



How to start your day off with a soulmate mindset – AB

Podcast Episode #20. How to start your day off with a soul mate mind-set -Audio Blog

[PAUSE FOR INTRO W MUSIC]

Synopsis:

Ready to start your day off right? In alignment with soulmate love? With a soulmate mindset? Then you'll love this audio blog. And we even have a free handout for you so you can print it out and put it next to your bed or wherever you'll see it every morning.

Here's we go---How To Start Your Day Off with a Soulmate Mindset

The quality of your life is determined by the quality of the questions you ask yourself every day. Ask a quality question, get a quality answer, have a quality life.



Single To Soulmate with Johnny & Lara Fernandez

This idea is not new. Socrates believed in educating his students through asking powerful questions that could draw out the correct and enlightening answers.

I'm excited to share with you four questions that I've created to help you get into the mindset of a conscious creator and soulmate attractor. I think they are some of the most empowering questions we can ask of ourselves.

I think these are so powerful, I even ask these of Isabelle every morning! Here they are:

1. **Who is worthy of everything wonderful?** (You want to answer - out loud, as an affirmation, "I am worthy of everything wonderful!")
2. **Who loves and accepts herself EXACTLY as she is, right now?** (You want to answer out loud, as an affirmation, "I love and accept myself EXACTLY as I am right now!")
3. **Who is ready to make it a great day?** (You want to answer out loud, as an affirmation, "I am ready to make it a great day")

When I'm asking these questions to Isabelle every day before she leaves for school, I ask this-

4. And WHO is responsible for making it a great day? Your teacher? Your friends? Mommy? Daddy? Bean? (And she responds, "I AM responsible for making it a great day! That's what you want to ask yourself **"And WHO is responsible for making it a great day? Your boss? Your friends? Traffic? The weather? Your mom?"**)

Sometimes I tease a little bit and push back and say, "Are you SURE? You mean, NOBODY and NOTHING ELSE is responsible for you having a great day? ONLY you? What about the weather? Or your grades? Or your hairstyle?" And she laughs, and says, "*Only I AM responsible for making it a great day!*"



That's what you want to affirm, only YOU are responsible or making it a great day.

It's an awesome ritual you can do with yourself, and one I do with Isabelle. A ritual that sometimes I'm not so aware of how important it is to her, because I'm always the one to start it in the mornings. One morning, in the rush of things, I forgot to ask her the questions as she headed out the door. And then... SHE started the ritual by saying, "*I AM worthy of everything wonderful!!!*" Which obviously was my cue to ask her the rest of the questions! 😊

I am all teary eyed right now. I'm the one who always starts the 4 Questions, and now I see how VERY IMPORTANT they are to her.

What if YOU asked yourself these questions every morning? How would that set the course of your day? Would you be more empowered? More joyful? Would these help you be reminded of who really is in the driver's seat of your life? You and your Creator, that is.

Are you willing to ask yourself these questions? Go ahead and do it. I dare you! And let me know how it feels, and what shifted for you. Just go to singletosoulmate.com/20 to leave a comment.

I have a beautiful handout for you that you can print out and put it up on your bathroom mirror to ask yourself every morning, to remind yourself of what's really true.

Just go to: singletosoulmate.com/20 to receive that totally free Morning Soulmate Mindset Questions & Affirmations

Here's to asking ourselves empowering and uplifting questions!

Listen to the podcast [here](#).

Visit: <http://johnnyandlara.com/>

