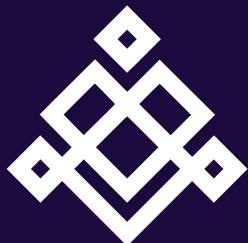


Journal + Course + AI Sidekick



DAILY GROWTH MAP™

**Feel it. Do it. Be it. Take Action and Manifest
a Powerful Identity – in Just 3 Minutes a Day**



DOM CORYELL

 SHISHARKA®

DAILY GROWTH MAP

Journal + Course + AI Sidekick

By Dom Coryell

You planted a tree
when you bought this book
THE UNIVERSE THANKS YOU



We plant 1 tree for every book sold.

Learn more about our impact at <http://trees.dailymrowthmap.com/>

Copyright © 2025 SHISHARKA

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without written permission from the author, except for the inclusion of brief quotations in a review.

First Edition

This book is about being a curious student of Life and Learning how to create your reality through feelings and imagination, of all things!

Creating it was my way to improving my mastery of manifestation. That said, I'm still a curious student and will always remain one, just one who is able to teach the basics here as I advance my practice.

I expect that you will be a curious student, who soon realizes this power and will then be able to teach as a way to build upon your mastery...and so on.

As such, this book is...

Dedicated to you... your Growth - and those you'll help Grow.

I'm thrilled to have you join me so we can Learn and advance together.

CONTENTS

INTRO

• WTF IS THIS BOOK?	4
• LET'S TALK "FEELINGS"	5
• MY STORY	8
• HOW THIS WORKS	11
• DAILY PRACTICE	12

THE WORKBOOK BEGINS

KICKOFF WORK

• PAINT YOUR MASTERPIECE	16
• BUILD YOUR IDENTITY	19
• REFRAME YOUR BELIEFS	25
• GRANT YOURSELF PERMISSION	32

WEEKLY PROGRAM

• WEEK 1	35
• WEEK 2	52
• WEEK 3	70
• WEEK 4	88
• MONTH END REFLECTION	105

OUTRO

• INTEGRATION & NEXT STEPS	106
• MY BELIEF SYSTEM	107
• INSPIRATIONS	111
• RESOURCES	112

WTF IS THIS BOOK?

First things first: ***I'm not a guru and don't aspire to be one*** - just a curious student of life, sharing a powerful framework, carefully crafted around the principles of my transformation.

Will it work for you? “YES! YES! YES!” is my true belief. Otherwise, I wouldn’t have put so much into it. But, you still have to commit and believe. Spend 3-minutes a day for a few weeks and the “Golden Threads” will start to appear. Worst case: less doomscrolling at night.

Why listen to me? In about a year, using this exact method, I dropped a 20-year drinking habit, lost 80+ pounds, dramatically improved my health, saved over a million dollars, advanced my career, abolished anger and resentment and started exciting new businesses aligned with my soul’s purpose - *all through manifesting a new identity.*

The secret? **Feelings + Action.** Feelings? Yes, those things we're often conditioned to ignore or suppress. Realizing my feelings were the language to program my subconscious unlocked my ability to intentionally shape my reality through imagination and take aligned actions. *In less than 30 days, you too will be able to generate feelings mapped to your desired outcomes, so you can go from Imagination to Aligned Action to New Reality.*

Ignore this power, and you'll still create your reality - but unknowingly and not the one you want, leaving you a Victim vs. a powerful Creator.

This isn't about manifesting fancy objects (too narrow-minded). It's about manifesting identity and character. Becoming the person who embodies the traits associated with the outcomes you want. All those fancy things will effortlessly come to you then - *if you still even want them*; it's undeniable you'll attract whatever you “want” if you become the being who can control their feelings + actions.

See you inside ~ DOM

LET'S TALK "FEELINGS"

As a guy approaching 40, I grew up in a world where “feelings” were not something that were openly discussed or encouraged, actually the opposite. They were associated with weakness and being too feminine. As a result, I learned to avoid them by distracting myself with obsessive work, fancy objects and women who temporarily boosted my ego. I even learned how to use alcohol and drugs to change my bad feelings into temporary bliss, only to be emotionally bankrupt later.

But...**Feeling is the Secret!** It's also the name of a profound piece of work written by Neville Goddard. In his 33 short, but dense and powerful pages, he explains that *FEELINGS ARE THE ONLY LANGUAGE THAT YOUR SUBCONSCIOUS MIND UNDERSTANDS* and therefore the method in which we can communicate with the subconscious mind and create whatever reality we want. What does this even mean?

For a moment, consider the possibility that your life's story is written by your imagination and feelings. Meaning that if you can transform your wishes into feelings, as if they are already true, through intense visualization, and fully believe the desired outcome is true until it feels vividly real, you will manifest that outcome (new reality). **“Sensation precedes manifestation and is the foundation upon which all manifestation rests.”**

~ Neville

No way. How? Once that feeling is deeply planted in your subconscious, it will pick-up and work with your conscious mind to develop the beliefs that drive your identity (meaning your operating system changes, you “become” the person that believes you have the outcome and you become capable of attracting that outcome.) The best way to plant this feeling is through sleep and prayer, these moments are gateways into your subconscious. Not in a religious way. I avoided “Prayer” nearly my whole life, associating it with a Christian thing. Prayer is not religious. A prayer is just a container to develop a

feeling and communicate it to the universe; an ‘art of assuming of being and having that which you want.’

You can now see that if feelings are this powerful, you must then choose your feelings carefully. ***Negative feelings drive negative outcomes, and positive feelings drive positive outcomes.*** Your subconscious shapes reality from your strongest feelings; the strongest, repeated feelings dictate your outcomes. Feelings are “tools” that establish your self-belief and create your reality. Gaining control over feelings, (shifting negative feelings into positive beliefs) powers your manifestations: **“Control of feeling is all important to a full and happy life... Mastery of self-control of your thoughts and feelings is your highest achievement.”** ~ Neville

“Control feelings” doesn’t mean to avoid, dismiss or bury negative feelings, rather swiftly address those head-on and course correct by immediately redirecting your attention and feelings toward positivity, empowerment and the assumption of your desired reality.

Continuously live as if you already are the person you aspire to become, and you will become it. This is all very similar to Joe Dispenza’s mantra that ‘what you believe you become’ because the best way to believe something, is to “feel” it.

But...How do you possibly control your feelings?

This was where I was stuck for months. So I developed a framework that helps me really get in touch with what I’m feeling and shift those feelings to my benefit; making me the creator vs. a victim. Memorize this framework for your daily journaling when you’re prompted to connect with how the outcome of what you want **feels** (step 3).

It's called: ASKING

It's simple. You use inquiry to manufacture a structured feeling that is mapped to your desired outcome. Once you have it, you can generate the outcome. And if you're feeling down or negative (in contradiction to your desired outcome), you can

use this too to reconcile and adjust your feelings (or as Neville would say “control” feeling).

A	Awareness	How can you articulate the feeling that would map to your desired outcome? Why?
S	Sensations	What happens in your physical body with this feeling? How can you trigger those?
K	Knowing	Do you know you're capable of this feeling? Have you felt it before?
I	Imagine	What is the visualization that comes to mind when you feel this?
N	Nurture	Can you prevent the ego from pulling back to safety by expanding space for the feeling?
G	Generate	Can you feel it so deeply you've established a belief of realness?

FEELING IS THE SECRET! You manifest what you ***feel and believe yourself to be.*** Feelings → Beliefs → Identity → Outcomes
 (The practice in this book is to first manifest the identity through feelings, which attracts additional desired outcomes in your vision)

A powerful affirmation to establish feelings quickly “I AM” which acts almost like a shortcut and encompasses **A.S.K.I.N.G.:**

THE I AM AFFIRMATION:

The only affirmation I believe in is “I AM” which uses powerful declarations of self-identity (“I AM...”) to directly program your subconscious mind and shape your self-concept. When you declare something after “I AM,” you’re affirming an identity, creating a blueprint that your subconscious then works to realize. This must be matched with the corresponding feeling to hold weight.

- **I AM HEALTHY AND FIT** (Feels proud at the pool)
- **I AM SOBER AND CLEAN** (Feels easy waking up early)
- **I AM PROSPEROUS** (Feels no worry spending on things)
- **ETC, ETC!**

MY STORY

This program isn't at all about drinking, nor is it a program aimed to replace traditional recovery. But, manifestation was the cornerstone for me overcoming my dependency on alcohol. I include this as a useful reference to anyone who faces similar challenges because I fundamentally believe alcohol and other lower vibrational drugs prevent powerful manifestation, they disable your ability to master your feelings. Otherwise, just healing for me to share my path, as vulnerable as it is.

When I was in my late teens and early 20s, I had a drinking problem. I was constantly in trouble with the law, I was frequently in car accidents, fights, cheating, etc. But by my late 20s, I had things *under control*. “I no longer have a drinking problem” I would tell myself. “What a master I am” - my ego would purr. Throughout my 30s, that mindset stuck. I was continually more successful in my career, I was advancing my life, etc. etc. What could be wrong?

I wasn't really being honest with myself. I had a lot of problems, and most of those problems were from drinking:

- I weighed 275+ lbs and had high blood pressure / sugar.
- I frequently had bronchitis from smoking cigs when drinking.
- I never seemed to have enough money, despite making a lot.
- I couldn't keep a romantic relationship in a healthy state due to insecurity and attachment issues, or “chasing next”.
- I would have blowout anger-ridden fights with my parents.
- I found myself getting incredibly angry at small things, like shaking and yelling and even getting into arguments with airport security etc. How embarrassing :)

In fact, the only thing that was going well for me was my career. And probably that could have been better too considering many of my friends have 5x net worth as me.

And then it dawned on me. **My life was just “sustainable”** - that's not a good thing, despite having that be the goal of all our eco-conscious group-think. A great quote from Cradle to Cradle is: “If I were to ask you how your relationship was going, and you were to answer, ‘oh, you know, it’s sustainable,’ I would feel quite bad for you.”

Yet, that was where I was at. My life was sustainable. And probably not for long. And I felt quite bad for myself.

THIS WAS NOT THE LIFE I WANTED. Something had to give, I deep down knew it was the alcohol and I tried everything:

- I went to AA despite not believing in God or feeling like my problem was that severe - I quit.
- I paid thousands for “control coaching programs” which were great but I kept drinking and didn’t finish.
- I made myself rules like “Tequila only” to get slimmer, but ended up drinking beers after a few tequilas ;)

I gave up. I lost trust in myself. But then a window opened up. I somehow got enough motivation to start listening to my SupraHuman fitness coach Jared and just really track macros. Alcohol had no place. I cared enough about getting fit and being attractive to temporarily give it up. It was just enough of a “not-drinking window” to end up going to this spiritual entrepreneurs retreat in Costa Rica that I had for some reason signed up for 6 months ago, despite not knowing anything about spirituality, or really having an interest. The event by Coherence Events was amazing, and very uncomfortable. I was pretty much the only guy and had no idea what was going on. I decided to stick around in Costa Rica and because I had been listening to Aubrey Marcus that year, I’d grown curious about Ayahuasca and its potential healing properties.

I cautiously found my way into the care of a Shaman who did a solo ceremony with me. The experience was totally ineffable and life changing. I’ll go into depth in some video, but in short I became a believer in God and the source of life; still not religious, but very clearly now know and have faith there is WAY MORE THAN MEETS THE EYE since I’ve experienced other dimensions. Everything was shown to me and my higher-self carefully “woke me up” to show me my power. And I was done with drinking. How could I have ever done that to myself? Plant medicine is magic. Wow. That was easy.

And a month later...I was drinking beers in the morning on Saturday. How could this happen? Wasn’t I ‘cured’? Wasn’t the Ayahuasca a healing magic power? I felt lower than ever.

But something was very different this time...

I started to get hangovers. Not just physical ones, emotional ones. Now that I knew I wasn't just a human victim, that I was this infinite powerful being that incarnated in this human body by choice, that I "get to be here" - The drinking was hard on me. Why am I handicapping myself? But what can I do? I still physically crave it. Shit.

One day while listening to John Madsen (SupraHuman) he mentioned this book "Feeling is the Secret" by Neville Goddard and that "feelings create reality." I bought the book on the spot. I didn't read it for months, and then read it and was fascinated... but didn't know what to make of it. I mean this dude was talking about how your "feelings impregnate your subconscious womb and manifest your desired outcomes." WTF right? That was so "woo-woo" I was embarrassed to even tell my girlfriend that I owned the book.

But his nighttime practice (which this program is based on) stuck in my mind. And each night I would feel the outcome I wanted and go to sleep. Then I started to journal around it. **And it started to work.** I read it again, and again. I listened to it; to everything he said.

Three months later, one Sunday AM, I was drinking a beer in bed and something clicked. **I drink because I can't control my feelings. It's my attempt to control them**, but they are all over the place. No wonder my life isn't what I want it to be, my subconscious must be terribly confused and therefore my reality is confused. *I literally laughed out loud.* I figured it out. I continued to drink that day, but that night I went to bed feeling the outcome I wanted: To not need alcohol to control my feelings. I woke up with a violent cough and choked out loud "OK. I get it. I'm done." I've never had a drink since, nor really a desire. **I manifested my power over alcohol with feelings.**

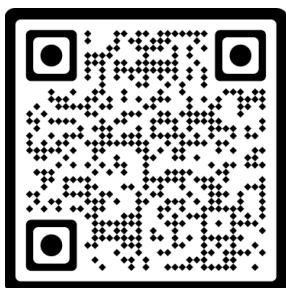
I believe so much in the power of manifestation, have so much faith, that I can't let alcohol get in the way of my feelings, because then I won't be the Creator of my reality.

HOW THIS WORKS

This program is a combination of several media types:

- A printed journal (we offset printing by planting a tree)
- An online course (linked with QR codes)
- An AI sidekick (evolving GPT)

Together these mediums compound and reinforce the content's impact. The goal is to make manifesting identity and character first-nature (able to be done mentally in minutes each day), but you may like to continue with any of them – I still use the AI everyday, and journal often. I often scan journals into the AI, which I encourage you to do as well.



You can access the Full Training by scanning this QR Code. The videos will guide you through how to set up your custom AI DAILY GROWTH MAP coach.

Each section deep links to the specific video too. At the end of the month, your subconscious will be working with your conscious mind AND you'll have an AI that is tuned into to support your ability to manifest. **PRETTY WILD!!!**

Intentionally, this book isn't full of testimonials nor proof, **the simple challenge is for the reader to implement in 3-minutes-per-day and experience the power their way.**

FWIW, as much as I use AI...95% of this book was not created with AI. It's very human, intentionally. I think that's important to call out because "feelings are human" - we get to keep that.



DAILY PRACTICE

This practice is the most important part of the program—the foundation. You'll build this habit over this month and it will become first-nature to you. If you're not familiar with the concept of manifestation and universal law of attraction, it can be distilled to: **embody that which you seek and you'll attract it.** Simple, but hard to believe in. And, often attached to a host of “angel numbers” and “portals” and “chants” etc. Too woo for most action-oriented people.

I've stripped away all that doesn't serve folks who aren't looking to get into a spiritual thing at this time and built the program around *taking action* vs. just making affirmations/orders to the universe. There are zero religious affiliations or suggestions here, nor am I associated with any religious organization.

I discovered the basis for this practice in Neville Goddard's concise manifestation manual, *Feeling is the Secret*¹. His 33 pages changed my life forever. The teachings, while direct, are abstract to put into practice. They weren't directed towards an action-oriented, Type-A entrepreneur like myself. It took me nearly 6 months to really understand WTF he was talking about. Once I did, I literally sat up in bed, while drinking a beer, and laughed out loud; everything changed - **I never had another drink of alcohol after that moment.** It was at that moment I knew I had to advance his work; make it mainstream by creating a gateway practice. My work has built on his, and contains more, but still simple and easy to commit to. Enjoy.

¹ “Feeling is the Secret” by Neville Goddard (QR in “Resources”)

THE THREE 1-MINUTE PARTS:

The practice for each day actually starts the night before. This is very important so we get our subconscious working for us:

1) BEDTIME GENERATION (1 minute)

Right before bed, after your phone is asleep and the TV is off, imagine your desired outcome and ***deeply feel the sensations*** of what having that outcome is like as you breathe and fall asleep. **This is your inner conversation.** And you're setting it to this "TAKEAWAY FEELING" that you carry into your dreams to program your subconscious mind during your sleep.

2) MORNING GENERATION (1 minute)

When you wake up, before reaching for your phone, check-in with your "TAKEAWAY FEELING" from the night before and try to recall your dreams and how they relate to it. Quickly document them in your journal or by taking an audio recording. Then commit to revisit your "TAKEAWAY FEELING" throughout the day a few times (#3 below).

3) REFLECTION + BELIEF OS (1 minute)

Throughout the day take mental note actions where you are creating your "TAKEAWAY FEELING" to arise. Also, note when beliefs are in conflict and try to reframe those beliefs with feelings and actions that will instead support your "TAKEAWAY FEELING" (for example, find PROOF points that the new identity is manifesting). This is like calibrating your mind during the day. This is similar to a quick gratitude exercise, or prayer if you're familiar.

A few simple examples of how the journal will function:

Manifesting in your Career

Bedtime: I want to win exec approval for my big pitch, I need to radiate conviction for the opportunity I see but I'm anxious, so I "feel" the excitement of others in the room.

Morning: In my dreams I was seeing big waves - that could mean fear. I need to address that head-on by feeling the excitement others will have with my ideas.

Reflection: How did that fear show up? Could I meet it with anticipation from others? Did this help me act accordingly?

Notes: Notice the shift from "wanting" to win approval to helping others "feel excited" about an opportunity you came up with. It will radiate.

Manifesting for your Weight Loss

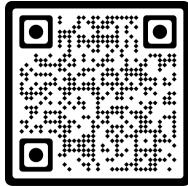
Bedtime: I want to lose 50-lbs by summer, I need to adhere to a calorie deficit but I always fail, so I need to "feel" what it's like to take my shirt off by the pool with no shame.

Morning: I dreamt of cheeseburgers - that could mean temptation is strong and willpower is weak. I need to face temptation with feeling great in my skin.

Reflection: How did temptation show up? Could I meet it with how great I feel this summer? Did this help me take healthy actions?

Notes: Notice the shift from "missing out" on crappy food to "gaining" a feeling of pride around your body.

These are quick and simple examples, but what's happening here is almost a Jedi mind-trick, using "feelings of the outcome" to program your subconscious to build an identity that acts in alignment with the desired outcome.



KICKOFF WORK

Before starting this practice, we want to go through several steps to create our vision of what we're manifesting. These are important to follow because everything builds off this vision.

Then, the DAILY work actually is this in short form. And after doing the DAILY work for about a month, you'll reflect on this to see how much has changed.

Step	What and Why?
Paint a Masterpiece	This is your visualization of how you want your life to be across all 7 aspects
Build your Identity	This is where you define the characteristics of the “being” you need to exemplify to deserve your masterpiece.
Reframe Your Beliefs	Identify and abolish limiting beliefs and replace them with positive beliefs
Grant yourself Permission	This is where you unlock your freedom to accomplish what you deserve and go win big.
Daily Practice	Move into Daily Generation



PAINT YOUR MASTERPIECE

Imagine if you had the ability to paint your own life? You do! You just imagined it, that makes it real enough to create. That's what this visualization exercise is about. It's critical to start with the "Painted Picture" so you're able to later build an identity to pursue that picture, and generate it daily to create it.

Develop your Masterpiece by documenting your vision in the areas that resonate the most with you (use as few or as many as you like, more will give you fuller generative material to work with during the program).

PAINT YOUR MASTERPIECE EXERCISE

Area	Masterpiece Vision
Mental Health	
Physical Body	
Family Relationships	
Romantic Relationships	
Career	
Finance	
Play / Hobbies	

Dom's Example

PAINT YOUR MASTERPIECE EXERCISE

Area	Masterpiece Vision
Mental Health	Ability to overcome anxiety, rid of anger No negative talk
Physical Body	Chiseled, Healthy blood pressure, No dependencies, natural sleep no alarm
Family Relationships	Get rid of resentments, Set boundaries w/ mom, no more yelling, Accept Dad's views & lead w love
Romantic Relationships	Tingling w/ excitement to see Someone & know she sees me the same. Co-creation relationship, Passionate, Kinky
Career	Predictable & timely ops, Crisp aim strategy Streamed caps for internet only
Finance	Build low risk funds over time, Examine daily & invest weekly



BUILD YOUR IDENTITY

We need to carefully construct your “Being” – the person you need to be in order to express your masterpiece into reality. An excellent deep dive on this is in the book THE ALTER EGO EFFECT by Todd Herman². He has worked with countless performers and athletes to develop a high performance identity (ex: Kobe Bryant and the famous Black Mamba identity). The quick summary below is loosely based on his book, but for the purposes of this practice only. In no way does it do justice to his work. I highly recommend buying his book (see footnote) or doing a workshop with him.

An Alter Ego is a carefully constructed identity designed to help you access your best self in specific situations. It acts as a mental shortcut to embody the traits, behaviors, and mindset necessary to achieve your goals. Todd Herman’s work emphasizes using the Alter Ego as a tool to overcome self-doubt, distractions, or negative patterns by stepping into a persona that embodies confidence, focus, and the attributes you aspire to.

The most impactful quote from the book for me is:
“The Alter Ego method is about strategically using imagination to change how you show up in your world.”

See...imagination again. ***It's so powerful.***

² “The Alter Ego Effect” by Todd Herman (QR code in “Resources”)

The process involves:

1. Identify the specific challenge or context where you feel stuck or limited.
2. Define the qualities and traits required to succeed in this situation.
3. Choose role models or examples who embody these desired characteristics.
4. Craft a persona (Alter Ego) by combining these chosen traits and role-model inspiration.
5. Activate your Alter Ego using symbols or totems, such as clothing, accessories, rituals, or mantras.

IDENTITY BUILDING EXERCISE

The key here is to create an identity capable of expressing your Masterpiece in the previous exercise.

1. DEFINE THE CHALLENGE: What area of your life are you struggling with or want to elevate? (e.g., getting in shape, drinking too much, confidence in social settings)

2. IMAGINE YOURSELF IN THAT CONTEXT: If you were already excelling in this area, what qualities or traits would you embody? List specific characteristics (e.g., disciplined, charismatic, resilient) and actions to take.

3. IDENTIFY ROLE MODELS & INSPIRATION: Who inspires you and why? (These could be real people, fictional characters, or even animals.) What traits do they have that you admire?

4. CREATE THE PERSONA: Combine the traits you identified into a persona. Give your alter ego a name that feels powerful and meaningful to you. Describe what this identity looks like, sounds like, and how they behave.

5. CHOOSE YOUR TOTEM (ACTIVATION TOOL): What physical item, piece of clothing, or ritual can you use to "activate" this new identity? (Examples: necklace, a specific jacket, a wristband, or a mantra.)

6. SET THE SCENE: Visualize yourself stepping into your alter ego. Write a scene where you face a challenge while fully embodying this persona. How does it feel? How do you act? What's the result?

Dom's Example

IDENTITY BUILDING EXERCISE

1. DEFINE THE CHALLENGE

I'm too distracted and unfocused
Too many things at once and context switching.
Too many tabs, devices, projects, threads, etc.

2. IMAGINE YOURSELF IN THAT CONTEXT

Only do what fucking matters the most.
Strict to do list on top priorities & focus.
Excellent memory recall for sharp/strategic thinking.

3. CREATE THE PERSONA

LEO the Lion, my birth sign
Bit cheesy, but resonates

4. ROLE MODELS

Some execs at work:   
What borrow: clarity, decisive prioritization.
Marcus Aurelius – stoic discipline

5. CHOOSE YOUR TOTEM (ACTIVATION TOOL)

My beard – like a mane
Whenever losing focus, touch to remind,

6. SET THE SCENE

On a call, 100 tabs, 100 messages

Lastly, how will this identity show up to help you advance your Masterpiece across the areas you envisioned before.

Area	Actions your new identity will take to advance your Masterpiece visions
Mental Health	
Physical Body	
Family Relationships	
Romantic Relationships	
Career	
Finance	
Play / Hobbies	



REFRAME YOUR BELIEFS

Your beliefs are the subconscious operating system that shape your reality. Let's begin by identifying limiting beliefs: those ideas that hold you back or restrict your potential. Once uncovered, we'll replace them with empowering, positive beliefs that align with the life you want to create. This is just the starting point; your belief system can evolve and expand over time.

Examples of Limiting Beliefs to get you started:

Health & Body

- *"I'm just not a disciplined person; healthy routines never stick for me."*
- *"Everyone in my family has heart issues, so it's only a matter of time for me."*

Career & Money

- *"I'm not 'technical enough' to succeed in AI or software, so why try?"*
- *"Making a lot of money means sacrificing my values or free time."*

Relationships & Love

- *"The passionate spark always fades—long-term partners inevitably grow apart."*
- *"I attract partners who need fixing; healthy people wouldn't choose me."*

Creativity & Self-Expression

- “*Everything worth inventing is already being done by someone with more resources.*”
- “*If my first public launch flops, I’ll be branded a failure and lose credibility.*”

Personal Worth & Identity

- “*Unless I’m constantly productive, I don’t deserve relaxation or joy.*”
- “*I’ve made too many mistakes in the past to become the kind of person I admire.*”

Time, Age & Opportunity

- “*If I haven’t nailed my life purpose by now, I probably never will.*”
- “*Opportunities like that only come to people who started earlier than I did.*”

Change, Risk & Failure

- “*If I pivot again, everyone will think I’m flaky and unemployable.*”
- “*One wrong move could ruin the progress I’ve made, so better to stay put.*”

Community & Impact

- “*I need a massive following before I can help anyone meaningfully.*”
- “*Unless my idea changes the world, it’s not worth pursuing.*”

BELIEF TRANSFORMATION EXERCISE (1)

Observed Limiting Belief
Belief Triggers: <i>Is it a certain situation, person, or thought pattern?</i>
Challenge the Belief: Ask yourself, <i>Is this absolutely true? What evidence do I have that contradicts this belief?</i>
Rewrite the Narrative: Replace the <i>limiting belief with a positive, empowering statement that aligns with your goals.</i>
Anchor the Belief: Reflect on a time when you embodied this positive belief. What did it feel like?
Take Action: Write down one small action you can take to live out this belief today. <u>CELEBRATE WHEN YOU DO!</u>

BELIEF TRANSFORMATION EXERCISE (2)

Observed Limiting Belief
Belief Triggers: <i>Is it a certain situation, person, or thought pattern?</i>
Challenge the Belief: Ask yourself, <i>Is this absolutely true? What evidence do I have that contradicts this belief?</i>
Rewrite the Narrative: Replace the <i>limiting belief with a positive, empowering statement that aligns with your goals.</i>
Anchor the Belief: Reflect on a time when you embodied this positive belief. What did it feel like?
Take Action: Write down one small action you can take to live out this belief today. <u>CELEBRATE WHEN YOU DO!</u>

BELIEF TRANSFORMATION EXERCISE (3)

Observed Limiting Belief
Belief Triggers: <i>Is it a certain situation, person, or thought pattern?</i>
Challenge the Belief: Ask yourself, <i>Is this absolutely true? What evidence do I have that contradicts this belief?</i>
Rewrite the Narrative: Replace the <i>limiting belief with a positive, empowering statement that aligns with your goals.</i>
Anchor the Belief: Reflect on a time when you embodied this positive belief. What did it feel like?
Take Action: Write down one small action you can take to live out this belief today. <u>CELEBRATE WHEN YOU DO!</u>

BELIEF TRANSFORMATION EXERCISE (4)

Observed Limiting Belief
Belief Triggers: <i>Is it a certain situation, person, or thought pattern?</i>
Challenge the Belief: Ask yourself, <i>Is this absolutely true? What evidence do I have that contradicts this belief?</i>
Rewrite the Narrative: Replace the <i>limiting belief with a positive, empowering statement that aligns with your goals.</i>
Anchor the Belief: Reflect on a time when you embodied this positive belief. What did it feel like?
Take Action: Write down one small action you can take to live out this belief today. <u>CELEBRATE WHEN YOU DO!</u>

Dom's Example

BELIEF TRANSFORMATION EXERCISES

BELIEF TRANSFORMATION EXERCISE (1)

Observed Limiting Belief:

I don't have enough time to everything I want.

Belief Triggers:

Overwhelmed with tasks, feeling of slowness, not realizing dreams.

Challenge the Belief:

I can hire people & scale myself. I don't have to do everything myself.

Rewrite the Narrative:

I can speak anything into existence. Literally just over whatsapp to my team.

Anchor the Belief:

Hiring ~~Belief~~, look what is manifesting, this program, Happy Hoots, etc

Do more & leverage her. Hire her people!

BELIEF TRANSFORMATION EXERCISE (2)

Observed Limiting Belief:

\$1 million dollars is a lot of money.

Belief Triggers:

Thinking about money/sales/etc.

Challenge the Belief:

You can barely buy a house you like for \$1M.

Rewrite the Narrative:

\$1M is the entry price. It's like a \$10 bill for lunch.

Anchor the Belief:

When talking about fundraising I throw around millions like they are nothing.

Take Action:

Change all goals to \$10M+



GRANT YOURSELF PERMISSION

Beyond limiting beliefs, many of us subconsciously hold ourselves back from winning big. This is a deeper operating flaw in our mindset. Shift to the belief, ***If not me, then who? If not now, then when?*** and visualize yourself achieving your greatest wins.

- **Step 1:** Write down your top 3 Big Wins and why you deserve them.
- **Step 2:** Close your eyes and immerse yourself in the feeling of winning 1 full minute. Use A.S.K.I.N.G. method (page 7).
- **Step 3:** When you've locked in those feelings, check the box: PERMISSION GRANTED.

Checking the box might feel small, but it's a powerful act of mentally recording this moment of your permission to self.

1. _____

PERMISSION GRANTED

2. _____

PERMISSION GRANTED

3. _____

PERMISSION GRANTED

DAILY PRACTICE

Now that you've established such a strong base by Painting your Masterpiece, built a new Identity around it, become aware of your core Limiting Beliefs and how to reframe them and prove those reframes with synchronicities, you have given yourself permission to become a powerful manifestor. You are ready to start the daily practice. You can refer back to your [Masterpiece](#) to find [Desired Outcomes](#) you want to manifest, pick one per week, or just keep advancing the most important one. Remember you're changing identity, which is hard.

Principles to Remember:

Show up daily	3 Minutes, every day. Consistency over intensity.	Repetition wires the habit into long-term memory and keeps the identity top-of-mind.
Be all here	Phone face-down, no multitasking.	Attention is the currency your subconscious accepts; split it and the deposit bounces.
Feel it for real	Let the “future-you” feeling flood your body.	Emotion is the signal that tells your nervous system, “Store this as real.”
Speak it out	Share goals with a trusted friend.	Saying it aloud adds social proof and mild accountability pressure.
Spot Quiet wins	Look for subtle shifts: mood, posture, small decisions.	Early gains are internal; noticing them keeps motivation alive.

WEEK 1

MASTERPIECE: What outcome from your masterpiece are you manifesting this week? Pick a specific Focus Area.

How close are you today to having this Masterpiece: **0 / 1 / 2 / 3 / 4 / 5**

Why does it matter to you?

What actions are ***in-alignment***?

What actions are ***out-of-alignment***?



DAILY PRACTICE: WEEK 1, DAY 1/7

BEDTIME GENERATION

Triggering the feeling of your desired outcome right before sleep is the best way to program our subconscious mind, which communicates with our conscious mind while we sleep and helps us build identity to take aligned action the following day.

PUT AWAY YOUR PHONE

What is the OUTCOME YOU WANT and WHY?

Be concrete and specific about why this 'outcome' will be a major unlock for you.

Who do you NEED TO BE?

Define the 'characteristics' and 'actions' of the being deserving of this outcome?

Imagine how IT FEELS?

Close your eyes and deeply feel all the sensations these outcomes create in you.
Use the A.S.K.I.N.G. METHOD from Page 7 (Let's Talk About Feelings).

LATER REFERRED TO AS: YOUR "TAKEAWAY FEELING"

DEEPEN THE BELIEF IN YOUR TAKEAWAY FEELING BY NURTURING YOUR IMAGINATION TO GENERATE INTENSE VISUALS AND BODY SENSATIONS AS YOU DRIFT TO SLEEP WITH DEEP BREATH.

Suggested Deep Sleep Breath: Slow inhale [hold for 4 seconds], slow release [hold for 4+ seconds]. Repeat as you fall asleep.

MORNING GENERATION

Before distracting the mind with your phone, try to recall your dreams and see how they connect to last night's generation.

DREAM RECALL:

If you remember your dreams, how did your TAKEAWAY FEELING appear, if at all?

TODAY'S ALIGNED ACTIONS:

To reinforce the sensations of your TAKEAWAY FEELING, what will you commit to?

SAY AND BELIEVE THE “I AM” AFFIRMATION (I AM: New Identity)

Now is a great time to lock in with a short meditation to prime your mind, before distracting it with your devices and hectic schedule (more info in videos).

EVENING REFLECTION

What BELIEFS do you need to REFRAME?

Were there limiting beliefs today that were in opposition to your TAKEAWAY FEELING? We want to abandon these by challenging their truth.

Where did you observe UNIVERSAL PROOFS?

Were there synchronicities (little magic moments) that were affirmations of your TAKEAWAY FEELING. We want to recognize these confirmations and reinforce them.



DAILY PRACTICE: WEEK 1, DAY 2/7

BEDTIME GENERATION

Triggering the feeling of your desired outcome right before sleep is the best way to program our subconscious mind, which communicates with our conscious mind while we sleep and helps us build identity to take aligned action the following day.

PUT AWAY YOUR PHONE

What is the OUTCOME YOU WANT and WHY?

Be concrete and specific about why this 'outcome' will be a major unlock for you.

Who do you NEED TO BE?

Define the 'characteristics' and 'actions' of the being deserving of this outcome?

Imagine how IT FEELS?

Close your eyes and deeply feel all the sensations these outcomes create in you.
Use the A.S.K.I.N.G. METHOD from Page 7 (Let's Talk About Feelings).

LATER REFERRED TO AS: YOUR "TAKEAWAY FEELING"

DEEPEN THE BELIEF IN YOUR TAKEAWAY FEELING BY NURTURING YOUR IMAGINATION TO GENERATE INTENSE VISUALS AND BODY SENSATIONS AS YOU DRIFT TO SLEEP WITH DEEP BREATH.

Suggested Deep Sleep Breath: Slow inhale [hold for 4 seconds], slow release [hold for 4+ seconds]. Repeat as you fall asleep.

MORNING GENERATION

Before distracting the mind with your phone, try to recall your dreams and see how they connect to last night's generation.

DREAM RECALL:

If you remember your dreams, how did your TAKEAWAY FEELING appear, if at all?

TODAY'S ALIGNED ACTIONS:

To reinforce the sensations of your TAKEAWAY FEELING, what will you commit to?

SAY AND BELIEVE THE “I AM” AFFIRMATION (I AM: New Identity)

Now is a great time to lock in with a short meditation to prime your mind, before distracting it with your devices and hectic schedule (more info in videos).

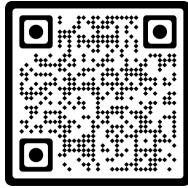
EVENING REFLECTION

What BELIEFS do you need to REFRAME?

Were there limiting beliefs today that were in opposition to your TAKEAWAY FEELING? We want to abandon these by challenging their truth.

Where did you observe UNIVERSAL PROOFS?

Were there synchronicities (little magic moments) that were affirmations of your TAKEAWAY FEELING. We want to recognize these confirmations and reinforce them.



DAILY PRACTICE: WEEK 1, DAY 3/7

BEDTIME GENERATION

Triggering the feeling of your desired outcome right before sleep is the best way to program our subconscious mind, which communicates with our conscious mind while we sleep and helps us build identity to take aligned action the following day.

PUT AWAY YOUR PHONE

What is the OUTCOME YOU WANT and WHY?

Be concrete and specific about why this 'outcome' will be a major unlock for you.

Who do you NEED TO BE?

Define the 'characteristics' and 'actions' of the being deserving of this outcome?

Imagine how IT FEELS?

Close your eyes and deeply feel all the sensations these outcomes create in you.
Use the A.S.K.I.N.G. METHOD from Page 7 (Let's Talk About Feelings).

LATER REFERRED TO AS: YOUR "TAKEAWAY FEELING"

DEEPEN THE BELIEF IN YOUR TAKEAWAY FEELING BY NURTURING YOUR IMAGINATION TO GENERATE INTENSE VISUALS AND BODY SENSATIONS AS YOU DRIFT TO SLEEP WITH DEEP BREATH.

Suggested Deep Sleep Breath: Slow inhale [hold for 4 seconds], slow release [hold for 4+ seconds]. Repeat as you fall asleep.

MORNING GENERATION

Before distracting the mind with your phone, try to recall your dreams and see how they connect to last night's generation.

DREAM RECALL:

If you remember your dreams, how did your TAKEAWAY FEELING appear, if at all?

TODAY'S ALIGNED ACTIONS:

To reinforce the sensations of your TAKEAWAY FEELING, what will you commit to?

SAY AND BELIEVE THE “I AM” AFFIRMATION (I AM: New Identity)

Now is a great time to lock in with a short meditation to prime your mind, before distracting it with your devices and hectic schedule (more info in videos).

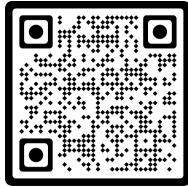
EVENING REFLECTION

What BELIEFS do you need to REFRAME?

Were there limiting beliefs today that were in opposition to your TAKEAWAY FEELING? We want to abandon these by challenging their truth.

Where did you observe UNIVERSAL PROOFS?

Were there synchronicities (little magic moments) that were affirmations of your TAKEAWAY FEELING. We want to recognize these confirmations and reinforce them.



DAILY PRACTICE: WEEK 1, DAY 4/7

BEDTIME GENERATION

Triggering the feeling of your desired outcome right before sleep is the best way to program our subconscious mind, which communicates with our conscious mind while we sleep and helps us build identity to take aligned action the following day.

PUT AWAY YOUR PHONE

What is the OUTCOME YOU WANT and WHY?

Be concrete and specific about why this 'outcome' will be a major unlock for you.

Who do you NEED TO BE?

Define the 'characteristics' and 'actions' of the being deserving of this outcome?

Imagine how IT FEELS?

Close your eyes and deeply feel all the sensations these outcomes create in you.
Use the A.S.K.I.N.G. METHOD from Page 7 (Let's Talk About Feelings).

LATER REFERRED TO AS: YOUR "TAKEAWAY FEELING"

DEEPEN THE BELIEF IN YOUR TAKEAWAY FEELING BY NURTURING YOUR IMAGINATION TO GENERATE INTENSE VISUALS AND BODY SENSATIONS AS YOU DRIFT TO SLEEP WITH DEEP BREATH.

Suggested Deep Sleep Breath: Slow inhale [hold for 4 seconds], slow release [hold for 4+ seconds]. Repeat as you fall asleep.

MORNING GENERATION

Before distracting the mind with your phone, try to recall your dreams and see how they connect to last night's generation.

DREAM RECALL:

If you remember your dreams, how did your TAKEAWAY FEELING appear, if at all?

TODAY'S ALIGNED ACTIONS:

To reinforce the sensations of your TAKEAWAY FEELING, what will you commit to?

SAY AND BELIEVE THE “I AM” AFFIRMATION (I AM: New Identity)

Now is a great time to lock in with a short meditation to prime your mind, before distracting it with your devices and hectic schedule (more info in videos).

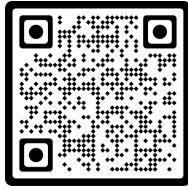
EVENING REFLECTION

What BELIEFS do you need to REFRAME?

Were there limiting beliefs today that were in opposition to your TAKEAWAY FEELING? We want to abandon these by challenging their truth.

Where did you observe UNIVERSAL PROOFS?

Were there synchronicities (little magic moments) that were affirmations of your TAKEAWAY FEELING. We want to recognize these confirmations and reinforce them.



DAILY PRACTICE: WEEK 1, DAY 5/7

BEDTIME GENERATION

Triggering the feeling of your desired outcome right before sleep is the best way to program our subconscious mind, which communicates with our conscious mind while we sleep and helps us build identity to take aligned action the following day.

PUT AWAY YOUR PHONE

What is the OUTCOME YOU WANT and WHY?

Be concrete and specific about why this 'outcome' will be a major unlock for you.

Who do you NEED TO BE?

Define the 'characteristics' and 'actions' of the being deserving of this outcome?

Imagine how IT FEELS?

Close your eyes and deeply feel all the sensations these outcomes create in you.
Use the A.S.K.I.N.G. METHOD from Page 7 (Let's Talk About Feelings).

LATER REFERRED TO AS: YOUR "TAKEAWAY FEELING"

DEEPEN THE BELIEF IN YOUR TAKEAWAY FEELING BY NURTURING YOUR IMAGINATION TO GENERATE INTENSE VISUALS AND BODY SENSATIONS AS YOU DRIFT TO SLEEP WITH DEEP BREATH.

Suggested Deep Sleep Breath: Slow inhale [hold for 4 seconds], slow release [hold for 4+ seconds]. Repeat as you fall asleep.

MORNING GENERATION

Before distracting the mind with your phone, try to recall your dreams and see how they connect to last night's generation.

DREAM RECALL:

If you remember your dreams, how did your TAKEAWAY FEELING appear, if at all?

TODAY'S ALIGNED ACTIONS:

To reinforce the sensations of your TAKEAWAY FEELING, what will you commit to?

SAY AND BELIEVE THE “I AM” AFFIRMATION (I AM: New Identity)

Now is a great time to lock in with a short meditation to prime your mind, before distracting it with your devices and hectic schedule (more info in videos).

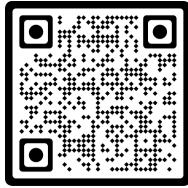
EVENING REFLECTION

What BELIEFS do you need to REFRAME?

Were there limiting beliefs today that were in opposition to your TAKEAWAY FEELING? We want to abandon these by challenging their truth.

Where did you observe UNIVERSAL PROOFS?

Were there synchronicities (little magic moments) that were affirmations of your TAKEAWAY FEELING. We want to recognize these confirmations and reinforce them.



DAILY PRACTICE: WEEK 1, DAY 6/7

BEDTIME GENERATION

Triggering the feeling of your desired outcome right before sleep is the best way to program our subconscious mind, which communicates with our conscious mind while we sleep and helps us build identity to take aligned action the following day.

PUT AWAY YOUR PHONE

What is the OUTCOME YOU WANT and WHY?

Be concrete and specific about why this 'outcome' will be a major unlock for you.

Who do you NEED TO BE?

Define the 'characteristics' and 'actions' of the being deserving of this outcome?

Imagine how IT FEELS?

Close your eyes and deeply feel all the sensations these outcomes create in you.
Use the A.S.K.I.N.G. METHOD from Page 7 (Let's Talk About Feelings).

LATER REFERRED TO AS: YOUR "TAKEAWAY FEELING"

DEEPEN THE BELIEF IN YOUR TAKEAWAY FEELING BY NURTURING YOUR IMAGINATION TO GENERATE INTENSE VISUALS AND BODY SENSATIONS AS YOU DRIFT TO SLEEP WITH DEEP BREATH.

Suggested Deep Sleep Breath: Slow inhale [hold for 4 seconds], slow release [hold for 4+ seconds]. Repeat as you fall asleep.

MORNING GENERATION

Before distracting the mind with your phone, try to recall your dreams and see how they connect to last night's generation.

DREAM RECALL:

If you remember your dreams, how did your TAKEAWAY FEELING appear, if at all?

TODAY'S ALIGNED ACTIONS:

To reinforce the sensations of your TAKEAWAY FEELING, what will you commit to?

SAY AND BELIEVE THE “I AM” AFFIRMATION (I AM: New Identity)

Now is a great time to lock in with a short meditation to prime your mind, before distracting it with your devices and hectic schedule (more info in videos).

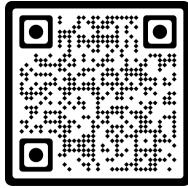
EVENING REFLECTION

What BELIEFS do you need to REFRAME?

Were there limiting beliefs today that were in opposition to your TAKEAWAY FEELING? We want to abandon these by challenging their truth.

Where did you observe UNIVERSAL PROOFS?

Were there synchronicities (little magic moments) that were affirmations of your TAKEAWAY FEELING. We want to recognize these confirmations and reinforce them.



DAILY PRACTICE: WEEK 1, DAY 7/7

BEDTIME GENERATION

Triggering the feeling of your desired outcome right before sleep is the best way to program our subconscious mind, which communicates with our conscious mind while we sleep and helps us build identity to take aligned action the following day.

PUT AWAY YOUR PHONE

What is the OUTCOME YOU WANT and WHY?

Be concrete and specific about why this 'outcome' will be a major unlock for you.

Who do you NEED TO BE?

Define the 'characteristics' and 'actions' of the being deserving of this outcome?

Imagine how IT FEELS?

Close your eyes and deeply feel all the sensations these outcomes create in you.
Use the A.S.K.I.N.G. METHOD from Page 7 (Let's Talk About Feelings).

LATER REFERRED TO AS: YOUR "TAKEAWAY FEELING"

DEEPEN THE BELIEF IN YOUR TAKEAWAY FEELING BY NURTURING YOUR IMAGINATION TO GENERATE INTENSE VISUALS AND BODY SENSATIONS AS YOU DRIFT TO SLEEP WITH DEEP BREATH.

Suggested Deep Sleep Breath: Slow inhale [hold for 4 seconds], slow release [hold for 4+ seconds]. Repeat as you fall asleep.

MORNING GENERATION

Before distracting the mind with your phone, try to recall your dreams and see how they connect to last night's generation.

DREAM RECALL:

If you remember your dreams, how did your TAKEAWAY FEELING appear, if at all?

TODAY'S ALIGNED ACTIONS:

To reinforce the sensations of your TAKEAWAY FEELING, what will you commit to?

SAY AND BELIEVE THE “I AM” AFFIRMATION (I AM: New Identity)

Now is a great time to lock in with a short meditation to prime your mind, before distracting it with your devices and hectic schedule (more info in videos).

EVENING REFLECTION

What BELIEFS do you need to REFRAME?

Were there limiting beliefs today that were in opposition to your TAKEAWAY FEELING? We want to abandon these by challenging their truth.

Where did you observe UNIVERSAL PROOFS?

Were there synchronicities (little magic moments) that were affirmations of your TAKEAWAY FEELING. We want to recognize these confirmations and reinforce them.



REFLECTION: WEEK 1

Let's summarize the work we did to take forward to the following week. It's important to be honest. No change is acceptable!

MASTERPIECE: What outcome were you manifesting?

WHY: How does your life improve as this manifests?

HOW MUCH CLOSER ARE YOU?	START	END
What reflections lead to your change in score? (ex: what actions started to become more effortless, if any).	Enter Starting Score Here (0-5)	Enter Starting Score Here (0-5)

We don't expect this "masterpiece" to manifest in a week ;)
But we do expect that there are mindset shifts happening to identity to "embed" the order and make it easier to attract.

Let's identify patterns that arose during this week to advance understanding of your Being.

OUTCOME PATTERNS:

How did the outcome shift, or advance? Why does that matter?

IDENTITY PATTERNS:

How did your identity shift, or advance? Why does that matter?

FEELING PATTERNS:

How did your feelings shift, or advance? Why does that matter?

DREAM PATTERNS:

How did your dreams shift, or advance? Why does that matter?

ACTION PATTERNS:

How did your actions shift, or advance? Why does this matter?

**“Sensation precedes
manifestation and is
the foundation upon
which all
manifestation
rests.”**

~ Neville

WEEK 2

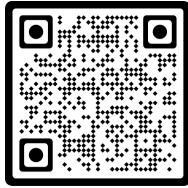
MASTERPIECE: What outcome from your masterpiece are you manifesting this week? Pick a specific Focus Area.

How close are you today to having this Masterpiece: **0 / 1 / 2 / 3 / 4 / 5**

Why does it matter to you?

What actions are ***in-alignment***?

What actions are ***out-of-alignment***?



DAILY PRACTICE: WEEK 2, DAY 1/7

BEDTIME GENERATION

Triggering the feeling of your desired outcome right before sleep is the best way to program our subconscious mind, which communicates with our conscious mind while we sleep and helps us build identity to take aligned action the following day.

PUT AWAY YOUR PHONE

What is the OUTCOME YOU WANT and WHY?

Be concrete and specific about why this 'outcome' will be a major unlock for you.

Who do you NEED TO BE?

Define the 'characteristics' and 'actions' of the being deserving of this outcome?

Imagine how IT FEELS?

Close your eyes and deeply feel all the sensations these outcomes create in you.
Use the A.S.K.I.N.G. METHOD from Page 7 (Let's Talk About Feelings).

LATER REFERRED TO AS: YOUR "TAKEAWAY FEELING"

DEEPEN THE BELIEF IN YOUR TAKEAWAY FEELING BY NURTURING YOUR IMAGINATION TO GENERATE INTENSE VISUALS AND BODY SENSATIONS AS YOU DRIFT TO SLEEP WITH DEEP BREATH.

Suggested Deep Sleep Breath: Slow inhale [hold for 4 seconds], slow release [hold for 4+ seconds]. Repeat as you fall asleep.

MORNING GENERATION

Before distracting the mind with your phone, try to recall your dreams and see how they connect to last night's generation.

DREAM RECALL:

If you remember your dreams, how did your TAKEAWAY FEELING appear, if at all?

TODAY'S ALIGNED ACTIONS:

To reinforce the sensations of your TAKEAWAY FEELING, what will you commit to?

SAY AND BELIEVE THE “I AM” AFFIRMATION (I AM: New Identity)

Now is a great time to lock in with a short meditation to prime your mind, before distracting it with your devices and hectic schedule (more info in videos).

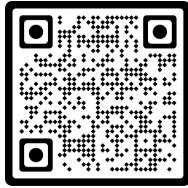
EVENING REFLECTION

What BELIEFS do you need to REFRAME?

Were there limiting beliefs today that were in opposition to your TAKEAWAY FEELING? We want to abandon these by challenging their truth.

Where did you observe UNIVERSAL PROOFS?

Were there synchronicities (little magic moments) that were affirmations of your TAKEAWAY FEELING. We want to recognize these confirmations and reinforce them.



DAILY PRACTICE: WEEK 2, DAY 2/7

BEDTIME GENERATION

Triggering the feeling of your desired outcome right before sleep is the best way to program our subconscious mind, which communicates with our conscious mind while we sleep and helps us build identity to take aligned action the following day.

PUT AWAY YOUR PHONE

What is the OUTCOME YOU WANT and WHY?

Be concrete and specific about why this 'outcome' will be a major unlock for you.

Who do you NEED TO BE?

Define the 'characteristics' and 'actions' of the being deserving of this outcome?

Imagine how IT FEELS?

Close your eyes and deeply feel all the sensations these outcomes create in you.
Use the A.S.K.I.N.G. METHOD from Page 7 (Let's Talk About Feelings).

LATER REFERRED TO AS: YOUR "TAKEAWAY FEELING"

DEEPEN THE BELIEF IN YOUR TAKEAWAY FEELING BY NURTURING YOUR IMAGINATION TO GENERATE INTENSE VISUALS AND BODY SENSATIONS AS YOU DRIFT TO SLEEP WITH DEEP BREATH.

Suggested Deep Sleep Breath: Slow inhale [hold for 4 seconds], slow release [hold for 4+ seconds]. Repeat as you fall asleep.

MORNING GENERATION

Before distracting the mind with your phone, try to recall your dreams and see how they connect to last night's generation.

DREAM RECALL:

If you remember your dreams, how did your TAKEAWAY FEELING appear, if at all?

TODAY'S ALIGNED ACTIONS:

To reinforce the sensations of your TAKEAWAY FEELING, what will you commit to?

SAY AND BELIEVE THE “I AM” AFFIRMATION (I AM: New Identity)

Now is a great time to lock in with a short meditation to prime your mind, before distracting it with your devices and hectic schedule (more info in videos).

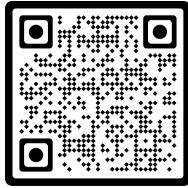
EVENING REFLECTION

What BELIEFS do you need to REFRAME?

Were there limiting beliefs today that were in opposition to your TAKEAWAY FEELING? We want to abandon these by challenging their truth.

Where did you observe UNIVERSAL PROOFS?

Were there synchronicities (little magic moments) that were affirmations of your TAKEAWAY FEELING. We want to recognize these confirmations and reinforce them.



DAILY PRACTICE: WEEK 2, DAY 3/7

BEDTIME GENERATION

Triggering the feeling of your desired outcome right before sleep is the best way to program our subconscious mind, which communicates with our conscious mind while we sleep and helps us build identity to take aligned action the following day.

PUT AWAY YOUR PHONE

What is the OUTCOME YOU WANT and WHY?

Be concrete and specific about why this 'outcome' will be a major unlock for you.

Who do you NEED TO BE?

Define the 'characteristics' and 'actions' of the being deserving of this outcome?

Imagine how IT FEELS?

Close your eyes and deeply feel all the sensations these outcomes create in you.
Use the A.S.K.I.N.G. METHOD from Page 7 (Let's Talk About Feelings).

LATER REFERRED TO AS: YOUR "TAKEAWAY FEELING"

DEEPEN THE BELIEF IN YOUR TAKEAWAY FEELING BY NURTURING YOUR IMAGINATION TO GENERATE INTENSE VISUALS AND BODY SENSATIONS AS YOU DRIFT TO SLEEP WITH DEEP BREATH.

Suggested Deep Sleep Breath: Slow inhale [hold for 4 seconds], slow release [hold for 4+ seconds]. Repeat as you fall asleep.

MORNING GENERATION

Before distracting the mind with your phone, try to recall your dreams and see how they connect to last night's generation.

DREAM RECALL:

If you remember your dreams, how did your TAKEAWAY FEELING appear, if at all?

TODAY'S ALIGNED ACTIONS:

To reinforce the sensations of your TAKEAWAY FEELING, what will you commit to?

SAY AND BELIEVE THE “I AM” AFFIRMATION (I AM: New Identity)

Now is a great time to lock in with a short meditation to prime your mind, before distracting it with your devices and hectic schedule (more info in videos).

EVENING REFLECTION

What BELIEFS do you need to REFRAME?

Were there limiting beliefs today that were in opposition to your TAKEAWAY FEELING? We want to abandon these by challenging their truth.

Where did you observe UNIVERSAL PROOFS?

Were there synchronicities (little magic moments) that were affirmations of your TAKEAWAY FEELING. We want to recognize these confirmations and reinforce them.



DAILY PRACTICE: WEEK 2, DAY 4/7

BEDTIME GENERATION

Triggering the feeling of your desired outcome right before sleep is the best way to program our subconscious mind, which communicates with our conscious mind while we sleep and helps us build identity to take aligned action the following day.

PUT AWAY YOUR PHONE

What is the OUTCOME YOU WANT and WHY?

Be concrete and specific about why this 'outcome' will be a major unlock for you.

Who do you NEED TO BE?

Define the 'characteristics' and 'actions' of the being deserving of this outcome?

Imagine how IT FEELS?

Close your eyes and deeply feel all the sensations these outcomes create in you.
Use the A.S.K.I.N.G. METHOD from Page 7 (Let's Talk About Feelings).

LATER REFERRED TO AS: YOUR "TAKEAWAY FEELING"

DEEPEN THE BELIEF IN YOUR TAKEAWAY FEELING BY NURTURING YOUR IMAGINATION TO GENERATE INTENSE VISUALS AND BODY SENSATIONS AS YOU DRIFT TO SLEEP WITH DEEP BREATH.

Suggested Deep Sleep Breath: Slow inhale [hold for 4 seconds], slow release [hold for 4+ seconds]. Repeat as you fall asleep.

MORNING GENERATION

Before distracting the mind with your phone, try to recall your dreams and see how they connect to last night's generation.

DREAM RECALL:

If you remember your dreams, how did your TAKEAWAY FEELING appear, if at all?

TODAY'S ALIGNED ACTIONS:

To reinforce the sensations of your TAKEAWAY FEELING, what will you commit to?

SAY AND BELIEVE THE “I AM” AFFIRMATION (I AM: New Identity)

Now is a great time to lock in with a short meditation to prime your mind, before distracting it with your devices and hectic schedule (more info in videos).

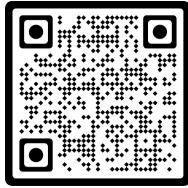
EVENING REFLECTION

What BELIEFS do you need to REFRAME?

Were there limiting beliefs today that were in opposition to your TAKEAWAY FEELING? We want to abandon these by challenging their truth.

Where did you observe UNIVERSAL PROOFS?

Were there synchronicities (little magic moments) that were affirmations of your TAKEAWAY FEELING. We want to recognize these confirmations and reinforce them.



DAILY PRACTICE: WEEK 2, DAY 5/7

BEDTIME GENERATION

Triggering the feeling of your desired outcome right before sleep is the best way to program our subconscious mind, which communicates with our conscious mind while we sleep and helps us build identity to take aligned action the following day.

PUT AWAY YOUR PHONE

What is the OUTCOME YOU WANT and WHY?

Be concrete and specific about why this 'outcome' will be a major unlock for you.

Who do you NEED TO BE?

Define the 'characteristics' and 'actions' of the being deserving of this outcome?

Imagine how IT FEELS?

Close your eyes and deeply feel all the sensations these outcomes create in you.
Use the A.S.K.I.N.G. METHOD from Page 7 (Let's Talk About Feelings).

LATER REFERRED TO AS: YOUR "TAKEAWAY FEELING"

DEEPEN THE BELIEF IN YOUR TAKEAWAY FEELING BY NURTURING YOUR IMAGINATION TO GENERATE INTENSE VISUALS AND BODY SENSATIONS AS YOU DRIFT TO SLEEP WITH DEEP BREATH.

Suggested Deep Sleep Breath: Slow inhale [hold for 4 seconds], slow release [hold for 4+ seconds]. Repeat as you fall asleep.

MORNING GENERATION

Before distracting the mind with your phone, try to recall your dreams and see how they connect to last night's generation.

DREAM RECALL:

If you remember your dreams, how did your TAKEAWAY FEELING appear, if at all?

TODAY'S ALIGNED ACTIONS:

To reinforce the sensations of your TAKEAWAY FEELING, what will you commit to?

SAY AND BELIEVE THE “I AM” AFFIRMATION (I AM: New Identity)

Now is a great time to lock in with a short meditation to prime your mind, before distracting it with your devices and hectic schedule (more info in videos).

EVENING REFLECTION

What BELIEFS do you need to REFRAME?

Were there limiting beliefs today that were in opposition to your TAKEAWAY FEELING? We want to abandon these by challenging their truth.

Where did you observe UNIVERSAL PROOFS?

Were there synchronicities (little magic moments) that were affirmations of your TAKEAWAY FEELING. We want to recognize these confirmations and reinforce them.



DAILY PRACTICE: WEEK 2, DAY 6/7

BEDTIME GENERATION

Triggering the feeling of your desired outcome right before sleep is the best way to program our subconscious mind, which communicates with our conscious mind while we sleep and helps us build identity to take aligned action the following day.

PUT AWAY YOUR PHONE

What is the OUTCOME YOU WANT and WHY?

Be concrete and specific about why this 'outcome' will be a major unlock for you.

Who do you NEED TO BE?

Define the 'characteristics' and 'actions' of the being deserving of this outcome?

Imagine how IT FEELS?

Close your eyes and deeply feel all the sensations these outcomes create in you.
Use the A.S.K.I.N.G. METHOD from Page 7 (Let's Talk About Feelings).

LATER REFERRED TO AS: YOUR "TAKEAWAY FEELING"

DEEPEN THE BELIEF IN YOUR TAKEAWAY FEELING BY NURTURING YOUR IMAGINATION TO GENERATE INTENSE VISUALS AND BODY SENSATIONS AS YOU DRIFT TO SLEEP WITH DEEP BREATH.

Suggested Deep Sleep Breath: Slow inhale [hold for 4 seconds], slow release [hold for 4+ seconds]. Repeat as you fall asleep.

MORNING GENERATION

Before distracting the mind with your phone, try to recall your dreams and see how they connect to last night's generation.

DREAM RECALL:

If you remember your dreams, how did your TAKEAWAY FEELING appear, if at all?

TODAY'S ALIGNED ACTIONS:

To reinforce the sensations of your TAKEAWAY FEELING, what will you commit to?

SAY AND BELIEVE THE “I AM” AFFIRMATION (I AM: New Identity)

Now is a great time to lock in with a short meditation to prime your mind, before distracting it with your devices and hectic schedule (more info in videos).

EVENING REFLECTION

What BELIEFS do you need to REFRAME?

Were there limiting beliefs today that were in opposition to your TAKEAWAY FEELING? We want to abandon these by challenging their truth.

Where did you observe UNIVERSAL PROOFS?

Were there synchronicities (little magic moments) that were affirmations of your TAKEAWAY FEELING. We want to recognize these confirmations and reinforce them.



DAILY PRACTICE: WEEK 2, DAY 7/7

BEDTIME GENERATION

Triggering the feeling of your desired outcome right before sleep is the best way to program our subconscious mind, which communicates with our conscious mind while we sleep and helps us build identity to take aligned action the following day.

PUT AWAY YOUR PHONE

What is the OUTCOME YOU WANT and WHY?

Be concrete and specific about why this 'outcome' will be a major unlock for you.

Who do you NEED TO BE?

Define the 'characteristics' and 'actions' of the being deserving of this outcome?

Imagine how IT FEELS?

Close your eyes and deeply feel all the sensations these outcomes create in you.
Use the A.S.K.I.N.G. METHOD from Page 7 (Let's Talk About Feelings).

LATER REFERRED TO AS: YOUR "TAKEAWAY FEELING"

DEEPEN THE BELIEF IN YOUR TAKEAWAY FEELING BY NURTURING YOUR IMAGINATION TO GENERATE INTENSE VISUALS AND BODY SENSATIONS AS YOU DRIFT TO SLEEP WITH DEEP BREATH.

Suggested Deep Sleep Breath: Slow inhale [hold for 4 seconds], slow release [hold for 4+ seconds]. Repeat as you fall asleep.

MORNING GENERATION

Before distracting the mind with your phone, try to recall your dreams and see how they connect to last night's generation.

DREAM RECALL:

If you remember your dreams, how did your TAKEAWAY FEELING appear, if at all?

TODAY'S ALIGNED ACTIONS:

To reinforce the sensations of your TAKEAWAY FEELING, what will you commit to?

SAY AND BELIEVE THE “I AM” AFFIRMATION (I AM: New Identity)

Now is a great time to lock in with a short meditation to prime your mind, before distracting it with your devices and hectic schedule (more info in videos).

EVENING REFLECTION

What BELIEFS do you need to REFRAME?

Were there limiting beliefs today that were in opposition to your TAKEAWAY FEELING? We want to abandon these by challenging their truth.

Where did you observe UNIVERSAL PROOFS?

Were there synchronicities (little magic moments) that were affirmations of your TAKEAWAY FEELING. We want to recognize these confirmations and reinforce them.



REFLECTION: WEEK 2

Let's summarize the work we did to take forward to the following week. It's important to be honest. No change is acceptable!

MASTERPIECE: What outcome were you manifesting?

WHY: How does your life improve as this manifests?

HOW MUCH CLOSER ARE YOU?	START	END
What reflections lead to your change in score? (ex: what actions started to become more effortless, if any).	Enter Starting Score Here (0-5)	Enter Starting Score Here (0-5)

We don't expect this "masterpiece" to manifest in a week ;)
But we do expect that there are mindset shifts happening to identity to "embed" the order and make it easier to attract.

Let's identify patterns that arose during this week to advance understanding of your Being.

OUTCOME PATTERNS:

How did the outcome shift, or advance? Why does that matter?

IDENTITY PATTERNS:

How did your identity shift, or advance? Why does that matter?

FEELING PATTERNS:

How did your feelings shift, or advance? Why does that matter?

DREAM PATTERNS:

How did your dreams shift, or advance? Why does that matter?

ACTION PATTERNS:

How did your actions shift, or advance? Why does this matter?

**“Feeling is the one
and only medium
through which ideas
are conveyed to the
subconscious.”**

~Neville

WEEK 3

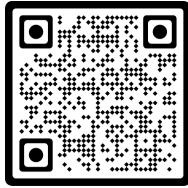
MASTERPIECE: What outcome from your masterpiece are you manifesting this week? Pick a specific Focus Area.

How close are you today to having this Masterpiece: **0 / 1 / 2 / 3 / 4 / 5**

Why does it matter to you?

What actions are ***in-alignment***?

What actions are ***out-of-alignment***?



DAILY PRACTICE: WEEK 3, DAY 1/7

BEDTIME GENERATION

Triggering the feeling of your desired outcome right before sleep is the best way to program our subconscious mind, which communicates with our conscious mind while we sleep and helps us build identity to take aligned action the following day.

PUT AWAY YOUR PHONE

What is the OUTCOME YOU WANT and WHY?

Be concrete and specific about why this 'outcome' will be a major unlock for you.

Who do you NEED TO BE?

Define the 'characteristics' and 'actions' of the being deserving of this outcome?

Imagine how IT FEELS?

Close your eyes and deeply feel all the sensations these outcomes create in you.
Use the A.S.K.I.N.G. METHOD from Page 7 (Let's Talk About Feelings).

LATER REFERRED TO AS: YOUR "TAKEAWAY FEELING"

DEEPEN THE BELIEF IN YOUR TAKEAWAY FEELING BY NURTURING YOUR IMAGINATION TO GENERATE INTENSE VISUALS AND BODY SENSATIONS AS YOU DRIFT TO SLEEP WITH DEEP BREATH.

Suggested Deep Sleep Breath: Slow inhale [hold for 4 seconds], slow release [hold for 4+ seconds]. Repeat as you fall asleep.

MORNING GENERATION

Before distracting the mind with your phone, try to recall your dreams and see how they connect to last night's generation.

DREAM RECALL:

If you remember your dreams, how did your TAKEAWAY FEELING appear, if at all?

TODAY'S ALIGNED ACTIONS:

To reinforce the sensations of your TAKEAWAY FEELING, what will you commit to?

SAY AND BELIEVE THE “I AM” AFFIRMATION (I AM: New Identity)

Now is a great time to lock in with a short meditation to prime your mind, before distracting it with your devices and hectic schedule (more info in videos).

EVENING REFLECTION

What BELIEFS do you need to REFRAME?

Were there limiting beliefs today that were in opposition to your TAKEAWAY FEELING? We want to abandon these by challenging their truth.

Where did you observe UNIVERSAL PROOFS?

Were there synchronicities (little magic moments) that were affirmations of your TAKEAWAY FEELING. We want to recognize these confirmations and reinforce them.



DAILY PRACTICE: WEEK 3, DAY 2/7

BEDTIME GENERATION

Triggering the feeling of your desired outcome right before sleep is the best way to program our subconscious mind, which communicates with our conscious mind while we sleep and helps us build identity to take aligned action the following day.

PUT AWAY YOUR PHONE

What is the OUTCOME YOU WANT and WHY?

Be concrete and specific about why this 'outcome' will be a major unlock for you.

Who do you NEED TO BE?

Define the 'characteristics' and 'actions' of the being deserving of this outcome?

Imagine how IT FEELS?

Close your eyes and deeply feel all the sensations these outcomes create in you.
Use the A.S.K.I.N.G. METHOD from Page 7 (Let's Talk About Feelings).

LATER REFERRED TO AS: YOUR "TAKEAWAY FEELING"

DEEPEN THE BELIEF IN YOUR TAKEAWAY FEELING BY NURTURING YOUR IMAGINATION TO GENERATE INTENSE VISUALS AND BODY SENSATIONS AS YOU DRIFT TO SLEEP WITH DEEP BREATH.

Suggested Deep Sleep Breath: Slow inhale [hold for 4 seconds], slow release [hold for 4+ seconds]. Repeat as you fall asleep.

MORNING GENERATION

Before distracting the mind with your phone, try to recall your dreams and see how they connect to last night's generation.

DREAM RECALL:

If you remember your dreams, how did your TAKEAWAY FEELING appear, if at all?

TODAY'S ALIGNED ACTIONS:

To reinforce the sensations of your TAKEAWAY FEELING, what will you commit to?

SAY AND BELIEVE THE “I AM” AFFIRMATION (I AM: New Identity)

Now is a great time to lock in with a short meditation to prime your mind, before distracting it with your devices and hectic schedule (more info in videos).

EVENING REFLECTION

What BELIEFS do you need to REFRAME?

Were there limiting beliefs today that were in opposition to your TAKEAWAY FEELING? We want to abandon these by challenging their truth.

Where did you observe UNIVERSAL PROOFS?

Were there synchronicities (little magic moments) that were affirmations of your TAKEAWAY FEELING. We want to recognize these confirmations and reinforce them.



DAILY PRACTICE: WEEK 3, DAY 3/7

BEDTIME GENERATION

Triggering the feeling of your desired outcome right before sleep is the best way to program our subconscious mind, which communicates with our conscious mind while we sleep and helps us build identity to take aligned action the following day.

PUT AWAY YOUR PHONE

What is the OUTCOME YOU WANT and WHY?

Be concrete and specific about why this 'outcome' will be a major unlock for you.

Who do you NEED TO BE?

Define the 'characteristics' and 'actions' of the being deserving of this outcome?

Imagine how IT FEELS?

Close your eyes and deeply feel all the sensations these outcomes create in you.
Use the A.S.K.I.N.G. METHOD from Page 7 (Let's Talk About Feelings).

LATER REFERRED TO AS: YOUR "TAKEAWAY FEELING"

DEEPEN THE BELIEF IN YOUR TAKEAWAY FEELING BY NURTURING YOUR IMAGINATION TO GENERATE INTENSE VISUALS AND BODY SENSATIONS AS YOU DRIFT TO SLEEP WITH DEEP BREATH.

Suggested Deep Sleep Breath: Slow inhale [hold for 4 seconds], slow release [hold for 4+ seconds]. Repeat as you fall asleep.

MORNING GENERATION

Before distracting the mind with your phone, try to recall your dreams and see how they connect to last night's generation.

DREAM RECALL:

If you remember your dreams, how did your TAKEAWAY FEELING appear, if at all?

TODAY'S ALIGNED ACTIONS:

To reinforce the sensations of your TAKEAWAY FEELING, what will you commit to?

SAY AND BELIEVE THE “I AM” AFFIRMATION (I AM: New Identity)

Now is a great time to lock in with a short meditation to prime your mind, before distracting it with your devices and hectic schedule (more info in videos).

EVENING REFLECTION

What BELIEFS do you need to REFRAME?

Were there limiting beliefs today that were in opposition to your TAKEAWAY FEELING? We want to abandon these by challenging their truth.

Where did you observe UNIVERSAL PROOFS?

Were there synchronicities (little magic moments) that were affirmations of your TAKEAWAY FEELING. We want to recognize these confirmations and reinforce them.



DAILY PRACTICE: WEEK 3, DAY 4/7

BEDTIME GENERATION

Triggering the feeling of your desired outcome right before sleep is the best way to program our subconscious mind, which communicates with our conscious mind while we sleep and helps us build identity to take aligned action the following day.

PUT AWAY YOUR PHONE

What is the OUTCOME YOU WANT and WHY?

Be concrete and specific about why this 'outcome' will be a major unlock for you.

Who do you NEED TO BE?

Define the 'characteristics' and 'actions' of the being deserving of this outcome?

Imagine how IT FEELS?

Close your eyes and deeply feel all the sensations these outcomes create in you.
Use the A.S.K.I.N.G. METHOD from Page 7 (Let's Talk About Feelings).

LATER REFERRED TO AS: YOUR "TAKEAWAY FEELING"

DEEPEN THE BELIEF IN YOUR TAKEAWAY FEELING BY NURTURING YOUR IMAGINATION TO GENERATE INTENSE VISUALS AND BODY SENSATIONS AS YOU DRIFT TO SLEEP WITH DEEP BREATH.

Suggested Deep Sleep Breath: Slow inhale [hold for 4 seconds], slow release [hold for 4+ seconds]. Repeat as you fall asleep.

MORNING GENERATION

Before distracting the mind with your phone, try to recall your dreams and see how they connect to last night's generation.

DREAM RECALL:

If you remember your dreams, how did your TAKEAWAY FEELING appear, if at all?

TODAY'S ALIGNED ACTIONS:

To reinforce the sensations of your TAKEAWAY FEELING, what will you commit to?

SAY AND BELIEVE THE “I AM” AFFIRMATION (I AM: New Identity)

Now is a great time to lock in with a short meditation to prime your mind, before distracting it with your devices and hectic schedule (more info in videos).

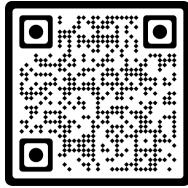
EVENING REFLECTION

What BELIEFS do you need to REFRAME?

Were there limiting beliefs today that were in opposition to your TAKEAWAY FEELING? We want to abandon these by challenging their truth.

Where did you observe UNIVERSAL PROOFS?

Were there synchronicities (little magic moments) that were affirmations of your TAKEAWAY FEELING. We want to recognize these confirmations and reinforce them.



DAILY PRACTICE: WEEK 3, DAY 5/7

BEDTIME GENERATION

Triggering the feeling of your desired outcome right before sleep is the best way to program our subconscious mind, which communicates with our conscious mind while we sleep and helps us build identity to take aligned action the following day.

PUT AWAY YOUR PHONE

What is the OUTCOME YOU WANT and WHY?

Be concrete and specific about why this 'outcome' will be a major unlock for you.

Who do you NEED TO BE?

Define the 'characteristics' and 'actions' of the being deserving of this outcome?

Imagine how IT FEELS?

Close your eyes and deeply feel all the sensations these outcomes create in you.
Use the A.S.K.I.N.G. METHOD from Page 7 (Let's Talk About Feelings).

LATER REFERRED TO AS: YOUR "TAKEAWAY FEELING"

DEEPEN THE BELIEF IN YOUR TAKEAWAY FEELING BY NURTURING YOUR IMAGINATION TO GENERATE INTENSE VISUALS AND BODY SENSATIONS AS YOU DRIFT TO SLEEP WITH DEEP BREATH.

Suggested Deep Sleep Breath: Slow inhale [hold for 4 seconds], slow release [hold for 4+ seconds]. Repeat as you fall asleep.

MORNING GENERATION

Before distracting the mind with your phone, try to recall your dreams and see how they connect to last night's generation.

DREAM RECALL:

If you remember your dreams, how did your TAKEAWAY FEELING appear, if at all?

TODAY'S ALIGNED ACTIONS:

To reinforce the sensations of your TAKEAWAY FEELING, what will you commit to?

SAY AND BELIEVE THE “I AM” AFFIRMATION (I AM: New Identity)

Now is a great time to lock in with a short meditation to prime your mind, before distracting it with your devices and hectic schedule (more info in videos).

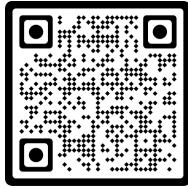
EVENING REFLECTION

What BELIEFS do you need to REFRAME?

Were there limiting beliefs today that were in opposition to your TAKEAWAY FEELING? We want to abandon these by challenging their truth.

Where did you observe UNIVERSAL PROOFS?

Were there synchronicities (little magic moments) that were affirmations of your TAKEAWAY FEELING. We want to recognize these confirmations and reinforce them.



DAILY PRACTICE: WEEK 3, DAY 6/7

BEDTIME GENERATION

Triggering the feeling of your desired outcome right before sleep is the best way to program our subconscious mind, which communicates with our conscious mind while we sleep and helps us build identity to take aligned action the following day.

PUT AWAY YOUR PHONE

What is the OUTCOME YOU WANT and WHY?

Be concrete and specific about why this 'outcome' will be a major unlock for you.

Who do you NEED TO BE?

Define the 'characteristics' and 'actions' of the being deserving of this outcome?

Imagine how IT FEELS?

Close your eyes and deeply feel all the sensations these outcomes create in you.
Use the A.S.K.I.N.G. METHOD from Page 7 (Let's Talk About Feelings).

LATER REFERRED TO AS: YOUR "TAKEAWAY FEELING"

DEEPEN THE BELIEF IN YOUR TAKEAWAY FEELING BY NURTURING YOUR IMAGINATION TO GENERATE INTENSE VISUALS AND BODY SENSATIONS AS YOU DRIFT TO SLEEP WITH DEEP BREATH.

Suggested Deep Sleep Breath: Slow inhale [hold for 4 seconds], slow release [hold for 4+ seconds]. Repeat as you fall asleep.

MORNING GENERATION

Before distracting the mind with your phone, try to recall your dreams and see how they connect to last night's generation.

DREAM RECALL:

If you remember your dreams, how did your TAKEAWAY FEELING appear, if at all?

TODAY'S ALIGNED ACTIONS:

To reinforce the sensations of your TAKEAWAY FEELING, what will you commit to?

SAY AND BELIEVE THE “I AM” AFFIRMATION (I AM: New Identity)

Now is a great time to lock in with a short meditation to prime your mind, before distracting it with your devices and hectic schedule (more info in videos).

EVENING REFLECTION

What BELIEFS do you need to REFRAME?

Were there limiting beliefs today that were in opposition to your TAKEAWAY FEELING? We want to abandon these by challenging their truth.

Where did you observe UNIVERSAL PROOFS?

Were there synchronicities (little magic moments) that were affirmations of your TAKEAWAY FEELING. We want to recognize these confirmations and reinforce them.



DAILY PRACTICE: WEEK 3, DAY 7/7

BEDTIME GENERATION

Triggering the feeling of your desired outcome right before sleep is the best way to program our subconscious mind, which communicates with our conscious mind while we sleep and helps us build identity to take aligned action the following day.

PUT AWAY YOUR PHONE

What is the OUTCOME YOU WANT and WHY?

Be concrete and specific about why this 'outcome' will be a major unlock for you.

Who do you NEED TO BE?

Define the 'characteristics' and 'actions' of the being deserving of this outcome?

Imagine how IT FEELS?

Close your eyes and deeply feel all the sensations these outcomes create in you.
Use the A.S.K.I.N.G. METHOD from Page 7 (Let's Talk About Feelings).

LATER REFERRED TO AS: YOUR "TAKEAWAY FEELING"

DEEPEN THE BELIEF IN YOUR TAKEAWAY FEELING BY NURTURING YOUR IMAGINATION TO GENERATE INTENSE VISUALS AND BODY SENSATIONS AS YOU DRIFT TO SLEEP WITH DEEP BREATH.

Suggested Deep Sleep Breath: Slow inhale [hold for 4 seconds], slow release [hold for 4+ seconds]. Repeat as you fall asleep.

MORNING GENERATION

Before distracting the mind with your phone, try to recall your dreams and see how they connect to last night's generation.

DREAM RECALL:

If you remember your dreams, how did your TAKEAWAY FEELING appear, if at all?

TODAY'S ALIGNED ACTIONS:

To reinforce the sensations of your TAKEAWAY FEELING, what will you commit to?

SAY AND BELIEVE THE “I AM” AFFIRMATION (I AM: New Identity)

Now is a great time to lock in with a short meditation to prime your mind, before distracting it with your devices and hectic schedule (more info in videos).

EVENING REFLECTION

What BELIEFS do you need to REFRAME?

Were there limiting beliefs today that were in opposition to your TAKEAWAY FEELING? We want to abandon these by challenging their truth.

Where did you observe UNIVERSAL PROOFS?

Were there synchronicities (little magic moments) that were affirmations of your TAKEAWAY FEELING. We want to recognize these confirmations and reinforce them.



REFLECTION: WEEK 3

Let's summarize the work we did to take forward to the following week. It's important to be honest. No change is acceptable!

MASTERPIECE: What outcome were you manifesting?

WHY: How does your life improve as this manifests?

HOW MUCH CLOSER ARE YOU?	START	END
What reflections lead to your change in score? (ex: what actions started to become more effortless, if any).	Enter Starting Score Here (0-5)	Enter Starting Score Here (0-5)

We don't expect this "masterpiece" to manifest in a week ;)
But we do expect that there are mindset shifts happening to identity to "embed" the order and make it easier to attract.

Let's identify patterns that arose during this week to advance understanding of your Being.

OUTCOME PATTERNS:

How did the outcome shift, or advance? Why does that matter?

IDENTITY PATTERNS:

How did your identity shift, or advance? Why does that matter?

FEELING PATTERNS:

How did your feelings shift, or advance? Why does that matter?

DREAM PATTERNS:

How did your dreams shift, or advance? Why does that matter?

ACTION PATTERNS:

How did your actions shift, or advance? Why does this matter?

**“You must assume the
feeling of the wish
fulfilled until your
assumption has all the
sensory vividness of
reality.”**

~Neville

WEEK 4

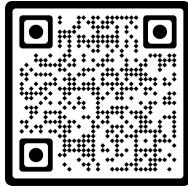
MASTERPIECE: What outcome from your masterpiece are you manifesting this week? Pick a specific Focus Area.

How close are you today to having this Masterpiece: **0 / 1 / 2 / 3 / 4 / 5**

Why does it matter to you?

What actions are ***in-alignment***?

What actions are ***out-of-alignment***?



DAILY PRACTICE: WEEK 4, DAY 1/7

BEDTIME GENERATION

Triggering the feeling of your desired outcome right before sleep is the best way to program our subconscious mind, which communicates with our conscious mind while we sleep and helps us build identity to take aligned action the following day.

PUT AWAY YOUR PHONE

What is the OUTCOME YOU WANT and WHY?

Be concrete and specific about why this 'outcome' will be a major unlock for you.

Who do you NEED TO BE?

Define the 'characteristics' and 'actions' of the being deserving of this outcome?

Imagine how IT FEELS?

Close your eyes and deeply feel all the sensations these outcomes create in you.
Use the A.S.K.I.N.G. METHOD from Page 7 (Let's Talk About Feelings).

LATER REFERRED TO AS: YOUR "TAKEAWAY FEELING"

DEEPEN THE BELIEF IN YOUR TAKEAWAY FEELING BY NURTURING YOUR IMAGINATION TO GENERATE INTENSE VISUALS AND BODY SENSATIONS AS YOU DRIFT TO SLEEP WITH DEEP BREATH.

Suggested Deep Sleep Breath: Slow inhale [hold for 4 seconds], slow release [hold for 4+ seconds]. Repeat as you fall asleep.

MORNING GENERATION

Before distracting the mind with your phone, try to recall your dreams and see how they connect to last night's generation.

DREAM RECALL:

If you remember your dreams, how did your TAKEAWAY FEELING appear, if at all?

TODAY'S ALIGNED ACTIONS:

To reinforce the sensations of your TAKEAWAY FEELING, what will you commit to?

SAY AND BELIEVE THE “I AM” AFFIRMATION (I AM: New Identity)

Now is a great time to lock in with a short meditation to prime your mind, before distracting it with your devices and hectic schedule (more info in videos).

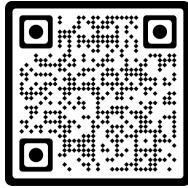
EVENING REFLECTION

What BELIEFS do you need to REFRAME?

Were there limiting beliefs today that were in opposition to your TAKEAWAY FEELING? We want to abandon these by challenging their truth.

Where did you observe UNIVERSAL PROOFS?

Were there synchronicities (little magic moments) that were affirmations of your TAKEAWAY FEELING. We want to recognize these confirmations and reinforce them.



DAILY PRACTICE: WEEK 4, DAY 2/7

BEDTIME GENERATION

Triggering the feeling of your desired outcome right before sleep is the best way to program our subconscious mind, which communicates with our conscious mind while we sleep and helps us build identity to take aligned action the following day.

PUT AWAY YOUR PHONE

What is the OUTCOME YOU WANT and WHY?

Be concrete and specific about why this 'outcome' will be a major unlock for you.

Who do you NEED TO BE?

Define the 'characteristics' and 'actions' of the being deserving of this outcome?

Imagine how IT FEELS?

Close your eyes and deeply feel all the sensations these outcomes create in you.
Use the A.S.K.I.N.G. METHOD from Page 7 (Let's Talk About Feelings).

LATER REFERRED TO AS: YOUR "TAKEAWAY FEELING"

DEEPEN THE BELIEF IN YOUR TAKEAWAY FEELING BY NURTURING YOUR IMAGINATION TO GENERATE INTENSE VISUALS AND BODY SENSATIONS AS YOU DRIFT TO SLEEP WITH DEEP BREATH.

Suggested Deep Sleep Breath: Slow inhale [hold for 4 seconds], slow release [hold for 4+ seconds]. Repeat as you fall asleep.

MORNING GENERATION

Before distracting the mind with your phone, try to recall your dreams and see how they connect to last night's generation.

DREAM RECALL:

If you remember your dreams, how did your TAKEAWAY FEELING appear, if at all?

TODAY'S ALIGNED ACTIONS:

To reinforce the sensations of your TAKEAWAY FEELING, what will you commit to?

SAY AND BELIEVE THE “I AM” AFFIRMATION (I AM: New Identity)

Now is a great time to lock in with a short meditation to prime your mind, before distracting it with your devices and hectic schedule (more info in videos).

EVENING REFLECTION

What BELIEFS do you need to REFRAME?

Were there limiting beliefs today that were in opposition to your TAKEAWAY FEELING? We want to abandon these by challenging their truth.

Where did you observe UNIVERSAL PROOFS?

Were there synchronicities (little magic moments) that were affirmations of your TAKEAWAY FEELING. We want to recognize these confirmations and reinforce them.



DAILY PRACTICE: WEEK 4, DAY 3/7

BEDTIME GENERATION

Triggering the feeling of your desired outcome right before sleep is the best way to program our subconscious mind, which communicates with our conscious mind while we sleep and helps us build identity to take aligned action the following day.

PUT AWAY YOUR PHONE

What is the OUTCOME YOU WANT and WHY?

Be concrete and specific about why this 'outcome' will be a major unlock for you.

Who do you NEED TO BE?

Define the 'characteristics' and 'actions' of the being deserving of this outcome?

Imagine how IT FEELS?

Close your eyes and deeply feel all the sensations these outcomes create in you.
Use the A.S.K.I.N.G. METHOD from Page 7 (Let's Talk About Feelings).

LATER REFERRED TO AS: YOUR "TAKEAWAY FEELING"

DEEPEN THE BELIEF IN YOUR TAKEAWAY FEELING BY NURTURING YOUR IMAGINATION TO GENERATE INTENSE VISUALS AND BODY SENSATIONS AS YOU DRIFT TO SLEEP WITH DEEP BREATH.

Suggested Deep Sleep Breath: Slow inhale [hold for 4 seconds], slow release [hold for 4+ seconds]. Repeat as you fall asleep.

MORNING GENERATION

Before distracting the mind with your phone, try to recall your dreams and see how they connect to last night's generation.

DREAM RECALL:

If you remember your dreams, how did your TAKEAWAY FEELING appear, if at all?

TODAY'S ALIGNED ACTIONS:

To reinforce the sensations of your TAKEAWAY FEELING, what will you commit to?

SAY AND BELIEVE THE “I AM” AFFIRMATION (I AM: New Identity)

Now is a great time to lock in with a short meditation to prime your mind, before distracting it with your devices and hectic schedule (more info in videos).

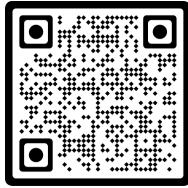
EVENING REFLECTION

What BELIEFS do you need to REFRAME?

Were there limiting beliefs today that were in opposition to your TAKEAWAY FEELING? We want to abandon these by challenging their truth.

Where did you observe UNIVERSAL PROOFS?

Were there synchronicities (little magic moments) that were affirmations of your TAKEAWAY FEELING. We want to recognize these confirmations and reinforce them.



DAILY PRACTICE: WEEK 4, DAY 4/7

BEDTIME GENERATION

Triggering the feeling of your desired outcome right before sleep is the best way to program our subconscious mind, which communicates with our conscious mind while we sleep and helps us build identity to take aligned action the following day.

PUT AWAY YOUR PHONE

What is the OUTCOME YOU WANT and WHY?

Be concrete and specific about why this 'outcome' will be a major unlock for you.

Who do you NEED TO BE?

Define the 'characteristics' and 'actions' of the being deserving of this outcome?

Imagine how IT FEELS?

Close your eyes and deeply feel all the sensations these outcomes create in you.
Use the A.S.K.I.N.G. METHOD from Page 7 (Let's Talk About Feelings).

LATER REFERRED TO AS: YOUR "TAKEAWAY FEELING"

DEEPEN THE BELIEF IN YOUR TAKEAWAY FEELING BY NURTURING YOUR IMAGINATION TO GENERATE INTENSE VISUALS AND BODY SENSATIONS AS YOU DRIFT TO SLEEP WITH DEEP BREATH.

Suggested Deep Sleep Breath: Slow inhale [hold for 4 seconds], slow release [hold for 4+ seconds]. Repeat as you fall asleep.

MORNING GENERATION

Before distracting the mind with your phone, try to recall your dreams and see how they connect to last night's generation.

DREAM RECALL:

If you remember your dreams, how did your TAKEAWAY FEELING appear, if at all?

TODAY'S ALIGNED ACTIONS:

To reinforce the sensations of your TAKEAWAY FEELING, what will you commit to?

SAY AND BELIEVE THE “I AM” AFFIRMATION (I AM: New Identity)

Now is a great time to lock in with a short meditation to prime your mind, before distracting it with your devices and hectic schedule (more info in videos).

EVENING REFLECTION

What BELIEFS do you need to REFRAME?

Were there limiting beliefs today that were in opposition to your TAKEAWAY FEELING? We want to abandon these by challenging their truth.

Where did you observe UNIVERSAL PROOFS?

Were there synchronicities (little magic moments) that were affirmations of your TAKEAWAY FEELING. We want to recognize these confirmations and reinforce them.



DAILY PRACTICE: WEEK 4, DAY 5/7

BEDTIME GENERATION

Triggering the feeling of your desired outcome right before sleep is the best way to program our subconscious mind, which communicates with our conscious mind while we sleep and helps us build identity to take aligned action the following day.

PUT AWAY YOUR PHONE

What is the OUTCOME YOU WANT and WHY?

Be concrete and specific about why this 'outcome' will be a major unlock for you.

Who do you NEED TO BE?

Define the 'characteristics' and 'actions' of the being deserving of this outcome?

Imagine how IT FEELS?

Close your eyes and deeply feel all the sensations these outcomes create in you.
Use the A.S.K.I.N.G. METHOD from Page 7 (Let's Talk About Feelings).

LATER REFERRED TO AS: YOUR "TAKEAWAY FEELING"

DEEPEN THE BELIEF IN YOUR TAKEAWAY FEELING BY NURTURING YOUR IMAGINATION TO GENERATE INTENSE VISUALS AND BODY SENSATIONS AS YOU DRIFT TO SLEEP WITH DEEP BREATH.

Suggested Deep Sleep Breath: Slow inhale [hold for 4 seconds], slow release [hold for 4+ seconds]. Repeat as you fall asleep.

MORNING GENERATION

Before distracting the mind with your phone, try to recall your dreams and see how they connect to last night's generation.

DREAM RECALL:

If you remember your dreams, how did your TAKEAWAY FEELING appear, if at all?

TODAY'S ALIGNED ACTIONS:

To reinforce the sensations of your TAKEAWAY FEELING, what will you commit to?

SAY AND BELIEVE THE “I AM” AFFIRMATION (I AM: New Identity)

Now is a great time to lock in with a short meditation to prime your mind, before distracting it with your devices and hectic schedule (more info in videos).

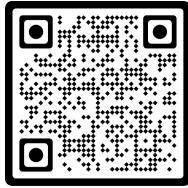
EVENING REFLECTION

What BELIEFS do you need to REFRAME?

Were there limiting beliefs today that were in opposition to your TAKEAWAY FEELING? We want to abandon these by challenging their truth.

Where did you observe UNIVERSAL PROOFS?

Were there synchronicities (little magic moments) that were affirmations of your TAKEAWAY FEELING. We want to recognize these confirmations and reinforce them.



DAILY PRACTICE: WEEK 4, DAY 6/7

BEDTIME GENERATION

Triggering the feeling of your desired outcome right before sleep is the best way to program our subconscious mind, which communicates with our conscious mind while we sleep and helps us build identity to take aligned action the following day.

PUT AWAY YOUR PHONE

What is the OUTCOME YOU WANT and WHY?

Be concrete and specific about why this 'outcome' will be a major unlock for you.

Who do you NEED TO BE?

Define the 'characteristics' and 'actions' of the being deserving of this outcome?

Imagine how IT FEELS?

Close your eyes and deeply feel all the sensations these outcomes create in you.
Use the A.S.K.I.N.G. METHOD from Page 7 (Let's Talk About Feelings).

LATER REFERRED TO AS: YOUR "TAKEAWAY FEELING"

DEEPEN THE BELIEF IN YOUR TAKEAWAY FEELING BY NURTURING YOUR IMAGINATION TO GENERATE INTENSE VISUALS AND BODY SENSATIONS AS YOU DRIFT TO SLEEP WITH DEEP BREATH.

Suggested Deep Sleep Breath: Slow inhale [hold for 4 seconds], slow release [hold for 4+ seconds]. Repeat as you fall asleep.

MORNING GENERATION

Before distracting the mind with your phone, try to recall your dreams and see how they connect to last night's generation.

DREAM RECALL:

If you remember your dreams, how did your TAKEAWAY FEELING appear, if at all?

TODAY'S ALIGNED ACTIONS:

To reinforce the sensations of your TAKEAWAY FEELING, what will you commit to?

SAY AND BELIEVE THE “I AM” AFFIRMATION (I AM: New Identity)

Now is a great time to lock in with a short meditation to prime your mind, before distracting it with your devices and hectic schedule (more info in videos).

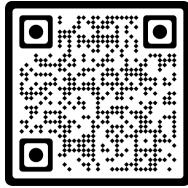
EVENING REFLECTION

What BELIEFS do you need to REFRAME?

Were there limiting beliefs today that were in opposition to your TAKEAWAY FEELING? We want to abandon these by challenging their truth.

Where did you observe UNIVERSAL PROOFS?

Were there synchronicities (little magic moments) that were affirmations of your TAKEAWAY FEELING. We want to recognize these confirmations and reinforce them.



DAILY PRACTICE: WEEK 4, DAY 7/7

BEDTIME GENERATION

Triggering the feeling of your desired outcome right before sleep is the best way to program our subconscious mind, which communicates with our conscious mind while we sleep and helps us build identity to take aligned action the following day.

PUT AWAY YOUR PHONE

What is the OUTCOME YOU WANT and WHY?

Be concrete and specific about why this 'outcome' will be a major unlock for you.

Who do you NEED TO BE?

Define the 'characteristics' and 'actions' of the being deserving of this outcome?

Imagine how IT FEELS?

Close your eyes and deeply feel all the sensations these outcomes create in you.
Use the A.S.K.I.N.G. METHOD from Page 7 (Let's Talk About Feelings).

LATER REFERRED TO AS: YOUR "TAKEAWAY FEELING"

DEEPEN THE BELIEF IN YOUR TAKEAWAY FEELING BY NURTURING YOUR IMAGINATION TO GENERATE INTENSE VISUALS AND BODY SENSATIONS AS YOU DRIFT TO SLEEP WITH DEEP BREATH.

Suggested Deep Sleep Breath: Slow inhale [hold for 4 seconds], slow release [hold for 4+ seconds]. Repeat as you fall asleep.

MORNING GENERATION

Before distracting the mind with your phone, try to recall your dreams and see how they connect to last night's generation.

DREAM RECALL:

If you remember your dreams, how did your TAKEAWAY FEELING appear, if at all?

TODAY'S ALIGNED ACTIONS:

To reinforce the sensations of your TAKEAWAY FEELING, what will you commit to?

SAY AND BELIEVE THE “I AM” AFFIRMATION (I AM: New Identity)

Now is a great time to lock in with a short meditation to prime your mind, before distracting it with your devices and hectic schedule (more info in videos).

EVENING REFLECTION

What BELIEFS do you need to REFRAME?

Were there limiting beliefs today that were in opposition to your TAKEAWAY FEELING? We want to abandon these by challenging their truth.

Where did you observe UNIVERSAL PROOFS?

Were there synchronicities (little magic moments) that were affirmations of your TAKEAWAY FEELING. We want to recognize these confirmations and reinforce them.



REFLECTION: WEEK 4

Let's summarize the work we did to take forward to the following week. It's important to be honest. No change is acceptable!

MASTERPIECE: What outcome were you manifesting?

WHY: How does your life improve as this manifests?

HOW MUCH CLOSER ARE YOU?	START	END
What reflections lead to your change in score? (ex: what actions started to become more effortless, if any).	Enter Starting Score Here (0-5)	Enter Starting Score Here (0-5)

We don't expect this "masterpiece" to manifest in a week ;)
But we do expect that there are mindset shifts happening to identity to "embed" the order and make it easier to attract.

Let's identify patterns that arose during this week to advance understanding of your Being.

OUTCOME PATTERNS:

How did the outcome shift, or advance? Why does that matter?

IDENTITY PATTERNS:

How did your identity shift, or advance? Why does that matter?

FEELING PATTERNS:

How did your feelings shift, or advance? Why does that matter?

DREAM PATTERNS:

How did your dreams shift, or advance? Why does that matter?

ACTION PATTERNS:

How did your actions shift, or advance? Why does this matter?



MONTH END REFLECTION

The time has finally come to take a reflective look at all of your progress and examine your GROWTH MAP. You can look back at where you started and see where you're at now.

IDENTITY SHIFT:

How has your Being changed during the course of the program?

ACTIONS SHIFT:

What actions are now part of your Being's regular character that weren't before?

BELIEFS SHIFT:

Looking back at your limiting beliefs, which ones are no longer with you? What have they been replaced by?

MANIFESTATIONS:

What have you been able to call in and attract into your life? Have your outcomes and desires shifted at all or reprioritized?

INTEGRATION & NEXT STEPS

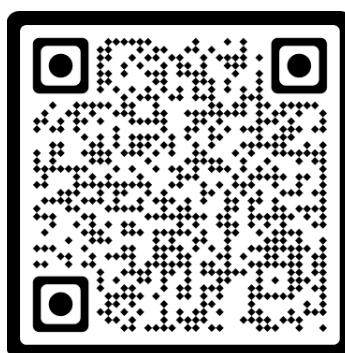
You just made a major accomplishment by making it this far (assuming you did the work and didn't skip to this page!) **The first step is just to pause for a moment and reflect on your new found human power. How does *it feel*?**

Next, I've created a library of DEEPER INTEGRATIONS that you can use to support yourself and others.

A few of the topics:

- Leverage AI to support your manifestations
- How to not avoid feelings in the wild
- Accepting meditation and prayer
- Eliminating alcohol
- Introducing plant medicine
- Forgiving parents
- Getting fit
- Growing money
- And, GOODBYE CHASING!

More will come over time on the channels, hopefully from members just like you too!



MY BELIEF SYSTEM...

I would regret putting this entire work together and not going deeper on my spiritual belief system; so much of my new-found power is rooted in this discovery and it may help guide others.

I did put this at the end of the book for two reasons:

1. DAILY GROWTH MAP could be highly impactful for many people who may be turned off by this section, I didn't want them to lose the benefit early. This practice works even without deep spiritual beliefs.
2. I think many of the people who would have rejected any spiritual discussion in the beginning may be more open-minded after realizing some personal successes, and perhaps this work is a gateway to spirituality.

This is the most and only woo-woo part of this book :) IT IS NOT RELIGIOUS. You can skip it if you have an allergic reaction to this topic. **But...everything that has unfolded in my life recently is powered by my ever-deepening connection to God/Source/Universe. It is an absolute amplifier effect beyond belief, built on belief.** If this speaks to you, even if only in curiosity, **keep reading – it's meant for you.**

Why does manifestation, as we learned in the DAILY GROWTH MAP, work? In a simple capacity: Our reality is what we perceive it to be. If we modify the person who is observing, the outcome varies since the lens has changed. With manifesting identity, we modify that person through “Feelings” into a new being. So by working with feelings, we’re able to shift reality by attracting new outcomes into it.

On a deeper level, I believe manifestation works because it ties to the Spiritual power that is manifested in us Humans. Neville Goddard also believed this in some ways. There is no “right view” and mine will constantly evolve, but my hypothesis is that manifestation works better as you improve your relationship to your higher-self by earning trust as you work along a shared

mission. I believe this because I had a spiritual download explaining it. Since that point, the degree of conviction I have in myself and in my existence is untouched and unshakeable. It has been a step level experience, with no ayahuasca or meditation etc.

I was sitting in a Kombucha bar called Gratitude (Colorado Springs) and I sat down with a journal to write out my action steps for my “real career” the next day. Before I knew it, I was writing a prose-like structure explaining this all to me.

Here it is:

Mysterious Human Power (what I refer to as **SHISHARKA**)

Your way is power. My way is power. Our way is power.
Your power – Your way. Our power – Our way.

Our power is undeniable.
Unrecognizable most of the time; hidden in plain sight.
So obvious... it's forgotten.

That is the nature of this power.
It need not be established or recognized to prevail.
It supports through love and energy, moving all of us creatures
through this cosmic journey.

What is this “power” I speak of?
It is not control, not politics, nor manipulation.
It is affirmation in its essence.

We are the prize. We are Divine.

To breathe is to be Divine.
To touch, to feel, to create, to reproduce—and most importantly,
to simply be—is Divine.

And therefore... I need none of your power for mine.
Your power need not recognize my power for mine to exist.

And that is to be full.

To understand that you need nothing more than your own divine Human Power.

Once we come to believe that,
To know that, to feel that—
We can fully co-create.

At that moment, it becomes clear:
That your reality is the manifestation of your mind,
Expressed in this physical dimension, through Heart and Being.

And your Being can serve its soul's desire
To learn, love and create here.

So this is your power.

To recognize and accept that you are not simply an individual Human Being who just happened to end up on Earth. But rather, that you are an Infinite Powerful Being who chose to be here. To incarnate in this 3-Dimensional realm to experience the Creation first hand, as a holographic fractal of Source.

And once you remember who you are, you awaken.
Then your soul will show you why it chose to be here.
Why it incarnated as you specifically,
Why it chose your parents, your conditions, your location.

And as you absorb and accept these truths,
Your Being will earn trust.
And with this trust, your lifeforce will elevate.
Your soul—your Infinite Powerful Being—will unlock more and more power for you to manifest what you need to accomplish your work together.

These unlocks may be emotional, knowledge-based, or physical. They may manifest in luxuries that reward your physical self-to motivate and encourage deeper work on the mission.

They may manifest in relationships and partnerships—
Or even in the termination of existing ones, to drive further
alignment and progress.

Whichever way these manifestations appear—
The one certain thing is: they will.
And you will notice.
And your power will spread.

For you to share. And pull others forward—
But only if they are ready.

Your power is God, Source, Universe; the fabric of your Being.
And God is only discovered and accepted from inside one's
being. It needs no walls nor religious institutions to arise either.
And therefore, can and should never be forced.

And your power can never be manipulated or used to dominate
others—especially by those without materialized power.

To do so is to perpetuate the illusion of separation.
It risks the separation of soul from Source—for others and for
self, as well as the loss of true power.

Separation from Source is lost.
Lost power. Lost intention. Lost purpose. Lost self. Lost.

May you always remain a holographic fractal of God...
Shining light and love, and continually scratching the surface of
your Infinite Being's Power.

Welcome to the One.
Welcome to the Bliss.
Welcome to your HUMAN POWER.
Welcome to SHISHARKA.

I deeply believe that some spiritual awakening will help benefit all Humans, however you may find that! And always feel free to reach out. My next wave of work will be going much deeper here
[\[dom@dailygrowthmap.com\]](mailto:dom@dailygrowthmap.com)

INSPIRATIONS...

A Major Thanks to:

The Universe and the Creator Source energy within all of us...and this Game of God.

Neville Goddard, for identifying the “Secret Formula” that our inner conversation between our conscious and subconscious minds is our only reality and the path to program that conversation is your feelings, dreams and prayer.

Aubrey Marcus, for being so vulnerable on his podcast and igniting my spark and curiosity in “there maybe being more.” and **Mattias DeStafano**, for piquing my interest in spirituality and mapping the dimensions so clearly.

Lyndsay Cochran for coaching me on how to trust my intuition and bring this work to life ([@lyndsaycochran](https://www.instagram.com/@lyndsaycochran)).

Todd Herman, for being such an inspiring leader on Identity and author (see book below on Identity).

John Madsen, for turning me onto Neville and shaping my fitness identity with **Coach Jared Boyle** in SupraHuman.

Father Sean O’Laoire, for opening my eyes to Christ Consciousness.

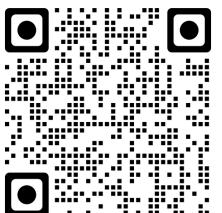
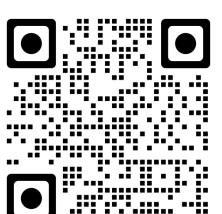
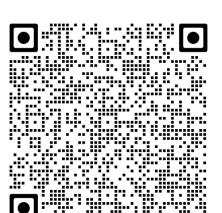
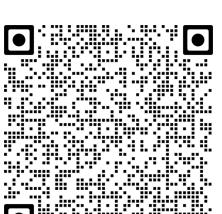
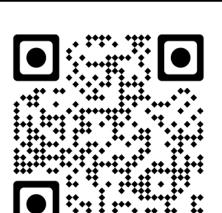
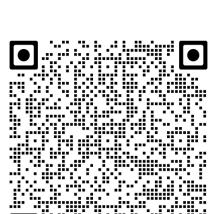
Alexandra Littaye for helping me visualize and get in touch with Feelings and **Stewart Gallas** for forcing me to be honest about my identity.

Grandmother Ayahuasca, for allowing me to meet my soul and trust in the Universe for the first real time ever in **this** life.

My mom and dad, as my chosen teachers.

...and everyone who helped me edit and watch my silly first videos and keep an open-mind while being supportive.

RESOURCES

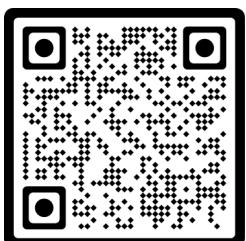
<p>Feeling is the Secret by Neville Goddard This is the foundation of my daily manifestation program. This short 33 page book changed my life and gave me the power to quit drinking and so much more.</p>	
<p>Alter Ego Effect by Todd Herman I owe so much to this work. I believe the foundational work I did here is how I built my character and this program.</p>	
<p>Rewired by Joe Dispenza on Gaia If you haven't read or watched Dr Joe, this is a great first watch. I saw it right about the time I finished the first draft and it was so powerful to confirm my work. He is THE master.</p>	
<p>Owaken Breathwork Experienced live at an Aubrey Marcus event and had a profound experience. Their app is well done and what I use.</p>	
<p>SupraHuman The best fitness and mindset coaching around. Can't say enough good things. If you want \$500 off, email me [dom@dailygrowthmap.com]</p>	
<p>Transcendental Meditation TM is the only meditation practice I've done that really works for me. Everyone is different. I find powerful peace in this practice, and it's easy. It's worth doing the training, which I avoided for years and wish I didn't.</p>	

FEELING GOOD?

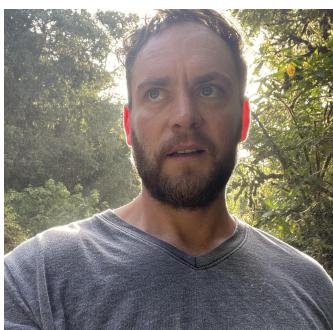
Help Others “Feel” the same and Plant more trees...

SHARE DAILY GROWTH MAP ON INSTAGRAM AND TIKTOK

- *Snap a picture with the book and explain your journey*
- *Be sure to tag: @domgrowsdaily & @dailygrowthmap*



Or, scan this QR code to share with friends and plant even more trees.



About the Creator:
Dominic Coryell
(aka: Nique)

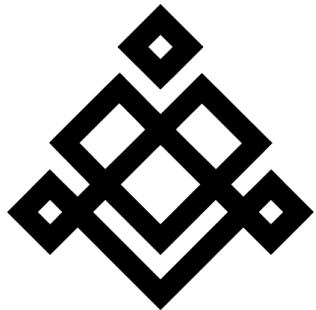
Be sure to say hi...
dom@dailygrowthmap.com
IG: [@domgrowsdaily](https://www.instagram.com/domgrowsdaily)

I aspire to bring compassion and creativity to everything I do, to approach the world as a curious student who knows learning is best while connected to others.

Despite all my career and entrepreneurial accomplishments, I'm most proud of this program...before I even know how it's received by others...because creating it has helped me build my relationship with God and the Universe, which is reflective of building a trusting relationship with myself by facing all my own limiting beliefs and self-doubt, which makes me a more powerful Human to serve everyone around me.

Overcoming the self-doubt, and even embarrassment of shifting from a hard-etched Atheist to writing a book about tapping into Spiritual Power has been RADICALLY awesome and challenging. FWIW, my Atheist facade was due to having religious organizations force their way into my life as a child; thus I'm still not religious, which I probably don't have to keep repeating :)

~Thank you for learning with me!



SHISHARKA

*“Live in the feeling
of being the one you
want to be and that
you shall be.”*

~Neville

And so it is.

