

a step-by-step action  
guide for making  
meaningful  
and lasting  
changes  
in your life



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## CHAPTER 1

# How to Get the Most Out of the Hay House World Summit



*My day begins and ends with gratitude and joy.*

To Our Valued Hay House World Summit Attendee,

We are so excited about this year's World Summit! Thank you for joining us and for making the decision to take care of you this year, and for years to come.

We've added a few new features that will allow you more time to listen and to learn the newest in health, wellness, spirituality, prosperity, relationships, and self-empowerment from the world's leading authorities:

- 100 lessons from the World's Leading Experts
- 20 days to listen
- Supplemental worksheets
- 12 inspirational movies
- The Hay House World Summit eBook
- Choosing Your Growth Path infographic
- Lifetime access to the Hay [House World Summit Facebook Group](#)

We know there's a lot of information available and we noticed that the information overload had many people unsure of where to start. So we created this action guide to help you realize and reach your personal goals for this year and beyond! Our commitment to you is to offer products and services that help you live a richer, healthier, and more fulfilling life. Take advantage of the free life-changing lessons in this year's Hay House World Summit.

Let's make this year one of true change and embark on a personal growth journey together! Use the Hay House World Summit eBook as a guide to ensure you take the steps so necessary and rewarding in making your life all that it can be.

From all of us at Hay House, here's to your year of making positive, healing changes to last a lifetime.

Sincerely,  
Reid Tracy  
President & CEO, Hay House

## This Is Not a Book You Read—It’s a Plan You Follow

*I trust the Intelligence within me.*

Each chapter of this book is meant to be a building block in creating new thoughts, beliefs, and behaviors so you can enjoy the rich rewards that come with taking care of your body, mind, and soul. Here’s an overview of how to work through this book to make meaningful, lasting changes in all areas of your life.

In this chapter, we focus on getting clear about your path during the World Summit—a path you will continue on long after this year’s Summit ends. It’s an important first step because when you choose a path, you are choosing what you want to work on so that your learning is focused. Don’t skip this step. Use the Choose Your Personal Growth Path infographic on page 9 and stay on that track to reinforce one area that’s important for you. Then review the How to Make Meaningful Changes in All Areas of Your Life worksheet on page 27 as a guide to follow once you commit to making a change.

The second chapter focuses on how you can get the most out of the Hay House World Summit lessons. Learning new ways of thinking, doing, and being is imperative for personal growth and wellness. However, too much unfocused information is overwhelming and usually cannot be implemented in any meaningful way. That’s why it’s good to have a plan for how to listen, learn, and apply the lessons. There are worksheets in this chapter for taking notes and putting these pieces together in a way that’s usable in your life. To make real changes, information comes first, action second.

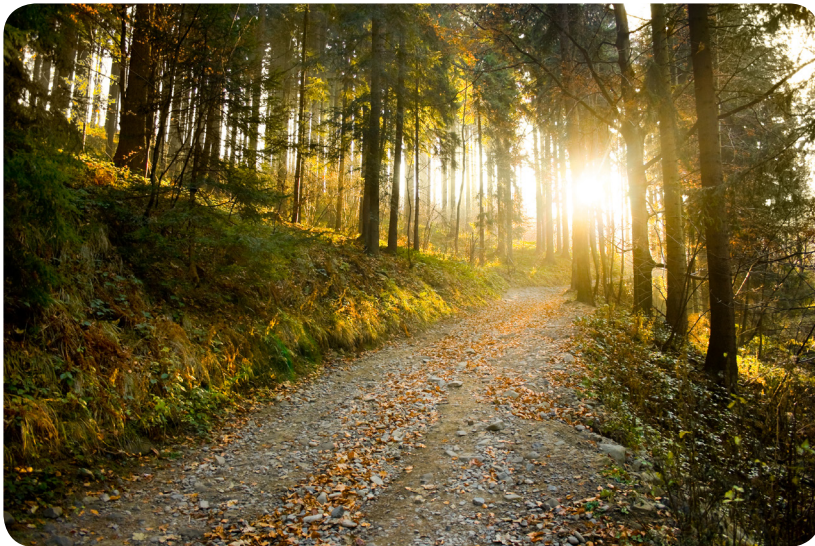
Chapter Three is all about you. The exercises in this chapter are meant to bring about awareness and to make you look at where you are right now. You must know your starting point in order to clearly see the direction to go forward. Once you are aware of your thoughts, beliefs, and behaviors, you can move into changing the false limitations you’ve placed upon yourself or had ingrained in you. Don’t let the space on the page confine you; feel free to use these prompts as a starting place and continue your journaling in a notebook or on your laptop. These prompts are meant to get you out of your head and into your heart. Take the time to complete these exercises. You’ll be so glad you did, as these exercises are a window to what you hold deep inside.

The fourth chapter is where the magic happens. Now that you have chosen your path and have new usable information and new empowering thoughts, beliefs, and behaviors, you can begin to create a working action plan for lasting, meaningful change! By the time you move through this chapter, you’ll really understand why you want to make this change as well as what the benefits of making this change are, and you may also already be reaping some rewards! Make this fun, and remember: be kind to yourself. You are doing something wonderful!



The final two chapters offer supplemental tips, exercises, and resources for inspiration, learning, and support while you continue on your path. We want you to take these World Summit lessons with you to use over a long period of time. You really do have all you need within to make incredible, life-enhancing improvements to any area of your life.

Let this eBook be your guide in making positive changes in your health, in your relationships, in your wealth, and in deepening your spiritual connection.





## A Checklist to Help You Stay on Track

*I have everything I need to lead a happy, healthy, and successful life.*

- Download and print the worksheets from this eBook to use throughout the Summit and any time you need clarity.
- Read How to Use the Hay House World Summit Lessons on page 11 and 5 Tips for Taking Inspired Action on page 24.
- Use Chapter 3's writing exercise worksheets before you start listening to the lessons. You may also want to review the Brainstorm Your Beliefs exercise in Chapter 5.
- Visit [www.hayhouseworldsummit.com/FAQ](http://www.hayhouseworldsummit.com/FAQ) and use the Choose Your Personal Growth Path infographic to decide what areas and which speakers are best for you, or use the compact version on page 9.
- Take notes using the worksheet What I Really Want to Remember in Chapter 2. You will need to print one page for each speaker or topic you choose.
- Review your notes briefly at the end of each day. Circle the takeaways that have the most meaning for you right now.
- Use the Putting It All Together worksheet in Chapter 2 to combine all the ideas, takeaways, and aha's you had throughout the entire Hay House World Summit.
- Make a decision and a commitment to change or improve one aspect of your life from each lesson in regard to thinking, behavior, or habit.
- Use the worksheets and tips in Chapter 4 to create your very own personal action plan.
- Use the Weekly Progress Reports in Chapter 4 to encourage yourself to focus on all that you are accomplishing and to help you stay on track.
- Use the Supplemental Resources found in Chapter 5 to continue learning and growing.
- Connect with other like-minded learners on the [Hay House World Summit Facebook Page](#) for a community of support and encouragement.

**Remember: small steps lead to big changes, so keep it simple and keep it fun!**





## Choosing Your Personal Growth Path

*Every experience I have is perfect for my growth.*

Do You Feel Great about Your Health?

HELP! MY BODY HURTS		HELP! I LACK ENERGY		
I WANT FOODS THAT HEAL	SHOW ME HEALING SOLUTIONS	I NEED TO EAT BETTER	I WANT TO EXERCISE MORE	I AM HEALING AFTER A LOSS
AHLEA KHADRO HEATHER DANE LAURA WILSON VANI HARI ANTHONY WILLIAM	KRIS CARR NICK ORTNER BRIAN L. WEISS, M.D. BRUCE LIPTON, PH.D. DEBORAH KING	LIANA WERNER GRAY JOAN BORYSENKO, PH.D. JENNY ROSS HEATHER DANE DONNA SCHWENK	CHRISTIANE NORTHROP, M.D. JJ SMITH JESSICA ORTNER JESS AINSCOUGH DR. FRANK LIPMAN	MELODY BEATTIE DAVID KESSLER LARRY DOSSEY LOUISE HAY TEAL SWAN SIR DAVID R. HAWKINS, M.D., PH.D. BRONNIE WARE MICHAEL J. CHASE

How's Your Spiritual Connection?

I NEED A MEDITATION PRACTICE	I LOVE ANGELS!	I WANT TO BE MORE INTUITIVE
DAVIDJI GABRIELLE BERNSTEIN KIM ENG LISA GARR DR. DEEPAK CHOPRA ECKHART TOLLE ESTHER HICKS DR. WAYNE W. DYER	DOREEN VIRTUE KYLE GRAY SONIA CHOQUETTE DIANA COOPER HEIDI SAWYER	JAMES VAN PRAAGH COLETTE BARON-REID JOHN HOLLAND BRIAN L. WEISS, M.D. SONIA CHOQUETTE

Looking for Healthier Relationships?

I WANT TO FIND MY SOULMATE	I OFTEN FEEL MISUNDERSTOOD	I DON'T FEEL LOVEABLE	I STRUGGLE WITH FORGIVENESS
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Find out the answer to these questions  
and more by viewing the complete  
World Summit Growth Path at  
[www.hayhouseworldsummit.com/FAQ](http://www.hayhouseworldsummit.com/FAQ)



## CHAPTER 2

# Using What You Learn



## How to Use the Hay House World Summit Lessons

*Today is the beginning of a positive turning point for me.*

Changing one behavior, one thought, one belief can dramatically affect your life. Why? Because when we start taking action in a positive direction—even if it's just a small change—we begin to feel the benefits, and we always want more of what feels good. We feel empowered and realize that we are the ultimate decider and motivator in any situation or circumstance.

It's not enough to listen to the Summit lessons. You must engage with the material; you must take action! We share this powerful information and these teachings with you to help you decipher what you need to change or improve in your life. That's why for this World Summit we've created this simple and easy-to-follow eBook to get you motivated to make some really positive changes!

### Power Plan for Getting the Most Out of the Hay House World Summit:

Here's how to use the Hay House World Summit Lessons:

- Choose a specific area to focus on first.
- Commit to listening to the lesson or lessons at a specific time each day.
- Take notes using the worksheets provided in this eBook—you may be surprised how useful this is and how much you'll implement when you take the time to write it down.
- Review your notes briefly each evening.
- Commit to making one change in the next 30 days—you'll be clear on which change that will be once you've chosen your path.
- Be good to yourself throughout this process—treat yourself compassionately. You are doing something wonderful for your mind, body, and spirit by listening to these life-changing lessons.
- Join the [Hay House World Summit Facebook Group](#) for support, reassurance, and inspiration. This is a great way for you to receive continuous support and encouragement throughout your lifelong learning journey.

Making one small change can make all the difference! We'll be with you every step of the way!

See the full lineup of [Hay House World Summit Teachers and lessons!](#)



## What I Really Want to Remember

### Key Takeaways from Hay House World Summit Teachers

*I flow easily with new experiences, new challenges, and new people who enter my life.*

Speaker/Topic: \_\_\_\_\_

Date: \_\_\_\_\_

Notes: \_\_\_\_\_

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Takeaways: \_\_\_\_\_

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Key Points for my life: \_\_\_\_\_

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## Putting It All Together

*Choose to believe that it is easy to change a thought or pattern.*

Now that you have accumulated notes from the Hay House World Summit experts, it's time to combine the ideas and tips that are most useful for your next steps. Use the prompts below to choose how you would like to remember what you learned throughout your journey.

My Top 5 Takeaways: \_\_\_\_\_

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Read this paragraph aloud:

*I will post the most important key reminders in a place where I can see them often, like on my refrigerator, on sticky notes in my office, and anywhere else I will see them every day. Anytime I doubt myself or what is possible for me, I will refer back to these inspirational words of wisdom so that I can stay my course. I know I can change whatever habit or behavior is not serving me today. I also know I can add healthy and spiritually guided practices that will bring me peace and comfort every day.*

## CHAPTER 3

# Where You Are Right Now





## Writing Exercise 1: Getting Clear about the Benefits of Making a Change

*I now free myself from destructive fears and doubts.*

Answer the following questions so you are clear about the benefits of making a change. Be specific. The clearer the vision, the more likely you'll reach your goal. You deserve to live a rich, fulfilling, and healthy life!

My thoughts and feelings about making this change: \_\_\_\_\_

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Why is changing this habit important to you? \_\_\_\_\_

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How will creating this new habit improve your life? \_\_\_\_\_

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What will making this one change lead to in your future? \_\_\_\_\_

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## Writing Exercise 2: Releasing My Resistance

*I am willing to change.*

If you haven't made the changes you know would benefit your life, there's a reason: you are unconsciously resisting making this change. Even though you may not be "aware" of this resistance, it's important to freewrite about why you aren't making this important change. It could be as simple as "I don't know how," or as complex as "I'll have to do things differently and that might cause trouble for my family and friends." This is also a good place to write down any resistance so you can, first, be aware of the resistance, and, second, release it.

Why am I resisting making this important change for my health, my happiness, or my financial well-being?

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Are these fears about making this change real, or am I just afraid of change?

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### Writing Exercise 3: Saying Good-bye to Limiting Thoughts, Beliefs, and Behaviors

*Life brings me only good experiences. I am open to new and wonderful changes.*

The truth is we all hold false beliefs about ourselves and how others see us, and they are just that: false beliefs. We either heard these messages growing up or we had a traumatic event that we associate with our self-worth and self-value. You are not your thoughts and you are not your beliefs. Once you understand what thoughts and beliefs you have about yourself, you can begin to evaluate their falsity and turn them into beautiful, kind, and loving affirmations that express your true self.

Be fiercely honest with yourself here. No one will ever read your personal entries, so let what you really think and feel come out.

Take just a few minutes and let flow your thoughts about what may be keeping you from making lasting positive changes in your life. Make this a stress-free writing exercise. Be curious and inquisitive and leave all judgment aside. Allow whatever thoughts come to mind to flow into your writing. This is a wonderful way to get in tune with your deeper thoughts and feelings about yourself and your ability to make changes in your life.

My limiting thoughts:

*(For example: I'm just not good enough. No one will love me as I am.)*

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My limiting beliefs:

*(For example: People will see that I am not perfect and will not like me. So I shouldn't even try.)*

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My limiting behaviors:

(For example: *I'm not going to the party because people don't like me. They think I am boring.*)

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After you complete this writing exercise, go back and read what you wrote as if you were your best friend. What if your closest friend was sharing these thoughts and beliefs with you? What would you say to your friend? What would you do? Now do this for yourself. You are so loveable!



### Writing Exercise 4: Reinventing Myself— Positive Thoughts, Beliefs, and Behaviors

*I am the perfect age right now. I have been younger and I will be older. I will never be this age again, so I make the most of this time and enjoy myself to the fullest.*

Now that you are aware of the negative thoughts, beliefs, and behaviors, write down positive affirmations to replace your former self-defeating thoughts. Make these honest and true.

We spend a lot of time beating ourselves up over what’s going wrong. Now it’s time to focus on what is going right! Make this fun and powerful by really looking at yourself as a friend. You really are amazing! If this exercise is difficult for you, try taking a Personal Vision Quest (see page 38) before attempting this exercise.

My new positive thoughts:

(For example: *I am really fun to be around.*)

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My new positive beliefs:

(For example: *People really enjoy my company once I let them be a part of my life.*)

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My new positive behaviors:

(For example: *I'm going to go to that party because I enjoy spending time meeting new people.*)

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Be sure to revisit your writing exercise entries throughout the following months, especially when you face an obstacle or setback. These entries can give you the motivation you need to move forward no matter what comes your way.

You're doing great!





## CHAPTER 4

# Where You Want to Be



## 5 Tips for Taking Inspired Action

*I act as if I already have what I want—  
it's an excellent way to attract happiness in my life.*

1. **Make a decision.** Whether you want to lose ten pounds, find true love, start a business, or get in shape for that smokin' hot little black dress, you have to decide to take inspired, guided action. The want has to be bigger than the how. Write your plan on paper with specific goals and dates. Use the My Personal Action Plan worksheet on page 25 to make your intention clear.
2. **Devise a plan.** Let's say you want to lose ten pounds. You know your eating habits will have to change or you'll have to exercise regularly. Make a promise to yourself to do one or the other or both for 30 days, no matter what! Use the Weekly Progress Reports beginning on page 29 to track your successes.
3. **Reward yourself when you follow through.** There will be days—your car will break down, you'll miss a few hours of sleep, your sister will call and tell you she just lost her job, you'll have an argument with a significant other—that will offer excuses to not follow through. But you made a decision to stick with it, no matter what. So you, my friend, will go for a run or bypass that delicious chocolate cake! You can do it! Use the Weekly Progress Reports on pages 29–34 to acknowledge your wins.
4. **Share your success with others.** What you are doing is awesome and you should tell others how you feel about sticking with your decision to take care of yourself. This will serve as verbal reinforcement of your commitment to success.
5. **Take advantage of the supportive, loving community on the [Hay House World Summit Facebook Page](#)** so you can continue to stay focused and encouraged in making positive changes for ultimate fulfillment.

The only difference between those who succeed and those who don't is action. Be the difference in your life and take action today toward living a happier, healthier, and ultimately richer life. It all starts with creating a personal action plan!



## My Personal Action Plan

*I feel glorious, dynamic energy. I am active and alive.*

This is your personal action plan. When you spend time listening, taking notes, and journaling how you feel, you become clearer on where you want to go. Remember, you don't have to know the how. You just have to know what you want and visualize your wants coming true while writing and following through with simple action steps.

This is where you announce to yourself what you want to accomplish and your intention. Be specific and make sure your goal is attainable. Choose a deadline so you won't put off starting! Finally, imagine you've reached your desired goal. Write down all you see, feel, hear, taste, and smell. Make this real and as if you've already achieved what you're setting out to do! Repeat for each specific goal, but choose at most five goals to work on for any 30-day period.

Goal: \_\_\_\_\_

Deadline: \_\_\_\_\_

Vision: \_\_\_\_\_

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Area of Focus: \_\_\_\_\_  
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Action Steps:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

I, \_\_\_\_\_, promise to make a commitment to myself to honor my goals and vision by following the action steps listed above.

Signature: \_\_\_\_\_



## How to Make Meaningful Changes in All Areas of Your Life

*My body, mind, and spirit are a healthy team.*

Making a change to your health, in your relationships, or even in the way you view money isn't easy but it can be fun. You may decide that you don't need a change so much as a new daily practice that brings you into the present moment. Regardless of which path is right for you, there are some practical tips that can help you through this process. Review these tips and apply the ones that you know will work best for you.

- **Sell yourself on making this change or developing a new habit.** You will not be motivated until you are excited about how this change or habit will improve how you feel, look, or interact with yourself or others.
- **Get crystal clear about how this change will feel once you make it a habit.** Visualize the feelings that come when you make this change. Act as if you've already succeeded. Do this for at least five minutes per day. Visualization is a very powerful exercise and a great motivational tool in sticking with new behaviors.
- **Start small.** One of the reasons we don't make changes that we know we should is because we try to take on too many changes at once, we get overwhelmed, and we feel deflated. When you take small steps each day toward making a change or developing a new practice, you'll enjoy small successes that encourage you to keep going, and you'll see how amazingly possible it really is to achieve your goal.

For example, let's say you want to change your diet to include healthier foods. If you try to change every meal or every food you normally eat, the second you put that Oreo cookie to your lips, you're going to feel bad and forget all the good food you did eat! And guess what happens next? Yep . . . you've made your way through half the bag of cookies because you feel you've already "failed." But what if you made the decision to add a vegetable to one meal per day for the next 30 days? That's pretty simple, right? After you maintain this new healthy habit, you can begin to add other new habits, like avoiding sugar for 30 days.

- **Reward yourself.** At the end of each week, give yourself a pat on the back for following through on making this change. Maybe treat yourself to a walk in nature or just say to yourself, "Nice job!" We can be so hard on ourselves and this often leads to falling back on old habits. So it's important to shift what you focus on when making a change. Stay positive!



You can make changes that are important to you. Follow the tips above and you'll be thrilled to see how fun changes can be when you start small, reward yourself, and stay positive!



To help you really see the life you want and to keep you on track to reach all of your goals, check out the [Hay House Vision Board App!](#) Download the free app today to create vision boards on your mobile device.



## Checking In

### Week 1 Progress Report

*Wellness is the natural state of my body.*

When making any kind of change, it's important to check in and make sure you are rewarding yourself when you succeed so that you continue on this path. Track your progress here and make sure you reward yourself with something healthy and special when you succeed. Remember, small changes lead to big changes, so any positive action is great! After just 30 days, you will have formed a new, healthy habit and then you can start building on it. Remember, this isn't about beating yourself up; it's about looking at all the successes!

#### Week 1 Check-In:

My Accomplishments/Successes: \_\_\_\_\_

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How I Feel about My Success: \_\_\_\_\_

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My Reward for Honoring Myself: \_\_\_\_\_

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What I Will Continue to Improve over the Next 30 Days: \_\_\_\_\_

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## Week 2 Progress Report

*Life supports me in every possible way.*

### Week 2 Check-In:

My Accomplishments/Successes: \_\_\_\_\_

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How I Feel about My Success: \_\_\_\_\_

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My Reward for Honoring Myself: \_\_\_\_\_

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What I Will Continue to Improve over the Next 30 Days: \_\_\_\_\_

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## Week 3 Progress Report

*I handle my own life with joy and ease.*

### Week 3 Check-In:

My Accomplishments/Successes: \_\_\_\_\_

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How I Feel about My Success: \_\_\_\_\_

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My Reward for Honoring Myself: \_\_\_\_\_

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What I Will Continue to Improve over the Next 30 Days: \_\_\_\_\_

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## Week 4 Progress Report

*I look within to find my treasures.*

### Week 4 Check-In:

My Accomplishments/Successes: \_\_\_\_\_

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How I Feel about My Success: \_\_\_\_\_

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My Reward for Honoring Myself: \_\_\_\_\_

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What I Will Continue to Improve over the Next 30 Days: \_\_\_\_\_

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## Week 5 Progress Report

*I am now willing to see only my magnificence.*

### Week 5 Check-In:

My Accomplishments/Successes: \_\_\_\_\_

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How I Feel about My Success: \_\_\_\_\_

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My Reward for Honoring Myself: \_\_\_\_\_

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What I Will Continue to Improve over the Next 30 Days: \_\_\_\_\_

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## Week 6 Progress Report

*I deserve the best and I accept the best now.*

### Week 6 Check-In:

My Accomplishments/Successes: \_\_\_\_\_

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How I Feel about My Success: \_\_\_\_\_

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My Reward for Honoring Myself: \_\_\_\_\_

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What I Will Continue to Improve over the Next 30 Days: \_\_\_\_\_

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Yay! You did it! This would be the time when we invite you to do your happy dance. How good do you feel now! We're so proud of you for taking the time to really process the information you learned and write down specific and achievable goals for yourself. You are one ginormous step closer to making meaningful and lasting changes in your life.

Remember, our rules are very different—easy, in fact. No need to be perfect here, or to get all the answers correct. It's all about loving yourself and rewarding yourself when you do the things that support and nurture your mind, body, and soul. So paste that giant gold star on your chest and walk proud and tall as you get ready to start working on your first goal.

You can do it!

By now, you may hear Martin Luther King, Jr., saying, "Faith is taking the first step even when you don't see the whole staircase." Or Wayne Dyer nudging you with his favorite quote from Lao Tzu: "A journey of a thousand miles must begin with a single step."

We believe, as Wayne and our wonderful authors have taught us, that all you have to do is start with one step. That's how easy it is. Then you can build from there. You keep hearing that it only takes 21 days to form a healthy new habit. Now you're going to get to validate that. So we'll see you in 21 days!

In the meantime, if you have any questions or doubts or just want to give yourself a standing ovation, come and share your results with us on the [Hay House World Summit Facebook Page](#). We're here to support you. You can also check in with your bestie, your significant other, and family members to share this journey with you. That's a great way to keep you on track and motivated.

Do you hear applause right about now? That's us giving a big WOO-HOO to you for making this commitment to love, heal, and nurture your life.



## CHAPTER 5

# Supplemental Exercises & Tips





You know how you never want a good book to end? That's how you're probably feeling right now. But remember, this is only the beginning. You have so many new goals and experiences to look forward to.

We so appreciate your participation in this year's Hay House World Summit. Whew! It was quite a magical ride, wasn't it? It was for us, too. But when you finally land back into the reality of your regular routine, you'll have a toolbox of new information and wisdom to take with you.

We love sharing our "best of the best" with you. It's our greatest mission. When we all show up at the right time—when we all share our stories and empower each other with the right information and when we guide each other to help heal and improve our health, our relationships, and our spiritual connections—we can truly change the world.

To show our appreciation to the members of our Hay House Community, we want to leave you with an endless supply of valuable resources to support and guide you along the way on this new journey.

As a special bonus, we've also included on the following pages some entertaining and empowering exercises: one invites you to embark on your own personal vision quest while another takes you deeper into your journey to become more aware of your innermost thoughts, beliefs, and behaviors.

You can also sign up to receive inspiring and insightful articles on Hay House's coolest website: [www.healyourlife.com](http://www.healyourlife.com). This is a great way to stay in touch with all of the authors you met during the Summit and learn the latest tips in personal development.

And if you loved the Hay House World Summit, you're going to really love Hay House's newest online courses and live events. We'll give you an entire list to choose from. You can work one-on-one with your favorite authors and/or meet them in person at one of our I Can Do It! Events. One weekend with Hay House can change everything!

However you prefer your wisdom—whether it's taking an online class, attending a live workshop, or curling up with a Hay House book in your favorite easy chair—remember that you're taking care of the most important person in your life: YOU. You really are perfect and beautiful just the way you are!



## 10 Steps for a Personal Vision Quest

*I am unlimited in my wealth. All areas of my life are abundant and fulfilling.*

Vision quests provide the quiet so necessary for introspection and growth. They can also serve as a way to connect with your deepest desires and to discover what you really want. Remember, the outcome is not as important as the journey itself. A vision quest is a great way to encourage a time of reflection in your life and oftentimes sparks new lessons to come into awareness. Take some time for you and go on your own personal vision quest.

### Follow These 10 Steps for Your Personal Vision Quest

1. Pick a weekend, a day, or even a few hours you can dedicate to you alone.
2. Pick a new environment, like a new city, state, or even a park you've never been to before. The point is to get out of your comfort zone.
3. Pack a bag of bare necessities, including a journal, a pen, some snacks, and toiletries if you're staying overnight.
4. Open your mind. If you have a music player, download some meditation music or relaxing music you can use to ease your mind and uplift your spirits.
5. Make a commitment to quiet your mind and ask for guidance while on your Personal Vision Quest.
6. Take a stroll in your new environment. Notice the new sights, sounds, smells, and how you feel experiencing all of it. Journal your feelings when you stop to eat a snack.
7. Try something new. Visit that new museum, take a class, or go to dinner all by yourself.
8. Focus on one question you'd like answered during your quest and have faith that the answer will come once you acknowledge and then release the question.
9. Savor every moment you have during this time you've given yourself. Recognize that this is one of the greatest gifts you could ever give yourself, your family, and your friends. Be grateful you were open to giving this time to yourself.

10. Journal about your experience and write the answer you were given during your quest. Even if it doesn't make sense to you at the time, write it down. You can go back in a week and review your experience. You may be very surprised at all the wisdom within you when you take the time and ask for what you need.

Can't get away? No problem. Did you know you can experience a personal vision quest from the comfort of your own home? Denise Linn is an expert in this area and offers a Day of Silence Quest in the book she co-authored with Meadow Linn—[\*Quest: A Guide for Creating Your Own Vision Quest \(Hay House, 2012\)\*](#)—to gain the answers you're seeking!

## Day of Silence

Being silent for a day can be a type of Quest. Simply not talking for 24 hours can allow the internal chatter to become still to the point where you can begin to hear the whisperings of your soul. It may seem a bit contrived at first, but taking a day of silence can turn energy inward. To have a silent day, let friends and family know what you're doing so that you have their support and cooperation. Turn off the phone. And no matter how tempting, don't answer the door. Don't read your mail or check your e-mail or Facebook account. Don't watch television, go online, or listen to the radio or stereo. If you have animals, try not to chat with them. Be still. You can walk around inside your home. You can take a walk outdoors if you're fairly certain that you won't meet anyone who will want to talk to you. You can prepare food. Taking 24 hours to be silent can bring profound insights into yourself and your life. Even if you live alone and don't usually talk during the day, the commitment to be silent brings a special energy. Start your day of silence when you wake in the morning and hold it until you wake the next day.

If you live with other people, and it's absolutely necessary to communicate, use notes. Take Susan, for example, who was married and had three children. She told me she wanted to do a Vision Quest but didn't see how it was possible with the responsibilities of her family life. I suggested that she have a silent day. She talked to her family and they agreed to be supportive; in fact, the kids were excited: "Mommy isn't going to talk all day?!" Although a few times the children forgot and addressed her, for the most part they were very supportive. A babysitter took the children to

the park for most of the day, and her husband looked after the children in the late afternoon and evening.

Susan said it was one of the most delicious experiences of her life. She sat in her garden under a large apple tree, sipped fresh mint tea, and watched the clouds sailing by. Everything seemed to slow down until whenever she moved she felt as if she were moving through golden honey. She noticed the way the oak tree had been full of gnarls in its life and then straightened again. She said that when looking at the oak tree she felt that the “gnarls” in her life would eventually straighten up again. She stretched out on the grass and seemed to be aware of the roots of the plants and the oak tree beneath the surface. She felt an awareness of the myriad activity in the earth: insect activity and even that of microorganisms beneath the surface. It gave her a sense of the living spirit that surrounded their home even though they lived in the city. The day of silence rejuvenated her and connected her to her spiritual roots.



## 8 Tips to Enhance Your Hay House World Summit Experience

- 1. Create Your Very Own Hay House World Summit Comfort Zone:** Pick the most comfortable spot in your home or office where you'll be listening to the Summit. Set up your computer/laptop/iPad there. Put your most comfortable pair of earphones or earbuds next to your monitor or device. Choose your coziest chair or couch. Add cushy pillows, Snuggie®, arm rests, back cushions, slippers, or other accessories to enhance comfort and promote relaxation.
- 2. Dress Hay House World Summit–Wise:** Since you'll be sitting for many consecutive hours and listening to all these wonderful author conversations, you'll want to wear your most comfortable clothing. This is not the time to squeeze into a pair of constricting skinny jeans. How about a pair of leggings instead! Choose loose-fitting outfits with plenty of room to stretch your arms and legs—and mind! We recommend smooth and relaxed fabrics such as cottons, satins, or silks. Refrain from noisy corduroy or musical bracelets.
- 3. Prepare Summit-Friendly Snacks and Beverages:** Keep hydrated and well-nourished while listening to these many hours of inspiring content! We suggest fixing nutritious snacks and beverages and keeping them within easy reach during the Summit. We recommend nuts (raw, naturally), power bars, and certain fruits (berries, apples). Avoid leaky fruit (watermelon, loquats) that may compromise your keyboard.
- 4. Try Something New and Summit-Surprising:** If you're a Wayne Dyer groupie, Deepak Chopra's biggest fan ever, or have one of the walls in your home plastered with Louise Hay affirmations, you *could* choose to listen to Wayne's, Deepak's, or Louise's one-hour interview ten times during one entire day of the Hay House World Summit. However, we strongly advise that you peruse the schedule prior to the Summit, map out the authors you definitely want to hear, and then pick out several new ones to listen to each day. There may be a new favorite you haven't met yet.
- 5. Keep Summit Props Handy:** You'll be listening to a variety of topics during the Hay House World Summit, including meditation, affirmations, mediumship, angels, Feng Shui, yoga, prosperity, (EFT) tapping, past lives, forgiveness, and more. Remember to keep any props you may need within reach so you can easily access them during the Summit. Your checklist may include a notebook, pens, meditation or yoga mats, candles, angel cards, affirmation cards, crystals, and pillows.



6. **Make Sure All Pets Are Summit-Trained:** You certainly won't want to be interrupted by the whimpering sound of your pet just when Doreen Virtue is explaining how you can call upon your angels or when Charlie Morley is detailing the power lucid dreaming can have on you even when you're awake. So make sure you take little Feather, Poupon, Felix, and all your pets on their potty breaks and have them well fed and amused *before* the Summit. And while you're at it, we recommend that you do the same for yourself!
7. **Turn Your Clock to Summit Time:** What's more important than taking care of YOU? Nothing! So put aside your to-do list, turn off your e-mail alerts, silence your phone, and let your loved ones know that you'll be busy for a few days. It's Summit Time and you're worth it!
8. **Gather a Group of Like-Minded Friends and Listen Together:** It's truly amazing what we learn when we surround ourselves with people who are on the same path. People with different perspectives and backgrounds add a whole new level of learning and growing. This is a fun way to listen to the Hay House World Summit, and also provides a great accountability group to keep you on track. Don't forget about our [Hay House World Summit Facebook Group!](#) You'll love the encouragement and support!

**See the full lineup of Hay House World Summit Experts and Lessons!**

[www.hayhouseworldsummit.com/schedule](http://www.hayhouseworldsummit.com/schedule)

## Exercise: Brainstorm Your Beliefs\*

Your task for this exercise is to “brainstorm” your beliefs. This will begin to give you a conscious understanding of what your beliefs are.

1. Grab some pieces of paper.
2. Look at each of the beliefs on the checklist (*see below*) in turn and ask yourself, “How true is that for me out of 100 as a percentage?” This is known as the Validity of Cognition (VoC) scale.
3. Write down in the center of a new piece of paper each of the beliefs that rate highly for you.
4. Note your reactions to each belief and brainstorm where they emerge in different areas of your life. List them all, radiating out from the belief in a “mind map.”
5. Feel free to add your own beliefs.

As you work through this exercise, you can come back to this map and note down any changes in the validity of your beliefs and any connections that you have made between them and the events in your life.

We all have a myriad of beliefs—positive, negative, and neutral—and often a core one that we can spend our life proving to be true. There are also shared beliefs that may be dependent on culture or family.

**You can examine how these beliefs are stored on a personal and human level, and how and why our core beliefs form torrential rivers in some parts of our inner landscape and barely make a puddle in others.**

\* Exercise taken from [Transform Your Beliefs, Transform Your Life](#) by Karl Dawson and Kate Marillat, Hay House UK, 2014.

## The Power of Belief\*

Belief	Validity of Cognition—the Truth Percentage
I'm not good enough	
I'm not loveable	
The world is a dangerous place	
I'm worthless	
I'm incapable	
I'm misunderstood	
I'm abandoned	
I'm betrayed	
I'm unattractive	
I'm unproductive	
I'm incompetent	
I'm a failure	
I'm a victim	
I'm a burden	
I'm dumb	
I'm always used	
I'm alone	
I'm bad	
I'm guilty	
I'm sinful	
I'm confused	
I'm trapped	
I'm powerless	
I'm inferior	
I'm separated from God	

\*Table taken directly from [\*Transform Your Beliefs, Transform Your Life\*](#) by Karl Dawson and Kate Marillat, Hay House UK, 2014.



## The Next Chapter Is Up to You

As Viktor Frankl says, “When we are no longer able to change a situation, we are challenged to change ourselves.” And one small change can make a world of difference. Keep growing, learning, and healing with Hay House. We’re with you all the way!

Discover all of the resources available to help you on your journey:

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