



20 DO YOUR WORK PROCESSES

CREATION STARTS WITH YOU. DO YOUR WORK TO LIVE THE LIFE OF YOUR DREAMS

Creation isn't a hit or miss proposition. To consistently create more of what you want in your life you must focus yourself into becoming a vibrational match with your desires. You're not working on the manifestation, it's already done. Your work is to become the version of you that is living the life of your dreams. It starts with you. Let's go!

20 DO YOUR WORK PROCESSES

**CREATION STARTS WITH YOU. DO
YOUR WORK TO LIVE THE LIFE OF
YOUR DREAMS**

This collection of processes is intended to be a learning tool and a reference. It was born out of my own need to remember what to do when I want to feel better. These processes are my go-to for raising my vibration, which is the basis of my ability to create anything.

We all have the same innate abilities bestowed upon us by our creator. We are made in the image of our creator, which means we are also creators. This guide will help you to do your work to become the master creator you are meant to be.

I've used every inch of space I could to give you the best processes I've come across to date. I'm always creating more, and my hope is that you will also experiment and create your own as well.

This guide explains what to do, why it works, and how to do it. You don't have to read it all the way through at once. Choose processes that work for you right now! But do be mindful that the first three are the foundation upon which you layer the rest. If you do nothing else, do those.

The last page is a hot sheet of all of the processes listed in this guide. Print it out on cardstock and hang it on your bulletin board or take a copy to work. That way you always have an idea handy of something you can do to feel better if you're experiencing a vibrational 9-1-1.

Lastly, I want to thank you for supporting my work and for investing your time and money in yourself to become the person you are destined to be.

Enjoy, and Do. Your. Work.

WHY RAISE YOUR VIBRATION?

The vibrational frequency you emit, due to your thoughts and emotions, is the basis for creating the life of your dreams.

You have complete control over your vibration. These exercises, and others that you will create for yourself, are pivotal in creating all that you desire.

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YOUR ENERGY IS THE KEY.

The energy you bring to every activity sets the tone. You can use tools like crystals, oracle or tarot cards, mudras, etc. Alone they are just physical objects or activities. These tools serve as a point of focus for your energy. Play with them, experiment with how to best utilize them, but know your energy is the key.

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The first three items in this guide are non-negotiable. These are the basics. Like brushing your teeth. Eating. Breathing. No excuses accepted. Commit to yourself and to your dreams!

1. MEDITATION

Hands down, meditation is the single most important thing you can do to unleash the creative forces within you. Yes, you have that creative force, too. We all do. By being still, you train yourself to hear your intuition. You become more discerning about where ideas are coming from, your ego (your need to jump into action) or your soul. Following your soul's guidance always feels best. Meditating consistently every single day for at least 15 minutes tunes your ear to hear inspiration.

Here are some meditation hot tips:

- ❖ **Make it your own.** As the creator of your life, you get to design your experience. Other than choosing a quiet space, you decide. Do I want to meditate in the same place every day or do I want a variety of places? Do I want to sit or lay down? Do I want music or silence? Will you chant or remain silent? Remember, once you decide, you can always change your mind. And there's no right or wrong way. Customize your experience to fit your own needs.
- ❖ **Be the observer.** You don't have to quiet your mind, you only have to observe your thoughts. Don't engage with them. If they start to get chaotic, focus back on your breath. In and out.
- ❖ **Set a timer.** Your mind will immediately start to panic when you begin. If you haven't been meditating regularly it will make all kinds of excuses for you to open your eyes. By setting a timer you can relax knowing that it will alert you when your 15 minutes is complete.
- ❖ **Set an intention, or not.** Sometimes I meditate with no specific direction. I'm open to whatever comes. Other times I want guidance on a specific question, so I'll take a deep breath and state my intention as I close my eyes. Once you close your eyes, let go and allow whatever comes.
- ❖ **Have pen and paper nearby.** Sometimes you'll get inspiration that is so juicy that you'll want to write it down immediately after your session. Having a place to jot something down will decrease the anxiety that you'll forget.

MIRRORS ARE POWERFUL TOOLS.

Mirrors are a constant in our lives. Not only do they reflect our images, but they also reflect our energy. Be intentional about what you say to yourself in the mirror. Whether it's a pep talk or a love session, give yourself what you need in the mirror.

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2. GRATITUDE

We all have a long list of things we are actively creating in our lives. Being so focused on the future can cause us to neglect the things that we have in our lives right now that we adore. Taking time to appreciate what we have right here and now primes us to receive more things to be grateful for. Remember, like attracts like. Being grateful is a magnet for things to be grateful for. Don't you love the way that works?

Here are ways to incorporate gratitude into your daily spiritual practice.

- ❖ **Make a list of at least three things you are grateful for.** Minimum.
- ❖ **Find a gratitude accountability partner.** Send each other your lists every day and hold each other accountable.
- ❖ **Use mindless tasks for even more gratitude.** When you're washing dishes or vacuuming or whatever rote task you find yourself doing, make statements of gratitude. You can do these in your mind or you can say them aloud. Challenge yourself to keep going until you complete your task.

3. MIRROR WORK

In the same way that butterflies cannot see their wings, humans cannot see our eyes (the windows to the soul) without a mirror. Sitting in front of the mirror for 5 minutes a day can deepen your relationship with yourself. Look yourself in the eye. Allow the mirror to reflect your love and intention back to you.

I'll give more mirror exercises later in these pages, but here's some basic work that will get you started.

- ❖ **Express love to yourself.** Sit in front of the mirror, look yourself in the eye and say 'I love you.' Then list reasons why you love yourself. Feel the love reflected back to you. This is an exercise of extreme self-care.
- ❖ **Give yourself a pep talk.** In periods of transition, we can get uncomfortable and lethargic. Are you avoiding things you know you need to do? Are you feeling unmotivated? You know what you need to do, so get in the mirror and give yourself a fiery, soul-inspiring pep talk! Go hard and be gentle. Do it from a place of love.
- ❖ **Make a commitment to yourself.** Most of us are great at making and keeping commitments to other people. We look them in the eye and make a declaration of intent. Use the mirror to do this with yourself. Look into your eyes and make a

HAVE A TALK.

When you keep seeing something that you aren't happy with, have a talk with yourself. I even do this with bugs! I sit with myself and say, "Ok Nikki, this bug is not worried about you. It's having its own life experience. Your fear is causing you to see them. You're not going to see them anymore." That's it. Try it with anything!

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statement. "Nikki, I promise you I will not let you down. I promise to follow through with this. I promise you this is the last time we need to talk about this. Consider it done." Hold yourself accountable and do it!

EXTRA CREDIT.EXCELLENCE.BEST IN CLASS.

When you've mastered the basics, it's time to stretch. The remaining processes, coupled with your daily work, will allow you to emit a higher vibrational frequency more often. This is what we strive for to master the Art of Creation, often called manifesting. Consistency yields results.

I've grouped some of the exercises into categories of work. So if you're working on healing your inner child, there's a section on that. If you need to work on body image, there's a section on that.

Lastly, there's space and guidelines to create your own processes. You know you best, and what's fun and helpful to me may not be for you. Be brave and trust yourself to either mold these processes to fit your needs, or make up your own.

And above all, have fun!

4. LISTS OF POSITIVE ASPECTS

If you have any exposure to Abraham/Esther Hicks (I'm a huge fan and student), then you've heard about lists or books of positive aspects. So what is a positive aspect? It's a feature or characteristic you find pleasing. Making a real list of what you like instead of thinking about the things you don't like, keeps you positively focused.

This helps your vibration, but it does much more. By listing these things on paper, you're telling the Universe that you want to see more of this. And that's exactly what the Universe will show to you.

More of what you do like. Less of what you don't. Yes, please!

- ❖ **Get your pen and paper.** This is not an exercise you want to do in your head. Putting pen to paper focuses your thoughts.
- ❖ **At the top write your topic.** This can be a person's name (even your own), an area of your life, a situation, anything really.

DID YOU LOSE SOMETHING?

Next time you're looking for something and you're having trouble finding it, stop and say, "Somebody knows where it is!" Say it out loud. This action gives your brain a task. It searches your subconscious and leads you right to that object. It works. Every. Single. Time.

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- ❖ **Start with the most positive statement you can make that isn't a lie.** Don't try to BS yourself. Say something true and kind.
- ❖ **Keep writing until you're done.** Some days, depending on the topic, you may only be able to make a few statements. If so, try it again at another time. The goal is to get up to 4-5 pages of positive aspects on the same topic. When you've mastered that subject, make a new list on a new topic.
- ❖ **Sample topics.** Any person, yourself, your career, your salary, your financial situation, your business, your dream location, your relationship, etc.

5. PRE-PAVING AND SEGMENT INTENDING

Okay, more weird words from Abraham/Esther. Don't worry, I got you. Pre-paving and segment intending are essentially the same thing; pre-paving is the macro level and segment intending is the micro level.

Basically, you are setting an intention for how things are going to go with a manifestation, an event, or even a portion of your day. But you're not simply saying I'm going to have a good time. You're making powerful statements about how well it's going to go.

Let's say you have an event to go to and you're nervous about it. To pre-pave the event you might say things like:

- ❖ *"I'm going to have an amazing time at (name the event). I'm going to have some amazing conversations. I'm going to find a group of people that I have a lot in common with. People are going to be so eager to join the conversation because we're having such a good time. We're going to laugh until our bellies hurt..."*

Don't you want to go to that event? I sure do!

On the micro level, segment intending allows you to have control of your whole day. You're setting an intention for each segment of your day as you're about to start it. You determine the segments, like the commute, the workday, dinner time, etc. And you can further segment each segment.

- ❖ If you're dropping off kids at daycare, on the drive there you can use segment intending. *"When I drop the kids off they're going to see their favorite friend and will happily walk into their classroom."* Way better than anxious goodbye.

WHAT IS MOMENTUM?

Do you remember
learning Newton's Laws
in high school or college?

One of the laws states
that objects in motion
tend to stay in motion.

Thoughts and feelings
are energetic objects. If
you think a negative
thought, more negative
thoughts will join it and
add to the momentum.

The same is true for
positive thoughts. Try
using momentum to your
advantage.

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- ❖ The commute segment might sound like, *"My drive to work is going to be fun. I'll hear my favorite songs, the traffic will be freely flowing, I'll get to the office faster than usual..."*

The trick with pre-paving and segment intending is to make intentions of exactly how you want it to go. No settling. Go for the very best you can imagine.

SPIRIT GUIDES

We all have a non-physical team that is intent on helping us to navigate our lives. They are deceased loved ones, ancestors, angels, ascended masters, spirit animals, etc.

Lots of people are so curious about who their spirit guides are, but we underutilize the help they offer to us. The rule with spirit guides is that they wait for us to ask for their assistance. If you don't ask, they are unable to help.

It should be noted that you have to develop a trusting relationship with your guides. You don't have to prove anything to them, only to yourself. By giving them tasks and watching them complete them in miraculous ways, you'll learn to trust them more and more.

Here's how to put your underemployed spirit guides to work:

6. Employ your spirit guides. Have a chat with your spirit guides. Do it out loud like you're talking to a friend. Tell them what you're struggling with. Tell them what you need to happen. Just like you would tell anyone else. Ask them for assistance and tell them, mostly for yourself, that you're giving this problem to them and you trust them to figure it out for you. Commit to not worrying about it because you know it's in capable hands.

7. Delegate some of your To Do list to your spiritual team. We all have long lists of things to get done. It can be overwhelming. How many times have you wished you had a personal assistant to help you cross items off your list? You may not have a physical assistant, but you do have a whole non-physical team. They're not only here to give you moral support, they can make things happen. Here's how you can put your spiritual team to work for you:

- ❖ *Make a list of all the things you need to get done.* List every task that needs to happen. All of them.
- ❖ *Circle the tasks you feel like doing.* Do this from a place of choice, not fear.

WHAT IF?

What if you used that pesky function in your brain that makes you spiral out of control into fear to your own advantage? When you find yourself worrying about would could happen, make positive what if statements. What if everything works out better than expected? What if I find the exact thing I need today? What if I already have everything I need to find the solution?

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- ❖ *Delegate the rest of your list to your team.* Allow them to take care of the tasks you didn't circle. And don't worry about it! Trust that it will get done.
- ❖ *Appreciate those tasks getting done.* So you didn't feel like calling that person that owes you money or to schedule a meeting, but suddenly your phone rings and it's them. And they're so cooperative. That's your spiritual team at work! Say thank you! The more you trust, the better the outcome.

8. Meditate with your guides. Sometimes we're so caught up in the problem that we forget to ask for solutions. When you settle down to meditate, state your question in your mind and ask your spirit guides to lead you to the solution. Then let go and meditate as usual.

9. Channel writing. Ever had that feeling that you needed a clear answer, in writing? Channel writing with your spirit guides is a way to accomplish that. When you call on your spirit guides and ask for specific answers to specific issues with pen in hand, they give it to you straight. To start practicing channel writing:

- ❖ *Sit in a quiet place with pen and paper.* Eyes open or eyes closed. Whatever feels best to you in the moment. Experiment with this.
- ❖ *Call upon your spirit guides.* Tell them that you are seeking an answer to your problem and ask them for help with solutions.
- ❖ *Allow your mind to get quiet.* The feeling is much like meditation. Focus on your breath. Be open to receiving.
- ❖ *Hold the pen to the paper and wait.* Don't try to force it. Stay aware of your breathing. Allow the pen to move when it's ready.
- ❖ *How do you know if it's you or them writing?* There definitely is a different feeling for me. I also notice that they express themselves using different words or concepts. Honestly, if it feels like a great idea, it doesn't matter where it came from. You are co-creating with your spirit guides. Trust that if it feels good, it came from the both of you.

CHANGING YOUR THOUGHT PROCESSES

We all have patterns of thought. Our brains are designed this way for efficiency. It compares new experiences to past experiences in order to determine how we should respond.

The good news is that the brain is plastic which allows old thought patterns to be replaced with new ones. No matter how long you have

RANDOM ACT OF KINDNESS

Find creative ways to
brighten up someone
else's day and watch your
own mood elevate. Pay
for a stranger's coffee,
allow someone to go in
line ahead of you,
anonymously put a flower
on a co-workers desk,
buy lunch for a friend.
Being of service to others
is actually serving
yourself.

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thought a certain way about things, you always have the ability to change.

Here are some ways to change your thought patterns so that they better serve you:

10. Silver Linings or Shift Your Perspective. You have the power to choose how you feel about absolutely anything. Did you make a mistake or learn a valuable lesson? Did you fail or did you receive inspiration for something even better? Life always gives us experience and it leads us to exactly where you need to be for the next step. Shift your perspective and your life becomes your classroom.

- ❖ *Look back on the big moments in your life.* Instead of being caught in the pain of what happen, look instead at the positive things that came out of the situation. How did you grow? There is always a silver lining. Always. And you can find it.
- ❖ *Actively look for silver linings in the midst of difficulties.* Ask yourself what is the lesson here? Through your awareness you can also choose to react differently. Is there an opportunity to break a cycle or pattern? How do I want this to go?

11. Positive rebuttals. This process is all about replacing habitual negative thoughts with positive statements. Again, your brain likes to group things so it is more efficient in its response. Thoughts are habitual until we practice awareness and actively seek to change them. We want to let go of the bad habits and replace them with excellent ones.

Your new statements, however, must be true and you must back it up with evidence. That's the only way your brain will accept the new information as true. Here's how to employ this process:

- ❖ *Be aware of your thoughts.* Without being aware of what's going on, you can't really change anything. Monitor your thoughts as often as you remember to. It can feel tedious at first, but you're teaching your brain to be on the lookout.
- ❖ *Write down the negative statements you catch.* If possible get it out of your head, either on paper or as a note on your phone.
- ❖ *Provide a rebuttal to that statement.* Write or type something true that blows that negative statement out of the water, and back it up with evidence. For example, *no one wants to hear what I have to say* becomes *people often come to me for advice. People value my opinion.*

YOU ARE ALWAYS BECOMING

Without exception. The things you see as mistakes or tragedies or sucky jobs all contain nuggets of inspiration that cause you to change. You get to decide if the effect will be positive or negative. Pro tip: Always look for the positive.

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12. Positive Triggers. We already know about negative triggers, those things that automatically evoke an intense negative response. With positive triggers we use the associative properties of our brains to our advantage and to create a trigger that evokes a positive, good-feeling response.

- ❖ *Make it fun!* Choose a trigger that makes you laugh when you say it to yourself. It should instantly lighten up your mood and get you to relax. My favorite one lately is “*Namaste Sashay Away.*” It just makes me laugh and it tells those negative thoughts what to do.
- ❖ *When you catch a negative thought say your positive trigger out loud.* Since you came up with a funny one, it should at least make you smile if not laugh. Then choose another good feeling statement to follow it up.

13. Reflected selfies. Want to know what you’re attracting into your life in any given moment? Look around and take a photo of something. Do your photos evoke feelings that feel good or not so good? Can you change what you see in your physical environment by stating an intention to see better things? Yes you can.

- ❖ *Set an intention to look for good things.* Say to yourself, “Today I’m going to see amazing things that make me smile. I’m ready to smile all day long.”
- ❖ *Show gratitude in the moment.* When you see all those good things, and you will, say thank you out loud.
- ❖ *Your beautiful photos are a reflection of your beautiful energy.* That butterfly is a reflection of your spirit. That smiling child is your inner child playing with you. Take it in and appreciate yourself for taking control of your own vibration.

BODY IMAGE

All of us have, or have had, body image issues. Yes, even skinny girls have them. Our bodies are amazing systems that perform complicated tasks without any attention from us. Your body is a masterpiece! Additionally, what your body looks like or doesn’t look like is no reflection of who you are. Your body is a vehicle for your soul. Here are some processes that will help you to become kind and compassionate to yourself and your body:

14. Rub Your Belly! And your thighs and your booty and your arms. Especially the parts that you’re the most self-conscious about. By appreciating and loving your body and accepting it as it is, you literally start to change how it looks and feels.

HOW ARE YOU IN THE WORLD?

When you walk out into the world, what is your energy like? Do you feel like you need to be on guard? Do you have resting bitch face? Since you attract what you emit, you'll likely see more evidence to protect yourself. Try smiling at people. Say hello. Give good vibes and you'll get them right back.

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If you've never heard of Dr. Emoto's water experiment, you really need to google it. His results show that words, both positive and negative, have a startling effect on water. Our bodies are mostly water, so how you speak to your body affects your body chemistry. Be nice and your body will reward you.

- ❖ One of my self-conscious areas is my belly so I rub it and say, *"I love you, my beautiful belly. Thank you for serving me in such an amazing way. Thank you for holding all my children. Thank you for protecting me when I thought I needed it. You did an amazing job. I don't need you to do that for me anymore. I release you."* When I do this consistently, without changing anything else, I see results on the scale and in how I feel in my clothes. Experiment with this and show yourself.

15. The Naked Mirror Experience. When we think negatively about our bodies we often avoid mirrors, particularly when we're naked. Be brave.

- ❖ *Stand in front of the mirror completely naked.* Look at yourself.
- ❖ *Wherever your eye is drawn to out of judgement, touch that part of your body make kind and compassionate statements to it* Warning, this can be a very emotional experience. You may cry if you haven't looked at yourself in a while. Hold the space and let it all out. The next time will be easier. I promise.

16. Move Your Body. One of the best ways to improve your body image and instantly improve your vibration is to move your body. Go for a walk. Dance in the living room. Do some simple stretches. Start a yoga practice. We feel like it takes too much energy to do physical activities, but moving your body increases your energy. Thank your body for what it can do.

INNER CHILD WORK

Many of us didn't have an ideal childhood and we're often still carrying pain and trauma from that time. Each of us as the innate power to transform lower or negative energies into higher or positive energies. It's all about your perspective.

17. Love session with your inner child. So you didn't get the love you needed and deserved when you were little. You can't change the past, but now that you're an adult you have the opportunity to be an amazing parent to your inner child. You can give her/him all the love she/he never got in exactly the way you needed it. Here's a great process for that:

INTERRUPT YOUR ROUTINE

Routines are comforting. They allow us to clear up mental space while we get things done. But sometimes our routines put us too much on autopilot and we get stuck. Shake it up! Wake up earlier. Take a different route to work. Have lunch on a park bench. You'll be surprised at how energizing this can be.

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- ❖ *Grab your favorite childhood candy or snack.* Doing this evokes that feeling of childhood which is exactly what we want.
- ❖ *Sit in front of the mirror while you enjoy your candy.* Yes, back in front of the mirror!
- ❖ *Make loving statements that the best parents say to their kids.* "I love you. You're so awesome! I'll always be here for you. You can be anything you want to be. I believe in you..." Whatever you needed or need to hear, say it to that little kid inside of you.

18. Play Dates. When's the last time you played? You know what they say about all work and no play, right? You're never too old to play, in fact it's necessary to open up your creative channels. Make play dates with yourself or with your best friend. Here are some ideas:

- ❖ *Go to the park and play on the equipment.* If you're shy, go when no one is there. Get on the swing and feel the sensation of flying again. Feel the exhilaration of zooming down the slide. Let go and be as free as a child.
- ❖ *Do a hobby you loved as a child, or one you never got to do.* Did you love to paint? Grab your paints and play. Paint with your fingers. Don't worry about how it comes out, just play. Or did you do macramé or string art? Did you make up dance routines in the living room? Whatever it is. Just. Play.

19. Spend time with children. Whether you have kids or not, spending time with those little bundles of joy can give you a new perspective on life. Their honesty and curiosity is refreshing. Instead of seeing children as a chore, allow them to shift your perspective and see what you can learn from them.

- ❖ *Teach them something.* Having to explain something on a child's level really makes you examine what you believe and how to distill it down in the simplest terms.
- ❖ *Get down on their level.* Get on the floor and play with them. Doesn't your space look a lot different from down there? A new perspective can bring new insights.
- ❖ *Play imagination games with them.* You may be out of practice, but don't worry! They usually have a script and they'll walk you through their pretend scenarios. This will get your brain thinking in new ways and remind you that there's no box to think outside of!

DANCE PARTY!

Music soothes the soul. Songs are infused with emotion and memory. Use this ever present tool to shake up stagnant energy. Put on your favorite playlist and dance in your living room or sing along on your commute. High energy music attracts high energy feelings. Move your body and have fun!

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20. PERFORM A PERSONAL ENERGY AUDIT

When I was an energy engineer I went into manufacturing facilities and audited their processes. We looked at where energy was wasted, where wasted energy could be used in other areas, and how to effectively manage their energy use.

Here's how to apply that concept to your personal energy:

- ❖ *Start with low hanging fruit.* That's an engineering idiom for starting with the obvious and easiest things. How do you waste your time? Playing games? Watching hours of TV? How much are you willing to cut back on that and where can you reinvest your energy elsewhere?
- ❖ *Now go deeper.* Where can you find opportunities to invest in yourself? Free training courses through your job? A new book on personal finance? A massage to help you relax and receive? The real question is, what activity can I do that will help me become the person I want to be?
- ❖ *Review periodically.* Again from my engineering days I learned that systems need to be reviewed periodically to keep them running efficiently. We can always improve, and since you're in charge you get to choose improvements that excite you. If they don't, look for another idea.

CREATE YOUR OWN PROCESS

You know you better than anyone. I challenge you to think of your own processes to aid you in your spiritual growth. Try things. Experiment. Keep the great ones! I've provided some space on the next page for you to create your own.

Reminding yourself that you get to choose how you feel, and that you can change how you feel in any given moment is doing the work.

Follow these guidelines to create your own processes:

- ❖ *Change something negative into something positive.* How can I apply a better perspective to this?
- ❖ *Use the associative properties of your brain.* How can I use a thought process that works for me in one area to change another? I did this with "somebody knows where it is" by changing a few words to create "somebody knows the solution to this."
- ❖ *Make it fun!* The more fun you have doing something the more likely you'll be to actually use it.

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DO YOUR WORK HOT SHEET

LIST OF POSITIVE ASPECTS

PRE-PAVING & SEGMENT INTENDING

EMPLOY YOUR SPIRIT GUIDES

DELEGATE TO YOUR SPIRITUAL TEAM

MEDITATE WITH YOUR GUIDES

CHANNEL WRITING

**LOOK FOR SILVER LININGS (LESSONS,
POSITIVE OUTCOMES)**

POSITIVE REBUTTALS

POSITIVE TRIGGERS

RUB YOUR BELLY

THE NAKED MIRROR EXPERIENCE

MIRROR LOVE SESSIONS

PLAY DATES

SPEND TIME WITH CHILDREN

PERSONAL ENERGY AUDIT

Bonus Processes

:Have a talk with yourself::Somebody knows where it is::Positive
what ifs::Perform a random act of kindness::Dance Party::Interrupt
your routine::Be who you want to see in the world:

**DAILY
WORK**

Meditate at least
15 minutes per day.

Write at least three
statements of
gratitude.

Talk to yourself in the
mirror at least 5
minutes per day.

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