

Healthy Habits + Manifestation Masterclass

Module 3

Clear Direction + Goals

- are you prepared to really go for it or is it just a cool idea ?
- are you prepared to accept it once it presents itself ? - this can be a strange thing to comprehend although often we may be fearful of actually receiving and feeling amazing and abundant !!

It can be easy to move in circles and not achieve goals

- lack of focus
- lack of direction
- lack of clarity
- lack of intention
- excessive noise - outside + inside
- lack of simplicity

It can be easy to 'think' we want something based on expectations of others : peers, friends, parents / family, society

We may be focusing on reaching goals that don't actually resonate with us = FEELING into what the reality of experiencing the fulfilled goal is can help determine if it is for us in this stage of our life

Example: young people leaving high school straight to Uni only to then realise it's not what they really wanted to do- HECS debt - doing it to satisfy others expectations / doing something for the sake of doing something

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Feel into if you are wasting your time, energy, resources (money etc) moving in a direction that is not resonating for / with you and is not serving you. What does this goal look and feel like if it were already in your life ?

Example: wanting to be a lawyer - do you know the hours lawyers work, the workload, the stress, representing people you may not agree with their actions / values = may lead to dis-satisfaction of self and work

******* it can be tempting to jump steps and want to cut out and arrange pretty pictures straight away = to manifest we need to be CLEAR about what we want, WHY we want it and the steps that are needed to bring it to fruition