



Catch a Vibe!

Get hooked on a feeling worksheet

Instructions:

Step 1: Identify the one item on your vision board you are trying to manifest. (i.e. A new Car)

Step 2: Think about all of the things that you can do NOW to experience that vision and write them down

Step 3: Set your intentions before you go

Step 4: Go DO IT! Do all of the things you can do to experience that thing now and help boost your inspiration and motivation

Step 5: Reflect on your senses from that experience

Step 6: Hold the vision in your minds eye, and trust the process of it unfolding in your heart

Step 7: Repeat steps 4-6 as often as needed to maintain the frequency and feelings

<p>One thing I want to focus on manifesting</p>	
<p>What can I do now to experience that thing?</p>	
<p>Before I go DO IT, I set my intentions on...</p>	
<p>The date I'm committing to go out and do the first thing. (i.e. test drive appointment date)</p>	
<p><u>Reflection</u> I saw: I touched: I felt in my body: I heard sounds: I smelled:</p>	
<p>I'm going to repeat the fondness of this experience in my mind and hold the feeling in my heart ___ X's a day (3x's a day, 5 x's a day, 10x's a day, 20xs day) WITH set reminders on my phone</p>	

