

FREE GUIDE



Start at the *end*

Your law of assumption starter guide

THE WHOLE IDEA, IN THREE STEPS

- ☐ Decide what you want
- ☐ Assume it's already yours
- ☐ Live from there (and stop checking)

easy does it



Plain words

4 methods

6 worksheets

7 day challenge

Hi, and *welcome* in.



So you found the law of assumption. Or it found you. (Honestly, same thing.) This guide is your friendly starting point. No big words, no pressure, just the basics and a few simple tools you can use today.

WHAT'S INSIDE

- **The basics.** What the law of assumption is, in plain words.
- **Your self concept.** The part that runs the whole show.
- **Four methods.** Easy ways to practice, with a how to for each.
- **The mindset.** Persistence, the old story, and why you can stop checking.
- **Worksheets.** Print them, write on them, keep them.
- **A 7 day challenge.** One small task a day.

HOW TO USE IT

- 1 Read it once, all the way through. No homework yet.
- 2 Pick one method that feels easy. Just one.
- 3 Print the worksheets, or fill them in on a tablet.
- 4 Do the 7 day challenge at your own pace.
- 5 Come back to any page, any time.



*Tip: go slow.
This is not a test.*

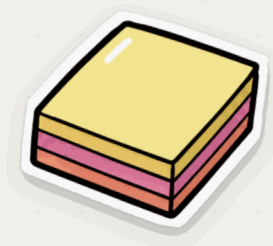


with love,
Everwell Mynds

Quick note: this guide is for learning and fun. It is not therapy, medical, legal or financial advice. Please take care of yourself and talk to a professional when you need one.

What's *inside*

Skip around if you want. (I won't tell.) But if you're brand new, the order below is a nice path.



THE BASICS	What the law of assumption is	4
THE BASICS	The world is a mirror	5
THE BASICS	Your self concept	6
THE BASICS	Normal is the feeling	8
METHODS	Robotic affirmations, scripting, SATS, living in the end	9
MINDSET	Persistence and the bridge of incidents	14
MINDSET	Drop the old story	15
MINDSET	Stop checking	16
MINDSET	Mistakes to skip	17
LIFE AREAS	Money mindset	18
LIFE AREAS	Love and your specific person	19
AFFIRMATIONS	Forty I am lines for money, work, love and self	20
WORKSHEETS	Six printable pages	22
CHALLENGE	Your 7 day starter challenge	28
EXTRAS	Questions people ask	29
EXTRAS	Come hang out	30

So what *is* the law of assumption?



Here it is in plain words. **What you assume to be true, and keep assuming, tends to show up in your life.**

This idea comes from Neville Goddard, a teacher and writer from the last century. His big idea was to **assume the feeling of the wish fulfilled**. In normal talk, that means you feel, right now, how it would feel if the thing you want were already done.

THE ONE LINE TO REMEMBER

Assume the feeling of the wish *fulfilled*.



1

Decide

Pick the end. What do you want, clearly?

2

Assume

Think and feel as if it's already done.

3

Persist

Keep that feeling until it feels normal.

*(I know, I know. It sounds too simple.
Stick with me.)*



The world is a *mirror*

Think of the world around you as a mirror. A mirror can't smile first. You smile, then it smiles back.

WHAT IS THE 3D?

3D just means your physical world. The stuff you can see, hear and touch. Your bank app, your inbox, your phone screen, the people around you.

When the 3D shows you something you don't love, it's showing an old reflection. You don't fight the mirror. You change what's in front of it: your thoughts, your feelings, your assumptions.



a real convo (basically)



THE 3D

I'm just copying you

why isn't it here yet??

THE 3D

got it, updating now

ok fine. it's done. it's mine.

Your self *concept* runs the show



Your self concept is what you believe about you. Who you are, what you deserve, what feels normal for you.

Think of it like the settings on your phone. You can download any app you want (that's your desire), but the settings decide how it runs. Change the settings and everything works differently.

OLD SETTING → NEW SETTING

~~I'm always broke.~~



Money comes to me easily.

~~People always leave me.~~



I am loved and chosen.

~~I'm bad at interviews.~~



I'm a natural at showing what I can do.

~~Good things don't last for me.~~



Good things stay with me.

Good news: a self concept is learned. You picked yours up from years of repeated thoughts. Which means you can learn a new one the same way, one thought at a time.



Quick self concept *check*



Circle how true each line feels right now. One means "nope", five means "obviously". (No judgment. This is just your starting point.)

I am worthy of good things.

(1) (2) (3) (4) (5)

I deserve to be loved.

(1) (2) (3) (4) (5)

Money comes easily to me.

(1) (2) (3) (4) (5)

I trust myself.

(1) (2) (3) (4) (5)

Good things happen to me.

(1) (2) (3) (4) (5)

I like who I am.

(1) (2) (3) (4) (5)

MY LOWEST LINE WAS

MY NEW I AM STATEMENT

I am _____

Come back to this page after the 7 day challenge and see what moved.



Normal is the *feeling*



A state is just how you think and feel about something right now. The state of wanting it. The state of having it. You're always in one.

Here's the trick. You don't need to feel super excited all day. Excitement is a visit. The goal is for having it to feel **normal**. Boring, even.

Think about your phone. You don't scream with joy every morning because you own a phone. You just have it. That calm, "yeah, it's mine" feeling? That's the one.

STATE OF WANTING

"Where is it? When will it come? Why not me?"

STATE OF HAVING

"Oh, that? Yeah, it's mine. Anyway, what's for lunch?"

TRY IT FOR ONE MINUTE

- 1 Think of the thing you want.
- 2 Ask, "If this were already normal for me, how would I feel?"
- 3 Sit in that calm, "of course" feeling for one minute. That's the state.

pick the second one. every time.





Four simple *methods*

You don't need all four. Pick the one that feels easiest and start there. Easy is good. Easy is the point.



PAGE 10

Robotic affirmations

Repeat a line until it feels normal.



PAGE 11

Scripting

Write it like it already happened.



PAGE 12

SATS

Picture the end as you fall asleep.



PAGE 13

Living in the end

Act and feel like it's done.

one method, done often > four methods, done once

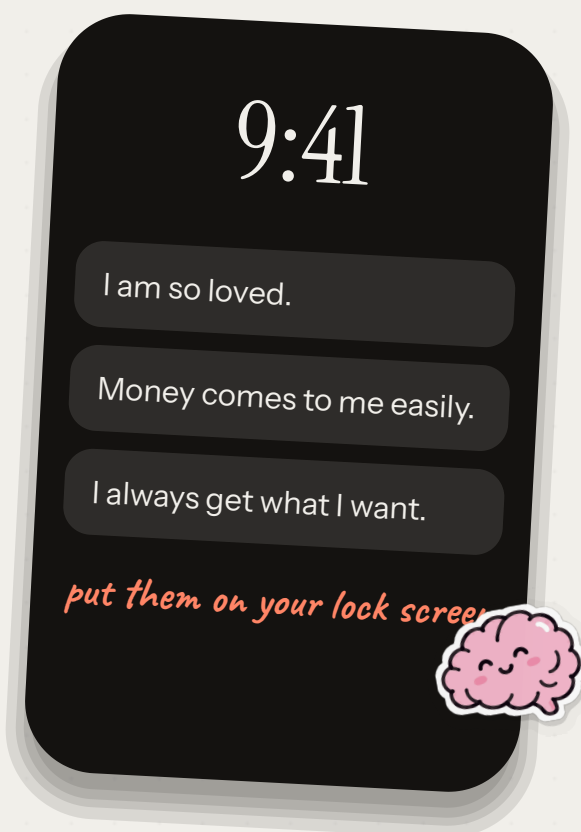
Robotic *affirmations*



Robotic affirming means repeating an affirmation over and over, like a robot. No big feelings required. You are filling your mind with new thoughts until they become your normal thoughts.

HOW TO DO IT

- 1 Pick one or two short affirmations. Short is better.
- 2 Repeat them in your head or out loud for a few minutes at a time.
- 3 Do it while you do boring stuff, like dishes, walking or brushing your teeth.
- 4 When an old thought pops up, say "nope" and go back to your line.
- 5 Keep it up every day. Repetition is the whole trick.



GOOD TIMES TO GO ROBOT MODE

while brushing your teeth

on a walk or the bus

while waiting in line

TIP

It does not have to feel true at first. It just has to become familiar.



Write it like it's *done*

Scripting is writing about your desire as if it already happened. A journal entry, a list, a pretend text to a friend. Anything goes, as long as you write from the end.

HOW TO DO IT

- 1 Grab a notebook or your notes app.
- 2 Write today's date at the top. (Yes, today. It's done now.)
- 3 Write as the version of you who already has it.
- 4 Add little details. What you wore, what you said, how it felt.
- 5 Say thank you, close the notebook, and go live your day.

Tuesday
Okay I'm still smiling. I got the keys to my sunny new place today. My friend helped me carry the plants in and we ate takeout on the floor. It feels so normal, like it was always mine. Thank you, thank you.



IDEAS FOR WHAT TO WRITE

a diary entry about the big day

a thank you list for what you have

a text to a friend sharing the news

TIP

Write from "I have", not from "I need". Need sounds like wanting.

SATS, the *sleepy* method



SATS stands for State Akin To Sleep. It's that drowsy, floaty feeling right before you fall asleep, when your mind is relaxed and easy to talk to.

HOW TO DO IT

- 1 Pick a short scene that shows your wish is done, like a friend saying "congrats!" or a hug.
- 2 Lie down, get comfy, and relax your body.
- 3 Play the scene in your mind in first person, like you're really there.
- 4 Loop it until it feels real, or until you drift off.
- 5 Fall asleep in the end. That's it.

A GOOD SCENE IS

- ✓ Short (a few seconds)
- ✓ In first person
- ✓ Something that happens after you have it
- ✓ Easy to replay



SCENE IDEAS

*a friend hugging you
and saying congrats*

*holding the keys in
your hand*

*reading the message
you were waiting for*

TIP

Can't stay focused? Totally normal. Gently start the scene again.

Living in the *end*



Living in the end means you think, act and feel like the wish is already done. Not someday. Today, in small ways.

HOW TO DO IT

- 1 Ask yourself, "What would I do if this was already mine?"
- 2 Do a small version of it. A thought, a habit, a vibe.
- 3 Talk to yourself like it's done.
- 4 When you slip into wanting, gently switch back. No drama.

SMALL WAYS TO TRY IT

- **Money.** Look at prices calmly, like it's no big deal.
- **Love.** Stop rereading old texts. Why would you?
- **Self.** Get ready like the confident you.
- **Work.** Plan your week like someone who loves their job.

WANTING YOU

when is it going to happen?

it happened. so, what's next?



ASK YOURSELF

what would I stop worrying about?

how would I talk to myself?

what would feel normal now?

TIP

This is about the inner feeling, not faking it or spending money you don't have.

Persistence is the *secret* sauce

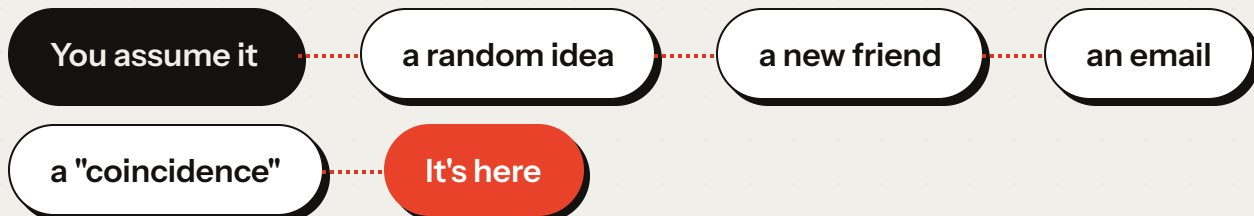


Persistence means you keep your new assumption, even when the 3D hasn't caught up yet. Especially then.

THE BRIDGE OF INCIDENTS

This is the series of normal looking events that leads to your desire. You don't have to plan it. You don't have to know how. Things just line up, one step at a time.

The bridge can look boring. A phone call. A chat in line. A random idea at 2am. That's normal.



PERSISTENCE LOOKS LIKE

- ✓ Going back to your I am after a wobble
- ✓ Not asking for a sign every day
- ✓ Living your normal life in the meantime

IF THE 3D SHOWS THE OPPOSITE

Don't react like it's final. It's an old reflection. Keep your assumption anyway, and be kind to yourself while you do.

your job: persist. the how is not your job.



Drop the old *story*



The old story is every thought that sounds like "it's taking forever" or "this won't work for me". It feels loud because you've told it for years. That's all. Loud doesn't mean true.

OLD STORY

~~It's not working.~~

~~This works for everyone but me.~~

~~I always get ghosted.~~

~~I'll never afford that.~~

NEW STORY

It's done. It's mine.

This always works for me.

People love talking to me.

I can easily afford what I want.

1

Notice

"Oh, that's the old story again."

2

Don't fight

No panic. It's just a thought.

3

Swap

Say the new story instead.

REMEMBER

Loud doesn't mean *true*.

(No judgment. Everyone has an old story. You're just not reading it out loud anymore.)



Stop *checking*



When you order something online, you don't stand at the door all day. You know it's coming, so you get on with your life.

Checking for your desire is like saying "it isn't here". So every time you check, you're practicing the state of wanting.

SIGNS YOU'RE CHECKING

- ✗ Opening your bank app ten times a day
- ✗ Rereading their last message (again)
- ✗ Asking "is it working?" everywhere
- ✗ Counting days on a calendar



INSTEAD

Catch it, smile, and go back to the end. "Oh, I was checking. Cute. It's already mine." Then go do something fun.

your package is on its way. you don't chase the delivery truck down the street.



Mistakes to *skip*



We've all done these. (Me too. Some of them twice.)

Here's how to dodge them.

1 Waiting to feel it first
You don't need to feel ready.
Start, and the feeling grows.

2 Doing ten methods at once
Pick one. More is not faster, it's just more.

3 Checking the 3D all day
Every check is a little vote for "not here yet".

4 Treating doubts like signs
A doubt is an old thought, not a message.

5 Being mean to yourself
Slipped up? Fine. Just come back. No punishment needed.

6 Forgetting to live your life
This works best when you're busy having a good day.

REMEMBER

Messed up? Welcome to the club. You don't start over. You just come back to the end.



Money, but make it *normal*



This page is about mindset only. It's not financial advice, so keep paying your bills and making smart choices. (Future you would want that.)

Your money self concept is what you believe about you and money. If "I'm always broke" is on repeat, that's the setting you're running. The good news: settings change.

MONEY HABITS FROM THE END

- ☐ Say "money comes to me easily" while you do chores.
- ☐ Say thank you when money arrives, and when it leaves.
- ☐ Look at your balance calmly. No panic face.
- ☐ Script one page about a normal day as the wealthy you.

OLD VS NEW

~~Money is so hard to get.~~

Money flows to me.

~~I can't afford anything.~~

I always have enough.

~~Rich people are lucky.~~

I'm lucky with money too.



Received

- Unexpected money ✓
- A good surprise ✓
- Calm feeling ✓

PAID IN FULL



Love and your specific *person*



A specific person is someone in particular you'd love to be with. Same rules apply: your self concept, your assumptions, persistence.

START WITH YOU

How you see yourself shapes how you're treated. "I am loved and adored" is the foundation.

ASSUME THEY LOVE YOU

Think of them warmly, as if you're already together and happy. Then let it be.

STOP CHECKING THEIR SOCIALS

Their stories are not a scoreboard. Watching them is a way of checking.

RESPECT IS PART OF THE END

The end is a happy, kind relationship where both people feel free and good.

Keep it kind: assuming in your mind never means pushing in real life. Respect everyone's boundaries, always.



TRY THESE

- My person loves me.
- We are so happy together.
- I am always chosen.

SP

good morning, love

morning! see you tonight





I am lines for *money* and work

Pick two or three that feel good, not all of them. Say them like a robot until they feel like old news.



Money

- 1 I am a money magnet.
- 2 Money comes to me easily.
- 3 I always have more than enough.
- 4 Money loves me and I love money.
- 5 I am good with money.
- 6 New money comes to me every day.
- 7 I feel calm about money.
- 8 I can afford what I need and want.
- 9 Money is safe with me.
- 10 Being wealthy feels normal to me.



Work

- 1 I am great at what I do.
- 2 Good opportunities find me.
- 3 I always get the job.
- 4 People love working with me.
- 5 My work is valued and well paid.
- 6 I am confident in interviews.
- 7 I love where I work.
- 8 Doors open for me.
- 9 I am always in the right place.
- 10 My dream job is mine.

circle your favorites

I am lines for *love* and self



Short and normal wins. If a line feels too much right now, pick a softer one. You can level up later.



Love

- 1 I am so loved.
- 2 I am easy to love.
- 3 My person adores me.
- 4 I am always chosen.
- 5 Love feels safe and normal to me.
- 6 People are kind to me.
- 7 My relationships are happy and healthy.
- 8 I am deeply appreciated.
- 9 Love finds me everywhere I go.
- 10 My heart is full.



Self

- 1 I am enough.
- 2 I am worthy of good things.
- 3 I love who I am.
- 4 I always win.
- 5 I am beautiful.
- 6 Everything works out for me.
- 7 I trust myself.
- 8 I am calm and confident.
- 9 Life is good to me.
- 10 I get what I assume.

write your own in the margins

WORKSHEET 1



Decide your *end*

Be clear. Be specific. You're placing an order, not making a wish.

MY END IS

HOW WOULD I KNOW IT'S DONE? (WHAT I'D SEE, HEAR OR SAY)

HOW DO I FEEL NOW THAT IT'S MINE? CIRCLE ALL THAT FIT.

calm

proud

happy

relieved

grateful

excited

safe

free

loved

confident

MY I AM STATEMENT FOR THIS

I am

SIGNED, THE ME WHO HAS IT

DATE

WORKSHEET 2



Old story, new *story*

Write the old thought on the left. Write what's true now on the right. Then only read the right side out loud.

OLD STORY (WHAT I USED TO SAY)

NEW STORY (WHAT'S TRUE NOW)

~~*I'm always tired and behind.*~~

→

I have all the time and energy I need.

→

→

→

→

→

→

→

→

→

WORKSHEET 3



7 day robotic *affirming* tracker

Tick a box each time you do a round of a few minutes.
Missed one? That's fine. Just tick the next one.

MY AFFIRMATIONS THIS WEEK

1

2

3

	MORNING	AFTERNOON	NIGHT	HOW IT FELT TODAY
Day 1	☐	☐	☐	
Day 2	☐	☐	☐	
Day 3	☐	☐	☐	
Day 4	☐	☐	☐	
Day 5	☐	☐	☐	
Day 6	☐	☐	☐	
Day 7	☐	☐	☐	

BY DAY 7, I NOTICED

My scripting *page*



I'M WRITING ABOUT

Dear diary,

Thank you, thank you, thank you.

WORKSHEET 5

My proof *jar*

Every time something good happens, even tiny, write it in the jar. Little proof, big proof, all proof counts.



- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____
- 11 _____
- 12 _____

COUNTS AS PROOF

*a free coffee
a nice text
a song that felt like
a sign
a good mood out of
nowhere*

*read it when you
feel like checking*



WORKSHEET 6



SATS scene *planner*

Plan the scene before bed, so you're not making it up while you're sleepy.

MY DESIRE

WHERE AM I IN THE SCENE?

WHO'S THERE WITH ME?

WHAT DO I HEAR, TOUCH OR FEEL?

THE ONE LINE SOMEONE SAYS (THIS IS THE HEART OF THE SCENE)

”

SKETCH IT IN THREE FRAMES

START

MIDDLE

END

NIGHTS I DID IT

Night 1 ☐

Night 2 ☐

Night 3 ☐

Night 4 ☐

Night 5 ☐

Night 6 ☐

Night 7 ☐



The 7 day starter *challenge*

One small task a day. That's it. Skipped a day? Pick it back up tomorrow. Nobody's grading this.

DAY 1



Decide your end

Fill in worksheet 1.
Be specific.

☐ done

DAY 2



Pick your line

Choose one I am statement and robotic affirm it for five minutes.

☐ done

DAY 3



Script it

Write one page as the you who already has it.

☐ done

DAY 4



Swap a story

Catch one old story and swap it on worksheet 2.

☐ done

DAY 5



Try SATS

Plan a short scene and fall asleep in it tonight.

☐ done

DAY 6



Live in the end

Do one small thing the new you would do.

☐ done

DAY 7



Fill the jar

Add three things to your proof jar.
High five yourself.

☐ done

you did it!

Now keep the one thing that felt easiest, and do it again next week.



Questions people *ask*

Do I have to believe it right away?

Nope. Belief grows with repetition. Start where you are and keep going.

Can I work on more than one thing?

Yes. Most people find it easier to start with one, then add more.

How long does it take?

Honest answer: I can't promise a timeline, and nobody can. Focus on making the end feel normal and stop counting days.

What if the 3D gets weird?

Don't react to it like it's final. Keep assuming, and take good care of yourself in real life.

What if I have doubts?

Totally normal. A doubt is just an old thought. Notice it, swap it, move on.

Is this a replacement for therapy or a doctor?

No. This is a mindset practice. Please reach out to a professional whenever you need support.

Which method is the best one?

The one you'll actually do. Seriously.

STILL CURIOUS?

Bring your questions to the free Everwell Mynds community. Somebody has wondered the same thing, promise.



Come hang *out*

You don't have to do this alone. The Everwell Mynds community is a free, friendly place to share wins, ask questions and keep each other going.

WEBSITE

everwellmynds.com

Join the free community and find more guides.

YOUTUBE

[@EverwellMynds](https://www.youtube.com/@EverwellMynds)

New videos to keep you in the end.



Start at the *end.*

see you there

