

WEEK 3 - Turn Up The Flow

Close your eyes. Breathe.

Set an intention.



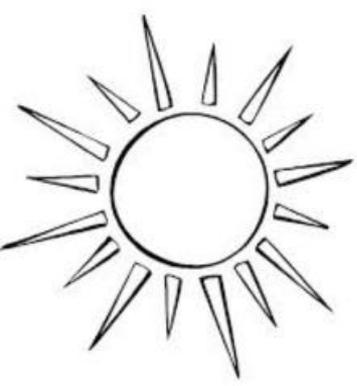
What are you most excited about creating?

In the space provided, write out your creative dream as if it's already happened. Go as big and bold as you possibly can, because allowing yourself to imagine it makes it exponentially more likely to manifest.

The difference between this and the dream life exercise we did last week, is that we are now going to allow out vibrational alignment of purpose to feed this vision, which is not at the macro level, but at the micro.

First thing to do is to get into vibration of purpose. Close your eyes. Get back into a neutral state. Breathe. Now connect to your purpose statement. Allow the feeling of living that statement to permeate every cell of your body. Notice yourself expanding. Now when you feel like you've gotten clearly entrained into the frequency, ask this simple question "what do I want to create?" Don't overthink this, just write down the first thing that pops into your mind. Add any details that also come through. When you've finished allowing yourself to play in this, re-read the entire idea and notice if it feels expansive. Is this something you actually feel like creating?

If so, how soon?



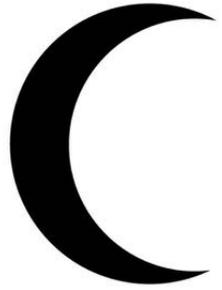
How you start your morning will set the tone for the entire day. In the space provided, design a morning practice. At the top, set the time you're willing to commit to this each morning. Next, write the activity or activities you'd like to have as options to pick from. There should be at least one for your mind, one for your body, and one for your spirit.

TIME:

BODY:

MIND:

SPIRIT:



It's important to quiet the conscious mind before bed, so that it's not still going wild in the early stages of sleep. It's also important that the body be able to release any pent up or stored energy, so that it doesn't get stored into muscle memory while we sleep.

TIME:

BODY:

MIND:

SPIRIT:

Week 3 HW

- ❖ Meditate & Free-Flow Journaling
- ❖ Expansive & Contractive Decisions
- ❖ Morning/Evening Routine
- ❖ Food Journal
- ❖ No More VICE