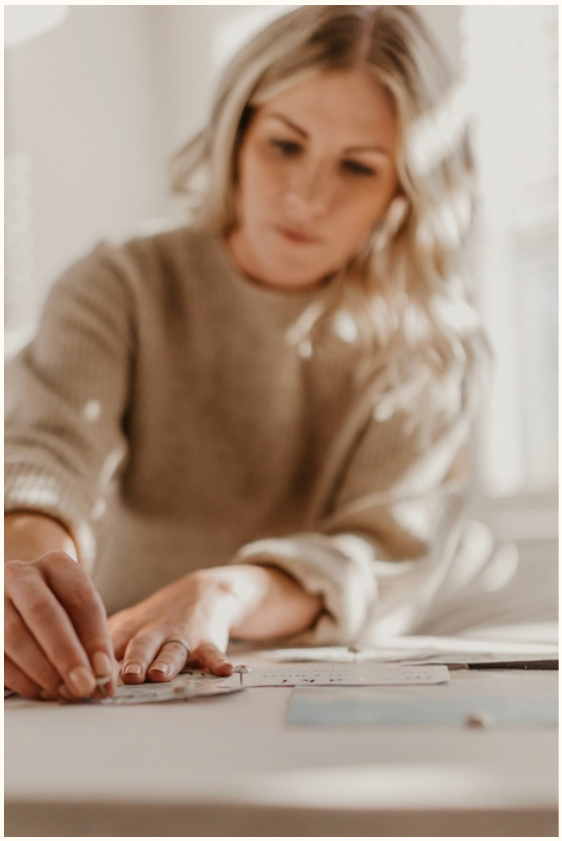
The Year That Dreams *Built*

BY SMART COOKIES

UNLOCKING WILD *SUCCESS*







What's something you've been told or taught to "work on" or downplay , but upon reflection might be a unique and beautiful gift to help you bring your manifestation to life?

When you think about living your manifestation in the present tense, what does it feel like? List all the other times in your life when you've felt that way. Describe what was happening and what you were feeling in as much detail as possible.

ACTION STEP

Gather all kind words of support or affirmation you've received. These could be customer testimonials, notes from friends or colleagues, cards - letters.
Print them out and put them on your vision board. List kind support works below:

For each of your manifestations list your natural, innate strengths and gifts you have to make it happen.

Look at each of your biggest manifestations and begin to list anyone you know directly or indirectly who you view as an example of living your manifestation.

Look back at some of the looping negative beliefs and patterns that may hold you back from your manifestations. Now let's start practicing looping positive TRUTHS

For each pattern or belief that you feel might hold you back, note the evidence you've collected to reinforce the belief in what is actually possible for you, these could be:

- People you relate to who have done what it is you are manifesting.
- Times in your life you've embodied/or done the opposite of the limiting belief
- Times you've been praised or affirmed for being the opposite of the limiting belief.

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