

*Women in Small Business
Growth & Networking*

June 2025

Rachael Fowler | Your Nurtured Mind

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Contents

	Page No.
Connect with your life	3
Values	4
Future Self	6
Identifying the Blocks	9
Understanding the Nervous System	12
Polyvagal Theory	14
Core Beliefs	15
Challenging Beliefs	16
Neuroplasticity	18
Gratitude	21
Abundance	22
Resources	24



Connect with your life

You're in a season of life where you long to reconnect with the truth of your heart and step into a future that feels aligned, abundant, and meaningful.

You may have heard about "manifesting" and feel drawn to the idea—especially the possibility of a clear, easeful path toward the life you've envisioned.

From a psychological perspective, living in alignment with your values fosters self-acceptance, compassion, and a sense of agency. This guide is designed to support you in understanding and practicing the steps that can lead you there.

These steps include:

- Clarifying your heart's desires through identifying your values and using intentional visualisation
- Slowing down and cultivating appreciation for the life you're living right now
- Aligning your inner world with practices like gratitude, supportive relationships, self-care, and movement for nervous system regulation
- Building awareness of fear-based patterns, so you can reclaim a sense of autonomy and grounded choice
- Setting meaningful goals and taking consistent, compassionate steps forward
- Focusing on the feeling you want to experience, rather than rigidly controlling how your desired outcome unfolds



YOUR CORE LIFE

Values

To help you identify your core values:

Imagine yourself many years from now, celebrating a meaningful milestone. Picture your family, friends, and colleagues gathered to reflect on the life you've lived. What would you hope they say about you? How did you spend your time? What experiences do you cherish most? What personal qualities would you be most proud to hear them acknowledge?

Step 1:

Go through the list of values and highlight the values that you feel are important to you right now.

Step 2:

Go through and try to narrow it down to your top ten values.

Step 3:

Consider the ten values you have highlighted and try to consider how each value applies in your life. You may find some only apply to particular areas of your life, whilst others apply very broadly or you feel very strongly about. The aim here is to group values, and get your list down to approximately 4 or 5 core values.

Step 4:

Write the list of values you have come up with below:



YOUR CORE LIFE

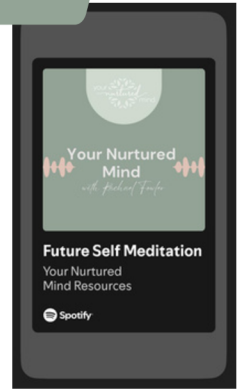
Values

Accountability	Equality	Joy	Risk -taking
Achievement	Ethics	Justice	Safety
Adaptability	Excellence	Kindness	Security
Adventure	Fairness	Knowledge	Self-awareness
Altruism	Faith	Leadership	Self-discipline
Ambition	Fame	Learning	Self-expression
Authenticity	Family	Legacy	Self-respect
Authority	Financial stability	Leisure	Serenity
Balance	Forgiveness	Love	Service
Beauty	Freedom	Loyalty	Simplicity
Being the best	Friendship	Making a difference	Spirituality
Belonging	Fun	Meaningful work	Sportsmanship
Boldness	Future generations	Nature	Stability
Career	Generosity	Openness	Stewardship
Caring	Giving back	Optimism	Success
Challenge	Grace	Order	Teamwork
Collaboration	Gratitude	Parenting	Thrift
Commitment	Growth	Patience	Time
Community	Happiness	Patriotism	Tradition
Compassion	Harmony	Peace	Travel
Competence	Health	Perseverance	Trust
Confidence	Home	Personal fulfillment	Truth
Connection	Honesty	Pleasure	Understanding
Contentment	Hope	Poise	Uniqueness
Contribution	Humility	Popularity	Usefulness
Cooperation	Humor	Power	Vision
Courage	Inclusion	Pride	Vulnerability
Creativity	Independence	Recognition	Wealth
Curiosity	Influence	Reliability	Well-being
Determination	Initiative	Religion	Wholeheartedness
Dignity	Inner harmony	Reputation	Wisdom
Diversity	Integrity	Resourcefulness	
Environment	Intuition	Respect	
Efficiency	Job security	Responsibility	

GUIDED MEDITATION

Future Self

LISTEN



Future Self Meditation Script

Begin by allowing your eyes close gently. Take a comfortable breath in... and a long exhale out. Feel the weight of your body grounding you, anchoring you into this moment. Let your breath settle into a natural rhythm. Inhale... and exhale.

With each breath, imagine yourself softening—letting go of the noise, the striving, the pressure. This is a space of possibility. A space to take time to remember. A space of coming home to yourself.

Now, begin to imagine a version of you—your future self. She lives in alignment with your deepest values. She feels like peace and power, all at once. She makes space for the fullness of her life experience.

Allow her image to come to you softly. You don't need to force it. Just sense her presence. Notice where she is... what surrounds her... the energy she carries.

Ask yourself gently:
What does she believe about herself? What does she believe about the world?
Let the answers rise from within, like whispers of truth you've always known.

Now picture her in motion.
What is she doing with her time? How does she speak? How does she carry herself? How does she respond to challenges—with trust, grace, or fire?
Feel the rhythm of her days—the flow she moves in.

Now tune into her emotional landscape.
What emotions live in her most often? Does she feel calm? Joyful? Brave? Curious? Free?
Let those emotions wash over you now, as if you are borrowing her nervous system for a moment. Let your own body remember what it's like to feel that way.

Scan your body...
How does her body feel—light? Strong? Relaxed? Nourished? Alive?
What does it feel like to live in that version of you?

Now ask yourself:
What kinds of experiences is she welcoming into her life? What does abundance look like for her? What relationships surround her? What creative expression flows through her? What kind of beauty, adventure, or ease fills her world?

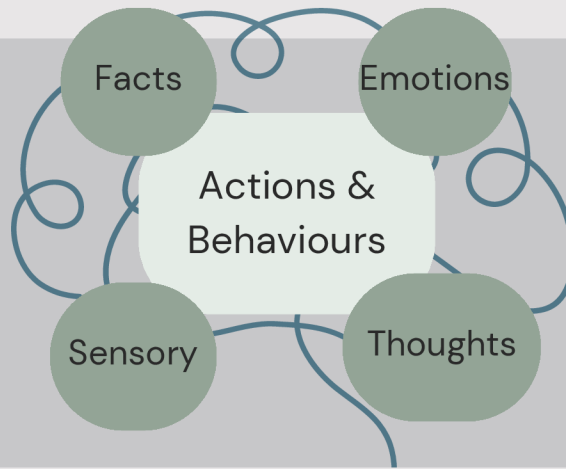
Let yourself receive these visions as seeds.

They already live inside you. Take a few deep breaths now, and thank your future self for her presence, her wisdom, her calm knowing. As you see her ahead in your life, imagine yourself moving towards her.

As you approach, imagine that you can step into her being—allowing her energy imprint on you, so you can carry her with you through today. Carrying in your heart all the space she has created for the fullness of your entwined lives.

When you're ready, wiggle your fingers and toes...
Take one more nourishing breath...
And gently open your eyes.

My ideal 'Future Self'



Beliefs

BEGINNING TO IDENTIFY THE BLOCKS

The Pros

- The way it helps keeps you safe
- The comfort
- The familiar
- The security
- The predictability
- The reasons you have not yet changed

The Work

Identifying these concerns will help you start to **recognise the problems and blocks** that stop you from moving toward the change you crave.

Current Life

Routines, lifestyle, income, relationships, habits, work, ect.

The Cons

- The unhealthiness
- Discomfort
- The unachieved dreams (stuck-ness)
- Perceived/real loss of "the pros list"
- The smallness (limiting beliefs)
- The reasons you crave change

The Cons

- Discomfort of change
- The beliefs about who I need to be
- The losses I may experience
- Sense of responsibility
- Allowing in/Receiving (fear of success)
- The exposure/being seen

Dream Life

Routines, lifestyle, income, relationships, habits, work, ect.

Integration happens when you start to strengthen positive core beliefs and you move towards your dream life, overcoming the 'stuck-ness', and embracing change.

The Pros

- The way it helps keeps you safe
- The feelings you experience (fullness/joy/relaxation)
- The growth/financial and otherwise
- The realisation of your full self
- Freedom

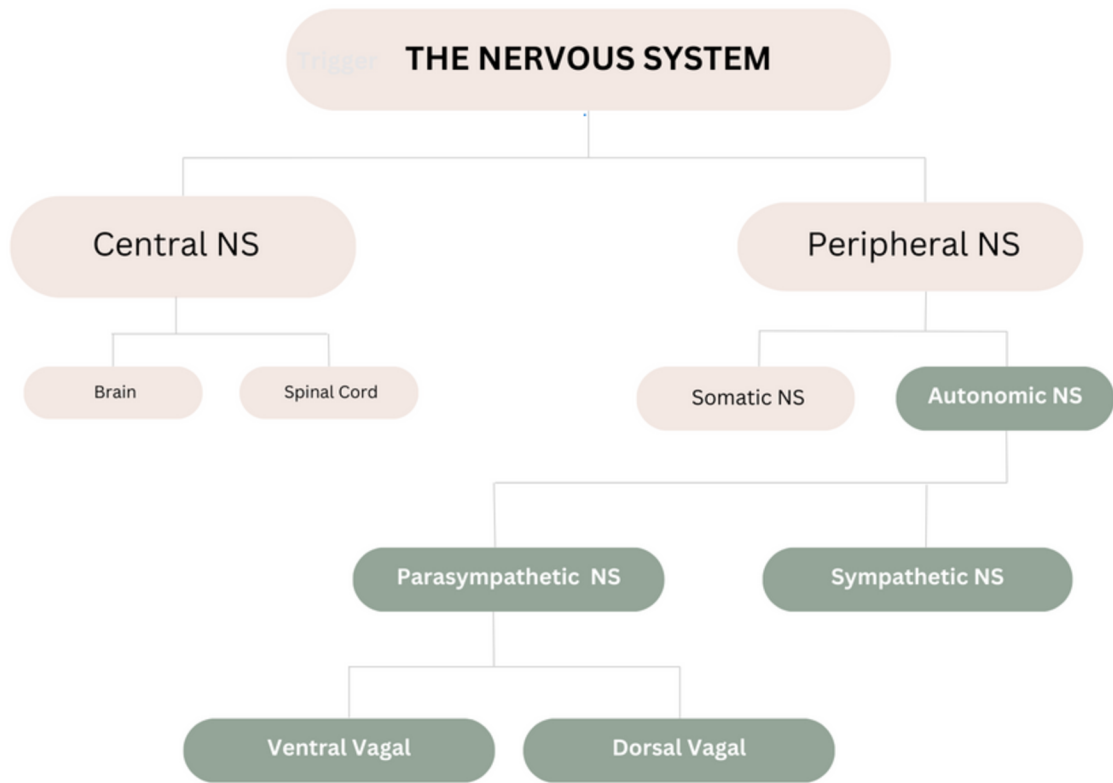
My current life

Dream Future...

UNDERSTANDING THE AUTONOMIC NERVOUS SYSTEM

and how it influences behaviour

UNDERSTANDING *The Nervous System*



ADAPTED FROM UNYTE: INTRGRATEDLISTENING.COM

The ability to experience relaxation is a matter of the brain and body. To understand this more, let's explore PolyVagal Theory.

The information below is informed by Polyvagal Theory, neuropsychology and the science of neuroplasticity. (See more from experts such as: Dr Stephen Porges, Elizabeth Stanley, and Bessel Van Der Kolk, Deb Dana)

In order to understand why we often find it difficult to access feelings of calm and safety, it's important to understand the Autonomic Nervous system.

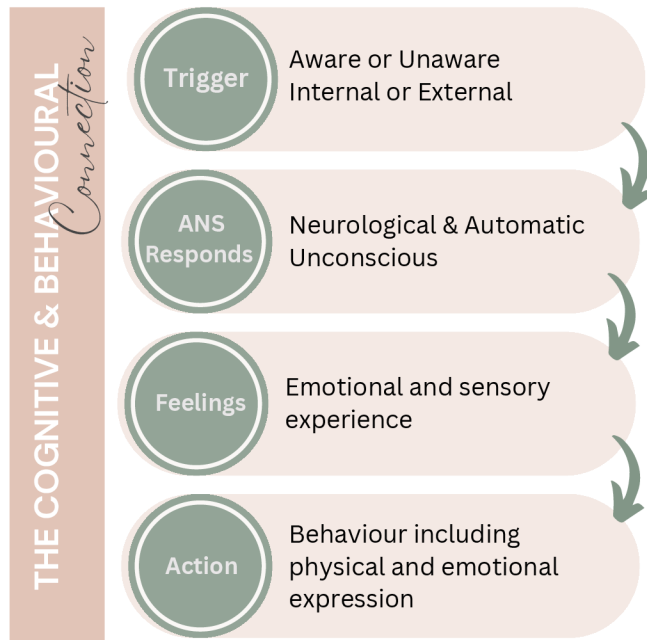
The autonomic nervous system consists of three states:

- The Ventral Vagal State: "Safe and social" or "Rest and Digest"
- The Sympathetic State: "fight or flight"
- The Dorsal Vagal State: Associated with shutdown, immobilization and is linked to chronic stress, overwhelm and trauma.

Our experiences of resilience, stress tolerance, and ability to be mindful and engaging is influenced by the ANS state we are experiencing.

UNDERSTANDING THE AUTONOMIC NERVOUS SYSTEM

and how it influences behaviour



Interoception informs the brain when there is safety & when there is a threat

Cognition thoughts and beliefs are activated when the "schema web" is triggered.

Your ANS is activated and you may be behaving and reacting in ways you don't even realise.

What impacts our Autonomic Nervous System?

Over time, and especially in response to chronic stress and trauma, the nervous system experiences dysregulation. This can impact the ANS by creating Hyperarousal and shutdown, detachment and dissociation.

Humans are highly complex creatures though, and we can continue to look (at least to the outside world) that we are calm and functioning well, even though under the surface we have a lot going on, and we are feeling vulnerable and anxious.

Adaptive behaviours as a Autonomic Nervous System response:

It can be helpful to understand that we often behave/react in alignment with our nervous system, and we experience so much nuance as a direct result of our feelings.

We are wired for safety and connection (not success or abundance) and so if something does not feel safe, we will avoid it more often than not.

Limiting Beliefs Are State-Encoded:

When we repeatedly experience dysregulation (e.g. trauma, chronic stress, lack of emotional safety), the brain & body encode survival-based beliefs. "I am not safe" or "I always fail" aren't just cognitive—they're physiological imprints.

The nervous system begins filtering the world through this lens. This is where:

- **Reticular Activating System (RAS)** kicks in: the brain selectively notices information that aligns with our internal state and beliefs.
- So if the body is braced for threat, the brain keeps tuning into danger and ignoring evidence of safety or possibility.

POLYVAGAL theory

ADAPTED FROM THE WORK OF DR STEPHEN PORGES AND DEB DANA

Understanding three neural circuits that inform behaviour and functioning

AUTONOMIC NERVOUS SYSTEM

Ventral Vagal

Safe & Social
Rest & Digest

Use facial expressions and tone of voice to convey calm and peace. Co-regulation is easier.

Sympathetic State

Fight or Flight

Hyperarousal & anxiety. Mobilisation to negotiate danger. More likely to see neutral faces as angry or aggressive. Co-regulation becomes difficult due to distrust.

Dorsal Vagal State

Freeze and Fawn - Immobilisation

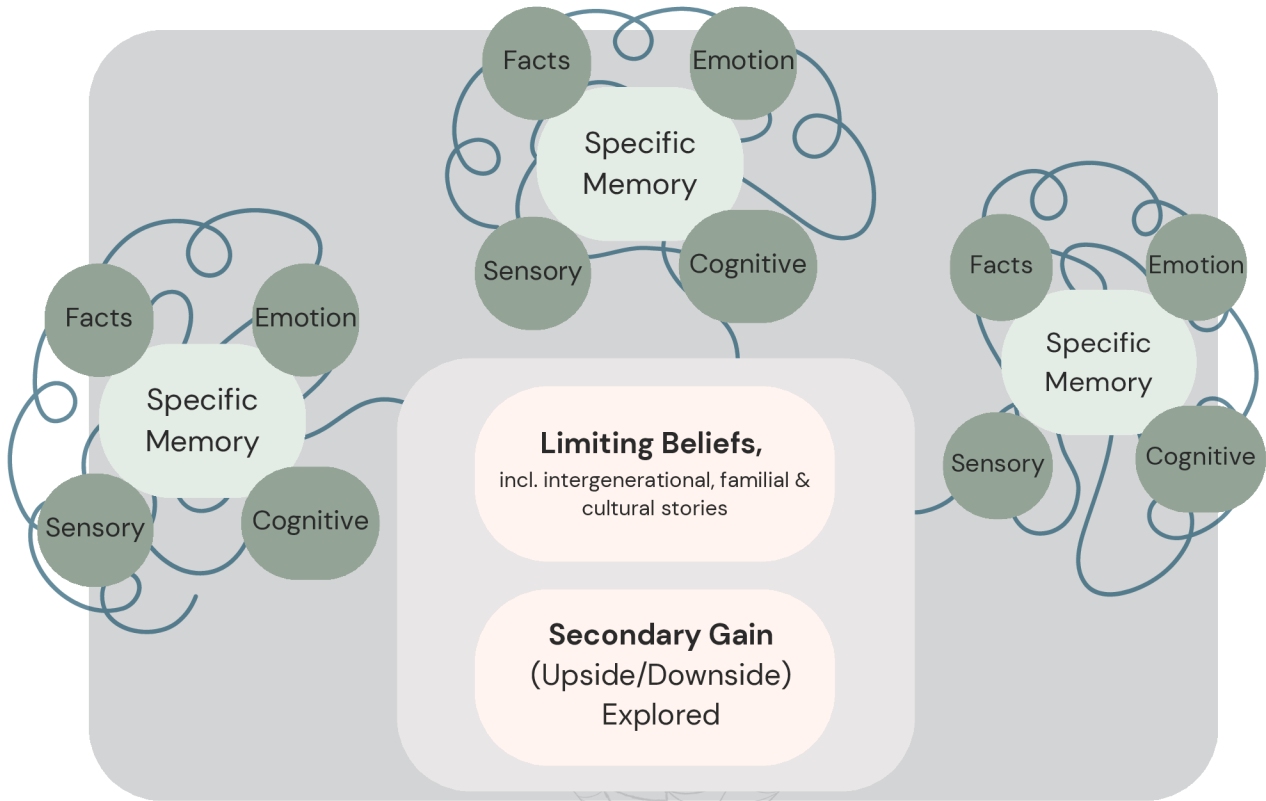
Associated with shutdown, immobilisation, dissociation Occurs when there is chronic stress and when the sympathetic NS has not been able to resolve the danger.



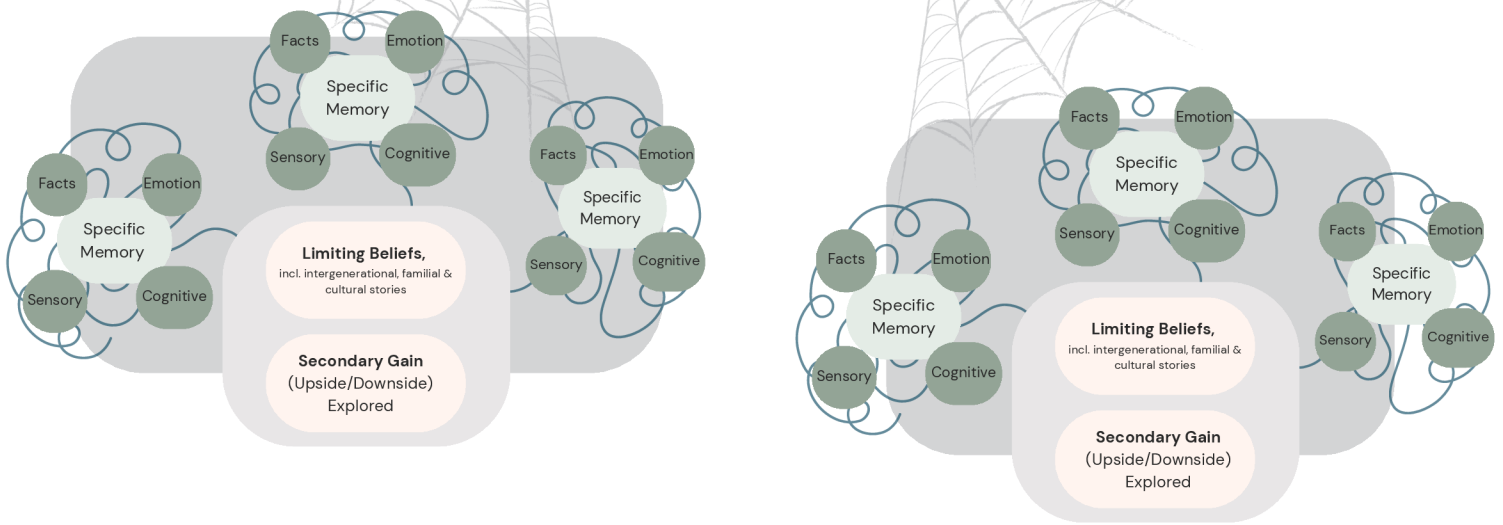
CLIMBING BACK UP THE LADDER:

- Creating safe spaces
- Breathwork and breathing exercises
- Meditation and mindfulness techniques and grounding exercises - Conscious awareness
- Mind/Body somatic healing techniques including yoga, tapping and EMDR
- Movement and exercise
- Vocal cord stimulation (talk, expressing emotion, singing, laughing)
- Cold water exposure (simulating the 'dive reflex')
- Setting boundaries, knowing yourself well and choosing healthy relationships and lifestyle.
- Co-regulation in social relationships. This may include physical affection, communication with friends or family or a therapist.

CORE BELIEFS & THE MEMORY WEB



Core Belief
(AKA: Schema/"Table Top")



CHALLENGING YOUR LIMITING BELIEFS & THOUGHTS

*Even though...
...I feel fear about...
I have this conditioning*

eg. I have this fear that other people do it better than me

eg. I have this fear of failure...

*I love knowing...
I am welcoming...
I am learning...*

eg. I love knowing that I can do this anyway.

eg. I am learning to believe I deserve success too

HOW TO CHANGE - NEUROPLASTICITY

1. Awareness: *Recognise the Loop*

You can't change what you're not aware of.

Most self-sabotaging habits are driven by unconscious emotional states and beliefs formed from past experiences.

These habits run like programs: same thought → same feeling → same behavior → same result → same identity.

Step one is metacognition—noticing the thought, emotion, or behavior while it's happening.

2. The Work: *Pause the Program*

Discomfort is a sign that you're stepping into change.

Don't expect it to feel good—it won't. The body wants familiar emotions (even if they're painful). When you pause instead of reacting, you begin to unwire old neural pathways. You can also begin to challenge the thoughts- creating new pathways/patterns of thinking.

3. Elevate Emotion: *Shift the State*

You can't create a new future with the emotions of the past.

To create real change, you need to signal the body with new emotional chemistry:

Gratitude, Curiosity, Joy, Compassion, Hope

**Activating
past
memory**

**Introducing
new adaptive
thoughts &
emotions**

**Practicing
new
actions**

4. Meditation and Visualisation: *Install the New Identity*

In the process of letting go of the old beliefs, you are teaching your body to learn to be safe in the "new life" (that is: your new beliefs, feelings, sensations and actions/behaviour).

Decide: Who do I want to be? Not just what you want to stop.

Visualise yourself already being that version to help rewire neural pathways and to help create a felt sense of safety (not just 'rationally knowing' you are safe- but feeling safe in your body).

5. Practice: *Live as If*

Don't wait to feel "ready." Act in small, aligned ways before it feels natural.

Each time you behave in alignment with your new identity, you reinforce new circuitry and weaken the old program.

The Magical Formula

HOW TO CHANGE

Awareness

- Know where you are
- Know where you want to go – set goals and ‘chunk’ them down
- Be mindful of your thoughts, behaviours and patterns

The Work

- INTERRUPT THE OLD STUFF
- Address the limiting beliefs.
- Use therapy and somatic techniques to help you to de-program the old/unhelpful stories to see things through a different lens.
- Build your resources/skills to expand the current limits of your NS.

Gratitude

- Intentionally focusing on the things that worked well for you.

Compassion

Maximise your:

- Self-acceptance
- Self - compassion
- Self-discipline & boundaries
- Connected circle
- Love & empathy for self & others

Meditation

- Get out of routine
- Get out of believing everything you think
- Regulate your emotions
- Sit with discomfort (tone your vagus nerve)

Practice

- Take steps towards your goals and dreams
- As you accept your feelings and experiences, you can be more autonomous & have greater choice and control over your own life.

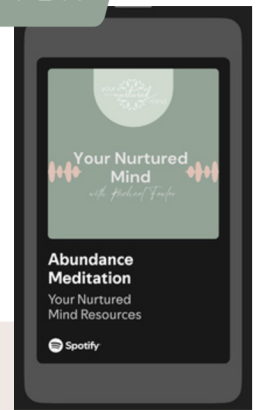
Start...

Stop...



LISTEN

Abundant Intention setting



Abraham Hicks' Emotional Grid for Abundance

The Emotional Grid is a concept from Abraham Hicks that helps you align with the 'vibration' of your desires. It refers to your point of attraction—the emotional foundation you set when you connect with the desired feelings rather than the specifics of what you want.

To prepare your grid, you focus on clarity and receptivity, letting yourself feel good and open to possibilities without needing to know how your desires will manifest.

As you maintain positive emotions and improve your energy, your grid "fills in," and you begin to see signs of alignment—first in how you feel, and then in your outer reality. This process applies to manifesting abundance in all areas—money, relationships, health, or overall well-being.

How To:

1. Along the top line, select the area of your life you wish to spend some time thinking about —money, work, hobby/sport/passion project, relationships, health, or overall well-being.
2. In each of the boxes below the sub-heading write one word that encapsulates the feeling you wish to experience.
3. This is a simple task to do often (daily is ideal) to help you rewire your brain.

focus on how it feels



Abundant Intention setting



focus on how it should feel



Resources

How To BRAINWASH Yourself For Success & Destroy NEGATIVE THOUGHTS! | Dr. Joe Dispenza Impact Theory with Tom Bilyeu

<https://youtu.be/La9oLLol5Rc?si=UL6xDIDuwjrfRYE2>

Joe Dispenza explains that many people unconsciously live in the past because their thoughts and emotions are shaped by memories of past experiences. When they wake up and immediately revisit those memories—often by checking their phones or repeating daily habits—they reactivate the same emotional states (like sadness, stress, or unhappiness). These emotions create a state of being that is rooted in the past.

Joe argues that because thoughts influence destiny, and most people can't think beyond their emotions, they keep recreating the same reality. Their lives become predictable because their actions are driven by subconscious programming—a set of memorized habits, emotional reactions, and beliefs formed by the age of 35.

Even when someone consciously wants to change (e.g. be happier, healthier, more fulfilled), their subconscious patterns resist it. To truly change, they must go beyond the analytical mind that separates conscious intention from subconscious programming. Meditation, he says, is a tool to help quiet the analytical mind and access the subconscious, where real transformation begins.

Doty, J. R. (2024). *Mind magic: The neuroscience of manifestation and how it changes everything*. McPhersons Printing Group.

Mind Magic by Dr. James R. Doty blends neuroscience and personal development to show how manifestation works through the brain's ability to rewire itself. Doty outlines a six-step process using focus, intention, visualization, and compassion to embed goals into the subconscious and activate lasting change. Grounded in science, the book reframes manifestation as a practical, brain-based tool for personal and collective transformation.

Dana, D. A. (2018). *The polyvagal theory in therapy: Engaging the rhythm of regulation* (Stephen W. Porges, Foreword). W.W. Norton & Company.

Look, C. (2008). *Attracting abundance with EFT: Emotional Freedom Techniques* (2nd ed.). Crown Media & Printing.

Thank-you!

I'm truly grateful for the opportunity to connect with you. Creating this guide has been a heartfelt joy, and I hope it offers you a sense of insight, comfort, and possibility.

Connection is one of my core values- both to the deepest parts of myself and to others, especially like-minded women walking a similar path. I'd love for you to stay in touch.

You'll find more tools and resources to support you on your journey on the Resources page of my website. I update it regularly, so feel free to check back each month for something new.

Rach



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