

Monday Manifesting ✨

SURRENDER:

- 1) **Somatic Release Process:** Using the two 'peace fingers' of your right hand, start tapping the fleshy part between the base of your pinky finger and wrist saying out loud, all the things that are bothering you/aren't working/are creating low self worth vibes.
- 2) Draw in 3 deep breaths through your nose, and out your mouth with a 'haaaa' sound to release, and shake out your hands, legs, hips and whole body when you're done.
- 3) Now, set a timer for 2 minutes and say as many things as you can that you are grateful for out loud!

REFLECTION:

- 1) What are your wins from the past week? _____

- 2) What did you do well? _____

- 3) How much did you make last week and/or did you achieve your goals? _____

- 4) What could you have improved upon? _____

- 5) What did you learn? _____

SET UP LOVING VIBES: Ground, connect & protect. Place both hands over your heart chakra and imagine a beautiful green light emanating from here, filling up your chest, and then radiating through your whole body with this green healing light of self-love. Write down three things you love about yourself or are grateful for in your life right now.

- 1) _____
- 2) _____
- 3) _____

PRACTISE RECEIVING: Do something today that makes you feel happy, elevated, or alive e.g. swimming in the ocean, catch up with someone inspiring, go to a fitness class or yoga, take yourself for brunch, or perhaps buy yourself a gift to say 'well done' on being awesome. Write what it is here: _____

Why are you deserving of it: _____

Monday Manifesting ✨

INTENTION:

- 1) What is your overall intention this week? _____

- 2) If applicable, how much money do you want to make? _____
- 3) How do you plan to achieve it? _____

- 4) What emotions* are you feeling about this goal right now? _____

- 5) What do you need less of right now? _____

- 6) What do you need more of? _____
- 7) What are your 3 'Most Important Tasks' (MITs) to achieve your weekly goal?

- 6) How will you feel knowing you've done them all ? _____

- 7) What is one thing you can do to get out of your comfort zone this week? _____

- 8) What is one way you can reach 10 potential new clients this week (if applicable) _____

Ok, now, go put on your favourite tune, get up and dance, jump around, smile and be silly, and then write down your BIGGEST BOLDEST intention below, saying it out loud:

"I intend to _____ because it feels
_____ and will bring me closer to my
overall goal of _____. I am seeing,
feeling, and experiencing this into existence now and I'm so grateful that everything is
falling together to make it happen! Aho, and so it is!

Thank-you universe, thank-you universe, thank-you universe! I love you!

PLEDGE & DECLARE IT

"I pledge to follow through on all my MIT's this week, and create excitement around my work to align with the frequency of success. I declare that I am ready, willing, and able to hold this success and receive divine wisdom from source, helping me achieve my goal in ways that I would have never believed could happen. I claim my success now, and the confidence codes coming in to support my journey. I love who I am, what I do, and I am worthy of this success, and so much more.

Thank-you (*your name*) for showing up for yourself!"

*use emotion layers tool if needed to fill in emotions and clear them.