

EMMA BRADFORD

THE

*Creating
Change*

CARD DECK WORKBOOK

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Welcome

...to a FREE workbook to compliment your card deck. First of all, thank you for supporting my work by having a card deck - you're amazing!

These cards are formed from many years of Instagram posts, phrases and words that came to me through my own personal and professional journey as a NLP Trainer and founder of Creating Change, the training.

They can be used on their own or in alignment with this workbook for added depth and reflection.

These cards are an extra tool to access what your unconscious mind already wishes to communicate to you.

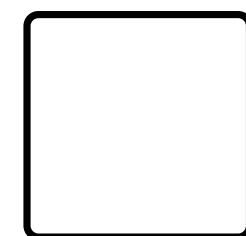
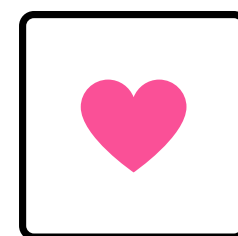
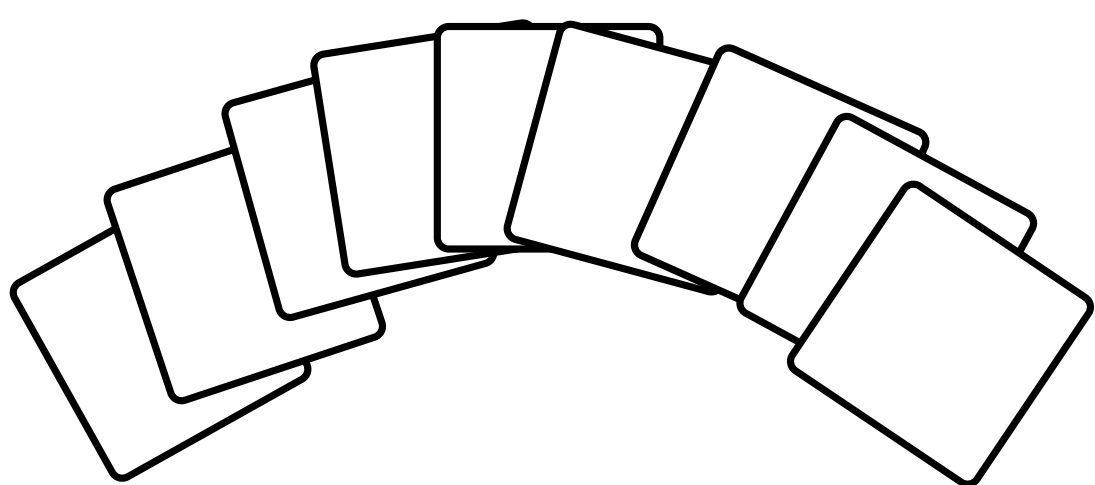
Let's get started!

Getting Started

There are many ways to use these cards as described within this workbook. As always, when picking cards take what resonates and leave the rest. Your internal truth is far greater than any outside resource.

FIRST STEPS...

- **Inhale, exhale...** close your eyes and take a moment to bring your awareness within. **OPTIONAL:** If you wish to create a magical self-care experience you can light candles, listen to relaxing music ([Soul Connection Spotify Playlist](#)), add blankets and cushions to your environment and write down your answers to reflection questions in your journal.
- **Shuffle the cards** whilst setting your intention (choose which type of card option from the list on the next page you desire to do).
- **Spread the cards out** in a fan like shape, face down and pick the card that you feel drawn to with your left hand (heart connection). Or after shuffling you can split the pack in two and choose the card that is facing up in the middle of the pack. If any card falls out as you shuffle the pack, it also counts as part of the message.



- **Give thanks to the cards...** your relationship with the card deck can influence the energy that is continued and built in the deck. Adding to even more accurate responses each time you pick a card.

Card Picking Options

DAILY REFLECTION CARD

Option 1: Pick one card each morning to set the theme for the day ahead and what you can bring awareness to during your day. **OPTIONAL:** At the end of the day ask yourself the following questions...

- *How did this card message show up in my day today?*
- *What have I learnt thanks to this card and the experiences today?*

Option 2: Pick one card in the evening as a point of reflection on what you experienced during the day.

- *How does this card reflect my experiences today?*
- *What insight can I take forward into my day tomorrow?*

CHALLENGE / QUESTION SUPPORT

Have a specific challenging situation or question in mind? Take a deep breath, inhale, exhale and think of that challenge or question as you shuffle the cards.

The card you pick can offer some insight into how to navigate that challenge or offer a response to your question.

- *What insight does this card offer in relation to the challenge / question?*
- *Knowing this, what I can do now?*

Card Picking Options

PAST / PRESENT / FUTURE

Pick three cards. The first represents the **PAST** challenges, insights, lessons that were presented before. The second represents the **PRESENT** moment and what can be brought to your attention now. The third card can give insight into your **FUTURE** and what can help you in your next steps forward in life.

- ***PAST: What learnings am I grateful for?***
- ***PRESENT: How does this card help me understand and navigate my current life experience?***
- ***FUTURE: How can this card help me move forward in life? What benefits can I experience as I integrate the insights of this card?***

MIND / BODY / SOUL

Pick three cards. The first represents anything to bring awareness to regarding your **MIND**, your relationship with your mind, and how you view and use your mind. The second represents the **BODY** and what can help you strengthen your connection with your body and navigate any challenges with your body. The third card can give insight into your **SOUL** connection and what your Soul wishes to communicate in helping you move forward in life.

- ***MIND: What is this card teaching me about my mind connection?***
- ***BODY: What is this card teaching me about my body connection?***
- ***SOUL: What is this card teaching me about my spiritual and Soul connection?***

Some cards may offer obvious, direct answers whilst others initially may seem like they don't fit. Look beyond the surface. ***Deep within the message what is being brought to your attention? How does that resonate?***

Wait there's More

Emotions are not good or bad. It's what we do with them that counts. They are messengers. They are an indicator of the quality of our thoughts (our thoughts influence how we feel). When that **E (energy in) MOTION** is channelled in a constructive way it becomes fuel for creativity.

Over the next few pages are some alternative perspectives for 3 main emotions that people often find challenging. First it's important to acknowledge what we believe about emotions. Our beliefs determine what we do with them and how we experience them.

- ***What do I believe about Fear, Anger and Sadness?***
- ***What does it mean to experience and express them?***
- ***What do I believe about others who experience and express them?***
- ***Are these beliefs useful?***

TRANSFORMING OUR RELATIONSHIP WITH EMOTIONS

Fear can lead to courage. It can remind us of what we value, what's important to us, protect us, guide us *if* we allow fear to flow through us. Though when we remain attached to fearful stories (either within our head or in the news) and when we fear uncertainty itself, that's when it becomes stuck and lowers our vibration.

- ***What can I learn from this fear?***
- ***What's the positive intention of this emotion? Knowing this, what changes now?***
- ***What loving action can I take now?***
- ***Where and how can I create more safety and comfort for myself in a loving, healthy and constructive way?***



Emotions Continued

Anger can lead to creative passion. It helps us to create healthy boundaries, create changes and recognise our worth. It's immense strength, fire and passion can create new movements and change for humanity if directed in a constructive way.

- *What can I learn from this anger?*
- *What's the positive intention of this emotion? Knowing this, what changes now?*
- *What boundaries have been crossed and how can I strengthen them?*
- *What can I transform/construct thanks to this creative passion?*

Sadness can lead to deeper connection and understanding. It can bring relief and relaxation when we allow it to flow through us - notice the relief that arises after a good cry. Sadness opens up an opportunity to connect with gratitude. In the film 'Inside Out' sadness plays an important role. Sadness can help us connect with others too.

- *What can I learn from this sadness?*
- *What's the positive intention of this emotion? Knowing this, what changes now?*
- *What do I need to release with gratitude?*

Bonus Exercise

'I FEEL... PAGE'

I created following exercise, what I call the 'I feel... page' which is an opportunity to find the insights within emotions. Get a blank A4 piece of paper and allow yourself to release everything onto the paper when answering the below questions...

1) What unwanted emotion is currently present? And (with 10 being very high) how strong is that right now out of 10? Keep filling the page with everything that you wish to express...

I feel...

(Continue...) I feel...

2) What does this emotion feel like within your body? Where is it located? If you could see it or hear it what does it look and sound like?

I notice...

(Continue...) I notice...

3) If you were to know, what is this emotion communicating to you? What does it want you to hear?

I'm discovering...

(Continue...) I'm discovering...

4) How is it shifting as you continue to observe it? (E-motions are simply energy-in-motion; they are not 100% static and permanent all the time).

I observe...

(Continue...) I observe...



Bonus Exercise Continued

5) If you notice more than one emotion, which do you choose to let go of right NOW?

Right now, I release...
(Continue...) Right now, I release...

6) What else can you learn from this emotion? The learning of which can help release it easily and effortlessly. Notice how by learning something about yourself and your situation you can tap into a state of gratitude too. What are you grateful for about this emotion? What has it taught you?

I am thankful that this emotion has taught me...
(Continue...) I am thankful that this emotion has taught me...

7) How does it feel as you screw up this piece of paper and throw it away? Whilst taking a deep breath in and out knowing that all insights can be stored both consciously and unconsciously. Knowing that you have planted a seed to transform your experience of this emotion now. And, out of 10, how do you experience that old emotion now? What has changed? You may notice the intensity dropping slightly or significantly. Notice what changes.

8) Time to take action! Now play your favourite uplifting song or watch a funny video clip to shift your attention to something to lighten your state even more. Notice how that transforms how you feel even further as you shift your focus now... after all the grass is greener where we water it!

WANT MORE?

If you're looking for more FREE tips, tools, audios, videos and live webinars on transforming our relationship with emotions, negative self-talk and generating more self-love, I have audios, a podcast on my website and an online community...

PODCAST:

<http://www.emmabradford.net/podcast.html>

FACEBOOK GROUP:

<https://www.facebook.com/groups/705926902915712/>

WEBSITE

www.emmabradford.net

1:1 sessions are available online, as well as NLP and CREATING CHANGE the training. Full details on my website or email info@emmabradford.net.

Emma Bradford, ABNLP NLP Trainer, Food Energetics Teacher, dance and creativity enthusiast has spent almost 10 years supporting clients worldwide to reduce anxiety after overcoming her old weekly panic attacks many years ago. The basis of her work is to transform the *relationship* with negative self-talk and unwanted emotions - seeing them as some of the greatest teachers in deep personal awareness, growth providing steps forward into even more self-acceptance. Emma is the founder of Wholehearted NLP and the exclusive exploratory training CREATING CHANGE in how to generate deep connection in our lives at all levels through creative means.

