

THE 4 LIFE CATEGORIES

- feel into each of the 4 main life categories
 - use your journal to record your thoughts and feelings of each category to help you get a clearer picture of what you'd like to call into your life
 - start small and expand if you feel comfortable and it is flowing with ease
 - you can come back to this as often as you like and you can refine this whenever you like - you'll know when it feels right
 - be clear with what you would like to bring into your life
 - these are all just suggestions to get the creative juices flowing - use them as a guide as needed
 - ***** the ideas and thoughts that are stimulated by moving through these 4 life categories will help you later choose images that you can use to create a powerful vision / mood board
 - dream big - notice if any doubt, criticism, self sabotage etc comes up while you're dreaming about the 4 categories
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SELF

How you wish to look : hairstyles you like, makeup you like, clothes - the way you dress (or would love to) and a particular style you like, jewellery, a certain way another female is presenting herself or a vibe she has NB: this section is not always about material things – it may just be the sense of style you can feel. It is also not about 'changing' yourself (unless you wish to), but more about refining / reinventing / refreshing etc.

The way you express and present yourself to the world, things that make You feel beautiful, loved, soft, strong, feminine, smart : whatever these look like to You

Fitness motivation, movement / exercise / sports (team sports, dance classes), treatments like massages, bodywork, learning / study / personal growth / development / spiritual development. Would you like more You time ? - what is needed to achieve this (making space - what can you remove from your week to create some openness and breathing room for you to focus more on You and fill your cup ?

RELATIONSHIPS

all and any of them that you wish to deepen or work on : friends, family, work colleagues / clients / customers, love partner, children, community, neighbours (e.g. what sort of neighbourhood do you wish to live in ?), online connections / community

What are you seeking / wanting from your relationships ?

What does it feel like to experience this from your relationships ?

What do these relationships look like to you ?

Examples : friends = picnics and gatherings. Love partner = a happy looking couple cuddling, adventuring together etc. Family : images of your own family – or of Your ideal scene and the feeling of this

WORK / INCOME / LEARNING / HOME

All income (and non-income) related work and all forms of skill related learning.

Are you working for a company and wish to create your own business ?

Have you got your own business and are wanting to work for a company ?

Do you wish to volunteer in a particular field ? Do you wish to learn something in a particular field to refresh / deepen / renew your work life ?

Want to expand your career / business ? Are you studying and furthering your knowledge to change careers or wanting to study ?

What does abundance look and feel like to you ?

What does financial freedom look and feel like to you ?

Home: What does your ideal space look AND feel like, interiors you like, types of houses, types of land, decor you love, where is your home (what country, what type of area (beach, bush, mountains, city) dream big - if you really want something you are allowed to dream of it and bring it to fruition, are you after something cosy, or something open, a stationery home or on the road, or house sitting while moving around. What does it feel like to be safe in this home ? Can you imagine showing your loved ones around in this space ?

ADVENTURE / FUN / EXPERIENCES / LEARNING

Anything that makes you smile !! Experiences that would bring you joy, personal growth and self / spiritual development Examples : hikes, weekends away, learning something new, challenging experiences, online learning, courses / workshops, books, retreats, outdoor / indoor activities, group / solo activities. Places you love / would love to visit / learn about. Cultures you resonate with, learning a language, a new skill or hobby, facing a fear of something you've always wanted to do but have never managed to do. Want to read more / paint more / yoga more etc.

Now what ?!!

After moving through the **4 life categories** you may have some interesting points to work with.

There are 2 main options, although feel free to use any other tools you may know to help you manifest these things. Give yourself time and space to do 1 or both of these manifesting tools - it's a beautiful self care gift and if you invest in this it is sending a clear message that you are clear about what you would like and willing to align to receiving it.

The 1st is creating a **Vision or Mood Board** - I believe these are SO powerful, especially if done specifically, not just choosing pretty pictures. The 2nd is like a **Mind Mapping** process. For the Mind Mapping you break down each goal / what you would like into steps and ideally a timeline or date to achieve by. Starting with the goal then moving through steps needed to be taken to bring it to fruition. You can be as simple or as detailed as you like, just be clear. Using different coloured post-it notes can be great for this or just plain white is good too. Create a column like system (you can use a big piece of cardboard to glue or stick them all), and move down the steps needed.

VISION / MOOD BOARD CREATION

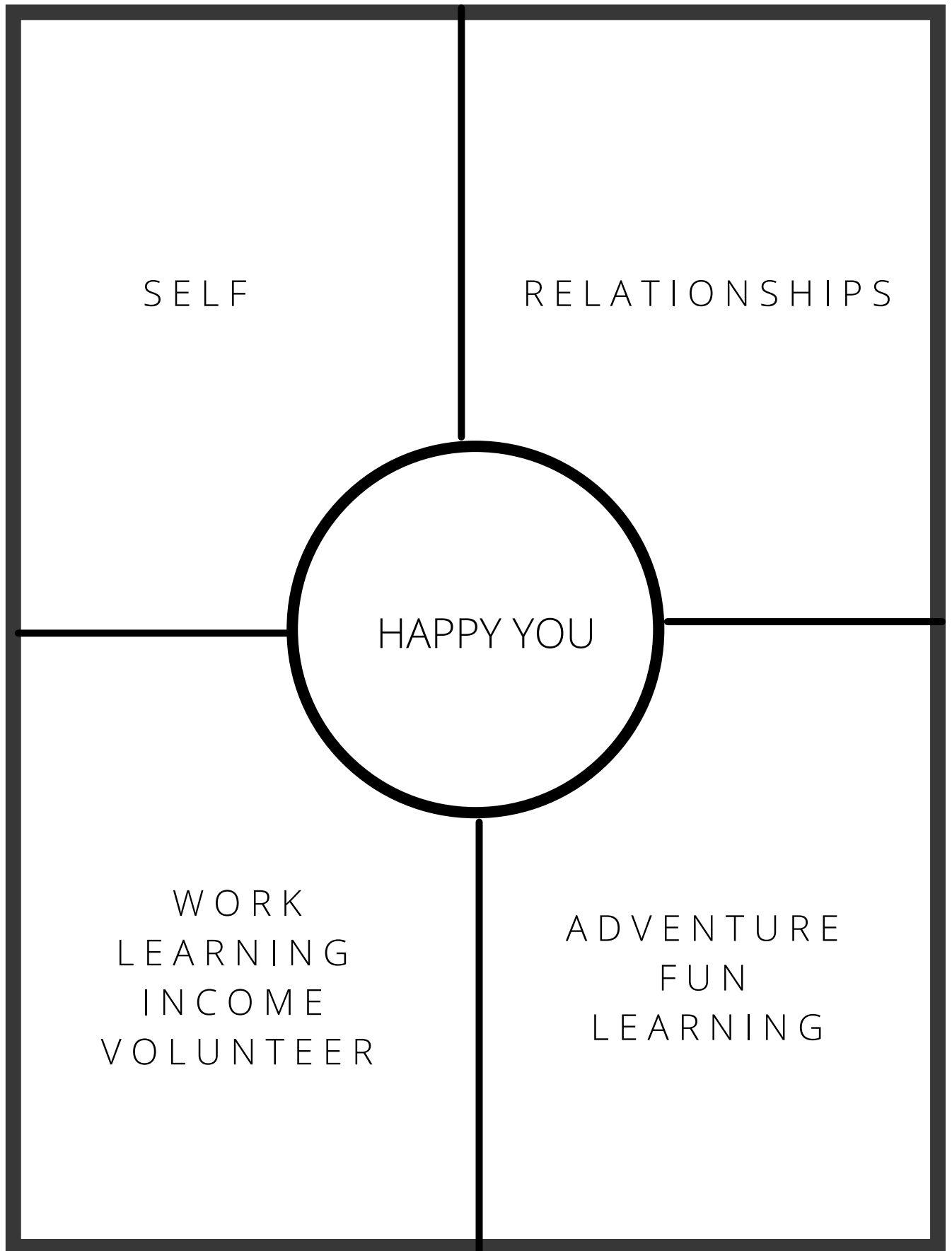
This is one of the biggest tools you could ever use for manifesting !

Vision / Mood boards are an extremely deep creative process and very fun. You are literally creating your future life and self – WOW !! Creating a **powerful** Vision / Mood Board can take some effort so give yourself this gift if you are serious about what you would like to bring into your world. The payoff is you are utilising an incredibly strong tool that will assist you and create momentum to help move yourself and your life in the direction you wish. Doing a half job can send the message that you may not be serious about receiving what you would like OR that a varied or lesser version of what you would like is acceptable. Big I know, but the law of attraction / universal powers listen well !!

TIPS FOR CREATING A SUCCESSFUL VISION / MOOD BOARD

- choose and / or create only images you really resonate with for You and what you would like to bring into your world
- you can use magazines, screenshots of images and crop the photos, pinterest, draw or paint some yourself - the options are endless (personally I usually use a lot of screen shots of things like and pinterest)
- there are 2 main ways to prepare your images for your board
 1. Use Canva (it's amazing, free and the easier of the 2 options !!) - open a blank document and upload your images. I edit and crop images on my phone then transfer them to my laptop and use Canva there (although you can use it on your phone too - just teeny small and trickier to do). Upload the images to Canva and then add them to your document page and crop them. This gets easier - promise. I use as much of the page as possible, then you can print it (at home or newsagency, stationery place etc) then cut the images out.
 2. You can follow the same steps but add the images to a Word Document by inserting Text Boxes and cropping the images that way. Then print out and cut out.
- Quality over Quantity
- be crystal CLEAR – can you imagine yourself in this ? living like this ? experiencing this ?
- use fun images that spark something within you – notice what ones you feel drawn to
- choose a few affirmations, quotes or single words that you feel strongly about – especially ones that you've created yourself !! here you can add yours !!!
- you may feel drawn to particular colours – go with what feels good
- choose a **happy photo of You** (no-one else – the exception is a pet) to be the centre piece of your Vision Board
- allocate your images and text to your 4 life categories – it should be quite clear to see that there are distinct areas on your vision board dedicated to different areas of life
- layout your images in whatever way feels right to You - portrait OR landscape
- glue each image onto thick card (or tape smaller card / thick paper together) working to create a layout that you feel happy with
- hang / place your vision board somewhere visible or in an appropriate area. Take a moment at least once each day to view your beautiful work and the feelings (3 zones - head / heart / hips) that are stimulated and awakened seeing your vision board
- nb: some images you choose could possibly fit into more than 1 of the categories, in this case choose the predominant category that resonates for that image

VISION / MOOD BOARD



MIND MAPPING

SELF	SELF	RELATIONSHIPS	WORK	WORK	LEARNING	ADVENTURE
fitness goal - get stronger in the next 6 months	freshen up my look - more effortless / coastal - ASAP	meet new friends - likeminded, similar values, good hearted within the next year	strengthen ILA + AVA marketing - increase sales by within the next 4 months	add Wellness + Lifestyle Coaching & Home / Feng Shui Consults to Nourished Temple ASAP	get comfortable with speaking french within the next year	monthly weekend away - air bnb or camping
start at gym Nov 21 - 4 classes per week	work with the staples I have already - put aside other clothes for now	where would these people be ? = what do I like to do	fresh new photos for socials and website	set up systems ad templates to work with	French Lessons with Anne weekly	find and take note of any cool random places
practice 3 x pull ups and chinups after each gym class	research some high quality multi use clothing items to add to wardrobe	chat to new people that I meet - make effort and time to connect	refine SEO'S talk with WIX	start sharing / let others know / existing clients	type up all of my notes into table format	get some better camping gear
3 x 15 min strong yoga sessions at home each week		be open and vulnerable	talk again with James for guidance - do his previous suggestions	share reviews and before and afters etc etc	print out and create a folder for easy learning	
focus on getting an extra 30 mins sleep each night			create a loyalty program for reviews / regular customers ?	offer these to interstate clients / followers via video / phone call / photos	practice at least a few minutes each evening in bed	vlog ? future thoughts - rent out our place while we're away
make sure I'm having my magnesium each day for recovery						
work on improving my monthly test day scores						

NOTE :

- you can add a date / time frame to each step if you like or need more accountability
- you can glue, stick, staple or use a magnet to position your little notes
- once complete you can cross it off or remove the step