

MANIFESTING MASTERCLASS



It feels like magic, but it's not!

CHANGE YOUR MIND, CHANGE YOUR LIFE.

What's your experience with manifesting been like so far? (what do you struggle with?)

What did you manifest last year that felt positive?

What did you manifest that felt negative?

On a scale of 1-10 (10 being very happy) how happy are you currently?

How does life need to be different for it to be a 10?

What do you believe you need to get from the number you're at now to a 10?

On a daily basis, what's your vibe like? (high or low? try to describe your vibe)

List the top five things you would like to manifest in your life this year?

Now choose the number one thing you would like to manifest.

Write down everything you believe about yourself in relation to the number one thing you want to manifest.

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Circle one belief you have that will be most holding you back from getting where you want to be (write it below)

Describe what your actions and feelings have been like towards the number one goal/desire you want to manifest.

If you whole heartedly knew this was coming your way and you could be happy with or without it, what would be different in your feelings and actions currently?

What are you holding onto from the past?

How do you judge others?

What causes you worry?

When do you most doubt yourself?

How do you treat yourself badly or without the upmost care?

Now get excited about it coming - cultivate the energy within you. Write an exciting statement about it coming your way.

What is the work you need to do on yourself to become more of who you need to be to manifest this.

What action will you take today to start making this a reality?