

MANIFESTING WORKSHOP

welcome

In this free workshop I'm going to take you through the steps that I went through 4 years ago to identify my core desired feelings and begin manifesting them in my life. This practice completely changed my life and optimized my future.

Whether it's to celebrate big wins or work through the struggles, my goal is to create an unshakable tribe of women who support each other and all rise together.

This workshop is designed to go at your own pace, so pause when you need to and give yourself time to think through the prompts on the PDF to get the most out of your Manifesting Journey.

links

WATCH THE VIDEO HERE

DESIRE MAP BOOKS

MONA LISA ONDEVILLA

START TODAY

MANIFESTING WORKSHOP

GOALS FOR THIS WORKSHOP

1. Identify 3 core desire feelings (if you identify even 1 you're in great shape)
2. Be empowered to create an action plan to feel the way you want to in your life
3. Set intention for the life you want in the new year and beyond

What are core desired feelings? Put simply they're how you want to feel.

Ask yourself this: What would you do, be, spend time on if you had \$20 million?

Do:

Be:

Spend time on:

Let's figure out how you can be that person now!

How would you feel with \$20 million?

What is your version of having it all?

What is your version of having it all?

Now, let's identify what those core desires are. As I read the list of words, write down the ones that resonate with you. These should be words that stand out to you as evoking a positive reaction:

Are there any words that you could combine into one category? Try to identify 2-5 main categories.

1.

2.

3.

4.

5.

What I do most naturally is:

This brings me alive and reminds me who I am:

What's unique about me is that:

I crave:

I need to give myself more permission to be:

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If any of the words you wrote down coincide with the categories you’ve already identified, note that with a star next to that category.

You should at this point have identified one or more of your core desired feelings.

Now that you know what to do, it’s important that you have the energy to make it happen!

What things in your life increase your energy?

What things in your life deplete your energy?

Let’s set some short-term actions to take, really specific ones.

I would like to _____by _____

I would like to _____by _____

I would like to _____by _____

I would like to _____ by _____

My three general goals for this year that will help me in the long term are:

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I encourage now in this moment to make this promise to yourself: I'm going to achieve these goals NO
MATTER WHAT!

Use this space to create your 2020 mantra. I like to use words that evoke the most passion and best describe the core desired feelings that I identified.

I am

I am

I am

Speak those words like you already feel them and are them, that's how you will manifest them into reality.