

MANIFESTING YOUR BEST LIFE IN 2019

Vintage Moons



2019 Manifestation Mindset Your Best Life

The goal of this course is to lay out all of your dreams and goals. We will set out our dreams and goals with NO limitations! You will lay out how your dream life would be. You will lay out your current mindset and it could be preventing this mindset. You will layout steps you can do to start to change this mindset. There will be tips and steps to help you shift your mindset.

- ☾ *Give it to the Universe*
- ☾ *Don't Worry About How*
- ☾ *Don't Worry About When*
- ☾ *Every Doubt Prevents it from Happening*
- ☾ *Spirit Has Your Back Lean on Them*
- ☾ *It's Ok To Have A Bad Day, But Don't let it Define You*
- ☾ *Put The Thought Out There All The time*
- ☾ *Acknowledge and Be Thankful For Every Sign*
- ☾ *You Are In Charge of Your Destiny Take Control*



Day 1 Self Worth Assessment

Today evaluate your self worth. Below are a few questions you can use to evaluate how you view yourself. If you need more ideas please don't hesitate to ask.


Remember whatever we put into the universe is our intentions (manifesting magic). Write it all down and then tell it to the universe.

Sample questions:

When I think of myself I know I can?
I always speak kindly to myself?
I always give myself the space I need when I need it?
I face all personal challenges with a positive outlook?

Do you go right to the negative?
Feel hopeless with any issue?
One mistake makes you give up?
Feel I have nothing of value to contribute?

Self Assessment



Give it to the Universe

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Day 1 Self Worth Assessment

Rewrite Your Self Assessment



Day 2 Creativity Finding It and Using It

You want to be more creative but you think to be creative you have to be a designer, artist, have always been someone who creates.

Sample questions:

Write out everything you've ever wanted to try, create or participate in.

What is your passion?

What have you always wanted to try?

What prevents you from trying?

Turn the can't into going to:

What happens if you just skip that meeting and go to a painting class?

What happens if you make sandwiches for supper and get an extra 30 minutes for yourself to create?

So you get up 30 min earlier for that alone time to write that blog post?

Set the kids up with an easy project and you can get a start on your project.

Creativity finding it and using it

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Day 2 - Creativity Finding It and Using It

I am going to take action on my thoughts on Creativity



Day 3 Weight I am going to change it by

NO matter who you are we ALL struggle with our weight, to much to little, to giggly, want more definition, things beyond our control causing problems.

Sample questions:

I want to lose 10 lbs
I want to start a eating program
I want to have someone who supports me
I will join a gym
I will run a marathon

Turn the can't into going to:

I am going to lose 10lbs by planning my meals
I am going to maintain my weight by choosing to drink less cappuccino.
I know where I need to look for the right group to fully support my journey.
I am joining a gym because they offer this class, this trainer and I know they will help me with accountability.
I will only pursue options that are right for me, I will seek guidance and advice and ultimately choose what works best for my family and my life.

*Write your usual weight related goals
Then write whatever is holding you back*

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Day 3 - Weight

I am going to take action on my thoughts on weight by



Day 4 Having \$

NO matter who you are we ALL struggle with having money, not making enough, living paycheck to paycheck, dreaming of a vacation. Start by writing out everything that comes to mind when you think about having money.

Sample questions:

I want to pay off my specific debt
I want to have savings I want to have a retirement plan
I want to retire early

Turn the can't into going to:

I make enough money for where I need to be right now
I know money is always coming into me
Every discount, coupon, bill reduction, dollar found is helping me succeed in every money goal I have
I have given all of my money desires, goals, wishes to the universe and I fully trust and have faith they will provide
I know this situation is temporary
I can reduce spending in these areas to put more money into savings
I can see my debt going down

*Write your usual having \$ related goals
Then write whatever is holding you back*

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Day 4 - Having \$

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Day 4 - Having \$

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Day 5 Wanting \$

NO matter who you are we ALL struggle with making money, never enough, living paycheck to paycheck, feeling you can't work much more. Start by writing out everything that comes to mind when you think about having money.

Sample questions:

I want to get a raise
I want to have savings
I want to have a retirement plan
I want to retire early
I want to extra
I want to travel

Turn the can't into going to:

This or something better
I know money is always coming into me
Every discount, coupon, bill reduction, dollar found is helping me succeed in every money goal I have
I have given all of my money desires, goals, to the universe and I fully trust and have faith they will provide
Money doesn't define me
I know this situation is temporary
I can reduce spending in these areas to put more money into savings
I can see my debt going down

*Write your usual wanting \$ related goals
Then write whatever is holding you back*

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Day 5 - Wanting \$

I am going to take action on my thoughts on wanting \$ by



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Day 6 - Self Care During the Day

NO matter who you are we ALL struggle with our self care daytime routines. Start by writing out everything that comes to mind when you think about your routine..

Sample questions:

I want to get up earlier to workout

I want read this book

I want try this funky hairstyle

I want to take a course to learn

I want a spiritual routine in the morning

Turn the can't into going to:

I can't get up early

I'll never understand that book

I'll not smart enough to finish that class I'll never be able to pull off that hairstyle

*Write your usual self care related goals
Then write whatever is holding you back*

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Day 6 - Self Care During the Day

I am going to take action on my thoughts on self care by:



Day 7 - Self Care During the Night

What do you want to change about your night time routine? How can you take what you want to do, state your negative reactions and then turn them into actions.

Sample questions:

I want to get more sleep
I want to have a meditation practice at night
I want to have everything ready to go for the morning
I want to stop waking up in the middle of the night

Turn the can't into going to:

I will have my clothes ready, lunches packed, clothes set out and anything i need to take then I will visualize my results
I will write out what i want to achieve during meditation
I will set my intention for sleep, including not being woken up, not having fleeting thoughts or fears, no sounds or disruptions

*Write your usual self care goals
Then write whatever is holding you back*

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Day 7 - Self Care During the Night

I am going to take action on my thoughts on self care by:



Day 8 - Relationships

What do you want to change about your night time routine? How can you take what you want to do, state your negative reactions and then turn them into actions.

Sample questions:

I want meet the right person

I want a better relationship with

I want to have courage to make a tough decision in my relationships

Turn the can't into going to:

I am confident in who I am, what I deserve and only relationships for my highest and best good is what I will attract

I will tell this person my true feelings, and what I need from the relationship, if honesty doesn't improve the relationship I am strong enough to preserve me and take time away from the person/relationship

*Write your usual relationship goals
Then write whatever is holding you back*

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Day 8 - Relationships

I am going to take action on my thoughts on relationships by:



Day 9 - Business Define It

What do you want to accomplish in your business? What do you want to accomplish in your career? How can you take what you want to do, state your negative reactions and then turn them into actions.

Sample questions:

I want start my own business

I want a promotion to

I want accomplish....

Turn the can't into going to:

I am confident in who I am and what I have to offer in my field

I will be successful because I know what I have to offer is valuable to others

*Write your usual business goals
Then write whatever is holding you back*

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Day 9 - Business Define It

I am going to take action In my business by:



Day 10 - Business Actions

What do you want to accomplish in your business actions? How can you take what you want to do, state your negative reactions and then turn them into actions.

Sample questions:

I want to start offering this service

I want to expand to a new market

I want to partner with

Turn the can't into going to:

I will begin by contacting....

I will research how to start in the new market

*Write your usual business actions
Then write whatever is holding you back*

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Day 10 - Business Actions

I am going to take action In my business actions by:



Day 11 - Business Goals

What goals do you have in your business? How can you take what you want to do, state your negative reactions and then turn them into actions.

Sample questions:

I want make a six figure income
I want a to employ 20 people
I want help women be empowered

Turn the can't into going to:

I am confident in my ability to help others
I will be successful because I know this is my path

*Write your usual business goals
Then write whatever is holding you back*

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Day 11 - Business Goals

I am going to take action In my business goals by:



Day 12 - Learning

What goals do you have about learning? How can you take what you want to do, state your negative reactions and then turn them into actions.

Sample questions:

I want learn a new skill
I want add an accreditation
I want to be able to offer a service by learning

Turn the can't into going to:

I am confident in my ability help others by learning this skill
I will research the best places for accreditation and see what works best for me

*Write your usual learning goals
Then write whatever is holding you back*

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Day 12 - Learning

I am going to take action by learning:



Day 13 - Giving

What goals do you have about learning? How can you take what you want to do, state your negative reactions and then turn them into actions.

Sample questions:

I want give more of my time to

I want to give but I also want to receive

I want to give my knowledge to

Turn the can't into going to:

I am confident in my ability help others by

I will know my limits on giving, If my giving isn't reciprocated I will know when to not keep giving

*Write your usual giving goals
Then write whatever is holding you back*

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Day 13 - Giving

I am going to take action by giving:



Day 14 - Self Worth Reassessment

Today re-evaluate your self worth. Below are a few questions you can use to re-evaluate how you view yourself. If you need more ideas please don't hesitate to ask. Remember whatever we put into the universe is our intentions (manifesting magic). Write it all down and then tell it to the universe.

Sample questions: I have learned ... about myself

I gained clarity in these areas

I have a better relationship with money

I have clearer goals on business

I know I can create my manifestations

I learned about myself and what I need to

I am more empowered to...

Write your Self Worth Reassessment

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Day 14 - Self Worth Reassessment

I am going to take action by:



2019 Imagine Your Dream Day

Put The Thought Out Their All The Time



2019 Manifestations with No Limitations

This is for you to visualize your year! Imagine your dream year. Traveling, booming business, starting business, homeschooling, the gym you would go to, the spa you would visit, the maid you would hire, date nights, the stores you would shop at. Every detail you can imagine, visualize being there, visualize the experience. Imagine the cottage you would stay at in Hawaii, the ruins you would visit, the pictures you would take. How does this look to you? This is with no limitations, financial, time, anything that hinders you.

Every Doubt Prevents it From Happening



2019 Manifestations with No Limitations

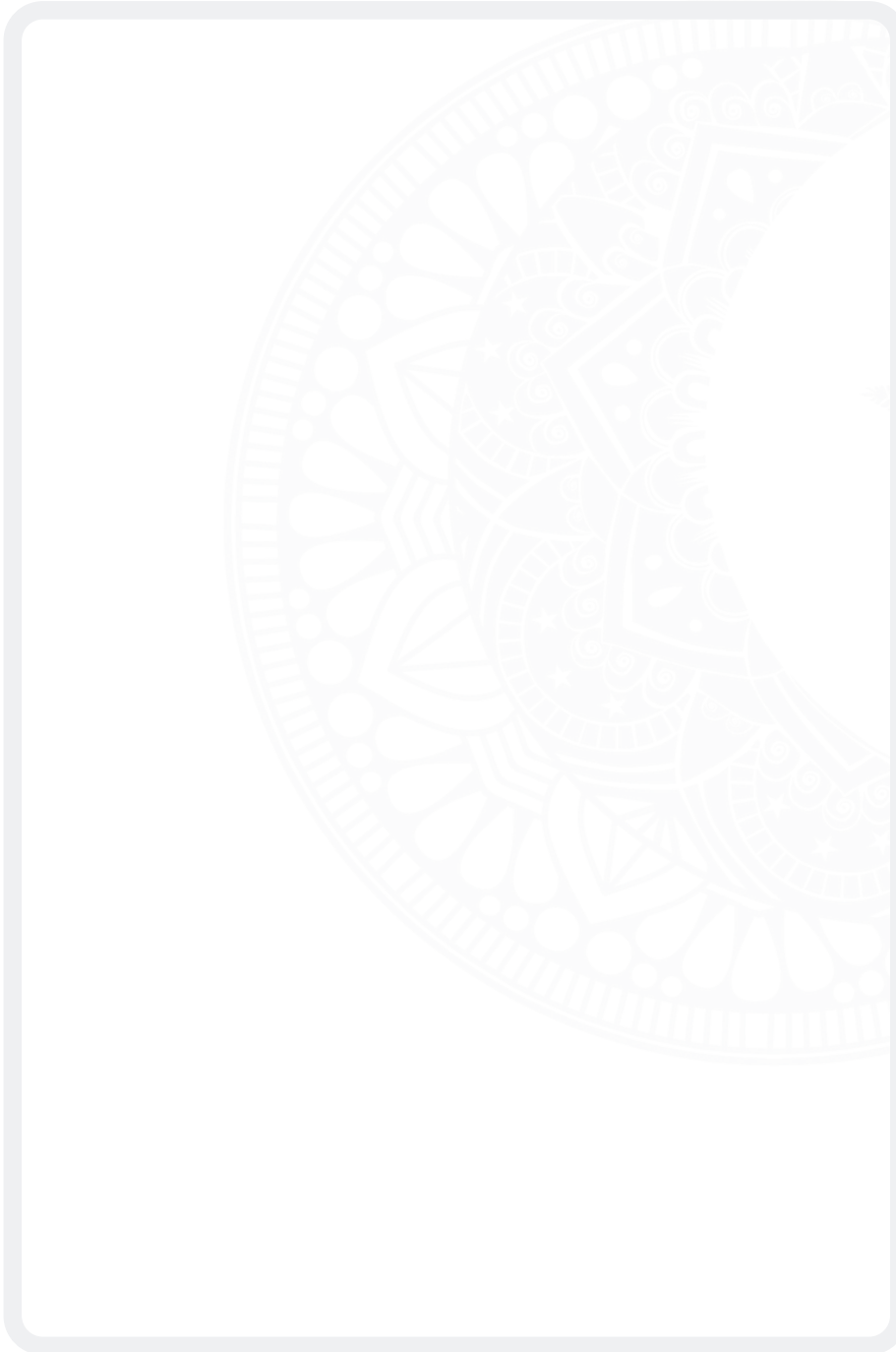
Spirit Has Your Back Lean On Them



A Current Day

This is for you to understand your day to day mindset. Start writing out every thought. Write out your whole day, your routine, and how your mindset is affected. Note your feelings, emotions, interactions, triggers, boredom. This is NOT to illustrate your negative thoughts, your lack, your self worth. This is to help you realize how much your mindset affects you during your normal day. When you notice a thought a feeling, a situation write it down. How did it trigger you? How did it affect your mood? Did it change your ability to keep a positive mindset? Try this method for 7 days.

You Are in Charge Of Your Destiny Take Control



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Merging the Mindset for Change

You have put into the universe the life you want. You have defined how your current days look. Now let's work on shifting your mindset for achieving your goals.

What are things you noticed during the week that affected you?

- What triggers?
- Guilt?
- What people?
- Negative self thoughts?
- What thoughts?
- Self Worth?

Acknowledge and Be Thankful For Every Sign

