



Week 1 - Sowing Seeds - Intention

Write down seven things you want to feel better about it. If you get stuck think about the different areas of your life - such as: Spiritual, Financial, Relationships, Social, Creative, Career and Physical.

Write in the present tense, as if you already have whatever you want. Don't worry about how they will happen or what you might need to do to bring it in to your life, your job is to identify your desire. Allow yourself the possibility that all is possible and be open to receive.

Writing a list of desired things, does not bring them to you. This is just a way to start you focusing on the vibration of what is wanted instead of what you think is missing or something not wanted.

You bring to you what you are, the outside world will support your belief of it.

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Week 2 - Develop Flower Buds - Resolution

Close your eyes and feel how you think you will when you are living your desires. Really feel it and see if you can identify anything in your life that feels the same and write it down. Close your eyes once again and open yourself the experiences over the past week and see where your desires are already turning up. Remember your feeling is also a manifestation.

You didn't come here to face reality, you came here to create reality.

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