

Healthy Habits + Manifestation Masterclass

Module 1

T A L K

Power of writing = thought / speech / written >>> changing form

Why brain dump / gratitude / prompt journaling isn't so efficient

Why writing notes / journaling is so powerful

- get higher self answers
- deepen connection with self
- clear our mind – gain clarity
- move through our blocks
- remember – memories, our true self, our purpose, connection with something greater than us, the real human experience (not just stress, pain, fear, worry, doubt etc)

** always write date – allows us to track our progress / behaviour / patterns / dreams

When + How to journal

Other options

- car notes to transfer
- voice memo – can be turned on in car
- notes section of phone
- burning / ripping
- notes to then condense notes / notepad for other ideas

Healthy Habits + Manifestation Masterclass

Module 1

G R O U P

Journal writing 2 - 3 minutes

- Write date
- What is happening in your life right now ? today ?
no filter – write as if speaking
 - * Think of the different areas of your life :
self, relationships, work / learning, adventure / fun

Questions to answer - keep short and to the point!

1. What do you want ? * think of coffee order *

keeping in mind that :

- you are not greedy if you would like money / success
- you are not needy if you would like love and / or deeper connections
- you are not selfish if you would like more time for yourself / more self care / success

>>>> nb: it's ok to want more

the balance of do-ing (creating) and be-ing (gratitude / in moment / resting)

Understanding our **self worth** – e.g. without an income you cannot help others, support your family, look after yourself as comfortably, share your gift etc. = this will help **remove blocks**

2. Why ? Why do you want what you want ?

3. What is an obstacle in your way of receiving what you want ?

e.g. fear, fear of failure / judgement / fear of actual success / fear of not knowing enough / fear of not actually being able to have / receive this

Healthy Habits + Manifestation Masterclass

Module 1

T A L K

Changing Your dialogue

> > to create real change

Through writing it is very easy to see the dialogue we are using with ourselves

What you say to yourself – here a big one is *SELF FORGIVENESS *

"I don't have time to exercise / move my body"

= forgiving yourself for struggling with this in the PAST and possibly not making space within your day for this

> > steps 1 – 5 of Guide Notes

"I feel so good that I am prioritising moving my body, for me"

= *** this can be used as your affirmation ***

What you say to others

"you don't listen / you're not listening"

> > *"I feel like I'm not being heard right now / about"*

Switching words - what are you projecting

Example :

busy > abundant

that's crazy > wow