



Living a Life of Joy Group Program Workbook

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TABLE OF CONTENTS

1



Part 1 -
Overview of Program

2



Part 2 -
Program Sections

3



Part 3 -
Your Journey Forward

4



Part 4 -
Manifesting Your New Life

5



Part 5 -
Daily Practices



Part 1 - Overview of Program

Living a Life of Joy
Group Program



Overview of Program:

You are here to discover who you are and who you are becoming. You are on a quest to connect with who you really are inside and to step into being your true authentic self. Where every day, you are stepping out as the greatest version of yourself. To create a life where you are living it to the fullest and living it from a place of joy.

Our main purpose here on earth is to live a life of Joy. To bask in all of the good things that life has to offer you.

You are, also, here to experience the contrast of life. To go through the ups and downs. When you experience the contrast, you can expand and grow from it. Through it, you can determine what it is that does feel good to you. Your desires are born from the contrast. It helps you to see what it is that you do not want so that you can determine what it is that you do want. What it is that you desire and want to experience instead. And if you do not know specifically what that is, you are able to, at least, look at it in general terms. You can determine what the feelings are that you want to feel and start there. The specifics can be added in later. The feeling is what is most important. When you can feel what it would feel like to have it, you release resistance to it coming to you. It is important to note that when you put your desires out there, when you ask for what you want, Source does hear you. Source then answers your desire and sends it to you.

In order to receive it, though, you have to be lined up with it. You have to be on the same energy vibration or frequency that it is on. In other words, you have to be aligned with it. Keep in mind that everything is energy and everything that you want is energy. So, you need to line up with the energy of it. If you feel good and are experiencing the feelings that you will feel when you have it, then you are lined up.



You, also, have to release any resistance of it coming to you. If you have resistance to it, you block it from coming to you. You create resistance through your thoughts that are the opposite of it, that are negative, or that doubt that it is possible. An easy example of this would be if you want abundance. But instead of focusing on the abundance that is coming to you, you focus on the lack, or the poverty, or the doubt that you can have it, you are creating resistance and blocking it from coming. You have to be aligned with it vibrationally in order to have it come into your experience. In other words, you have to be in alignment with it.

Your desires can be anything. There is no limit. They can be physical, mental, emotional, etc. The bottom line is that it is all about how you want to feel and what makes you feel good. You desire the things that make you feel good, that bring joy into your life, that help you to live your life to the fullest, that resonate with who you really are.

To explain these concepts further, we want to discuss the Law of Attraction. Just like gravity, the Law of Attraction is an unseen force at work in the Universe and it is always working. It says that like attracts like. So, when you are in a low energy vibration, you are residing at the bottom of the Emotional Guidance Scale. You are out of alignment and life feels bad. A lot of times we are pushed here after we experience an adversity in our life like the loss of our spouse or partner. Since, the Law of Attraction is always working, when you are in this low, dense vibration, you are putting that frequency out into the Universe. Since you are putting that vibration or frequency out, you are attracting things that match that back to you. For example, in this place you may be focusing on being lonely, so you get more lonely back. What you focus on expands so you keep feeling more and more lonely. It expands in your experience and becomes one of your dominant thoughts. When



you are focusing on feeling sad, you get more sad. You are attracting people, places, and things to you that are in the same vibrational frequency as you are. We are vibrational beings, so we are always emitting a vibrational frequency. This works the exact same way no matter where you are on the Emotional Guidance Scale. When you are aligned and at the top, you are attracting your desires to you. So, basically, wherever your frequency is, is what determines what you are attracting to you. It can be no other way; this is the Law of Attraction where like attracts like.

You can use your emotions as your guide, as your indicator as to where you are on the emotional scale. You can use your emotions as your GPS to help guide you through life. When you feel good, you know you are on the right path. When you feel bad, you are deviating off your path and away from source and your desires. It is your indicator to course correct and step back in the direction of your connection to your Inner Being, to who you really are.

As we said previously, when we lose our loved one, we can find ourselves hanging out, the majority of the time, in those lower-level emotions towards the bottom of the Emotional Guidance Scale. When you experience this loss, you can feel empty and feel a void inside. You can become disconnected from who you are, and this helps to create and contribute to your lonely feelings. You can struggle to figure out how to fill yourself up again and how to shift out of these feelings and emotions. In order to feel better, you need to fill yourself up with self-care and self-love. To begin to gradually shift to better feeling thoughts and emotions that bring you relief. To connect with your Inner Being, which is Source, which is connecting to who you really are. When you are able to do this, you begin to climb the Emotional Guidance Scale. You begin to align with who you really are, which is Source energy. You



eventually get to the place where you reside, the majority of the time, towards the top of the Emotional Guidance Scale. Where you are experiencing the higher-level emotions. Here you are in alignment. You are connected to your Inner Being and who you really are. You are able to fill the void. From here, you are able to attract the things that you desire into your life.

In summary, no matter where your vibration is, you are always attracting and manifesting. When you are in vibrational alignment with all of the really good things that you desire, you are able to attract those things to you.

All of this is a process. This is not something that is going to happen overnight. That is why we are on this journey together so that we can support one another as we learn, grow, and expand along the way. You do not want to try or put effort into this. You want for it to flow and for you to take steps forward with ease. You want to release any resistance or difficulty. Being in ease and in the flow is how you step into the concepts and begin to embody them in your being. So be easy on yourself. You want for it to feel good, if it doesn't you are trying too hard and putting up resistance. So let it unfold and step into it with ease and fun. We are here to have fun and to live from a place of joy. Where "Feeling Good" is always your priority. As you begin to put these concepts into practice, you begin to create new habits and the old ones begin to disappear. These new habits are building new neural pathways in your brain. Eventually with repetition, the new neural pathways are formed, and they become your default. You then begin living your life from this realm. From the place where you feel connected, where you feel good, where you feel Joy, where you are living your life to the fullest on a more consistent basis. Where this becomes more of the norm for you rather than the exception.



You are the creator of your life. You can be, do, or have the things that you desire and the things that resonate with you. You want to put yourself in vibrational alignment with the things that you want. You want to believe that it is possible for you. You want to behave as if it is your reality. You want to embody it and become it. You want to step into and act as the person that you are becoming. You want to feel into the things that you desire. You want to step into the reality that it is already here and that you are living from that place. That the reality that you want, is your current reality. You are telling the story of your life as you want it to be, and you are stepping into living that story before you physically see it in order to manifest it to you.

You realize that you are in a place where you can choose for you. That you can honor what feels good and right to you. That you can set aside the beliefs, wishes, and wants of those around you and begin to truly connect to yourself and what it is that you want. What it is that feels good to you and resonates with you. Where you can follow the guidance, intuition, messages, and inspiration that you are receiving from your Inner Being. Where you can put aside others and follow what feels good to you and what you are being called towards. When you are aligning, you are connecting to source, to your Inner Being. You then feel whole and connected. You feel unconditional love and Joy in your life. You realize that there is nothing that you cannot be, do, or have because you are part of Source, that is who you are, and you are connected. You are part of all that is. When you are in this place, you can manifest and draw to you all of your heart's desires. All of the



things that you want to feel and experience in your time here on earth. You can experience them all from a feeling of Joy. Where you are truly Living a Life of Joy.

For clarity, the concepts are broken down into 3 areas or sections:



Part 2 - Program Sections

Living a Life of Joy
Group Program

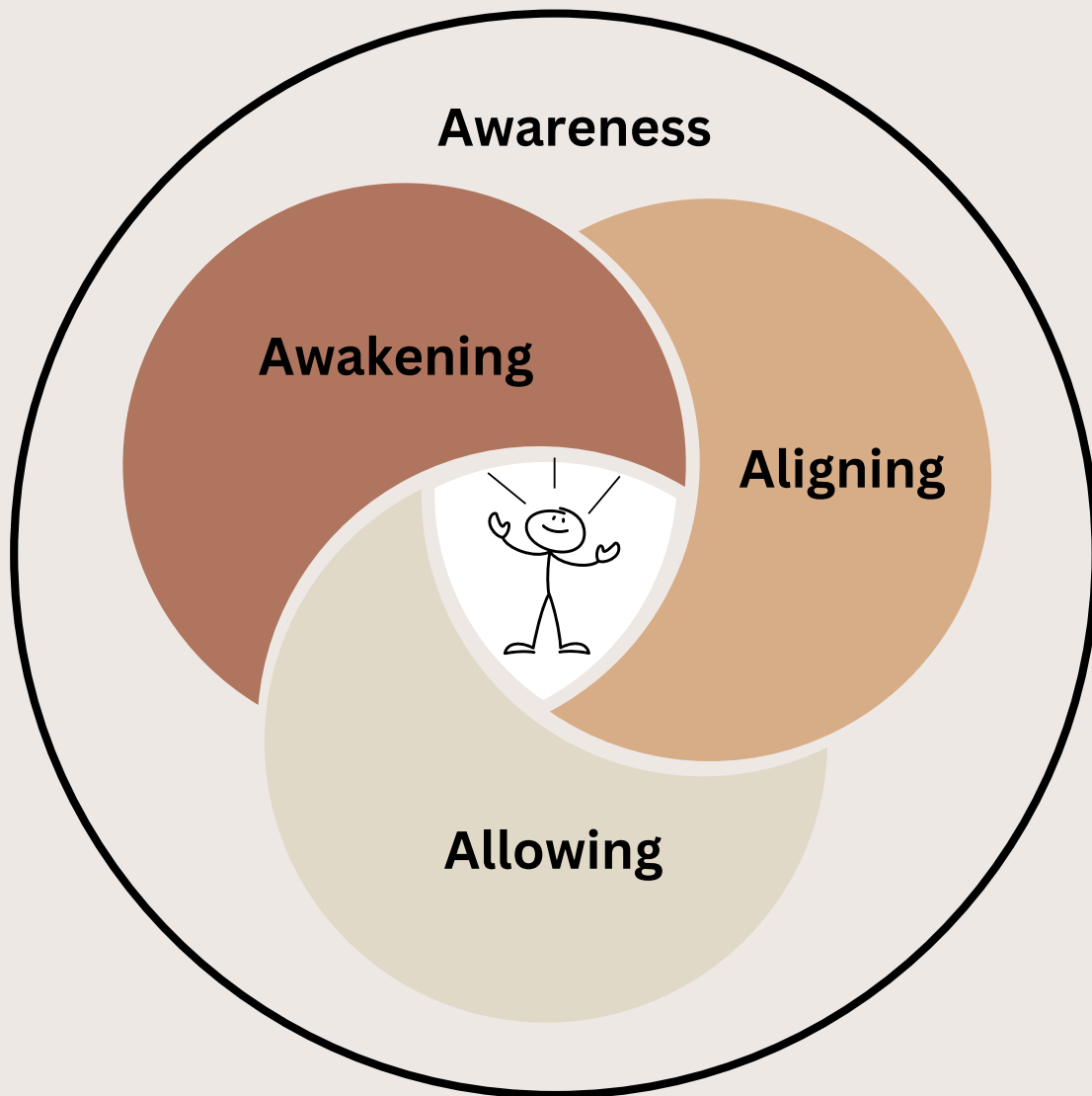
Overall Program Diagram

Level 1 - Finding Joy in the Journey

-Awareness

Level 2 - Living a Life of Joy

-Awakening, Aligning, Allowing





Program Sections

Section 1:
Awakening

Section 2:
Aligning

Section 3:
Allowing





Program Sections

Section 1: Awakening





Section 1 - AWAKENING:

Through Awakening, you can begin to fill the void. You are awakening to who you really are. To realizing that there is so much more to life than meets the eye. So much more than the average person understands. Realizing that you are part of Source Energy and that there is nothing that you cannot be, do, or have. That you have a connection to the Spiritual realm where you come to know that you are not alone. That they are conspiring for you and want the best for you. They are guiding you and providing you with inspired action steps as you journey forward. Knowing that You are part of them. Because, ultimately, we are all one.

You are in the process of discovering your true authentic self.

Discovering what the best version of you looks like. Discovering what it is that resonates with you. Because ultimately, you are wanting to step into the Best Version of You, where you are living as your True Authentic Self, as much as you can, every single day. From this place, you create your life your way and on your terms. You begin to live your life to the fullest and truly begin to live a life of Joy.

Awakening is a continual process; you do not reach any end point. You are continually evolving and growing and stepping into more of who you are. You are stepping onto a path of exploration and self-discovery.

You begin to fill the void through Awakening and beginning the forming of a connection with your Inner Being. You are connecting to Source Energy and to the part of you that you have awakened to. You, also, start filling yourself with self-care and self-love. By incorporating self-care and self-love items into your day where you are doing things to show yourself some love and where you are doing small things to help you feel good. You are helping yourself embody the ideas and concepts that you are worthy, you are loved, and you matter. To step into a place



where you eventually love yourself fully, completely, and unconditionally. This helps you to begin to put yourself first and to climb the Emotional Guidance Scale and move yourself into the higher better feeling emotions.

You are beginning to look at the things that are going right. The more you focus on these, the more you see good things. When you appreciate the things around you, it helps you to feel good. Remember what you focus on expands, so you are wanting to continue to focus on this to have more and more great things come into your life.

You are creating a connection with you Inner Being. You are climbing the Emotional Scale so that you can begin to try to live every day from the place of Alignment. Where you are residing in the place of the higher vibrations and the emotions of Love, Joy, Peace, and Gratitude.



Program Sections

Section 2: Aligning





Section 2 - ALIGNING:

You want to climb the Emotional Guidance Scale to the higher vibrations to where you can step into a place of Alignment. When you are filling yourself up, you are aligning with who you really are. You are Aligning with your true self, with your Inner Being who is Source. Keep in mind, that the place of alignment is different for each of us because we each have a different guidance system.

When you are in the place of Alignment, you are in the higher vibrations, and you are residing at the top of the Emotional Scale. You are in a place where you feel really, really good. You are in the flow with all of life. You feel ease and contentment. You are able to maintain your center and balance in spite of what is going on in the world around you. You know that you can assist others, the most, from your place of Alignment rather than be pulled down by what is going on. Things no longer feel difficult or impossible. You release resistance to the things that are holding you back and getting in your way. You are living as your true authentic self, and you are being the best version of you. You see life from a different realm. A higher realm, where you Trust that everything is unfolding exactly as it should. You know that everything is going to work out for your best and highest good.

In this area, you are understanding that you are an energy being that is always emitting a vibration. You look into how you can raise your vibration, your frequency in order to step into a place of alignment as much as you can. You want to begin to come from a place where you implement Alignment first in every segment of your everyday life. Then from that place, everything can and will flow.

Although, this is our ideal, this is a continual work in progress. We are human and we will, and we do fluctuate up and down as we go through our day and as we go through our life. But you want to stay aligned as



much as you can. To stay in that place that feels good. Because ultimately, you want to feel good as much as you can, and you want to feel those higher-level emotions and to live your life from that place. You can put practices into place that help you to experience relief when you are feeling down, that help you to move up the scale when you are fluctuating, and that can help you get to a place of alignment.

You will get out of alignment, you will drop to the bottom of the emotional scale. But you don't have to stay there long, and you eventually may not even fall so low. We have tools, tips, and tricks at our fingertips to help us float back to the top again.

When you are aligned, you feel good. Life feels really, really good. The people, places, and things that seems to bother you before don't bother you so much anymore. You feel lighter, you have a bounce in your step. You are in the flow with life. You are not pushing against resistance; you are allowing life to carry you, and you are flowing with it.



Program Sections

Section 3: Allowing





Section 3 - ALLOWING:

When you are Allowing, you are Allowing all of your desires and dreams to come to you. You are creating your life your way. You are manifesting all of your heart's desires to you.

When you have a desire, you ask for what it is that you want. When you ask, the Universe gives it to you. When the Universe gives it to you, your Higher Self lines up with it, receives it, becomes it, embodies it. It is then up to you to Allow it to come into your experience. You Allow it to come to into your experience by releasing resistance to it coming to you. By stepping into the reality that it is already here and that you have it. By Aligning vibrationally with it so that you Allow it into your experience. You also understand that your desires are born out of contrast. You are here to experience the contrast in life so that from it you can discern what it is that you desire and what it is that you want to Allow into your life.

In this area, you are identifying what your desires are. You are looking at how to manifest those desires and how to Allow them to come into your life. How to create your life the way that you want, where you are stepping into and truly living your life from a place of pure Joy.



Part 3 - Your Journey Forward

Living a Life of Joy
Group Program



This program has the ability to help you to create the life of your dreams. To help you to fully step into who you truly are, into your authentic self. Where you are out there every day living as the best version of you. Where you are creating and living a life of joy. Where you are true to who you are and empowered to live your life your way, on your terms. In a way that feels best and right to you. Where you connect to your Inner Being and you follow your inner guidance. Knowing that your Inner Being is source. When you are connected to it, you are fully aligned. When you are aligned, you feel good. You feel really, really good. Your guidance is your Inner Being communicating with you and guiding you on your path forward. You know that you are on your path when the guidance that you receive feels good to you. Your Inner Being is your compass, your GPS, keeping you guided in your life. Guided to what feels true and best to you, to your true north. Keeping you on your true path. Guiding you to all of your heart's desires. Guiding you to your Aspirations. Your Inner Being does not steer you wrong. If it feels good to you, you know you are receiving guidance for you to take on your journey. The guidance will never feel bad to you. You will be guided to the inspired action steps that you need to take. The inspired action steps are what take you forward. They may feel scary and out of your comfort zone, but ultimately, they will feel good to you. You don't always know where they will lead, you just trust that they are moving you forward on your journey.



As you travel, if you are feeling bad, you know that you are going off course and away from what you want. Recognize them and the need to pause and pivot to a feeling that gives you some relief so that you can begin to move forward on your path again. Let your feelings and emotions be your guide, they will keep you on your path. When you are feeling bad, you know you are off course. When you are feeling good, you know you are on course.

Your Inner Being, who is the Source within you, stands in vibrational alignment with everything that you have asked for. With all of your desires and aspirations. When you ask for something, it immediately becomes it and stands in that place, downstream, for you to meet up with it. For you to come into vibrational alignment with it. The more in alignment that you are, the better that you feel.



MAP - In this part of our workbook, we have the map of our journey. A visual map helps to bring some clarity and direction. Knowing that there is always a path for you to follow. Although, it is your own individual path. The map that we are using is a reference for you, for the course of the program.

On the map, the path starts out dense and a little rocky. You are venturing through a forest with rocks, tall trees and mountains. In this section, you are stepping into creating Awareness. Through this part of the path, you become aware of who you truly are. You become aware of the higher realm and that there is so much more to life than you previously thought. You become aware that you can step out of adversity. That you can empower yourself and step out the dense lower-level emotions that you are feeling on this part of your journey. You begin to step into emotions that give you some relief and feel a little bit better. Emotions that are a little bit higher on the vibrational scale. As you continue to travel, you step into the next section of Awakening. You Awaken and begin to more deeply discover who you really are. You begin to see your value and your worth. You begin to connect with your Inner Being. You begin to develop a relationship with yourself. A relationship between the you who is here in this physical body and the You who is your Inner Being, who is the Source within you. On this part of the journey, the map depicts a meadow. Where you are journeying along a path that is a little bit easier. It looks and feels brighter and sunnier with some flowers around. The emotions and feelings that you



are experiencing feel a little bit lighter. You will see large rocks and tree stumps around you. These are great places to sit and pause when you begin to feel out of balance or feeling bad. It is a place for you to pause, and pivot back to a better feeling emotion. Back to a place where you feel some relief and start feeling a little better again. A place where you can once again take steps forward on your path.

On the next leg of your journey, you are traveling into the Alignment area. Here you are beginning to step into your boat. You are moving into the emotions that feel better to you. You understand that you can go with the flow. That you can let go of the oars and begin to let life carry you. That when you are aligned and feeling good, that you are moving toward all of your desires and aspirations. That you are heading towards who you truly are. Towards the best version of you. The river may be a little rocky and you may run into some brush as you go. But as you learn more and more to let go of the oars and to trust the river (life) to take you where you need to go, it will get easier and easier. You may spend time fighting the current and rowing upstream but you learn little by little that it is much easier to when you let go and let the river carry you. The last part of the leg of the journey is the Allowing Section. Here you are living in the higher-level emotions. You are able to maintain your alignment for longer periods of time. You understand who you truly are and that you are connected to Source. You are able to put down the oars more and more and to just go with the flow. You begin to trust that “All is well.” Trust that things are happening and being orchestrated for you.



You understand that your Inner Being has already become all of the things that you desire. Has become all of your aspirations. That your Inner Being is vibrationally aligned with all of them. That your Inner Being is the beacon of light on the path calling you towards it. Calling you towards everything that you desire. Toward who you truly are. Toward the best and greatest version of you. Toward the authentic you. Knowing that when you do arrive at that place, and you will, that your river will never end. Expansion will continue to happen and your next desire, your next aspiration will lay out in front of you. The next best and greatest version of you will be out there waiting for you to vibrationally step in line with it. For you see, when you are here in this physical body, you will never get it done. You will never reach an end point. You will continue to grow and expand. And as you move down that river of your life, you can travel it being in the flow. Letting go of the oars and being true to who you are. Although, still looking for and listening for your guidance to keep you on your path. Providing you with the next inspired action step to take. Knowing that life was never supposed to be difficult. It is supposed to be easy. You are never going to “Get there” because there will always be the next thing that you are heading toward. So, find the joy in the journey. Sit back, lay in your boat, and enjoy the ride. It doesn’t get any better than this.



Allowing

Aligning

Awakening

Awareness

New Beginnings:
A Journey into
Life After Loss



COMPASS - The compass is a visual symbol to help to keep you on course. For you to understand that as you travel, you want to stay turned or pointed toward your True North, toward your True You. Toward your Inner Being and all of the things that you desire. Toward all of your aspirations. You know that you are on course by the way that you feel. When you are feeling good, you are on course. When you are feeling bad, you are off course and heading back in the wrong direction. Back toward where you came. When you are not feeling good, you are veering off your path and need to pivot to get pointed back in the right direction. This is a great time to pause and sit on a rock or stump and pivot to where you feel some relief and feel better. If you are in the river, then you know it is time to let go of the oars and quit paddling up stream. To let go and let the boat turn around and begin floating back downstream. Back to what feels good. The compass helps to keep you on your true path.

EMOTIONAL COMPASS - YOUR INNER GUIDE

Finding what Feels Good. Finding the True You.

Your True North is your True You. Your emotions are your guide.
They are your internal compass or GPS. They won't steer you wrong.
Follow what feels true to you. Follow what feels right to you.
They are pointing you True North to the True You.





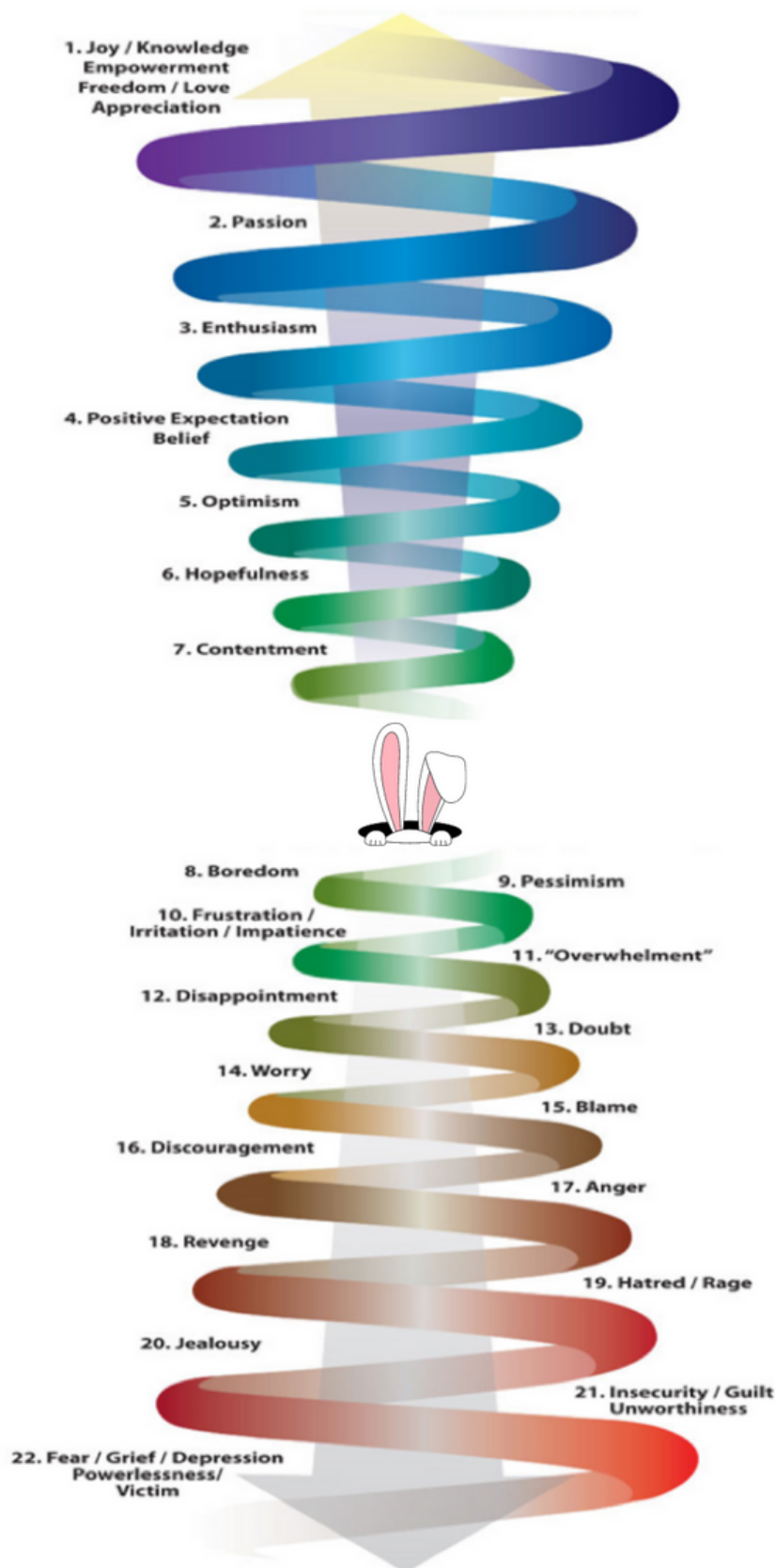
EMOTIONAL GUIDANCE SCALE - The Emotional Guidance charts are there to help you understand your emotions and to help you to keep climbing up the scale to ones that feel better and better. I created the spiral chart to show the path that we take when we travel both down and up the rabbit hole. When we go down the rabbit hole, we focus on a feeling or emotion that does not feel good to us. When we continue to focus on it, the energy picks up and pulls us down until we stop it. You want to notice when this is taking place, so that you can pause and pivot. Pivot to a thought, feeling, emotion, or action that gives you some relief. That feels a little bit better and helps to turn you around to where you are heading back up instead of down. You want to keep heading up the rabbit hole, toward the better and better feeling emotions. Keep in mind, though, that you can not jump from a bad feeling emotion to a really good one. You have to take incremental steps up the scale. Also, you have an emotional set-point. Even though your emotions are always going up and down, you have a place that you sit most of the time. Our goal is to keep raising this set-point. To keep you are your path, to keep you pointing north, so that you can keep increasing your emotional set-point. After a while, you will begin to notice, that you don't go down the rabbit hole quite as often. And after a while, you will realize that you are spending the majority of your time in the positive emotions at the top of the scale. At a place where you are in alignment with everything that you want.



There is also an **Emotional Staircase**, that I created, to help to show you that your emotions can be like a staircase. You can keep climbing them to a higher and higher vibration. Toward more and more alignment with your Inner Being (Source). To show you that there is high emotion at both ends of the scale (the highest and the lowest) and that is where strong attraction takes place. Also, to show you that you can pivot on any one of those stairs to an emotion that feels a little bit better. You can do this through a thought, feeling, or an action. The key is to recognize where you are and to pause and pivot to the one (emotion) that is higher. To the next stair step up. You can settle into the feeling and then move again as you choose.

Emotional Guidance Spiral

-Moving Up & Down the Rabbit Hole



Positive Emotions
-Ascending Spiral
-Feeling Good
-Increasing Alignment



Getting what you
do want.



Negative Emotions
-Descending Spiral
-Feeling Bad
-Decreasing Alignment

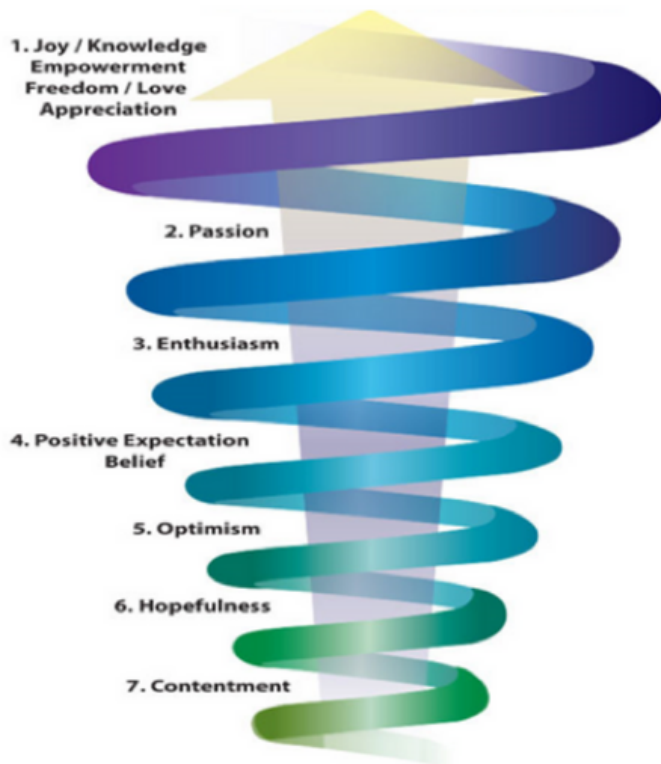


Getting what you
do not want.



Emotional Guidance Spiral

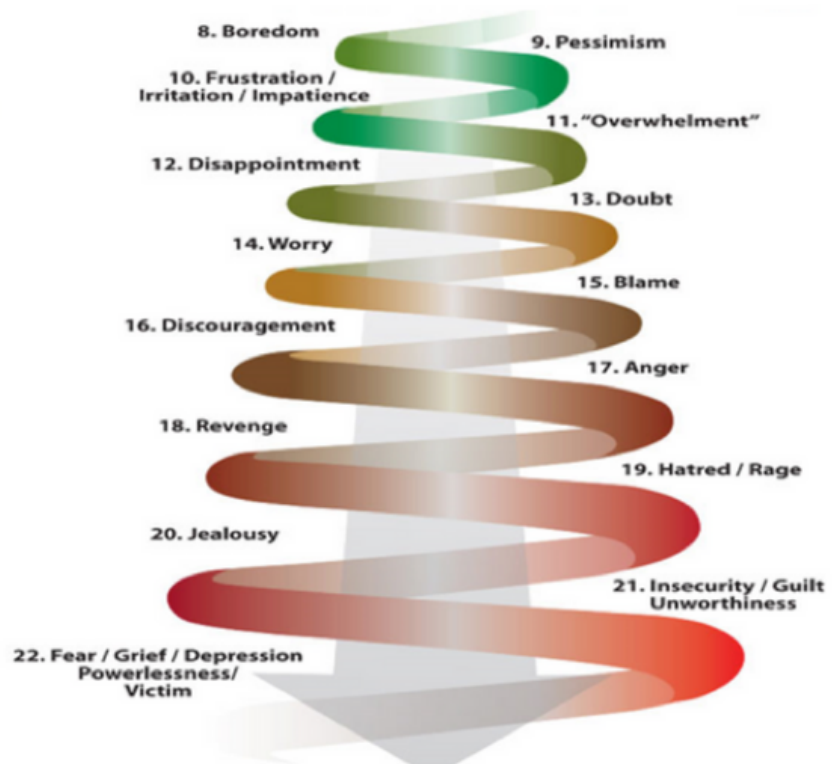
Positive Emotions
-Ascending Spiral
-Feeling Good
-Increasing Alignment



Getting what you want.



Negative Emotions
-Descending Spiral
-Feeling Bad
-Decreasing Alignment



Getting what you do not want.



Emotional Guidance Scale

-Staircase Version

High Vibration
High Emotion = Strong Attraction
The Better it Gets, the Better it Gets

Joy/Appreciation/Empowered/Freedom/Love

Passion

Enthusiasm/Eagerness/Happiness

Positive Expectation/Belief

Optimism

Hopefulness

Contentment

Boredom

Pessimism

Frustration/Irritation/Impatience

Overwhelm

Disappointment

Doubt

Worry

Blame

Discouragement

Anger

Revenge

Hatred/Anger

Jealousy

Insecurity/Guilt/Unworthiness

Fear/Grief/Depression/Despair/Powerlessness

Positive Emotions
Good Alignment

Low Emotion = No Attraction

Negative Emotions
Bad Alignment

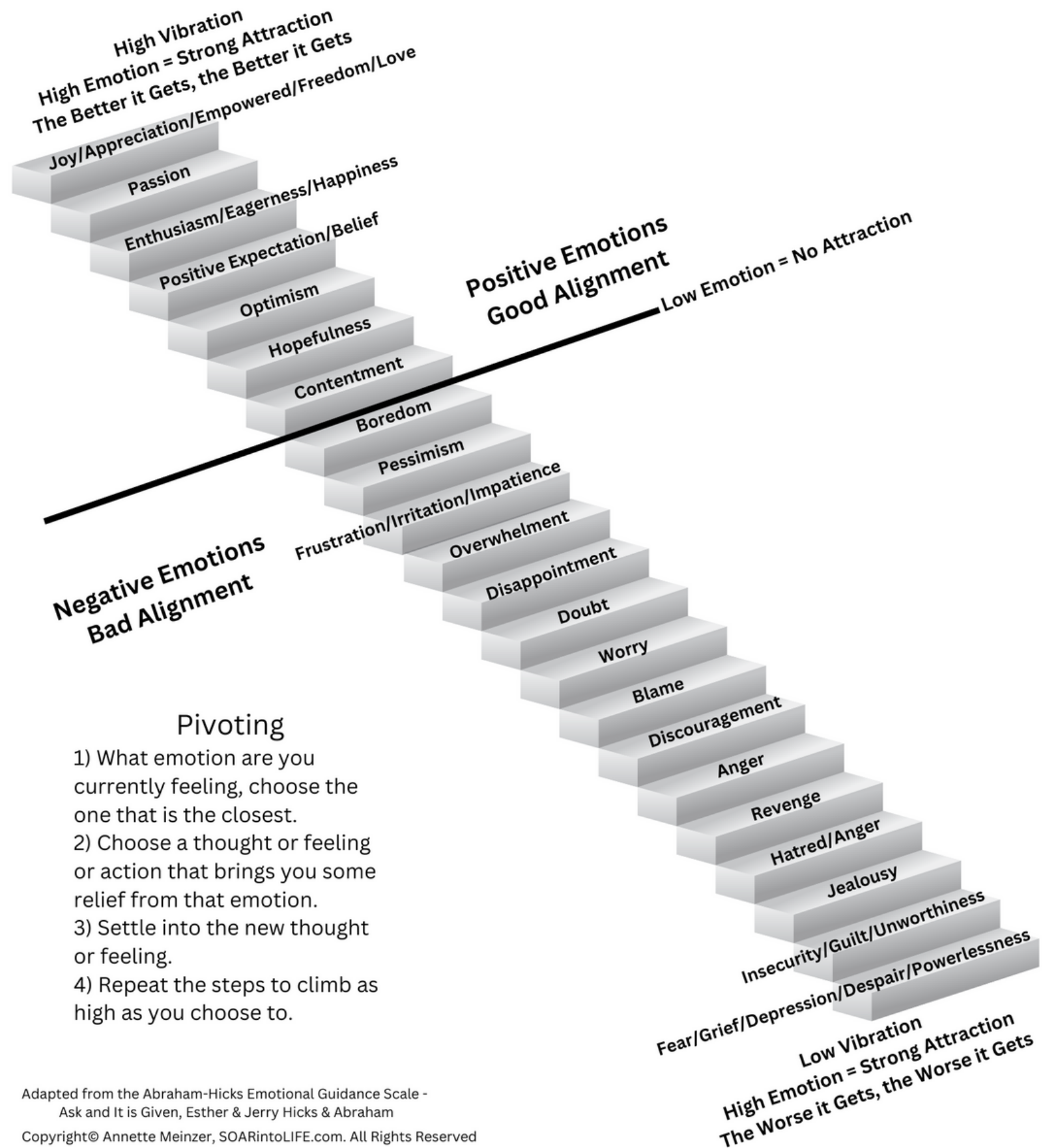
Pivoting

- 1) What emotion are you currently feeling, choose the one that is the closest.
- 2) Choose a thought or feeling or action that brings you some relief from that emotion.
- 3) Settle into the new thought or feeling.
- 4) Repeat the steps to climb as high as you choose to.

Low Vibration
High Emotion = Strong Attraction
The Worse it Gets, the Worse it Gets

Emotional Guidance Scale

-Staircase Version





Here on this journey, you take your own individual path, even though we are traveling together as a group. You travel at your own pace and your own speed. The one that is right for you. The group is here as like-minded companions on this journey. Fellow travelers who get where you are and understand what you are going through. Who are here to share their wisdom, inspire you, encourage you, and to just be there for you as you travel. I am here as your earthly guide, to help you to continue to grow and expand. To help you to keep stepping further and further down your path. To help steer you back when you feel yourself veering off. To turn you back around if need be. To help to bring clarity, +understanding, and insights into your travels. To inspire you, encourage you, and empower you to create your best life, your greatest life. A life where you are truly living it in joy. You have started on your path. You have become aware and there is no turning back now. You are stepping into your amazing new life.

Remember that everything that you want is DOWNSTREAM.



Part 4 - Manifesting Your New Life

Living a Life of Joy
Group Program



You want to focus on creating your big dream, your piece of paradise. This is something that you want to upgrade as you feel necessary. As you grow and expand what you are focusing on and creating is going to shift and change. You may find something that you come across that you like better. Or contrast may come in and set you on a little different course. Or maybe just in the upgrading of who you are and in becoming your best version, your dreams, desires, and aspirations shift. So, you want to keep coming back to and visiting these exercises and worksheets. Complete them again each time your big dream grows and expands.

The complete instructions as well as copies of the forms are located in Section 3 – Allowing, Module 1 – Creating Your New Reality.

Your Piece of Paradise can be the basis or foundation or creating your Vision Board, Manifesting Box, and for the Visualization Daily Practice. So, it is important to create this for yourself.

If you are struggling with the specifics of what you want to create, that is okay. Just go with the general to start with. Start with how you want to feel and focus on the feeling. The feeling or emotion is the vibration that the Universe hears and matches up with.

My Aspirations

What are your top 3 aspirations that you want
to focus on ?

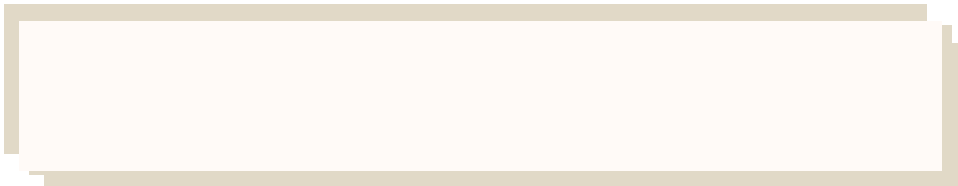
THINK BIG - DREAM BIG - ACHIEVE BIG

Aspiration 1

Aspiration 2

Aspiration 3

My Mantra:



Focus on Your Why

Why do you want your Aspirations?

When you know your WHY, it helps you to receive guidance on what
Inspired Action Steps to take.

It helps to create an inner shift. To help to put the emotions and feelings
behind it, which help to drive you toward it.

It helps to bring clarity and insights to them.

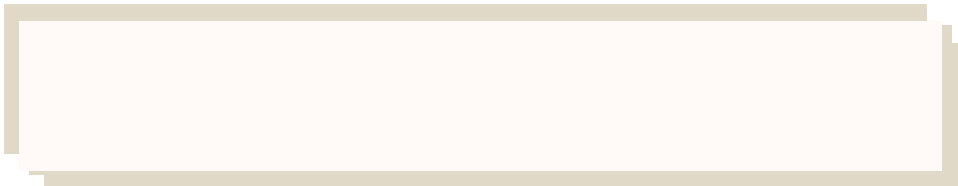
SO, the big question is: WHY do you want this?

Why 1

Why 2

Why 3

Overall Why:





My Piece of Paradise



Creation begins with your imagination. You are sketching out what your dream reality would look like, feel like, be like. In this exercise you are creating a story, a narrative, a blueprint of what your dream life looks like. You are taking all of the information from the Creating Your New Reality Exercise and putting it all together here. You are writing out all of the amazing stuff that is happening to you and that you are doing in your life. You are creating the narrative of your life with the intention that you are manifesting it or better. You are writing about the life of your dreams.

You can also include some of the “I am” statements that resonate with you.

Remember to keep it present tense as if it is happening now.

Don't be afraid to dream big. If you can imagine it, you can create it. The possibilities are endless. The Universe is conspiring for you and bringing your desires to you. You are creating a life that you love. A life where you are living it the fullest in a state of joy and love as the best version of you. Where you are truly living as your authentic self.



Manifesting Process

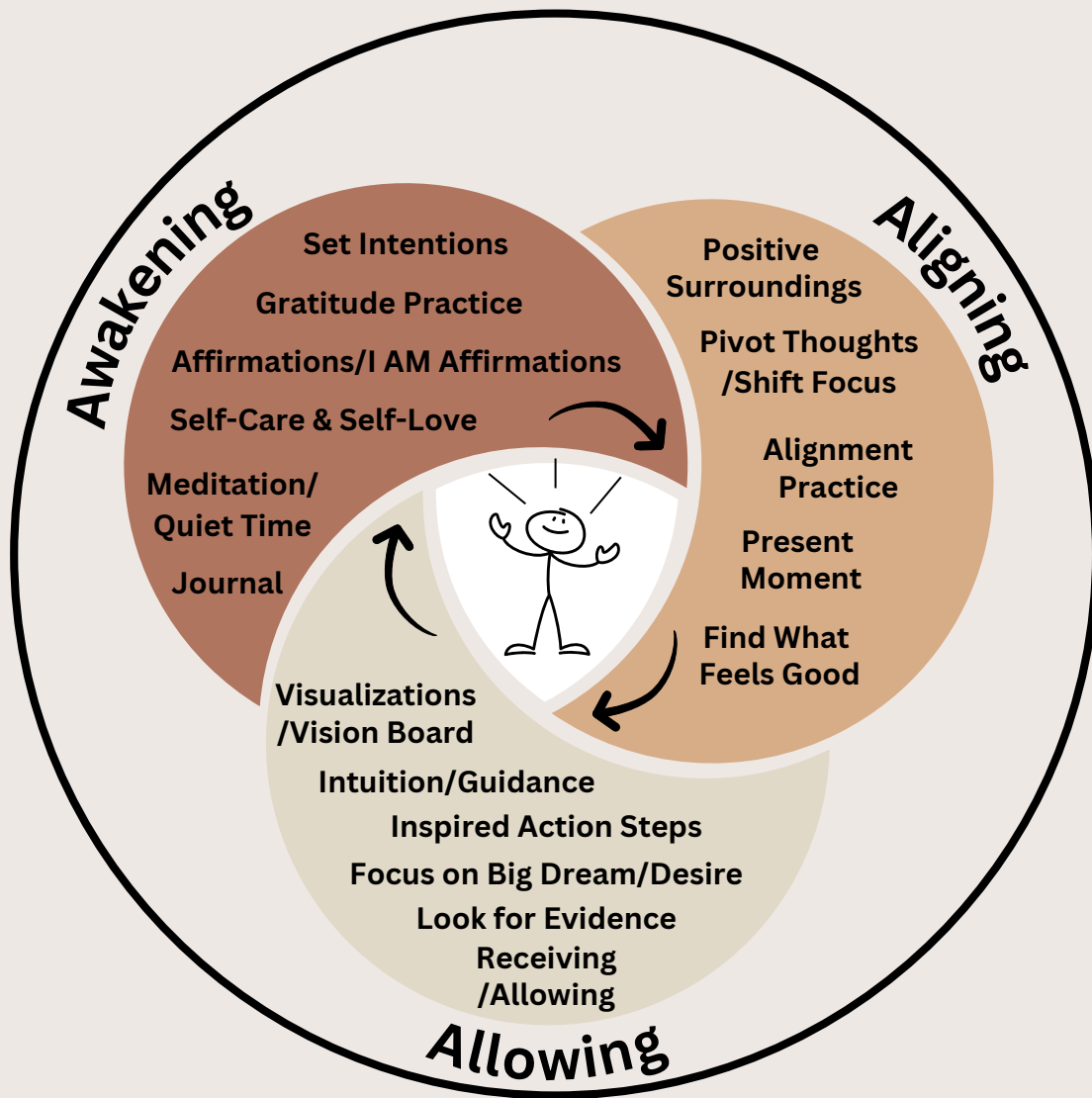




Part 5 - Daily Practices

Living a Life of Joy
Group Program

Daily Practices



Instructions: Daily Practices

Intention:

The Intention that you are setting is the dominant feeling that you want to experience today. You are setting yourself up for how you want your day to go. You are providing yourself with a sense of direction in your day. You want to make the intention to see what you want to see.

Ex - I will look for my positive thoughts and focus on them. I will do something fun. I will live today as the best version of myself. I will remember to focus on living in the moment. I will try something new. I will experience Joy in my life today. I accept myself as being worthy and capable of receiving love. I intend to make someone smile today.

Affirmations:

Affirmations:

What are the affirmations that you want to focus on and recite today. You want to feel as if these are already fulfilled. One of the easiest ways to create new beliefs is by saying affirmations and feeling as if it is already here. You can write them down here or recite them from another sheet. You can also carry the sheet with you if you choose to recite them several times throughout the day. (If you use another sheet, put a check here when finished.)

I AM Affirmations:

Say these to help you to love yourself more, feel worthy, feel good, etc. To help you to feel empowered.

Practice saying them out loud to hear yourself saying them, this helps to lock them in. When you get good at this, say them looking at yourself in the mirror.

Affirmations for Your Big Dreams/Aspirations:
Say the ones that you created in the exercise.

Grateful For:

List at least 3 things that you are grateful for in your life today. The more things you find, the better.

You can do this practice both in the morning and before bed.

We would love for you to post it in the FB Group as well as here, that way you are declaring it outward. (You can then just put a check here that you did it.)

Writing them down is the best practice, but if you are in a hurry, at least say them in your head.

This practice helps you to focus on what is going right in your life, on all of the good things all around you. The more that you do this, the more you will see. What you focus on expands, so the more you do this, the better you feel.

Self-Care Self-Love:

We want you to focus on putting yourself first and taking care of you. This helps to fill you up, to make you feel better, to raise your vibration, and to fill the emptiness or void inside.

This helps to increase your feelings of self-worth and helps you to feel self-empowered.

You want to become "Self-Full".
Doing things that feel good to you help you to get into Alignment.
Choose at least 1 thing each day that you can do to show yourself some care and love.

Instructions: Daily Practices

Visualization Practice:

Get into a quiet place and be still. Feel the feelings that you want to experience in your life. See the vision of your life, your future as already happening. Imagine that you already have what you want and that you are living it now. Imagine that your future is your current reality. Lock this into you. Really feel the emotions and what it would be like to love that. What it would feel like if it were happening right now. Picture it in your mind as already happening. Use all of your senses. You can alter or enhance your vision as you grow and expand.

Guidance Received:

Once you have completed your visualization, be still and ask for guidance for the day. Inspiration for action steps to take that will lead you to your aspirations. You are asking for inspiration and guidance to come to you. The guidance may come to you now or it may come at some other point throughout the day. Just be open to receive it when it comes. Look for ideas, synchronicities, thoughts, etc to come to you. It may come in the shower, upon falling asleep or waking. Just be open to receive it when it comes.

Inspired Action Steps:

What action can you take that are in alignment with what you want and what you are creating in your life. The steps are Inspired Action Steps, they are based on the guidance that you received. These are the steps that you can take today that are in alignment with what your Aspirations. Actions that can help to put you in alignment with your vision and help to create it in your life. Each day you should list your inspired action steps that you are going to take for today.

Daily Practices

Date:

Intention:

Grateful For:

Affirmations:

Self-Care
Self-Love:

Daily Practices

Date:

Visualization Practice:

Guidance Received:

Inspired Action Steps:

Thoughts and Ideas

Daily Practices Checklist

- ☐ Set Intention
- ☐ Gratitude Practice
- ☐ Affirmations & I AM Affirmations
- ☐ Self-Care & Self-Love
- ☐ Meditation/Quiet Time
- ☐ Journal Practice
- ☐ Positive Surroundings
- ☐ Pivot Thoughts/Shift Focus
- ☐ Alignment Practice
- ☐ Present Moment
- ☐ Find What Feels Good
- ☐ Visualization Practice/Vision Board
- ☐ Intuition & Guidance
- ☐ Inspired Action Steps
- ☐ Focus on Big Dreams/Desires
- ☐ Look for Evidence
- ☐ Receiving & Allowing

Your Feelings and Emotions:

What feelings and emotions are you experiencing when you do your meditation or visualization practice.

They are guiding you on your journey.

Feel the warmth of the emotions.

Write them inside the sun.

