

7 Day
Workbook

NEW YEAR, NEW YOU!

The 7 Day Guide To Manifest
Your Best Year Yet



WRITTEN + CREATED BY
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Self Concept Coach and Creator



"Your self concept manifests your reality."

I began teaching people on Tiktok and later Youtube how to change their thinking about themselves after years of feeling lost. I went down the rabbit hole of Law of Attraction for decades, but it wasn't until I discovered Neville Goddard that I realised I'd instinctively been consciously manifesting before *The Secret* confused the hell out of me. Now I love helping people to change their own lives by changing their self concept, just like I changed mine.

With a Bachelor's and a reluctant teaching career, I am qualified in nothing but fucking up my life and delving into every self help/ manifestation teaching I could find to un-fuck it. Plus various psychotherapies to attempt to fix my depression, anxiety and body dysmorphia, which have all but vanished with what I now teach daily and what has worked for 1000's of my loyal followers. Every day the success stories come in thick and fast. Come to my Facebook groups Subconscious Loz and The Squad (my monthly membership) and read them to be inspired. They've changed their lives just with the power of their minds and you can do it too!

I hope you enjoy this little 7 day workbook and I know the new year of YOU will be the best one yet!



HOW TO USE THIS WORKBOOK

Your 7 Day Guide To Greatness

Hello my Darlings, welcome to *New Year, New You!* This workbook is a 7 Day transformation guide to a brand new you. Because when you change you, YOUR SELF CONCEPT, everything about your life changes.

Start with DAY 1. There will be one SELF TRANSFORMATION TASK a day to complete in this workbook. To keep your momentum going it's great to do it in 1 week (but no pressure). Complete one task per day, and don't move onto the next task until the next day, just to solidify the last task. Repeat anything that needs repeating such as affirmations and visualising.

FOLLOW ALONG WITH THE WORKBOOK IN MY FREE FACEBOOK GROUP:

[JOIN THE FACBOOK GROUP](#)

When you become a member of my super supportive free Facebook Group 'Subconscious Loz', you can join in each day and write your task answers. Find the task posts under the hashtag #newyearnewyou

Sharing with your fellow manifestors is a great way to keep yourself accountable and on track. You can also ask any questions you may have in the the Q+A Forum Subgroup. And you can advance your learning further in The Squad monthly coaching group, with my Self Concept Course *A Kick Ass You* or 1:1 coaching.

And you'll also receive the LOZLETTER, truth bombs weekly in your inbox to inspire you. Watch out for those and all my great offers.

QUOTE

"When you realise
you run this shit...that
you're creating your
reality with your
dominant thoughts
about you, others and
situations...
everything in your life
will change."



Loz



DAY 1

What Are You Proud Of?

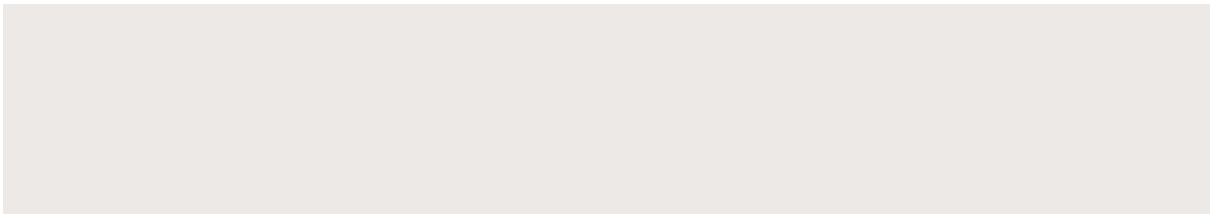
Let's start with a powerful exercise. Make a list of 3 THINGS you're proud of about yourself over the last 12 months.

Don't feel like you're being arrogant, don't get all shy, like "I guess I did some good things..."

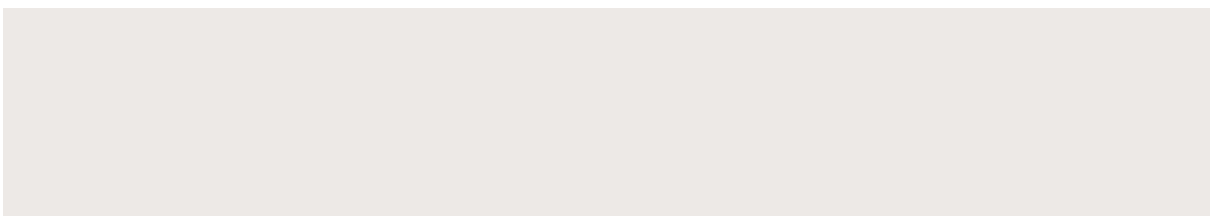
It could be an achievement in your career, progress with your children, improved health...Or simply the fact that you have begun this work to change your self concept and your life. Maybe you have already started working on yourself and your triggers, you've already made changes in your thinking.

List what you're most proud of in the space below. Read them aloud to yourself, saying it on repeat 3 times:

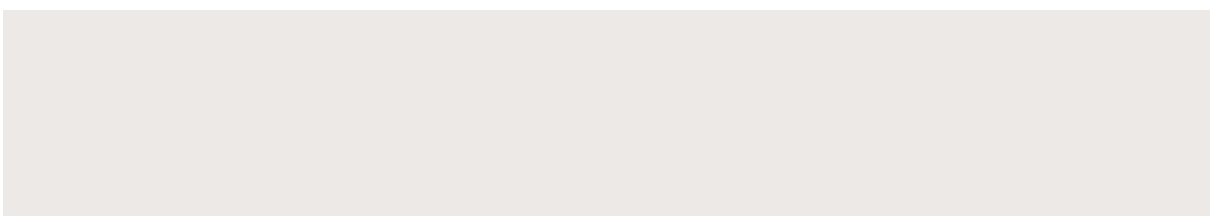
I'm proud of...



I'm proud of...



I'm proud of...



DAY 2

What Would You Change?

We've looked at the good aspects of you, now what is it about yourself that you deep down want to improve, even if you don't know how to do it.

Write 2 things below about yourself that you'd like to change, then write it as the opposite, turning it into a positive affirmation. An affirmation is something you say 'as true.' You currently think the thing you need to change is true, now imagine the opposite is true, with a new affirmation. **Say your 'I've changed' affirmation daily.**

For example:

What want to change...

I have put on weight this year and am not as thin as I used to be.

I've changed, because now I...

Look like I did at the beginning of last year, thin and gorgeous.

What I want to change...

I've changed because now I...

What I want to change...

I've changed because now I...

DAY 3

Forgive Yourself + Others

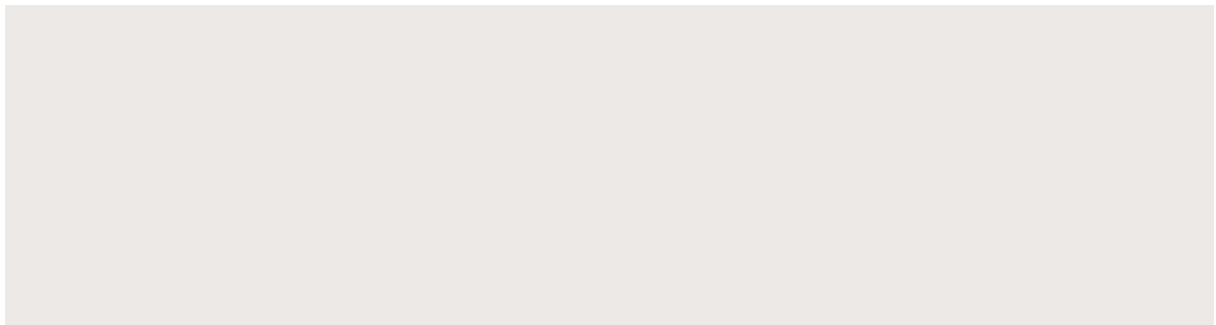
It's time to forgive the person or situation that hurt you. And to forgive yourself.

When you forgive the person who hurt you, you're letting go of the hurt and helping yourself. If you don't...the hurt and anger will continue to poison your thoughts and your life. This exercise is not for them, it's about releasing yourself and creating your new state.

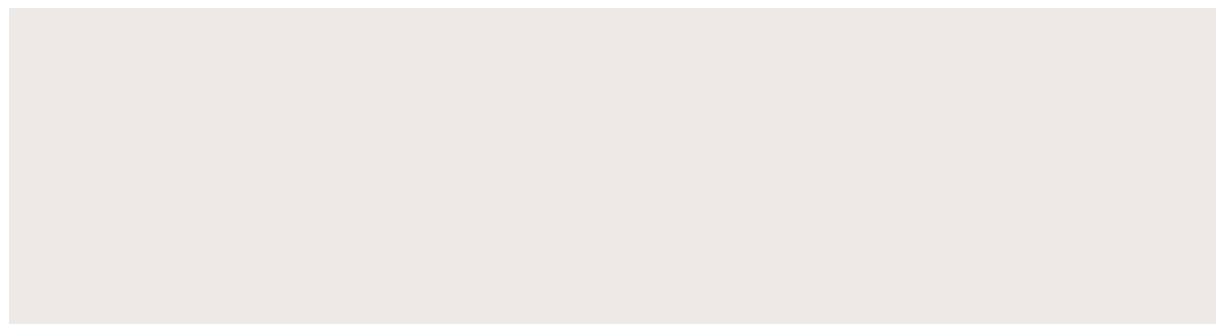
Then when you forgive yourself for any mistakes you feel you've made, missed opportunities, any actions you took that sabotaged you, you will be able to move into the new state of you. You can't be the new you, when you're still holding onto the hurt of the old you.

Write your forgiveness statements below and reread them. Evaporate the resentment you hold towards them and yourself....

I forgive you for...



I forgive myself for...



DAY 4

Step Into Your Power

Now let's get to the good stuff, let's manifest some shit!

When you understand that you are creating your reality with your dominant thoughts, you'll realise how easy conscious manifestation is. Change your dominant thoughts, change your reality. On the previous pages, you may not realise, but I got you to identify your dominant negative thoughts about yourself and others and change them. Now I want you to step into your power to know you **CAN** change both you and your life, including the people in it. As they are reflecting your dominant thoughts. **Affirm daily you are the power.**

POWER AFFIRMATIONS YOU CAN USE:

I run this shit.

I am a master manifestor.

I am so motherfucking powerful!

My beautiful life is a reflection of my thoughts.

Everything is always working out for me.

What I say goes! I am in charge.

I am the only creator of my reality.

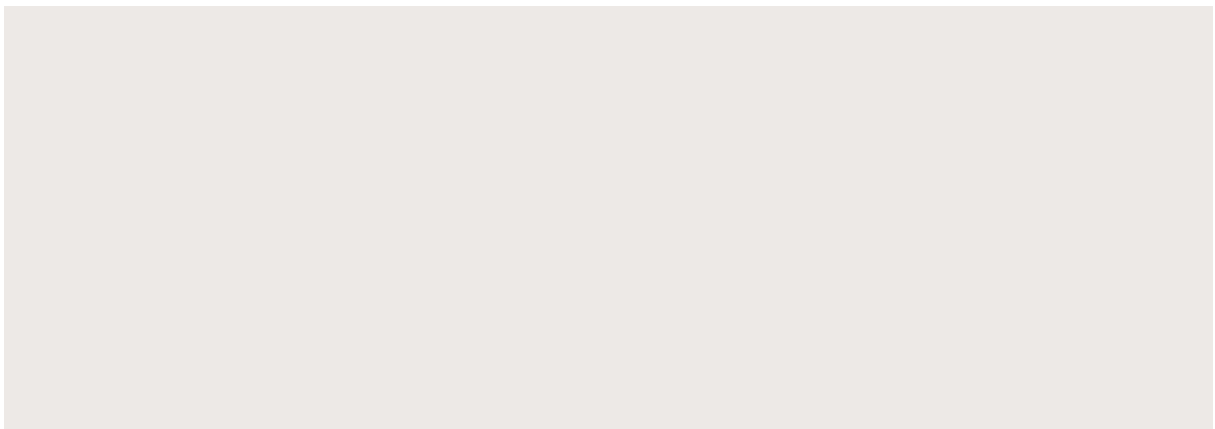
No one else has the power to change my reality.

Everyone in my reality reflects my new thinking.

I magnetise my desires to me easily.

I trust the process as it unfolds.

Write the power affirmations you will use daily below



DAY 5

Affirm The New Year Of You

Now let's change the most crucial part...your SELF CONCEPT.

Self Concept: what you believe to be true about yourself

Your deeply held assumptions about yourself run your life. They reflect out to others in your reality and by telepathy, others think those thoughts about you too. Your self concept creates your reality. Change what you believe to be true about yourself and your reality will change. **So let's affirm new truths about ourselves...**

SELF CONCEPT AFFIRMATIONS YOU CAN USE:

I am allowing myself to have everything I want.

I know I deserve all my desires.

I am more than enough.

I am perfect now in every way.

I am admired and looked up to.

Everything is effortless for me now.

I am loved and adored.

What I want always chooses me.

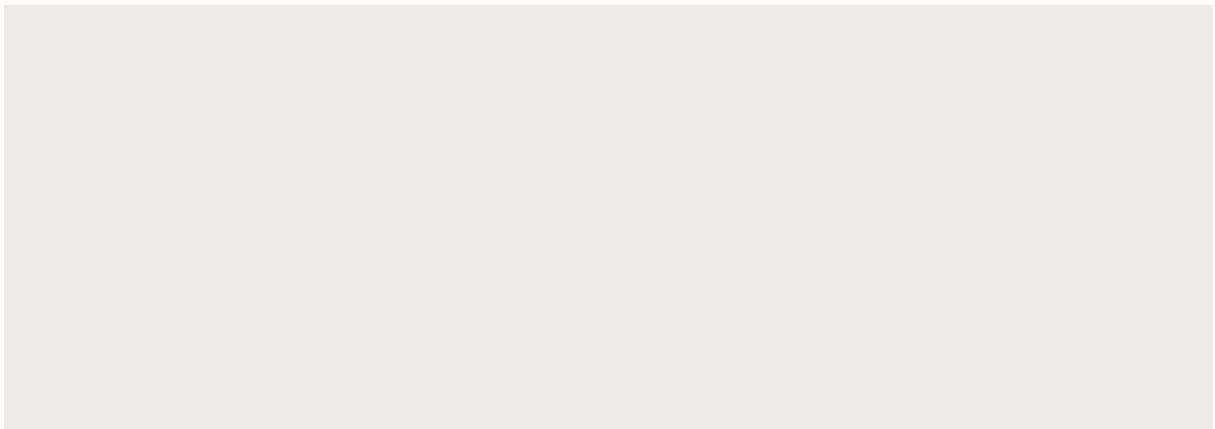
I am prioritised and put first.

My needs are always met.

I feel safe and secure.

My ideal life is here now.

Write the self concept affirmations you will use daily



DAY 6

What Your New Life Looks Like

Imagine that you are standing in front of an enormous mirror. See a clear image of you in it as you are now. How your face looks now, your body looks, your financial status, your worries, your frustrations, your hurt, your struggles. The old story of you.

Then imagine that old you starts to dissolve and your future self appears. See your new self emerging. What does your body look like? Your face? How do you carry yourself? See your new self, you have a deep sense of self worth, of confidence, of knowing this is the new you. Now look into that mirror and see the life the new you has. Your dream home, your relationship, the number in your bank account, travelling to your dream locations, wearing your dream clothes, driving your dream car, pursuing your passions...doing everything you want as if it is happening now. See the version of your life where everything has fallen into place for you.

Now write bullet points of what you imagined below:

What my life looks like career/ money/ love....

*

*

*

What I look and feel like now...

*

*

*

DAY 7

Your New Years Eve 2023

Write a letter to yourself as if this year has already happened. It's New Years 2023, and you're telling yourself what an amazing year you had, celebrating that all your manifestations came true! (Use the aspects you wrote in the previous task.)

Then fall asleep in the wish fulfilled of this new you every night for the next 7 nights and wake up as if all your desires are here NOW. You are going to get all your desires now that you are clear on exactly what they are and you have stepped into the state of the person who deserves them! **Let's make 2023 your best year yet!**

Dear _____,
What a year it's been.....

I hope you loved the workbook! You can find further help to manifest your desires below...

ARE YOU READY TO MANIFEST EVEN FASTER?

SELF CONCEPT COURSE



The ultimate manifestation course because you have to CHANGE YOU to MANIFEST.

[FIND OUT MORE](#)

MONTHLY COACHING GROUP

Get coached and get answers daily in our super supportive Facebook MEMBERSHIP group.



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1:1 ADVANCED COACHING



Let me analyse the deep self concept ISSUES you aren't able to identify and help you.

[FIND OUT MORE](#)



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SELF CONCEPT FOR LOVE COURSE



And keep your eyes peeled for my new course, the ultimate guide to manifesting love. COMING SOON!
WORTHY AF FOR LOVE.

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