

MODULE 8

ONGOING MANIFESTATION – LIVING IN YOUR PHYSICAL

INTRODUCTION

The never-ending cycle of powerful living. Celebrating the progress. Handling the new problems without thinking, here we go again!

ASSIGNMENT

1. Set a goal. Setting a goal and repeating it out loud – Allows you to put that goal out there to the universe. When you do that, the universe acts as a magnet and collides with you to make it happen for you.

2. Repeat it out loud. It re-enforces you to follow-up and be in action.

3. Write it down. When you write it down - You are making more real your commitment to yourself and together with goal setting and repeating it out loud sends it to your sub-conscious mind. Your subconscious mind is what gives you the confidence to make it happen. It talks to you at night, during the day and is involved in all of the interactions with people, places and things even more strongly than your conscious mind.

4. Post it up. Posting your goals - keeps it visible as a clear reminder and it's a reinforcement tool to drive the point home to make sure it happens. That spells success baby!

5. Assess Yourself. Have you followed through with all of the assignments I have laid out in this program?

- If yes, Awesome! You are on and poppin! Now it's time you move up in the world to some more challenging workouts and coaching to get even more results.
- If no, then you may need more personal guidance and accountability over time. My private coaching and mentorship programs are perfectly suited to help you accomplish that. It is my most popular and most requested program with the highest success rate.

Now these may sound simple but don't take it lightly. Here's why.

That being said you need help or support to carry you thru it. Now this also ties into and directly affects your motivation too.