

Healthy Habits + Manifestation Masterclass

Module 2

T A L K

REFLECTION ON MODULE 1

- Being on top of journaling, manifesting, routines + rituals doesn't mean we are exempt from forms of suffering - it does mean that we are better equipped to process suffering and move through it with ease and grow from it with more grace, clarity and kindness
- Journaling at night helps us to have a more restful sleep – a deep release to calm and acknowledge our mind, thoughts and feelings to then let go and relax to replenish and recharge
- Affirmations are not just sparkly one-liners = create strong and powerful ones for You that are relevant to You at this present time
**** Example : Qi follows Yi (energy follows thought)**
- Always finish off a journal entry as a positive love note regardless what you have written
- Re: journal entries – you are not your story – you are telling *the* story = we can gain clarity when we have space between us and the story = writing creates the space to *observe*
- What is a quality you love about yourself ?!!
- ***** anyone wish to share their affirmation

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TALK

ICON PLANNER

To be able to create our dream days we first need to get clear on *how* we are utilising our time and where we can tweak things to improve flow and create our dream life – yes it is totally possible.

Remember : **‘everyone gets the same 24 hours in a day’**

Understanding this is one of the biggest keys to managing our time more efficiently

- What do you do with your 24 hours ?
- What do you want to do with your 24 hours ?

Working SMARTER not HARDER = structure your day

Feel into *‘What is working for me ?’* *‘What isn’t working for me ?’*

Example : echidna story Noosa Hill = use icon planner / journaling to gain perspective on your life = take a step back

INTERACTIVE

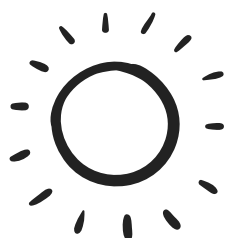
In your journal :

- choose your icons for all the main things you do in your week
- start filling out your days + week

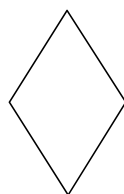
M T W T F S S



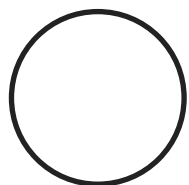
free time / self
time / spontaneity



yoga +
exercise



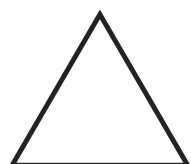
house clean,
washing etc



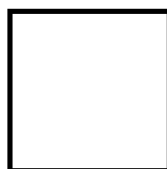
accounting +
online prep



clinic work

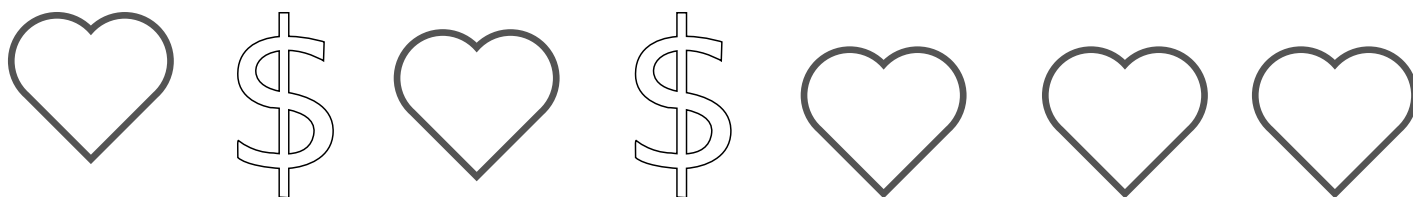
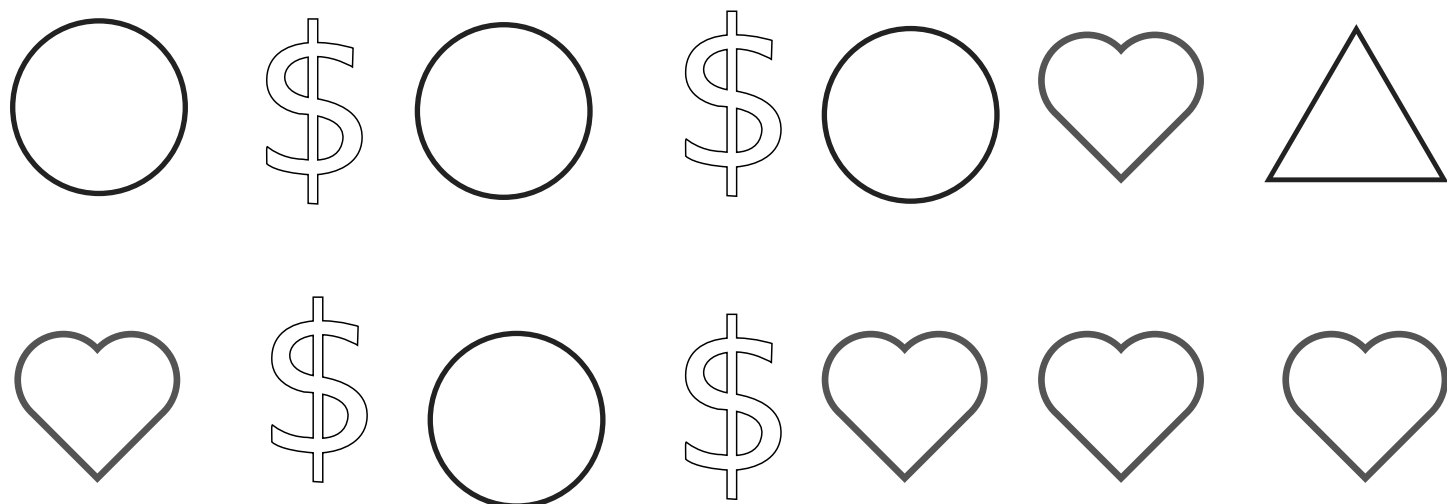
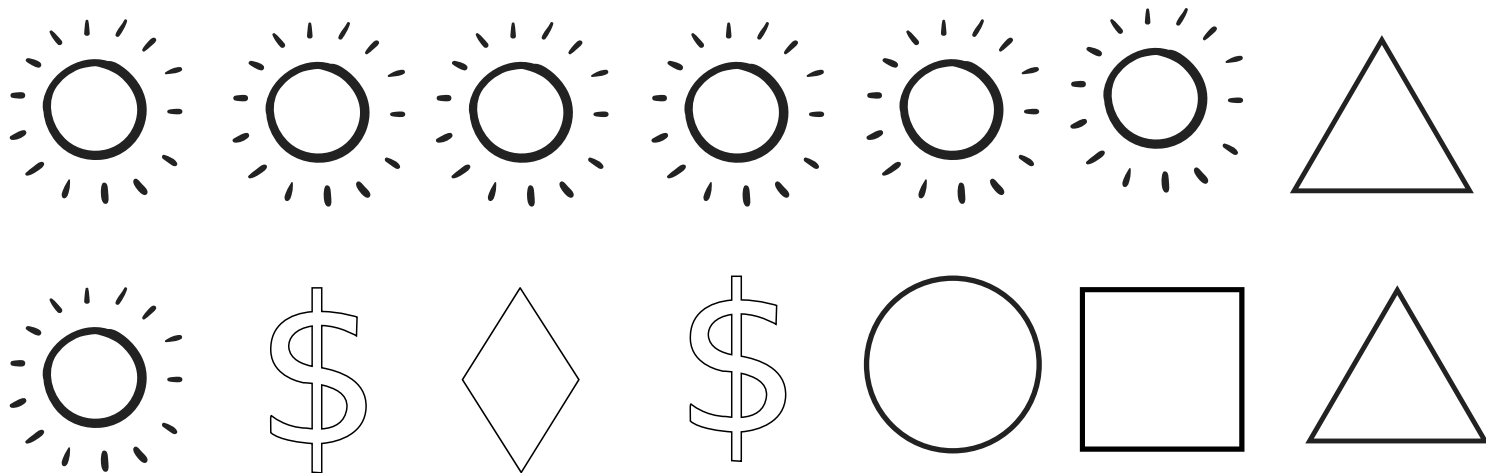


ILA + AVA



food shop

M T W T F S S



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T A L K

A routine

- a sequence of actions regularly followed
- performed as part of a regular procedure rather than for a special reason
- could also be considered a **system** in relation to business or house duties etc.

A ritual

- a ceremony or action performed in a customary way
- something done regularly and in the same way
- any act done regularly, usually without thinking about it

Why is structure and having routines + rituals so important ?

**** keep our cup full** – you are doing a dis-service to yourself, to others and through your service if you are not filled first – if your cup is running low you cannot show up for yourself, your family, your work, your community, your world – remember the example of the plane airmask

**** Think** = do you want / expect more energy, drive, clarity, sex drive, passion, physical freedom e.g. pain free, moving with ease etc. from your body ? In order for your body (your soft machine) to serve you best it needs to be acknowledged and treated kindly - it craves routine to operate efficiently and with minimal stress

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I N T E R A C T I V E

- Choose at least 3 things that you would like to do each morning for You.
- List the sequence in which you would like to things in your morning that works best for You.
- What could you do at night to free up your morning ?

NB: as a new mama you may not have a set time that you do something but you may do something for You each time you breastfeed.

Or each time your baby / young child is resting.

Or when your friend / parent watches your child for an hour

Or when at daycare etc.