



Write down 5 general areas of your life that you want to create change in and develop over the next year.

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DAY 5: Visualize: Imagine a Day in the Life You Dream of Living

Sit in front of your Vision Board, look at those pictures and visualize being in the life you want.

8 Visualization Guidelines:

1. One time a day is all that's necessary.
2. No longer than 5-10 minutes at a time.
3. Imagine every conceivable detail - sight, sound, texture, aroma, temperatures, etc.
4. Feel the joy of living intentionally and seeing your thoughts become things.
5. Put yourself inside of the picture.
6. Dwell from the end result, or beyond.
7. Get PHYSICAL - pump your fists, shout it out, happy dance.
8. Use a timer; when the buzzer goes off, you're done until tomorrow.

Visualize a day in your life as if it has already come true. Visualize the WOWs, not the HOWs



DAY 6: Take Baby Steps Towards Your Goals

Take each goal, write 7 baby steps you will take towards achieving your goal. Take small baby steps. Don't worry about HOW your BIG dream will come true, just get out into the world by taking small baby steps so that the Universe now has room to bring in the magic for you.

GOAL # 1: _____

BABY STEP	
1	
2	
3	
4	
5	
6	
7	

GOAL # 2: _____

BABY STEP	
1	
2	
3	
4	
5	
6	
7	

GOAL # 3: _____

BABY STEP	
1	
2	
3	
4	
5	
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7	

GOAL # 4: _____

BABY STEP	
1	
2	
3	
4	
5	
6	
7	

GOAL # 5: _____

BABY STEP	
1	
2	
3	
4	
5	
6	
7	

DAY 7: Play Detective - Observe Your Words, Thoughts and Actions

Simply observe all that you're thinking, saying, and physically doing. This will help you to understand some of your subliminal inner messaging. When you don't like what you're thinking, saying, or doing, then deliberately and lovingly craft a counter-message to immediately put to use. If there are any that do not serve your vision of transformation, put on the brakes and rephrase it. Switch it up. Turn it around. Flip it. Replace any negative thoughts with positive ones.

Create a general counter-message that you can always go to when you catch yourself saying or doing something that won't help towards the realization of your dreams.

My lovingly crafted counter-message is:

DAY 8: Identify and Change a Story You Tell

Think of a story you've been telling yourself that does not serve you. And now change that story.

A story that has been limiting you in all the 5 areas and the new story:

AREA #1:

Old Story:

New Story:

AREA #2:

Old Story:

New Story:

AREA #3:

Old Story:

New Story:

AREA #4:

Old Story:

New Story:

AREA #5:

Old Story:

New Story:

DAY 9: Choose Beliefs For Each Area You Wish To Transform

A ritual is an observance or practice that is performed the same way each time. We perform rituals every day, whether we realize it or not—brushing our teeth, taking a shower, eating meals, are all rituals that contribute to our health and well-being. There is evidence that rituals, even simple rituals, can have a profound effect on how we feel about ourselves. Choose a new ritual to perform. Let this be a ritual that you can easily maintain in the weeks ahead, something small that contributes to your overall sense of peace and happiness.

These are the rituals I will perform:

DAY 17: Acknowledge Your Amazing Self and Past Successes

Instead of looking at the things we want but don't have, look at the amazing things that you once wanted that have now come true! (Just for fun, add in between this list, items that you want manifested as if they already have been manifested). List of thoughts that have already become things:

1.

2.

3.

4.

5.

6.

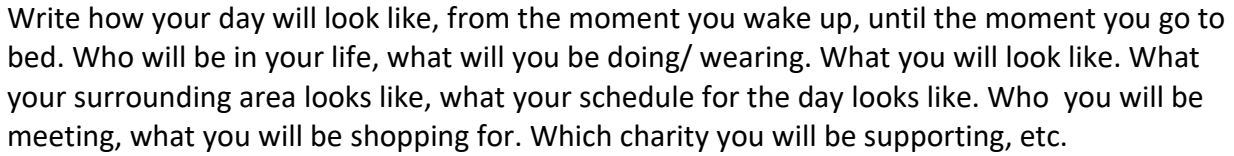
7.

8.

9.

10.

DAY 18: Script a Day in Your Future Life as if it Was Your Present Life

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

We often imagine how we will benefit once our dreams come true, but we rarely imagine how our friends and loved ones will benefit once our dreams come true. Choose two or three people in your life who deeply love you, and imagine how your happiness and success will impact their lives. How proud they will feel of you. What they will learn from your courage. What it might inspire them to do.

[illegible]

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Who do you know that has accomplished what you now dream of accomplishing? Make a list of 10 to 20 names, and somewhere within that list include your own name. This simple process of associating your name with theirs will remind you that what they've done, anyone, including you, can do. They started out where you started out—a novice, a dreamer. We're all made of the same stuff, the most significant difference between us is our thoughts, words, beliefs and actions. And these can be changed, experimented with, and chosen in ways that serve us. Make your list, have fun, imagine "rubbing shoulders" with these future peers, and the day will come when others, inspired by you, will include your name on their list.

1. _____
2. _____
3. _____
4. _____
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6. _____
7. _____
8. _____
9. _____
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11. _____
12. _____
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15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

DAY 21: Speak of Your Success with a Friend

Engage a close friend/ family. Share what you are doing with them. Now share your world-view of what the world would look like as if your dreams have already come true. "Hey!! You won't believe what my home finally looks like!" Ask your friend questions on how they feel now that it has already happened.

Act as if it has already happened and ask questions that will bring yourself and your friend in a state of as if it had already happened. It needs imagination, however, will force you to think of how life will be once you have arrived.

DAY 22: List 20 things you love to do

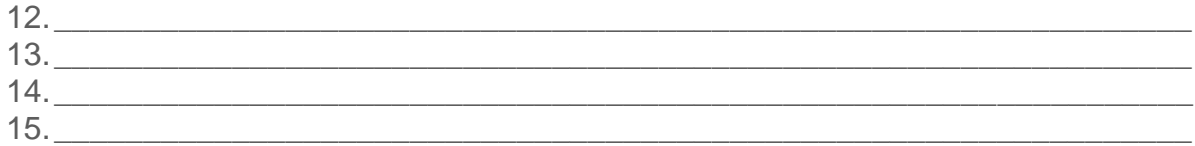
1. _____
2. _____
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4. _____
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6. _____
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15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

DAY 23: Thank You!!

Gratitude is powerful. It's an expression of thankfulness and appreciation for all you have and all you are. Plus, expressing gratitude is the same as expressing the sentiment, "I have received," which is a powerful declaration on this plane of manifestation. You can therefore express gratitude for the things you have, and thereby attract more, and you can express gratitude for the things you don't yet have, as if you already had them, to thereby attract them. Write down 15 things (tangible or intangible) that are already in your life that you are grateful for, and then list 5 more that you will soon be grateful for, as if you already had them.

15 Things You Already Have:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____



1. _____
2. _____
3. _____
4. _____
5. _____

Write a letter from an Admirer in the future:

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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Setting an intention is a powerful practice. Essentially, all intentions are clear forms of “end results” we wish to achieve and dreams we wish to manifest. Moreover, given the immediacy of our intentions, they bypass our fears of how they will manifest and throw us into action instantaneously. Set an intention and allow it to guide your thoughts, words, and actions in its light. As you move through your day, call on your intention to guide you in every way. For example, if working out regularly is your goal, your intention may be “I intend to work out every day. Health is the ultimate wealth.”

My intentions:

DAY 26: Put Your Manifestation Skills to Work

Choose something small that you want to manifest and then do everything in your power to manifest it, while allowing the Universe to do everything in its power to bring it to you. Mentally see it, and then physically make space for it. Deliberately manifest a small, tiny thing every day so you can begin to see that this stuff really works.

So here are things that I will look to manifest:

DAY 27: Write an "I Rock Because...." List

Write a list of reasons why I ROCK 😊

1.

2.

3.

4.

5.

6.

7.

8.

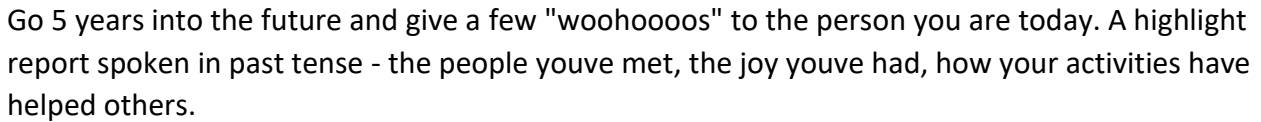
9.

10.

I FRIGGGGIN ROCK!!!

DAY 28: Write a Letter to Yourself from your Future Self

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This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

This is another act as if activity. Picking up from Day 28, imagine your life 5 years in the future: all you've learned, all you've experienced, and all the changes that have taken place. You are older, wiser, happier, and more at peace. From this perspective, summarize the 5 most important lessons or suggestions that your future self wants your present self to know.

The 5 most important things my future self wants me to know:

1. _____
2. _____
3. _____
4. _____
5. _____

DAY 30: Reflecting on this Project

You are a being of unlimited Power. The Giant within you is striving to get out, to show what it can do. This is your default setting.

Reflect on this project by pondering and responding to the questions below:

- 1. In 20 words or less, describe how this workbook has helped you.**

- 2. What have you learned about yourself through this workbook?**

- 3. What are your biggest takeaways?**

- 4. How have these activities helped you move closer to your dreams?**

- 5. What was your favorite activity and why?**

6. Which of these activities might you practice in the future?

7. Did you find that on most days you had time to complete each activity?

FROM THIS DAY ONWARD, MAY EVERYTHING THAT YOU WISH FOR BE THE VERY LEAST THAT YOU ACHIEVE.

Don't keep us a secret! Share with your friends and family 😊

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