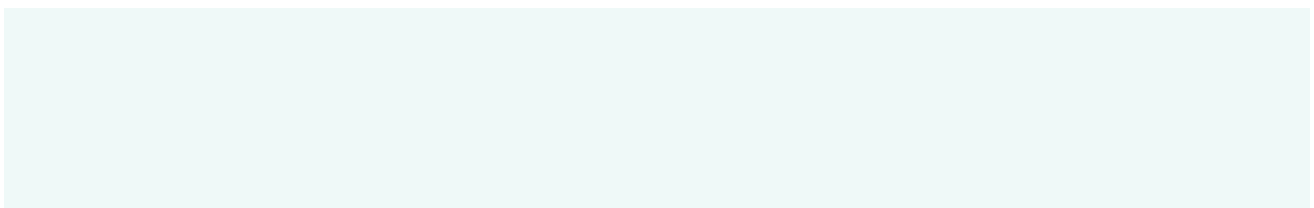
Write down three positive "I AM" affirmations to support your creative visions:



Write down three things, situations, emotions that you wish to release from your life:

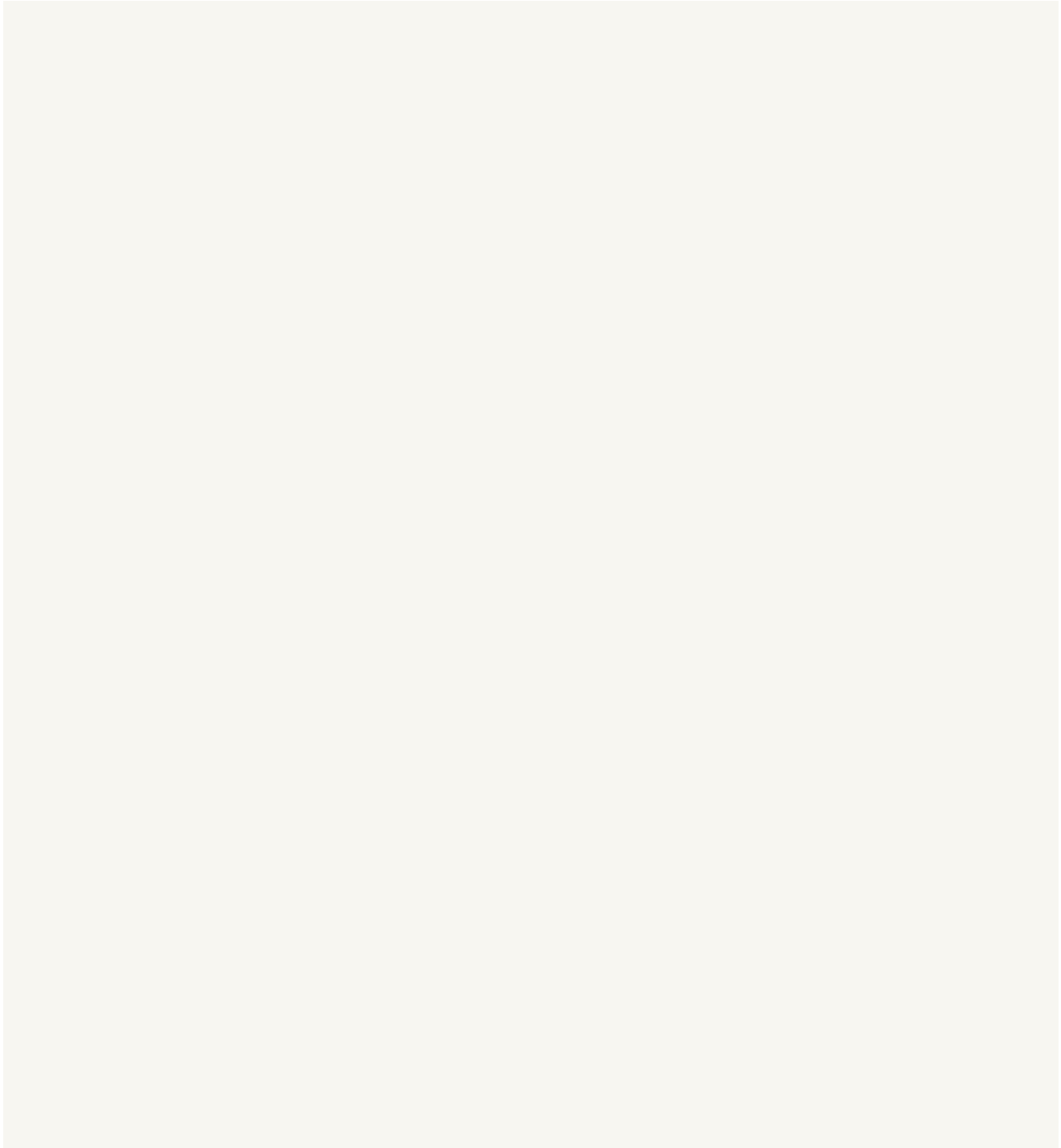


NOTES:



# Reflection Page

As the days, weeks, and months pass, continue to write down your thoughts (or scribble, doodle, draw) about your positive focus:





## ONE TO ONE ENERGY HEALING SESSIONS

Rose-Anne provides one to one energy healing sessions:  
Energy healing, breathwork, personalized guided meditations,  
and Healy frequency healing sessions are available online.

Please visit [www.RealLifeChanges.com](http://www.RealLifeChanges.com) to request a session.

## CONTINUE WITH YOUR PERSONAL GROWTH JOURNEY WITH ME

I would love to support you on your journey of personal growth and development. Whether you have an hour of time to learn a new life skill or a few days or a few weeks, I offer several one on one mentorship programs to help you start on your journey through CALM, LOVE, and JOY.

[www.RealLifeChanges.com](http://www.RealLifeChanges.com)

