Manifest This!

JOURNAL

Jenner Linden,
Creatrix of The Wild Ones

SEGMENT ONE

CHECK IT OFF...

- [ ] Watch segment
- [ ] Journal any reflections + thoughts that come up
- [ ] Complete homework in the Facebook group

12:00: Jenner Linden
12:30: Anna Tsui
12:50: Nura Rachelle
1:10: Jolie Dawn
☕ Break 1:30 - 2:30

SEGMENT TWO

CHECK IT OFF...

- [ ] Watch segment
- [ ] Journal any reflections + thoughts that come up
- [ ] Complete homework in the Facebook group

2:30: Jenner Linden
3:00: Joey Wargachuk
3:20: Nixie Marie
3:40: Danielle Hall
☕ Break 4:00 - 5:00

SEGMENT THREE

CHECK IT OFF...

- [ ] Watch segment
- [ ] Journal any reflections + thoughts that come up
- [ ] Complete homework in the Facebook group

5:00 Jenner Linden
5:30: Christina Berkley
5:50: Crystal Woodling
6:10: Jen Quade

FINAL REFLECTIONS

LIVE FROM YOUR YOUR CORE, NOT YOUR CONDITIONING