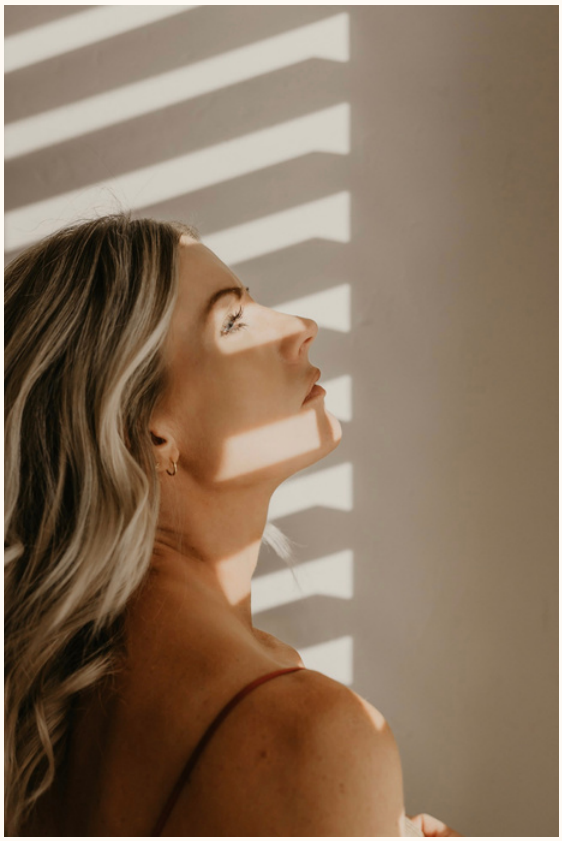
The Year That Dreams *Built*

BY SMART COOKIES

UNTANGLING PAST *PATTERNS*







FROM YOUR VISION WHAT EXACTLY ARE YOU MANIFESTING?

I see the following but with no attached timeline:

I see the following within the next year(ish):

Note each manifestation again below, then reflect honestly, without judgment if there are feelings coming up around being deserving of the manifestation or fears around what will happen when you receive it. Some prompts to guide you

When you imagine living your manifestation, what fears come up?

What thoughts are bubbling up telling you this isn't possible for you?

For each manifestation where you're feeling some resistance. Brain dump all of the "personal journey" moments you've witnessed or experienced over the course of your life related to the subject of your manifestation. Write out what happened in your life around the theme or topic of your manifestation from as far back as you remember.

Write it to the present day:

In your personal journey, what are the little stories, conversations, or things you've heard people say around the subject of your manifestation:

What did you make it mean? What did this imprint in terms of doubts, fears, programming or limitations?

In your “personal journey” where did you witness or feel any shame, judgment, or rejection around this subject?

In your “personal journey” where did you witness or feel any recognition, celebration or acceptance around this subject?

Review the above and note any root themes, major beliefs, or memories (positive or negative) that feel the most activating.

NOTES:

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