

Desire



Create Your Plan & Energetic Blueprint

How to create a plan and energetic blueprint.

Get yourself into a relaxed state of body and mind using the meditation, then below under each title which represents an area of your life write down what you see, what you feel, what you are doing when this part of your life is exactly the way you desire it to be.

As you go through this process ask yourself these questions

How do I desire to feel?

What would I love more of?

What would I love less of?

What am I doing?

What have I let go of?

Knowing that everything and Anything is possible what would I love?

Career

Finances

Health

Freinds & Family

Personal Growth & Development

Fun & Recreation

Relationships

Environment

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Once you have chosen the area of your life you desire to manifest first. Write out your vision in the present "I am" every day over the 5 days.

Notes - AH..HA'S

