Week Eleven

The Plan

Congratulations!

You have accomplished so many amazing steps in this process to attract what you love!!!
Give yourself a HUGE KUDO's!

Now it's time to make a plan. YES, a PLAN! A list of the steps needed to accomplish the dream that you wrote!

1. Sit in a quiet space, relax, breathe and just BE. You'll want to have your pad and pen so as thoughts flow you can write them down. No limitations, right? (If you are in the members coaching program, access the meditations that will support this process)
2. Open and allow the process to be exactly the way it needs to unfold. Release control. With Faith, trust and awareness.
3. Feel the light coming into the top of your head (crown chakra). Feel yourself receiving the infinite wisdom available to you. Feel yourself relaxing as you let go and trust the process.
4. Say YES!!! Make a decision to go the distance and have Faith that you will be guided every step of the way. Feel a new ease rising up inside you and connection to an infinite wisdom that is 'breathing' within you. You have a great feeling of comfort and confidence now. You can feel the very presence of this life within you. Now you get to co-create with the powers you have been given. Now you can live your purpose, attract more of what you love and gift it forward.

Lesson - Feeling and Commitment

"I am in charge of my life."

Bring the image of your dream into your mind before you start writing. Bring in all the feelings and images as if you are already there. Step inside the picture and move around so that you see it from different perspectives. Say "This is my life!"

ACTION STEPS

Write down the feeling of your vision. This is the science that makes it work. Believe it and magnetize it!

Make a commitment. What percentage are you going to have the faith to commit to this dream? State it.

Write down the time of days that you will devote at least 30 minutes to your dream. Increase it when you can. Go ahead book yourself into your schedule!

I agree to following through each day in creating my dream

I will trust and have faith and turn down the doubtful and fearful voices

I will remove the feeling of lack and bring forward the abundance that is here for me

I give thanks each day for all my feelings and get back on track and lift myself up quickly and express gratitude.

Lesson - Simple Actions

Make a daily list of simple action steps to keep you aligned with your dream and highest purpose. Remember you want to do what you can with what you have and plan it out so you CAN accomplish it

> ***For ex.*** *Monday: I start my day in meditation. I give gratitude and thanks. I make someone smile today. I write down 1 thing I can do to bring forth my dream. Today, I will pay it forward. As I give, I receive*
>
> *Tuesday: I am grateful I woke up today. I honor the wisdom of my body each day. Today I will share inspiration and take 1 more action step to bring forth my dream and notice how it feels.*

You can increase each day as you desire. The more you give out, the more you will be grateful. The more you are grateful the more you will have in life to give gratitude back.

Lesson - Share My Dream

I will share my dream in the mirror with *Excitement* as if I am living it every single day! I will feel it deeper in my being and I will have Faith!

Lesson - Take a Leap of Faith

I will take a leap of faith .

Write down the one thing that scares you to do, to bring forth your dream.

Commit to taking action and pushing through that uncomfortable zone.

What did you do to push?

How did it feel?

What are you aware of?

I commit to pushing through each week with one thing that scares me and to honor the feelings. I will invite into my life, the best life and allow my imagination to expand and master my mindset!

Lesson - Purpose

Write down your purpose as you clearly understand it now. Remember to listen to that still small voice as you write.

Lesson - Purpose

Each week take at least 1 day to do something for you. To relax, to have fun, to enjoy nature . Write it on your schedule and honor your time.

"Dear God and angels, please help me to accept that everything is going in the right direction"

Focus, Practice, Willingness

If you had 3 roads to walk down, which would you pick and why?

1 is bumpy, a winding road and has pot holes

2 is winding

3 is straight and smooth

6 MONTHS, staying exactly where I am because I feel this is where I need to be right now. I am now ready to

1 YEAR from now I will have what I feel is most important state:

and be happy and grateful I've made it! I will now create:

3 YEARS FROM NOW I am standing before myself and honoring all my accomplishments!

I am exuberant, clear and grateful I have accomplished everything I set forth and manifested my dream purpose. I am mastering how to operate on a spirit level and it feels amazing. I am ready to move forward !

I make a commitment to align with clarity in mind, breathing into the desire to connect on this or something better that contributes more. I am always being creative, because that is the nature of life.

My purpose and intention is now:

Rejoice in your choices!

Lesson - Gratitude Prayer

Write a gratitude prayer.