

How to Attract Wealth, Health and Love in 90 Days or Less, By Deliberately Applying the Law of Attraction

By Jimmy Roos

Manifesting Routine Days 1 - 30



Thank you for Purchasing the 90 Day Manifesting Routines.



About this Book and How to Use It

This book contains a set of routines that guide you on what to do from the moment you wake up until you retire in the evening.

The daily routines have:

- 1) a *morning* section,
- 2) a *during the day* section, and
- 3) an *evening* section.

It is based on the widely accepted and proven principles of manifesting, which are:

- 1) From available contrast we formulate a desire
- 2) The Universe answers
- 3) According to our vibrational sending manifestation occurs.

Creation by Default	Deliberate Creation
<ol style="list-style-type: none">1) We observe conditions and formulate a desire often in terms of exclusion - <i>I do not want ...</i>2) The Universe answers3) According to our vibrational sending of fear, worry, anxiety, doubt or other form of resistance and limiting beliefs we attract unwanted manifestations	<ol style="list-style-type: none">1) We observe conditions and formulate desires of inclusion - <i>I want ...</i>2) The Universe answers3) According to our vibrational sending of appreciation, joy, eager anticipation, acceptance and love we experience wanted manifestations.

About step 2 we need to remember that the Universe has unlimited ways and means to orchestrate the answers. How the desire is answered is not our work. Our work is to simply formulate positive desires and to get out of our own way to open up for life force to flow through us and manifestations to occur.

Over the next 90 days we are going to use various tools and techniques to reduce our resistances to and increase our allowing of the flow of universal live giving energy through us.

Since Health, Wealth and Love are the three main themes of our lives the exercises and quotes each day will have one of these themes as basis.

I suggest you print out these pages and put them into a ring binder with lots of extra paper for lists and notes added. The structure of each day is as follows:

Morning Ritual:

- 1) As you wake up you should read the quote for the day and ponder how this applies to you while you do your first things - bathroom, breakfast etc.
- 2) Smile for one Minute. (Smiling increases the serotonin levels in your system and is a powerful antidepressant).
- 3) Meditate for about 5 Minutes. Various techniques are offered.
4. Do the Placemat Exercise below for 5 minutes in the space provided.
(Credit: www.Abraham-hicks.com)

What I want to do, be or have	What I want the Universe to handle
<p>On this side only write the things you really want to do, be or have. Don't include things you feel you have to or should do. This is not your daily to-do list. This is an exercise to settle your mind on items that please you, that you are looking forward to, that inspire you.</p>	<p>On this side only write the things you want the Universe to do for you today. This includes things you can't control or don't want to do right away. You may also ask for inspiration to do the things you have to do but don't feel like doing right away.</p>
<p>After completing your list, take at least 17 seconds to imagine and feel what it would be like to have, be or having accomplished each item on your list.</p>	



During the Day:

According to the theme of the day implement the tools and techniques

- 1) Become aware of how you feel at any moment
- 2) Do Segment intending 2-3 minutes before entering any segment
- 3) Find Something to Appreciate as you go through your day
Perhaps it's a beautiful sunny day, an exquisite flower, a butterfly, a dress or shoes. Maybe it's your favorite song playing on the radio. Smile and greet people. Freely give compliments and encouragement. Make others feel good. Make an effort to give people the benefit of the doubt. Always look for the positive in every situation.
- 4) Do 30 Second Virtual Reality Exercise
- 5) Spend your virtual prosperity allowance (this amount will increase daily by 1,000)
- 6) Tick off the items you manifested on your vision board
- 7) Celebrate
- 8) Pay your bills with joy



Evening Ritual:

- 1) Remember the good things of the day, space for your list of success is provided
- 2) List the positive aspects (Aspects you like) about yourself and other people and things

3) Segment intend the sleep and dream period.

Have fun and don't try too hard.



Practice scenarios that feel good... scenarios that feel good... scenarios that feel good. And never mind reality, reality is only a brief moment in time that you keep repeating

We never cease to be and we never cease to expand, that's not in question, the only thing in question is, in THIS moment of expansion, is THIS consciousness having a joyful moment or not. Because you ARE having an expansive moment, that never stops, but are you having a joyful moment, that's the only thing in question. And that is the goal... in other words, that's what it's all about.

Everything about all life that exists is about minding the details for a joyful moment. In other words, all existence is about that. Even the cells in your body are finding preferences. Everything exists for the purpose of finding preference.

Abraham
5/11/02 Silver Spring, MD



Day One – Health

Morning Ritual

Quote for the day:

"People who laugh actually live longer than those who don't laugh. Few persons realize that health actually varies according to the amount of laughter"

James J. Walsh



Gratitude Exercise

When you wake up in the morning, sit still for 5 minutes and give thanks for your health, abundance, protection and or anything else you feel grateful for.

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Set Your Intentions for the Day

What would you like to see happen in this day?

How would you like to feel?

What would you like to do... to accomplish?

Use the template below to write down **ONLY** what you really want,
not what you feel compelled to do.

Daily Intention Exercise	
What I Intend to Do, Be or Have Today	What I Want the Universe to Handle
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While thinking about your intentions, close your eyes and take another 3 minutes... visualizing and feeling yourself having a great day... accomplishing all that you intended.

During the Day:

1) Become aware of how you're feeling

As you go through your day ask yourself "how do I want to feel?" Then tell the Universe how you want to feel... and just feel it for about 30 seconds.

2) Find Something to Appreciate

As you go through your day, look for things to appreciate, and remark about it. Genuinely mean whatever you say. Don't just say something is beautiful, if you don't mean it.

3) 30 Second Virtual Reality Exercise

Visualize your ideal healthy life 30 seconds at a time. Feel the joy you'd feel if you already had the object of your desire. What time of year is it? What time of day? Are you indoors or outside? Who is present and what are they saying? What are you doing? What do you see, hear, smell, taste and feel? Get in. Feel good. Get out.

4) Do Segment intending 2-3 minutes before entering any segment:

Segment	How do I want to feel	What do I want to accomplish?
<i>Example:</i> Job Interview	<i>Example:</i> Excited, enthusiastic, confident	<i>Example:</i> I want my natural brilliance to shine through; I want the interviewers to be impressed; I want to get the job

5) Indicate in the Space below How You Spend Your 1,000 Virtual Prosperity Allowance:

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6) Tick off your manifestations

Cut out a picture of every item that you bought with your "prosperity allowance" or manifested in some other way, paste it on your vision board and mark it as "taken care of." And feel like you "really got it."

7) Celebrate

Buy a tiny cocktail glass, pour a little bit of champagne and celebrate with a real or imaginary friend whenever you purchased something you wanted or manifested a goal.

8) Pay Your Bills with Joy

Be joyful at all times, especially when you're dealing with money. This means paying your bills with joy and gratitude and being friendly with the agent receiving your payment (being angry over a huge bill will attract more of the same).

Evening Ritual:

Evaluate Your Day

Take about 5 minutes and look back over your day. Give thanks, not only for the breakthroughs, victories and miracles but also for the setbacks and the lessons learned, and insights gained. Is there something that you can do different tomorrow or next time?

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Intend the Sleep Period.

Is there a solution or answer that you need? Before you go to bed ask God, the Universe or your subconscious to give you solutions, insights and ideas that you need, and to protect you from any and all harm and danger.

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Day Two – Wealth

Morning Ritual:

Quote for the day:

"It's not your work to make anything happen. It's your work to dream it and let it happen. Law of Attraction will make it happen. In your joy, you create something, and then you maintain your vibrational harmony with it, and the Universe must find a way to bring it about. That's the promise of Law of Attraction"

Abraham

Larkspur, CA - Sunday, August 16th, 1998



Gratitude Exercise

When you wake up in the morning, sit still for 5 minutes and give thanks for your health, abundance, protection and or anything else you feel grateful for.

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Set Your Intentions for the Day

What would you like to see happen in this day?

How would you like to feel?

What would you like to do... to accomplish?

Use the template below to write down ONLY what you really want,
not what you feel compelled to do.

Daily Intention Exercise	
What I Intend to Do, Be or Have Today	What I Want the Universe to Handle
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While thinking about your intentions, close your eyes and take another 3 minutes...
visualizing and feeling yourself having a great day... accomplishing all that you
intended.



During the Day:

1) Become aware of how you're feeling

As you go through your day ask yourself "how do I want to feel?" Then tell the Universe how you want to feel... and just feel it for about 30 seconds.



2) Find Something to Appreciate

As you go through your day, look for things to appreciate, and remark about it. Genuinely mean whatever you say. Don't just say something is beautiful, if you don't mean it.



3) 30 Second Virtual Reality Exercise

Visualize your ideal wealthy life 30 seconds at a time. Feel the joy you'd feel if you already had the object of your desire. What time of year is it? What time of day? Are you indoors or outside? Who is present and what are they saying? What are you doing? What do you see, hear, smell, taste and feel? Get in. Feel good. Get out.



4) Do Segment intending 2-3 minutes before entering any segment:

Segment	How do I want to feel	What do I want to accomplish?
<i>Example:</i> Job Interview	<i>Example:</i> Excited, enthusiastic, confident	<i>Example:</i> I want my natural brilliance to shine through; I want the interviewers to be impressed; I want to get the job



5) Indicate in the Space below How You Spend Your 2,000 Virtual Prosperity Allowance:

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6) Tick off your manifestations

Cut out a picture of every item that you bought with your “prosperity allowance” or manifested in some other way, paste it on your vision board and mark it as “taken care of.” And feel like you “really got it.”



7) Celebrate

Buy a tiny cocktail glass, pour a little bit of champagne and celebrate with a real or imaginary friend whenever you purchased something you wanted or manifested a goal.



8) Pay Your Bills with Joy

Be joyful at all times, especially when you’re dealing with money. This means paying your bills with joy and gratitude and being friendly with the agent receiving your payment (being angry over a huge bill will attract more of the same).



Evening Ritual:

Evaluate Your Day

Take about 5 minutes and look back over your day. Give thanks, not only for the breakthroughs, victories and miracles but also for the setbacks and the lessons learned, and insights gained. Is there something that you can do different tomorrow or next time?

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Intend the Sleep Period.

Is there a solution or answer that you need? Before you go to bed ask God, the Universe or your subconscious to give you solutions, insights and ideas that you need, and to protect you from any and all harm and danger.

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Day Three – Love

Morning Ritual:

Quote for the day:

"Love alone is capable of uniting living beings in such a way as to complete and fulfill them, for it alone takes them and joins them by what is deepest in themselves"

Teilhard de Chardin



Gratitude Exercise

When you wake up in the morning, sit still for 5 minutes and give thanks for your health, abundance, protection and or anything else you feel grateful for.

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Set Your Intentions for the Day

What would you like to see happen in this day?
How would you like to feel?
What would you like to do... to accomplish?

Use the template below to write down ONLY what you really want,
not what you feel compelled to do.

Daily Intention Exercise	
What I Intend to Do, Be or Have Today	What I Want the Universe to Handle
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While thinking about your intentions, close your eyes and take another 3 minutes... visualizing and feeling yourself having a great day... accomplishing all that you intended.



During the Day:

1) Become aware of how you're feeling

As you go through your day ask yourself "how do I want to feel?" Then tell the Universe how you want to feel... and just feel it for about 30 seconds.



2) Find Something to Appreciate

As you go through your day, look for things to appreciate, and remark about it. Genuinely mean whatever you say. Don't just say something is beautiful, if you don't mean it.



3) 30 Second Virtual Reality Exercise

Visualize your ideal loving life 30 seconds at a time. Feel the joy you'd feel if you already had the object of your desire. What time of year is it? What time of day? Are you indoors or outside? Who is present and what are they saying? What are you doing? What do you see, hear, smell, taste and feel? Get in. Feel good. Get out.



4) Do Segment intending 2-3 minutes before entering any segment:

Segment	How do I want to feel	What do I want to accomplish?
<i>Example:</i> Job Interview	<i>Example:</i> Excited, enthusiastic, confident	<i>Example:</i> I want my natural brilliance to shine through; I want the interviewers to be impressed; I want to get the job



5) Indicate in the Space below How You Spend Your 3,000 Virtual Prosperity Allowance:

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6) Tick off your manifestations

Cut out a picture of every item that you bought with your “prosperity allowance” or manifested in some other way, paste it on your vision board and mark it as “taken care of.” And feel like you “really got it.”



7) Celebrate

Buy a tiny cocktail glass, pour a little bit of champagne and celebrate with a real or imaginary friend whenever you purchased something you wanted or manifested a goal.



8) Pay Your Bills with Joy

Be joyful at all times, especially when you’re dealing with money. This means paying your bills with joy and gratitude and being friendly with the agent receiving your payment (being angry over a huge bill will attract more of the same).



Evening Ritual:

Evaluate Your Day

Take about 5 minutes and look back over your day. Give thanks, not only for the breakthroughs, victories and miracles but also for the setbacks and the lessons learned, and insights gained. Is there something that you can do different tomorrow or next time?

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Intend the Sleep Period.

Is there a solution or answer that you need? Before you go to bed ask God, the Universe or your subconscious to give you solutions, insights and ideas that you need, and to protect you from any and all harm and danger.

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Day Four – Health

Morning Ritual:

Quote for the day:

Look to your health; and if you have it, praise God and value it next to conscience; for health is the second blessing that we mortals are capable of, a blessing money can't buy"

Izaak Walton



Gratitude Exercise

When you wake up in the morning, sit still for 5 minutes and give thanks for your health, abundance, protection and or anything else you feel grateful for.

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Set Your Intentions for the Day

What would you like to see happen in this day?
How would you like to feel?
What would you like to do... to accomplish?

Use the template below to write down ONLY what you really want,
not what you feel compelled to do.

Daily Intention Exercise	
What I Intend to Do, Be or Have Today	What I Want the Universe to Handle
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While thinking about your intentions, close your eyes and take another 3 minutes... visualizing and feeling yourself having a great day... accomplishing all that you intended.



During the Day:

1) Become aware of how you're feeling

As you go through your day ask yourself "how do I want to feel?" Then tell the Universe how you want to feel... and just feel it for about 30 seconds.



2) Find Something to Appreciate

As you go through your day, look for things to appreciate, and remark about it. Genuinely mean whatever you say. Don't just say something is beautiful, if you don't mean it.



3) 30 Second Virtual Reality Exercise

Visualize your ideal healthy life 30 seconds at a time. Feel the joy you'd feel if you already had the object of your desire. What time of year is it? What time of day? Are you indoors or outside? Who is present and what are they saying? What are you doing? What do you see, hear, smell, taste and feel? Get in. Feel good. Get out.



4) Do Segment intending 2-3 minutes before entering any segment:

Segment	How do I want to feel	What do I want to accomplish?
<i>Example:</i> Job Interview	<i>Example:</i> Excited, enthusiastic, confident	<i>Example:</i> I want my natural brilliance to shine through; I want the interviewers to be impressed; I want to get the job



5) Indicate in the Space below How You Spend Your 4,000 Virtual Prosperity Allowance:

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6) Tick off your manifestations

Cut out a picture of every item that you bought with your “prosperity allowance” or manifested in some other way, paste it on your vision board and mark it as “taken care of.” And feel like you “really got it.”



7) Celebrate

Buy a tiny cocktail glass, pour a little bit of champagne and celebrate with a real or imaginary friend whenever you purchased something you wanted or manifested a goal.



8) Pay Your Bills with Joy

Be joyful at all times, especially when you’re dealing with money. This means paying your bills with joy and gratitude and being friendly with the agent receiving your payment (being angry over a huge bill will attract more of the same).



Evening Ritual:

Evaluate Your Day

Take about 5 minutes and look back over your day. Give thanks, not only for the breakthroughs, victories and miracles but also for the setbacks and the lessons learned, and insights gained. Is there something that you can do different tomorrow or next time?

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Intend the Sleep Period.

Is there a solution or answer that you need? Before you go to bed ask God, the Universe or your subconscious to give you solutions, insights and ideas that you need, and to protect you from any and all harm and danger.

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Day Five - Wealth

Morning Ritual:

Quote for the day:

"All the breaks you need in life wait within your imagination, Imagination is the workshop of your mind, capable of turning mind energy into accomplishment and wealth"
Napoleon Hill



Gratitude Exercise

When you wake up in the morning, sit still for 5 minutes and give thanks for your health, abundance, protection and or anything else you feel grateful for.

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Set Your Intentions for the Day

What would you like to see happen in this day?
How would you like to feel?
What would you like to do... to accomplish?

Use the template below to write down ONLY what you really want,
not what you feel compelled to do.

Daily Intention Exercise	
What I Intend to Do, Be or Have Today	What I Want the Universe to Handle
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While thinking about your intentions, close your eyes and take another 3 minutes... visualizing and feeling yourself having a great day... accomplishing all that you intended.



During the Day:

1) Become aware of how you're feeling

As you go through your day ask yourself "how do I want to feel?" Then tell the Universe how you want to feel... and just feel it for about 30 seconds.



2) Find Something to Appreciate

As you go through your day, look for things to appreciate, and remark about it. Genuinely mean whatever you say. Don't just say something is beautiful, if you don't mean it.



3) 30 Second Virtual Reality Exercise

Visualize your ideal wealthy life 30 seconds at a time. Feel the joy you'd feel if you already had the object of your desire. What time of year is it? What time of day? Are you indoors or outside? Who is present and what are they saying? What are you doing? What do you see, hear, smell, taste and feel? Get in. Feel good. Get out.



4) Do Segment intending 2-3 minutes before entering any segment:

Segment	How do I want to feel	What do I want to accomplish?
<i>Example:</i> Job Interview	<i>Example:</i> Excited, enthusiastic, confident	<i>Example:</i> I want my natural brilliance to shine through; I want the interviewers to be impressed; I want to get the job



5) Indicate in the Space below How You Spend Your 5,000 Virtual Prosperity Allowance:

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6) Tick off your manifestations

Cut out a picture of every item that you bought with your “prosperity allowance” or manifested in some other way, paste it on your vision board and mark it as “taken care of.” And feel like you “really got it.”



7) Celebrate

Buy a tiny cocktail glass, pour a little bit of champagne and celebrate with a real or imaginary friend whenever you purchased something you wanted or manifested a goal.



8) Pay Your Bills with Joy

Be joyful at all times, especially when you’re dealing with money. This means paying your bills with joy and gratitude and being friendly with the agent receiving your payment (being angry over a huge bill will attract more of the same).



Evening Ritual:

Evaluate Your Day

Take about 5 minutes and look back over your day. Give thanks, not only for the breakthroughs, victories and miracles but also for the setbacks and the lessons learned, and insights gained. Is there something that you can do different tomorrow or next time?

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Intend the Sleep Period.

Is there a solution or answer that you need? Before you go to bed ask God, the Universe or your subconscious to give you solutions, insights and ideas that you need, and to protect you from any and all harm and danger.

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Day Six – Love

Morning Ritual:

Quote for the day:

"Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. 7 It always protects, always trusts, always hopes, always perseveres"

1 Corinthians 13: 4-7



Gratitude Exercise

When you wake up in the morning, sit still for 5 minutes and give thanks for your health, abundance, protection and or anything else you feel grateful for.

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Set Your Intentions for the Day

What would you like to see happen in this day?

How would you like to feel?

What would you like to do... to accomplish?

Use the template below to write down ONLY what you really want,
not what you feel compelled to do.

Daily Intention Exercise	
What I Intend to Do, Be or Have Today	What I Want the Universe to Handle
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While thinking about your intentions, close your eyes and take another 3 minutes...
visualizing and feeling yourself having a great day... accomplishing all that you
intended.



During the Day:

1) Become aware of how you're feeling

As you go through your day ask yourself "how do I want to feel?" Then tell the Universe how you want to feel... and just feel it for about 30 seconds.



2) Find Something to Appreciate

As you go through your day, look for things to appreciate, and remark about it. Genuinely mean whatever you say. Don't just say something is beautiful, if you don't mean it.



3) 30 Second Virtual Reality Exercise

Visualize your ideal loving life 30 seconds at a time. Feel the joy you'd feel if you already had the object of your desire. What time of year is it? What time of day? Are you indoors or outside? Who is present and what are they saying? What are you doing? What do you see, hear, smell, taste and feel? Get in. Feel good. Get out.



4) Do Segment intending 2-3 minutes before entering any segment:

Segment	How do I want to feel	What do I want to accomplish?
<i>Example:</i> Job Interview	<i>Example:</i> Excited, enthusiastic, confident	<i>Example:</i> I want my natural brilliance to shine through; I want the interviewers to be impressed; I want to get the job



5) Indicate in the Space below How You Spend Your 6,000 Virtual Prosperity Allowance:

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6) Tick off your manifestations

Cut out a picture of every item that you bought with your “prosperity allowance” or manifested in some other way, paste it on your vision board and mark it as “taken care of.” And feel like you “really got it.”



7) Celebrate

Buy a tiny cocktail glass, pour a little bit of champagne and celebrate with a real or imaginary friend whenever you purchased something you wanted or manifested a goal.



8) Pay Your Bills with Joy

Be joyful at all times, especially when you’re dealing with money. This means paying your bills with joy and gratitude and being friendly with the agent receiving your payment (being angry over a huge bill will attract more of the same).



Evening Ritual:

Evaluate Your Day

Take about 5 minutes and look back over your day. Give thanks, not only for the breakthroughs, victories and miracles but also for the setbacks and the lessons learned, and insights gained. Is there something that you can do different tomorrow or next time?

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Intend the Sleep Period.

Is there a solution or answer that you need? Before you go to bed ask God, the Universe or your subconscious to give you solutions, insights and ideas that you need, and to protect you from any and all harm and danger.

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Day Seven – Health

Morning Ritual:

Quote for the day:

Happiness is nothing more than good health and a bad memory.
Albert Schweitzer



Gratitude Exercise

When you wake up in the morning, sit still for 5 minutes and give thanks for your health, abundance, protection and or anything else you feel grateful for.

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Set Your Intentions for the Day

What would you like to see happen in this day?
How would you like to feel?
What would you like to do... to accomplish?

Use the template below to write down ONLY what you really want,
not what you feel compelled to do.

Daily Intention Exercise	
What I Intend to Do, Be or Have Today	What I Want the Universe to Handle
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While thinking about your intentions, close your eyes and take another 3 minutes... visualizing and feeling yourself having a great day... accomplishing all that you intended.



During the Day:

1) Become aware of how you're feeling

As you go through your day ask yourself "how do I want to feel?" Then tell the Universe how you want to feel... and just feel it for about 30 seconds.



2) Find Something to Appreciate

As you go through your day, look for things to appreciate, and remark about it. Genuinely mean whatever you say. Don't just say something is beautiful, if you don't mean it.



3) 30 Second Virtual Reality Exercise

Visualize your ideal healthy life 30 seconds at a time. Feel the joy you'd feel if you already had the object of your desire. What time of year is it? What time of day? Are you indoors or outside? Who is present and what are they saying? What are you doing? What do you see, hear, smell, taste and feel? Get in. Feel good. Get out.



4) Do Segment intending 2-3 minutes before entering any segment:

Segment	How do I want to feel	What do I want to accomplish?
<i>Example:</i> Job Interview	<i>Example:</i> Excited, enthusiastic, confident	<i>Example:</i> I want my natural brilliance to shine through; I want the interviewers to be impressed; I want to get the job



5) Indicate in the Space below How You Spend Your 7,000 Virtual Prosperity Allowance:

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6) Tick off your manifestations

Cut out a picture of every item that you bought with your “prosperity allowance” or manifested in some other way, paste it on your vision board and mark it as “taken care of.” And feel like you “really got it.”



7) Celebrate

Buy a tiny cocktail glass, pour a little bit of champagne and celebrate with a real or imaginary friend whenever you purchased something you wanted or manifested a goal.



8) Pay Your Bills with Joy

Be joyful at all times, especially when you’re dealing with money. This means paying your bills with joy and gratitude and being friendly with the agent receiving your payment (being angry over a huge bill will attract more of the same).



Evening Ritual:

Evaluate Your Day

Take about 5 minutes and look back over your day. Give thanks, not only for the breakthroughs, victories and miracles but also for the setbacks and the lessons learned, and insights gained. Is there something that you can do different tomorrow or next time?

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Intend the Sleep Period.

Is there a solution or answer that you need? Before you go to bed ask God, the Universe or your subconscious to give you solutions, insights and ideas that you need, and to protect you from any and all harm and danger.

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Day Eight – Wealth

Morning Ritual:

Quote for the day:

"Don't be afraid to give your best to what seemingly are small jobs. Every time you conquer one it makes you that much stronger. If you do the little jobs well, the big ones will tend to take care of themselves"

Dale Carnegie



Gratitude Exercise

When you wake up in the morning, sit still for 5 minutes and give thanks for your health, abundance, protection and or anything else you feel grateful for.

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Set Your Intentions for the Day

What would you like to see happen in this day?
How would you like to feel?
What would you like to do... to accomplish?

Use the template below to write down ONLY what you really want,
not what you feel compelled to do.

Daily Intention Exercise	
What I Intend to Do, Be or Have Today	What I Want the Universe to Handle
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While thinking about your intentions, close your eyes and take another 3 minutes... visualizing and feeling yourself having a great day... accomplishing all that you intended.



During the Day:

1) Become aware of how you're feeling

As you go through your day ask yourself "how do I want to feel?" Then tell the Universe how you want to feel... and just feel it for about 30 seconds.



2) Find Something to Appreciate

As you go through your day, look for things to appreciate, and remark about it. Genuinely mean whatever you say. Don't just say something is beautiful, if you don't mean it.



3) 30 Second Virtual Reality Exercise

Visualize your ideal wealthy life 30 seconds at a time. Feel the joy you'd feel if you already had the object of your desire. What time of year is it? What time of day? Are you indoors or outside? Who is present and what are they saying? What are you doing? What do you see, hear, smell, taste and feel? Get in. Feel good. Get out.



4) Do Segment intending 2-3 minutes before entering any segment:

Segment	How do I want to feel	What do I want to accomplish?
<i>Example:</i> Job Interview	<i>Example:</i> Excited, enthusiastic, confident	<i>Example:</i> I want my natural brilliance to shine through; I want the interviewers to be impressed; I want to get the job



5) Indicate in the Space below How You Spend Your 8,000 Virtual Prosperity Allowance:

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6) Tick off your manifestations

Cut out a picture of every item that you bought with your “prosperity allowance” or manifested in some other way, paste it on your vision board and mark it as “taken care of.” And feel like you “really got it.”



7) Celebrate

Buy a tiny cocktail glass, pour a little bit of champagne and celebrate with a real or imaginary friend whenever you purchased something you wanted or manifested a goal.



8) Pay Your Bills with Joy

Be joyful at all times, especially when you’re dealing with money. This means paying your bills with joy and gratitude and being friendly with the agent receiving your payment (being angry over a huge bill will attract more of the same).



Evening Ritual:

Evaluate Your Day

Take about 5 minutes and look back over your day. Give thanks, not only for the breakthroughs, victories and miracles but also for the setbacks and the lessons learned, and insights gained. Is there something that you can do different tomorrow or next time?

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Intend the Sleep Period.

Is there a solution or answer that you need? Before you go to bed ask God, the Universe or your subconscious to give you solutions, insights and ideas that you need, and to protect you from any and all harm and danger.

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Day Nine – Love

Morning Ritual:

Quote for the day:

"You yourself, as much as anybody in the entire universe, deserve your love and affection"

Buddha



Gratitude Exercise

When you wake up in the morning, sit still for 5 minutes and give thanks for your health, abundance, protection and or anything else you feel grateful for.

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Set Your Intentions for the Day

What would you like to see happen in this day?
How would you like to feel?
What would you like to do... to accomplish?

Use the template below to write down ONLY what you really want,
not what you feel compelled to do.

Daily Intention Exercise	
What I Intend to Do, Be or Have Today	What I Want the Universe to Handle
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While thinking about your intentions, close your eyes and take another 3 minutes... visualizing and feeling yourself having a great day... accomplishing all that you intended.



During the Day:

1) Become aware of how you're feeling

As you go through your day ask yourself "how do I want to feel?" Then tell the Universe how you want to feel... and just feel it for about 30 seconds.



2) Find Something to Appreciate

As you go through your day, look for things to appreciate, and remark about it. Genuinely mean whatever you say. Don't just say something is beautiful, if you don't mean it.



3) 30 Second Virtual Reality Exercise

Visualize your ideal loving life 30 seconds at a time. Feel the joy you'd feel if you already had the object of your desire. What time of year is it? What time of day? Are you indoors or outside? Who is present and what are they saying? What are you doing? What do you see, hear, smell, taste and feel? Get in. Feel good. Get out.



4) Do Segment intending 2-3 minutes before entering any segment:

Segment	How do I want to feel	What do I want to accomplish?
<i>Example:</i> Job Interview	<i>Example:</i> Excited, enthusiastic, confident	<i>Example:</i> I want my natural brilliance to shine through; I want the interviewers to be impressed; I want to get the job



5) Indicate in the Space below How You Spend Your 9,000 Virtual Prosperity Allowance:

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6) Tick off your manifestations

Cut out a picture of every item that you bought with your “prosperity allowance” or manifested in some other way, paste it on your vision board and mark it as “taken care of.” And feel like you “really got it.”



7) Celebrate

Buy a tiny cocktail glass, pour a little bit of champagne and celebrate with a real or imaginary friend whenever you purchased something you wanted or manifested a goal.



8) Pay Your Bills with Joy

Be joyful at all times, especially when you’re dealing with money. This means paying your bills with joy and gratitude and being friendly with the agent receiving your payment (being angry over a huge bill will attract more of the same).



Evening Ritual:

Evaluate Your Day

Take about 5 minutes and look back over your day. Give thanks, not only for the breakthroughs, victories and miracles but also for the setbacks and the lessons learned, and insights gained. Is there something that you can do different tomorrow or next time?

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Intend the Sleep Period.

Is there a solution or answer that you need? Before you go to bed ask God, the Universe or your subconscious to give you solutions, insights and ideas that you need, and to protect you from any and all harm and danger.

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Day Ten – Health

Morning Ritual:

Quote for the day:

"Good friends are good for your health"

Irwin Sarason



Gratitude Exercise

When you wake up in the morning, sit still for 5 minutes and give thanks for your health, abundance, protection and or anything else you feel grateful for.

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Set Your Intentions for the Day

What would you like to see happen in this day?

How would you like to feel?

What would you like to do... to accomplish?

Use the template below to write down ONLY what you really want,
not what you feel compelled to do.

Daily Intention Exercise	
What I Intend to Do, Be or Have Today	What I Want the Universe to Handle
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While thinking about your intentions, close your eyes and take another 3 minutes... visualizing and feeling yourself having a great day... accomplishing all that you intended.



During the Day:

1) Become aware of how you're feeling

As you go through your day ask yourself "how do I want to feel?" Then tell the Universe how you want to feel... and just feel it for about 30 seconds.



2) Find Something to Appreciate

As you go through your day, look for things to appreciate, and remark about it. Genuinely mean whatever you say. Don't just say something is beautiful, if you don't mean it.



3) 30 Second Virtual Reality Exercise

Visualize your ideal healthy life 30 seconds at a time. Feel the joy you'd feel if you already had the object of your desire. What time of year is it? What time of day? Are you indoors or outside? Who is present and what are they saying? What are you doing? What do you see, hear, smell, taste and feel? Get in. Feel good. Get out.



4) Do Segment intending 2-3 minutes before entering any segment:

Segment	How do I want to feel	What do I want to accomplish?
<i>Example:</i> Job Interview	<i>Example:</i> Excited, enthusiastic, confident	<i>Example:</i> I want my natural brilliance to shine through; I want the interviewers to be impressed; I want to get the job



5) Indicate in the Space below How You Spend Your 10,000 Virtual Prosperity Allowance:

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6) Tick off your manifestations

Cut out a picture of every item that you bought with your “prosperity allowance” or manifested in some other way, paste it on your vision board and mark it as “taken care of.” And feel like you “really got it.”



7) Celebrate

Buy a tiny cocktail glass, pour a little bit of champagne and celebrate with a real or imaginary friend whenever you purchased something you wanted or manifested a goal.



8) Pay Your Bills with Joy

Be joyful at all times, especially when you’re dealing with money. This means paying your bills with joy and gratitude and being friendly with the agent receiving your payment (being angry over a huge bill will attract more of the same).



Evening Ritual:

Evaluate Your Day

Take about 5 minutes and look back over your day. Give thanks, not only for the breakthroughs, victories and miracles but also for the setbacks and the lessons learned, and insights gained. Is there something that you can do different tomorrow or next time?

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Intend the Sleep Period.

Is there a solution or answer that you need? Before you go to bed ask God, the Universe or your subconscious to give you solutions, insights and ideas that you need, and to protect you from any and all harm and danger.

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Day Eleven - Wealth

Morning Ritual:

Quote for the day:

"Energy is the essence of life. Every day you decide how you're going to use it by knowing what you want and what it takes to reach that goal, and by maintaining focus"
Oprah Winfrey



Gratitude Exercise

When you wake up in the morning, sit still for 5 minutes and give thanks for your health, abundance, protection and or anything else you feel grateful for.

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Set Your Intentions for the Day

What would you like to see happen in this day?
How would you like to feel?
What would you like to do... to accomplish?

Use the template below to write down ONLY what you really want,
not what you feel compelled to do.

Daily Intention Exercise	
What I Intend to Do, Be or Have Today	What I Want the Universe to Handle
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While thinking about your intentions, close your eyes and take another 3 minutes... visualizing and feeling yourself having a great day... accomplishing all that you intended.



During the Day:

1) Become aware of how you're feeling

As you go through your day ask yourself "how do I want to feel?" Then tell the Universe how you want to feel... and just feel it for about 30 seconds.



2) Find Something to Appreciate

As you go through your day, look for things to appreciate, and remark about it. Genuinely mean whatever you say. Don't just say something is beautiful, if you don't mean it.



3) 30 Second Virtual Reality Exercise

Visualize your ideal wealthy life 30 seconds at a time. Feel the joy you'd feel if you already had the object of your desire. What time of year is it? What time of day? Are you indoors or outside? Who is present and what are they saying? What are you doing? What do you see, hear, smell, taste and feel? Get in. Feel good. Get out.



4) Do Segment intending 2-3 minutes before entering any segment:

Segment	How do I want to feel	What do I want to accomplish?
<i>Example:</i> Job Interview	<i>Example:</i> Excited, enthusiastic, confident	<i>Example:</i> I want my natural brilliance to shine through; I want the interviewers to be impressed; I want to get the job



5) Indicate in the Space below How You Spend Your 11,000 Virtual Prosperity Allowance:

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6) Tick off your manifestations

Cut out a picture of every item that you bought with your “prosperity allowance” or manifested in some other way, paste it on your vision board and mark it as “taken care of.” And feel like you “really got it.”



7) Celebrate

Buy a tiny cocktail glass, pour a little bit of champagne and celebrate with a real or imaginary friend whenever you purchased something you wanted or manifested a goal.



8) Pay Your Bills with Joy

Be joyful at all times, especially when you’re dealing with money. This means paying your bills with joy and gratitude and being friendly with the agent receiving your payment (being angry over a huge bill will attract more of the same).



Evening Ritual:

Evaluate Your Day

Take about 5 minutes and look back over your day. Give thanks, not only for the breakthroughs, victories and miracles but also for the setbacks and the lessons learned, and insights gained. Is there something that you can do different tomorrow or next time?

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Intend the Sleep Period.

Is there a solution or answer that you need? Before you go to bed ask God, the Universe or your subconscious to give you solutions, insights and ideas that you need, and to protect you from any and all harm and danger.

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Day Twelve – Love

Morning Ritual:

Quote for the day:

"While we cannot always choose what happens to us, we can choose our responses"
Stephen R Covey



Gratitude Exercise

When you wake up in the morning, sit still for 5 minutes and give thanks for your health, abundance, protection and or anything else you feel grateful for.

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Set Your Intentions for the Day

What would you like to see happen in this day?
How would you like to feel?
What would you like to do... to accomplish?

Use the template below to write down ONLY what you really want,
not what you feel compelled to do.

Daily Intention Exercise	
What I Intend to Do, Be or Have Today	What I Want the Universe to Handle
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While thinking about your intentions, close your eyes and take another 3 minutes... visualizing and feeling yourself having a great day... accomplishing all that you intended.



During the Day:

1) Become aware of how you're feeling

As you go through your day ask yourself "how do I want to feel?" Then tell the Universe how you want to feel... and just feel it for about 30 seconds.



2) Find Something to Appreciate

As you go through your day, look for things to appreciate, and remark about it. Genuinely mean whatever you say. Don't just say something is beautiful, if you don't mean it.



3) 30 Second Virtual Reality Exercise

Visualize your ideal loving life 30 seconds at a time. Feel the joy you'd feel if you already had the object of your desire. What time of year is it? What time of day? Are you indoors or outside? Who is present and what are they saying? What are you doing? What do you see, hear, smell, taste and feel? Get in. Feel good. Get out.



4) Do Segment intending 2-3 minutes before entering any segment:

Segment	How do I want to feel	What do I want to accomplish?
<i>Example:</i> Job Interview	<i>Example:</i> Excited, enthusiastic, confident	<i>Example:</i> I want my natural brilliance to shine through; I want the interviewers to be impressed; I want to get the job



5) Indicate in the Space below How You Spend Your 12,000 Virtual Prosperity Allowance:

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6) Tick off your manifestations

Cut out a picture of every item that you bought with your “prosperity allowance” or manifested in some other way, paste it on your vision board and mark it as “taken care of.” And feel like you “really got it.”



7) Celebrate

Buy a tiny cocktail glass, pour a little bit of champagne and celebrate with a real or imaginary friend whenever you purchased something you wanted or manifested a goal.



8) Pay Your Bills with Joy

Be joyful at all times, especially when you’re dealing with money. This means paying your bills with joy and gratitude and being friendly with the agent receiving your payment (being angry over a huge bill will attract more of the same).



Evening Ritual:

Evaluate Your Day

Take about 5 minutes and look back over your day. Give thanks, not only for the breakthroughs, victories and miracles but also for the setbacks and the lessons learned, and insights gained. Is there something that you can do different tomorrow or next time?

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Intend the Sleep Period.

Is there a solution or answer that you need? Before you go to bed ask God, the Universe or your subconscious to give you solutions, insights and ideas that you need, and to protect you from any and all harm and danger.

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Day Thirteen – Health

Morning Ritual:

Quote for the day:

"Health is the thing that makes you feel that now is the best time of the year"
Franklin P. Adams



Gratitude Exercise

When you wake up in the morning, sit still for 5 minutes and give thanks for your health, abundance, protection and or anything else you feel grateful for.

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Set Your Intentions for the Day

What would you like to see happen in this day?
How would you like to feel?
What would you like to do... to accomplish?

Use the template below to write down ONLY what you really want,
not what you feel compelled to do.

Daily Intention Exercise	
What I Intend to Do, Be or Have Today	What I Want the Universe to Handle
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While thinking about your intentions, close your eyes and take another 3 minutes... visualizing and feeling yourself having a great day... accomplishing all that you intended.



During the Day:

1) Become aware of how you're feeling

As you go through your day ask yourself "how do I want to feel?" Then tell the Universe how you want to feel... and just feel it for about 30 seconds.



2) Find Something to Appreciate

As you go through your day, look for things to appreciate, and remark about it. Genuinely mean whatever you say. Don't just say something is beautiful, if you don't mean it.



3) 30 Second Virtual Reality Exercise

Visualize your ideal healthy life 30 seconds at a time. Feel the joy you'd feel if you already had the object of your desire. What time of year is it? What time of day? Are you indoors or outside? Who is present and what are they saying? What are you doing? What do you see, hear, smell, taste and feel? Get in. Feel good. Get out.



4) Do Segment intending 2-3 minutes before entering any segment:

Segment	How do I want to feel	What do I want to accomplish?
<i>Example:</i> Job Interview	<i>Example:</i> Excited, enthusiastic, confident	<i>Example:</i> I want my natural brilliance to shine through; I want the interviewers to be impressed; I want to get the job



5) Indicate in the Space below How You Spend Your 13,000 Virtual Prosperity Allowance:

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6) Tick off your manifestations

Cut out a picture of every item that you bought with your “prosperity allowance” or manifested in some other way, paste it on your vision board and mark it as “taken care of.” And feel like you “really got it.”



7) Celebrate

Buy a tiny cocktail glass, pour a little bit of champagne and celebrate with a real or imaginary friend whenever you purchased something you wanted or manifested a goal.



8) Pay Your Bills with Joy

Be joyful at all times, especially when you’re dealing with money. This means paying your bills with joy and gratitude and being friendly with the agent receiving your payment (being angry over a huge bill will attract more of the same).



Evening Ritual:

Evaluate Your Day

Take about 5 minutes and look back over your day. Give thanks, not only for the breakthroughs, victories and miracles but also for the setbacks and the lessons learned, and insights gained. Is there something that you can do different tomorrow or next time?

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Intend the Sleep Period.

Is there a solution or answer that you need? Before you go to bed ask God, the Universe or your subconscious to give you solutions, insights and ideas that you need, and to protect you from any and all harm and danger.

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Day Fourteen – Wealth

Morning Ritual:

Quote for the day:

"Every adversity, every failure, every heartache carries with it the seed on an equal or greater benefit"

Napoleon Hill



Gratitude Exercise

When you wake up in the morning, sit still for 5 minutes and give thanks for your health, abundance, protection and or anything else you feel grateful for.

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Set Your Intentions for the Day

What would you like to see happen in this day?
How would you like to feel?
What would you like to do... to accomplish?

Use the template below to write down ONLY what you really want,
not what you feel compelled to do.

Daily Intention Exercise	
What I Intend to Do, Be or Have Today	What I Want the Universe to Handle
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While thinking about your intentions, close your eyes and take another 3 minutes... visualizing and feeling yourself having a great day... accomplishing all that you intended.



During the Day:

1) Become aware of how you're feeling

As you go through your day ask yourself "how do I want to feel?" Then tell the Universe how you want to feel... and just feel it for about 30 seconds.



2) Find Something to Appreciate

As you go through your day, look for things to appreciate, and remark about it. Genuinely mean whatever you say. Don't just say something is beautiful, if you don't mean it.



3) 30 Second Virtual Reality Exercise

Visualize your ideal wealthy life 30 seconds at a time. Feel the joy you'd feel if you already had the object of your desire. What time of year is it? What time of day? Are you indoors or outside? Who is present and what are they saying? What are you doing? What do you see, hear, smell, taste and feel? Get in. Feel good. Get out.



4) Do Segment intending 2-3 minutes before entering any segment:

Segment	How do I want to feel	What do I want to accomplish?
<i>Example:</i> Job Interview	<i>Example:</i> Excited, enthusiastic, confident	<i>Example:</i> I want my natural brilliance to shine through; I want the interviewers to be impressed; I want to get the job



5) Indicate in the Space below How You Spend Your 14,000 Virtual Prosperity Allowance:

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6) Tick off your manifestations

Cut out a picture of every item that you bought with your “prosperity allowance” or manifested in some other way, paste it on your vision board and mark it as “taken care of.” And feel like you “really got it.”



7) Celebrate

Buy a tiny cocktail glass, pour a little bit of champagne and celebrate with a real or imaginary friend whenever you purchased something you wanted or manifested a goal.



8) Pay Your Bills with Joy

Be joyful at all times, especially when you’re dealing with money. This means paying your bills with joy and gratitude and being friendly with the agent receiving your payment (being angry over a huge bill will attract more of the same).



Evening Ritual:

Evaluate Your Day

Take about 5 minutes and look back over your day. Give thanks, not only for the breakthroughs, victories and miracles but also for the setbacks and the lessons learned, and insights gained. Is there something that you can do different tomorrow or next time?

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Intend the Sleep Period.

Is there a solution or answer that you need? Before you go to bed ask God, the Universe or your subconscious to give you solutions, insights and ideas that you need, and to protect you from any and all harm and danger.

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Day Fifteen – Love

Morning Ritual:

Quote for the day:

"Love is like a beautiful flower which I may not touch, but whose fragrance makes the garden a place of delight just the same"

Helen Keller



Gratitude Exercise

When you wake up in the morning, sit still for 5 minutes and give thanks for your health, abundance, protection and or anything else you feel grateful for.

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Set Your Intentions for the Day

What would you like to see happen in this day?
How would you like to feel?
What would you like to do... to accomplish?

Use the template below to write down ONLY what you really want,
not what you feel compelled to do.

Daily Intention Exercise	
What I Intend to Do, Be or Have Today	What I Want the Universe to Handle
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While thinking about your intentions, close your eyes and take another 3 minutes... visualizing and feeling yourself having a great day... accomplishing all that you intended.



During the Day:

1) Become aware of how you're feeling

As you go through your day ask yourself "how do I want to feel?" Then tell the Universe how you want to feel... and just feel it for about 30 seconds.



2) Find Something to Appreciate

As you go through your day, look for things to appreciate, and remark about it. Genuinely mean whatever you say. Don't just say something is beautiful, if you don't mean it.



3) 30 Second Virtual Reality Exercise

Visualize your ideal loving life 30 seconds at a time. Feel the joy you'd feel if you already had the object of your desire. What time of year is it? What time of day? Are you indoors or outside? Who is present and what are they saying? What are you doing? What do you see, hear, smell, taste and feel? Get in. Feel good. Get out.



4) Do Segment intending 2-3 minutes before entering any segment:

Segment	How do I want to feel	What do I want to accomplish?
<i>Example:</i> Job Interview	<i>Example:</i> Excited, enthusiastic, confident	<i>Example:</i> I want my natural brilliance to shine through; I want the interviewers to be impressed; I want to get the job



5) Indicate in the Space below How You Spend Your 15,000 Virtual Prosperity Allowance:

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6) Tick off your manifestations

Cut out a picture of every item that you bought with your “prosperity allowance” or manifested in some other way, paste it on your vision board and mark it as “taken care of.” And feel like you “really got it.”



7) Celebrate

Buy a tiny cocktail glass, pour a little bit of champagne and celebrate with a real or imaginary friend whenever you purchased something you wanted or manifested a goal.



8) Pay Your Bills with Joy

Be joyful at all times, especially when you’re dealing with money. This means paying your bills with joy and gratitude and being friendly with the agent receiving your payment (being angry over a huge bill will attract more of the same).



Evening Ritual:

Evaluate Your Day

Take about 5 minutes and look back over your day. Give thanks, not only for the breakthroughs, victories and miracles but also for the setbacks and the lessons learned, and insights gained. Is there something that you can do different tomorrow or next time?

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Intend the Sleep Period.

Is there a solution or answer that you need? Before you go to bed ask God, the Universe or your subconscious to give you solutions, insights and ideas that you need, and to protect you from any and all harm and danger.

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Day Sixteen – Health

Morning Ritual:

Quote for the day:

"He who has health, has hope. And he who has hope, has everything"

Arabian Proverb



Gratitude Exercise

When you wake up in the morning, sit still for 5 minutes and give thanks for your health, abundance, protection and or anything else you feel grateful for.

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Set Your Intentions for the Day

What would you like to see happen in this day?

How would you like to feel?

What would you like to do... to accomplish?

Use the template below to write down ONLY what you really want,
not what you feel compelled to do.

Daily Intention Exercise	
What I Intend to Do, Be or Have Today	What I Want the Universe to Handle
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While thinking about your intentions, close your eyes and take another 3 minutes... visualizing and feeling yourself having a great day... accomplishing all that you intended.



During the Day:

1) Become aware of how you're feeling

As you go through your day ask yourself "how do I want to feel?" Then tell the Universe how you want to feel... and just feel it for about 30 seconds.



2) Find Something to Appreciate

As you go through your day, look for things to appreciate, and remark about it. Genuinely mean whatever you say. Don't just say something is beautiful, if you don't mean it.



3) 30 Second Virtual Reality Exercise

Visualize your ideal healthy life 30 seconds at a time. Feel the joy you'd feel if you already had the object of your desire. What time of year is it? What time of day? Are you indoors or outside? Who is present and what are they saying? What are you doing? What do you see, hear, smell, taste and feel? Get in. Feel good. Get out.



4) Do Segment intending 2-3 minutes before entering any segment:

Segment	How do I want to feel	What do I want to accomplish?
<i>Example:</i> Job Interview	<i>Example:</i> Excited, enthusiastic, confident	<i>Example:</i> I want my natural brilliance to shine through; I want the interviewers to be impressed; I want to get the job



5) Indicate in the Space below How You Spend Your 16,000 Virtual Prosperity Allowance:

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6) Tick off your manifestations

Cut out a picture of every item that you bought with your “prosperity allowance” or manifested in some other way, paste it on your vision board and mark it as “taken care of.” And feel like you “really got it.”



7) Celebrate

Buy a tiny cocktail glass, pour a little bit of champagne and celebrate with a real or imaginary friend whenever you purchased something you wanted or manifested a goal.



8) Pay Your Bills with Joy

Be joyful at all times, especially when you’re dealing with money. This means paying your bills with joy and gratitude and being friendly with the agent receiving your payment (being angry over a huge bill will attract more of the same).



Evening Ritual:

Evaluate Your Day

Take about 5 minutes and look back over your day. Give thanks, not only for the breakthroughs, victories and miracles but also for the setbacks and the lessons learned, and insights gained. Is there something that you can do different tomorrow or next time?

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Intend the Sleep Period.

Is there a solution or answer that you need? Before you go to bed ask God, the Universe or your subconscious to give you solutions, insights and ideas that you need, and to protect you from any and all harm and danger.

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Day Seventeen – Wealth

Morning Ritual:

Quote for the day:

"Whatever you can do, or dream you can, begin it. Boldness has genius, power and magic in it"

Johann Wolfgang von Goethe



Gratitude Exercise

When you wake up in the morning, sit still for 5 minutes and give thanks for your health, abundance, protection and or anything else you feel grateful for.

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Set Your Intentions for the Day

What would you like to see happen in this day?
How would you like to feel?
What would you like to do... to accomplish?

Use the template below to write down ONLY what you really want,
not what you feel compelled to do.

Daily Intention Exercise	
What I Intend to Do, Be or Have Today	What I Want the Universe to Handle
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While thinking about your intentions, close your eyes and take another 3 minutes... visualizing and feeling yourself having a great day... accomplishing all that you intended.



During the Day:

1) Become aware of how you're feeling

As you go through your day ask yourself "how do I want to feel?" Then tell the Universe how you want to feel... and just feel it for about 30 seconds.



2) Find Something to Appreciate

As you go through your day, look for things to appreciate, and remark about it. Genuinely mean whatever you say. Don't just say something is beautiful, if you don't mean it.



3) 30 Second Virtual Reality Exercise

Visualize your ideal wealthy life 30 seconds at a time. Feel the joy you'd feel if you already had the object of your desire. What time of year is it? What time of day? Are you indoors or outside? Who is present and what are they saying? What are you doing? What do you see, hear, smell, taste and feel? Get in. Feel good. Get out.



4) Do Segment intending 2-3 minutes before entering any segment:

Segment	How do I want to feel	What do I want to accomplish?
<i>Example:</i> Job Interview	<i>Example:</i> Excited, enthusiastic, confident	<i>Example:</i> I want my natural brilliance to shine through; I want the interviewers to be impressed; I want to get the job



5) Indicate in the Space below How You Spend Your 17,000 Virtual Prosperity Allowance:

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6) Tick off your manifestations

Cut out a picture of every item that you bought with your “prosperity allowance” or manifested in some other way, paste it on your vision board and mark it as “taken care of.” And feel like you “really got it.”



7) Celebrate

Buy a tiny cocktail glass, pour a little bit of champagne and celebrate with a real or imaginary friend whenever you purchased something you wanted or manifested a goal.



8) Pay Your Bills with Joy

Be joyful at all times, especially when you’re dealing with money. This means paying your bills with joy and gratitude and being friendly with the agent receiving your payment (being angry over a huge bill will attract more of the same).



Evening Ritual:

Evaluate Your Day

Take about 5 minutes and look back over your day. Give thanks, not only for the breakthroughs, victories and miracles but also for the setbacks and the lessons learned, and insights gained. Is there something that you can do different tomorrow or next time?

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Intend the Sleep Period.

Is there a solution or answer that you need? Before you go to bed ask God, the Universe or your subconscious to give you solutions, insights and ideas that you need, and to protect you from any and all harm and danger.

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Day Eighteen – Love

Morning Ritual:

Quote for the day:

"Blessed are they who have the gift of making friends, for it is one of God's best gifts. It involves many things, but above all, the power of going out of one's self, and appreciating whatever is noble and loving in another."

Helen Keller



Gratitude Exercise

When you wake up in the morning, sit still for 5 minutes and give thanks for your health, abundance, protection and or anything else you feel grateful for.

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Set Your Intentions for the Day

What would you like to see happen in this day?
How would you like to feel?
What would you like to do... to accomplish?

Use the template below to write down ONLY what you really want,
not what you feel compelled to do.

Daily Intention Exercise	
What I Intend to Do, Be or Have Today	What I Want the Universe to Handle
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While thinking about your intentions, close your eyes and take another 3 minutes... visualizing and feeling yourself having a great day... accomplishing all that you intended.



During the Day:

1) Become aware of how you're feeling

As you go through your day ask yourself "how do I want to feel?" Then tell the Universe how you want to feel... and just feel it for about 30 seconds.



2) Find Something to Appreciate

As you go through your day, look for things to appreciate, and remark about it. Genuinely mean whatever you say. Don't just say something is beautiful, if you don't mean it.



3) 30 Second Virtual Reality Exercise

Visualize your ideal loving life 30 seconds at a time. Feel the joy you'd feel if you already had the object of your desire. What time of year is it? What time of day? Are you indoors or outside? Who is present and what are they saying? What are you doing? What do you see, hear, smell, taste and feel? Get in. Feel good. Get out.



4) Do Segment intending 2-3 minutes before entering any segment:

Segment	How do I want to feel	What do I want to accomplish?
<i>Example:</i> Job Interview	<i>Example:</i> Excited, enthusiastic, confident	<i>Example:</i> I want my natural brilliance to shine through; I want the interviewers to be impressed; I want to get the job



5) Indicate in the Space below How You Spend Your 18,000 Virtual Prosperity Allowance:

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6) Tick off your manifestations

Cut out a picture of every item that you bought with your “prosperity allowance” or manifested in some other way, paste it on your vision board and mark it as “taken care of.” And feel like you “really got it.”



7) Celebrate

Buy a tiny cocktail glass, pour a little bit of champagne and celebrate with a real or imaginary friend whenever you purchased something you wanted or manifested a goal.



8) Pay Your Bills with Joy

Be joyful at all times, especially when you’re dealing with money. This means paying your bills with joy and gratitude and being friendly with the agent receiving your payment (being angry over a huge bill will attract more of the same).



Evening Ritual:

Evaluate Your Day

Take about 5 minutes and look back over your day. Give thanks, not only for the breakthroughs, victories and miracles but also for the setbacks and the lessons learned, and insights gained. Is there something that you can do different tomorrow or next time?

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Intend the Sleep Period.

Is there a solution or answer that you need? Before you go to bed ask God, the Universe or your subconscious to give you solutions, insights and ideas that you need, and to protect you from any and all harm and danger.

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Day Nineteen – Health

Morning Ritual:

Quote for the day:

“You Could Release any Deadly Disease, Now You could have every deadly disease known to man, and some they haven’t even figured out yet, you could have them all in your body right now - and tomorrow they could all be gone, if from one day to the next you learned how to allow the Energy to flow. We really are not encouraging those kinds of quantum leaps, they are a little uncomfortable. What we really are encouraging is every day being selfish enough to say: “Nothing is more important than that I feel good. And I’m going to find ways today. I’m going to begin my day by meditating and bringing myself into alignment with my Source Energy. And as I move through the day, I’m going to look for opportunities to appreciate, so that all day long I’ll bring myself back into Source Energy.

“If there’s an opportunity to praise, I’m going to praise. If there’s an opportunity to criticize, I’m going to keep my mouth shut and try to meditate. If I feel like criticizing I’ll say, here Kitty, Kitty, and I’ll pet my cat til that feeling goes away”

Abraham



Gratitude Exercise

When you wake up in the morning, sit still for 5 minutes and give thanks for your health, abundance, protection and or anything else you feel grateful for.

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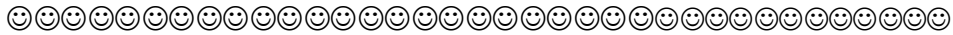
Set Your Intentions for the Day

What would you like to see happen in this day?
How would you like to feel?
What would you like to do... to accomplish?

Use the template below to write down ONLY what you really want,
not what you feel compelled to do.

Daily Intention Exercise	
What I Intend to Do, Be or Have Today	What I Want the Universe to Handle
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While thinking about your intentions, close your eyes and take another 3 minutes...
visualizing and feeling yourself having a great day... accomplishing all that you
intended.



During the Day:

1) Become aware of how you're feeling

As you go through your day ask yourself "how do I want to feel?" Then tell the Universe how you want to feel... and just feel it for about 30 seconds.



2) Find Something to Appreciate

As you go through your day, look for things to appreciate, and remark about it. Genuinely mean whatever you say. Don't just say something is beautiful, if you don't mean it.



3) 30 Second Virtual Reality Exercise

Visualize your ideal healthy life 30 seconds at a time. Feel the joy you'd feel if you already had the object of your desire. What time of year is it? What time of day? Are you indoors or outside? Who is present and what are they saying? What are you doing? What do you see, hear, smell, taste and feel? Get in. Feel good. Get out.



4) Do Segment intending 2-3 minutes before entering any segment:

Segment	How do I want to feel	What do I want to accomplish?
<i>Example:</i> Job Interview	<i>Example:</i> Excited, enthusiastic, confident	<i>Example:</i> I want my natural brilliance to shine through; I want the interviewers to be impressed; I want to get the job



5) Indicate in the Space below How You Spend Your 19,000 Virtual Prosperity Allowance:

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6) Tick off your manifestations

Cut out a picture of every item that you bought with your “prosperity allowance” or manifested in some other way, paste it on your vision board and mark it as “taken care of.” And feel like you “really got it.”



7) Celebrate

Buy a tiny cocktail glass, pour a little bit of champagne and celebrate with a real or imaginary friend whenever you purchased something you wanted or manifested a goal.



8) Pay Your Bills with Joy

Be joyful at all times, especially when you’re dealing with money. This means paying your bills with joy and gratitude and being friendly with the agent receiving your payment (being angry over a huge bill will attract more of the same).



Evening Ritual:

Evaluate Your Day

Take about 5 minutes and look back over your day. Give thanks, not only for the breakthroughs, victories and miracles but also for the setbacks and the lessons learned, and insights gained. Is there something that you can do different tomorrow or next time?

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Intend the Sleep Period.

Is there a solution or answer that you need? Before you go to bed ask God, the Universe or your subconscious to give you solutions, insights and ideas that you need, and to protect you from any and all harm and danger.

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Day Twenty – Wealth

Morning Ritual:

Quote for the day:

"For me life is continuously being hungry. The meaning of life is not simply to exist, to survive, but to move ahead, to go up, to achieve, to conquer"

Arnold Schwarzenegger



Gratitude Exercise

When you wake up in the morning, sit still for 5 minutes and give thanks for your health, abundance, protection and or anything else you feel grateful for.

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Set Your Intentions for the Day

What would you like to see happen in this day?
How would you like to feel?
What would you like to do... to accomplish?

Use the template below to write down ONLY what you really want,
not what you feel compelled to do.

Daily Intention Exercise	
What I Intend to Do, Be or Have Today	What I Want the Universe to Handle
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While thinking about your intentions, close your eyes and take another 3 minutes... visualizing and feeling yourself having a great day... accomplishing all that you intended.



During the Day:

1) Become aware of how you're feeling

As you go through your day ask yourself "how do I want to feel?" Then tell the Universe how you want to feel... and just feel it for about 30 seconds.



2) Find Something to Appreciate

As you go through your day, look for things to appreciate, and remark about it. Genuinely mean whatever you say. Don't just say something is beautiful, if you don't mean it.



3) 30 Second Virtual Reality Exercise

Visualize your ideal wealthy life 30 seconds at a time. Feel the joy you'd feel if you already had the object of your desire. What time of year is it? What time of day? Are you indoors or outside? Who is present and what are they saying? What are you doing? What do you see, hear, smell, taste and feel? Get in. Feel good. Get out.



4) Do Segment intending 2-3 minutes before entering any segment:

Segment	How do I want to feel	What do I want to accomplish?
<i>Example:</i> Job Interview	<i>Example:</i> Excited, enthusiastic, confident	<i>Example:</i> I want my natural brilliance to shine through; I want the interviewers to be impressed; I want to get the job



5) Indicate in the Space below How You Spend Your 20,000 Virtual Prosperity Allowance:

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6) Tick off your manifestations

Cut out a picture of every item that you bought with your “prosperity allowance” or manifested in some other way, paste it on your vision board and mark it as “taken care of.” And feel like you “really got it.”



7) Celebrate

Buy a tiny cocktail glass, pour a little bit of champagne and celebrate with a real or imaginary friend whenever you purchased something you wanted or manifested a goal.



8) Pay Your Bills with Joy

Be joyful at all times, especially when you’re dealing with money. This means paying your bills with joy and gratitude and being friendly with the agent receiving your payment (being angry over a huge bill will attract more of the same).



Evening Ritual:

Evaluate Your Day

Take about 5 minutes and look back over your day. Give thanks, not only for the breakthroughs, victories and miracles but also for the setbacks and the lessons learned, and insights gained. Is there something that you can do different tomorrow or next time?

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Intend the Sleep Period.

Is there a solution or answer that you need? Before you go to bed ask God, the Universe or your subconscious to give you solutions, insights and ideas that you need, and to protect you from any and all harm and danger.

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Day Twenty One – Love

Morning Ritual:

Quote for the day:

“Love cures people - both the ones who give it and the ones who receive it”
Dr.Karl Menninger



Gratitude Exercise

When you wake up in the morning, sit still for 5 minutes and give thanks for your health, abundance, protection and or anything else you feel grateful for.

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Set Your Intentions for the Day

What would you like to see happen in this day?
How would you like to feel?
What would you like to do... to accomplish?

Use the template below to write down ONLY what you really want,
not what you feel compelled to do.

Daily Intention Exercise	
What I Intend to Do, Be or Have Today	What I Want the Universe to Handle
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While thinking about your intentions, close your eyes and take another 3 minutes... visualizing and feeling yourself having a great day... accomplishing all that you intended.



During the Day:

1) Become aware of how you're feeling

As you go through your day ask yourself "how do I want to feel?" Then tell the Universe how you want to feel... and just feel it for about 30 seconds.



2) Find Something to Appreciate

As you go through your day, look for things to appreciate, and remark about it. Genuinely mean whatever you say. Don't just say something is beautiful, if you don't mean it.



3) 30 Second Virtual Reality Exercise

Visualize your ideal loving life 30 seconds at a time. Feel the joy you'd feel if you already had the object of your desire. What time of year is it? What time of day? Are you indoors or outside? Who is present and what are they saying? What are you doing? What do you see, hear, smell, taste and feel? Get in. Feel good. Get out.



4) Do Segment intending 2-3 minutes before entering any segment:

Segment	How do I want to feel	What do I want to accomplish?
<i>Example:</i> Job Interview	<i>Example:</i> Excited, enthusiastic, confident	<i>Example:</i> I want my natural brilliance to shine through; I want the interviewers to be impressed; I want to get the job



5) Indicate in the Space below How You Spend Your 21,000 Virtual Prosperity Allowance:

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6) Tick off your manifestations

Cut out a picture of every item that you bought with your “prosperity allowance” or manifested in some other way, paste it on your vision board and mark it as “taken care of.” And feel like you “really got it.”



7) Celebrate

Buy a tiny cocktail glass, pour a little bit of champagne and celebrate with a real or imaginary friend whenever you purchased something you wanted or manifested a goal.



8) Pay Your Bills with Joy

Be joyful at all times, especially when you’re dealing with money. This means paying your bills with joy and gratitude and being friendly with the agent receiving your payment (being angry over a huge bill will attract more of the same).



Evening Ritual:

Evaluate Your Day

Take about 5 minutes and look back over your day. Give thanks, not only for the breakthroughs, victories and miracles but also for the setbacks and the lessons learned, and insights gained. Is there something that you can do different tomorrow or next time?

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Intend the Sleep Period.

Is there a solution or answer that you need? Before you go to bed ask God, the Universe or your subconscious to give you solutions, insights and ideas that you need, and to protect you from any and all harm and danger.

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Day Twenty Two – Health

Morning Ritual:

Quote for the day:

"Early to bed and early to rise, makes a man healthy, wealthy, and wise"
Benjamin Franklin



Gratitude Exercise

When you wake up in the morning, sit still for 5 minutes and give thanks for your health, abundance, protection and or anything else you feel grateful for.

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Set Your Intentions for the Day

What would you like to see happen in this day?
How would you like to feel?
What would you like to do... to accomplish?

Use the template below to write down ONLY what you really want,
not what you feel compelled to do.

Daily Intention Exercise	
What I Intend to Do, Be or Have Today	What I Want the Universe to Handle
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While thinking about your intentions, close your eyes and take another 3 minutes... visualizing and feeling yourself having a great day... accomplishing all that you intended.



During the Day:

1) Become aware of how you're feeling

As you go through your day ask yourself "how do I want to feel?" Then tell the Universe how you want to feel... and just feel it for about 30 seconds.



2) Find Something to Appreciate

As you go through your day, look for things to appreciate, and remark about it. Genuinely mean whatever you say. Don't just say something is beautiful, if you don't mean it.



3) 30 Second Virtual Reality Exercise

Visualize your ideal healthy life 30 seconds at a time. Feel the joy you'd feel if you already had the object of your desire. What time of year is it? What time of day? Are you indoors or outside? Who is present and what are they saying? What are you doing? What do you see, hear, smell, taste and feel? Get in. Feel good. Get out.



4) Do Segment intending 2-3 minutes before entering any segment:

Segment	How do I want to feel	What do I want to accomplish?
<i>Example:</i> Job Interview	<i>Example:</i> Excited, enthusiastic, confident	<i>Example:</i> I want my natural brilliance to shine through; I want the interviewers to be impressed; I want to get the job



5) Indicate in the Space below How You Spend Your 22,000 Virtual Prosperity Allowance:

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6) Tick off your manifestations

Cut out a picture of every item that you bought with your “prosperity allowance” or manifested in some other way, paste it on your vision board and mark it as “taken care of.” And feel like you “really got it.”



7) Celebrate

Buy a tiny cocktail glass, pour a little bit of champagne and celebrate with a real or imaginary friend whenever you purchased something you wanted or manifested a goal.



8) Pay Your Bills with Joy

Be joyful at all times, especially when you’re dealing with money. This means paying your bills with joy and gratitude and being friendly with the agent receiving your payment (being angry over a huge bill will attract more of the same).



Evening Ritual:

Evaluate Your Day

Take about 5 minutes and look back over your day. Give thanks, not only for the breakthroughs, victories and miracles but also for the setbacks and the lessons learned, and insights gained. Is there something that you can do different tomorrow or next time?

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Intend the Sleep Period.

Is there a solution or answer that you need? Before you go to bed ask God, the Universe or your subconscious to give you solutions, insights and ideas that you need, and to protect you from any and all harm and danger.

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Day Twenty Three - Wealth

Morning Ritual:

Quote for the day:

“In the morning when you wake up, none of you stand out on your porch frantically breathing in because you are afraid that later in the day there will be a scarcity of air. You breathe in and you breathe out and think nothing of it. What we want to get you to understand is that it is the same thing with dollars (or anything else), there is no need to go out and hold your breath in an attempt to hold on to the air in case there is a later lack. You are all MUCH closer to a financial fortune right now than you are even willing to dream about for fear that you will be disappointed if it does not come”

Abraham



Gratitude Exercise

When you wake up in the morning, sit still for 5 minutes and give thanks for your health, abundance, protection and or anything else you feel grateful for.

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Set Your Intentions for the Day

What would you like to see happen in this day?

How would you like to feel?

What would you like to do... to accomplish?

Use the template below to write down ONLY what you really want,
not what you feel compelled to do.

Daily Intention Exercise	
What I Intend to Do, Be or Have Today	What I Want the Universe to Handle
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While thinking about your intentions, close your eyes and take another 3 minutes...
visualizing and feeling yourself having a great day... accomplishing all that you
intended.



During the Day:

1) Become aware of how you're feeling

As you go through your day ask yourself "how do I want to feel?" Then tell the Universe how you want to feel... and just feel it for about 30 seconds.



2) Find Something to Appreciate

As you go through your day, look for things to appreciate, and remark about it. Genuinely mean whatever you say. Don't just say something is beautiful, if you don't mean it.



3) 30 Second Virtual Reality Exercise

Visualize your ideal wealthy life 30 seconds at a time. Feel the joy you'd feel if you already had the object of your desire. What time of year is it? What time of day? Are you indoors or outside? Who is present and what are they saying? What are you doing? What do you see, hear, smell, taste and feel? Get in. Feel good. Get out.



4) Do Segment intending 2-3 minutes before entering any segment:

Segment	How do I want to feel	What do I want to accomplish?
<i>Example:</i> Job Interview	<i>Example:</i> Excited, enthusiastic, confident	<i>Example:</i> I want my natural brilliance to shine through; I want the interviewers to be impressed; I want to get the job



5) Indicate in the Space below How You Spend Your 23,000 Virtual Prosperity Allowance:

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6) Tick off your manifestations

Cut out a picture of every item that you bought with your “prosperity allowance” or manifested in some other way, paste it on your vision board and mark it as “taken care of.” And feel like you “really got it.”



7) Celebrate

Buy a tiny cocktail glass, pour a little bit of champagne and celebrate with a real or imaginary friend whenever you purchased something you wanted or manifested a goal.



8) Pay Your Bills with Joy

Be joyful at all times, especially when you’re dealing with money. This means paying your bills with joy and gratitude and being friendly with the agent receiving your payment (being angry over a huge bill will attract more of the same).



Evening Ritual:

Evaluate Your Day

Take about 5 minutes and look back over your day. Give thanks, not only for the breakthroughs, victories and miracles but also for the setbacks and the lessons learned, and insights gained. Is there something that you can do different tomorrow or next time?

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Intend the Sleep Period.

Is there a solution or answer that you need? Before you go to bed ask God, the Universe or your subconscious to give you solutions, insights and ideas that you need, and to protect you from any and all harm and danger.

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Day Twenty Four - Love

Morning Ritual:

Quote for the day:

"Just because you know someone doesn't mean you love them, and just because you don't know people doesn't mean you can't love them. You can fall in love with a complete stranger in a heartbeat, if God planned that route for you. So open your heart to strangers more often. You never know when God will throw that pass at you"

Heather Grove



Gratitude Exercise

When you wake up in the morning, sit still for 5 minutes and give thanks for your health, abundance, protection and or anything else you feel grateful for.

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Set Your Intentions for the Day

What would you like to see happen in this day?

How would you like to feel?

What would you like to do... to accomplish?

Use the template below to write down ONLY what you really want,
not what you feel compelled to do.

Daily Intention Exercise	
What I Intend to Do, Be or Have Today	What I Want the Universe to Handle
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While thinking about your intentions, close your eyes and take another 3 minutes...
visualizing and feeling yourself having a great day... accomplishing all that you
intended.



During the Day:

1) Become aware of how you're feeling

As you go through your day ask yourself "how do I want to feel?" Then tell the Universe how you want to feel... and just feel it for about 30 seconds.



2) Find Something to Appreciate

As you go through your day, look for things to appreciate, and remark about it. Genuinely mean whatever you say. Don't just say something is beautiful, if you don't mean it.



3) 30 Second Virtual Reality Exercise

Visualize your ideal loving life 30 seconds at a time. Feel the joy you'd feel if you already had the object of your desire. What time of year is it? What time of day? Are you indoors or outside? Who is present and what are they saying? What are you doing? What do you see, hear, smell, taste and feel? Get in. Feel good. Get out.



4) Do Segment intending 2-3 minutes before entering any segment:

Segment	How do I want to feel	What do I want to accomplish?
<i>Example:</i> Job Interview	<i>Example:</i> Excited, enthusiastic, confident	<i>Example:</i> I want my natural brilliance to shine through; I want the interviewers to be impressed; I want to get the job



5) Indicate in the Space below How You Spend Your 24,000 Virtual Prosperity Allowance:

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6) Tick off your manifestations

Cut out a picture of every item that you bought with your “prosperity allowance” or manifested in some other way, paste it on your vision board and mark it as “taken care of.” And feel like you “really got it.”



7) Celebrate

Buy a tiny cocktail glass, pour a little bit of champagne and celebrate with a real or imaginary friend whenever you purchased something you wanted or manifested a goal.



8) Pay Your Bills with Joy

Be joyful at all times, especially when you’re dealing with money. This means paying your bills with joy and gratitude and being friendly with the agent receiving your payment (being angry over a huge bill will attract more of the same).



Evening Ritual:

Evaluate Your Day

Take about 5 minutes and look back over your day. Give thanks, not only for the breakthroughs, victories and miracles but also for the setbacks and the lessons learned, and insights gained. Is there something that you can do different tomorrow or next time?

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Intend the Sleep Period.

Is there a solution or answer that you need? Before you go to bed ask God, the Universe or your subconscious to give you solutions, insights and ideas that you need, and to protect you from any and all harm and danger.

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Day Twenty Five - Health

Morning Ritual:

Quote for the day:

"Time And health are two precious assets that we don't recognize and appreciate until they have been depleted"

Denis Waitley



Gratitude Exercise

When you wake up in the morning, sit still for 5 minutes and give thanks for your health, abundance, protection and or anything else you feel grateful for.

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Set Your Intentions for the Day

What would you like to see happen in this day?
How would you like to feel?
What would you like to do... to accomplish?

Use the template below to write down ONLY what you really want,
not what you feel compelled to do.

Daily Intention Exercise	
What I Intend to Do, Be or Have Today	What I Want the Universe to Handle
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While thinking about your intentions, close your eyes and take another 3 minutes... visualizing and feeling yourself having a great day... accomplishing all that you intended.



During the Day:

1) Become aware of how you're feeling

As you go through your day ask yourself "how do I want to feel?" Then tell the Universe how you want to feel... and just feel it for about 30 seconds.



2) Find Something to Appreciate

As you go through your day, look for things to appreciate, and remark about it. Genuinely mean whatever you say. Don't just say something is beautiful, if you don't mean it.



3) 30 Second Virtual Reality Exercise

Visualize your ideal healthy life 30 seconds at a time. Feel the joy you'd feel if you already had the object of your desire. What time of year is it? What time of day? Are you indoors or outside? Who is present and what are they saying? What are you doing? What do you see, hear, smell, taste and feel? Get in. Feel good. Get out.



4) Do Segment intending 2-3 minutes before entering any segment:

Segment	How do I want to feel	What do I want to accomplish?
<i>Example:</i> Job Interview	<i>Example:</i> Excited, enthusiastic, confident	<i>Example:</i> I want my natural brilliance to shine through; I want the interviewers to be impressed; I want to get the job



5) Indicate in the Space below How You Spend Your 25,000 Virtual Prosperity Allowance:

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6) Tick off your manifestations

Cut out a picture of every item that you bought with your “prosperity allowance” or manifested in some other way, paste it on your vision board and mark it as “taken care of.” And feel like you “really got it.”



7) Celebrate

Buy a tiny cocktail glass, pour a little bit of champagne and celebrate with a real or imaginary friend whenever you purchased something you wanted or manifested a goal.



8) Pay Your Bills with Joy

Be joyful at all times, especially when you’re dealing with money. This means paying your bills with joy and gratitude and being friendly with the agent receiving your payment (being angry over a huge bill will attract more of the same).



Evening Ritual:

Evaluate Your Day

Take about 5 minutes and look back over your day. Give thanks, not only for the breakthroughs, victories and miracles but also for the setbacks and the lessons learned, and insights gained. Is there something that you can do different tomorrow or next time?

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Intend the Sleep Period.

Is there a solution or answer that you need? Before you go to bed ask God, the Universe or your subconscious to give you solutions, insights and ideas that you need, and to protect you from any and all harm and danger.

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Day Twenty Six - Wealth

Morning Ritual:

Quote for the day:

"Do the one thing you think you cannot do. Fail at it. Try again. Do better the second time. The only people who never tumble are those who never mount the high wire. This is your moment. Own it"

Oprah Winfrey



Gratitude Exercise

When you wake up in the morning, sit still for 5 minutes and give thanks for your health, abundance, protection and or anything else you feel grateful for.

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Set Your Intentions for the Day

What would you like to see happen in this day?

How would you like to feel?

What would you like to do... to accomplish?

Use the template below to write down ONLY what you really want,
not what you feel compelled to do.

Daily Intention Exercise	
What I Intend to Do, Be or Have Today	What I Want the Universe to Handle
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While thinking about your intentions, close your eyes and take another 3 minutes... visualizing and feeling yourself having a great day... accomplishing all that you intended.



During the Day:

1) Become aware of how you're feeling

As you go through your day ask yourself "how do I want to feel?" Then tell the Universe how you want to feel... and just feel it for about 30 seconds.



2) Find Something to Appreciate

As you go through your day, look for things to appreciate, and remark about it. Genuinely mean whatever you say. Don't just say something is beautiful, if you don't mean it.



3) 30 Second Virtual Reality Exercise

Visualize your ideal wealthy life 30 seconds at a time. Feel the joy you'd feel if you already had the object of your desire. What time of year is it? What time of day? Are you indoors or outside? Who is present and what are they saying? What are you doing? What do you see, hear, smell, taste and feel? Get in. Feel good. Get out.



4) Do Segment intending 2-3 minutes before entering any segment:

Segment	How do I want to feel	What do I want to accomplish?
<i>Example:</i> Job Interview	<i>Example:</i> Excited, enthusiastic, confident	<i>Example:</i> I want my natural brilliance to shine through; I want the interviewers to be impressed; I want to get the job



5) Indicate in the Space below How You Spend Your 26,000 Virtual Prosperity Allowance:

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.....



6) Tick off your manifestations

Cut out a picture of every item that you bought with your “prosperity allowance” or manifested in some other way, paste it on your vision board and mark it as “taken care of.” And feel like you “really got it.”



7) Celebrate

Buy a tiny cocktail glass, pour a little bit of champagne and celebrate with a real or imaginary friend whenever you purchased something you wanted or manifested a goal.



8) Pay Your Bills with Joy

Be joyful at all times, especially when you’re dealing with money. This means paying your bills with joy and gratitude and being friendly with the agent receiving your payment (being angry over a huge bill will attract more of the same).



Evening Ritual:

Evaluate Your Day

Take about 5 minutes and look back over your day. Give thanks, not only for the breakthroughs, victories and miracles but also for the setbacks and the lessons learned, and insights gained. Is there something that you can do different tomorrow or next time?

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Intend the Sleep Period.

Is there a solution or answer that you need? Before you go to bed ask God, the Universe or your subconscious to give you solutions, insights and ideas that you need, and to protect you from any and all harm and danger.

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Day Twenty Seven - Love

Morning Ritual:

Quote for the day:

“As you appreciate who and what you are, you can’t help loving yourself more. To appreciate is to increase the value of whatever holds your attention”

Jimmy Roos



Gratitude Exercise

When you wake up in the morning, sit still for 5 minutes and give thanks for your health, abundance, protection and or anything else you feel grateful for.

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Set Your Intentions for the Day

What would you like to see happen in this day?
How would you like to feel?
What would you like to do... to accomplish?

Use the template below to write down ONLY what you really want,
not what you feel compelled to do.

Daily Intention Exercise	
What I Intend to Do, Be or Have Today	What I Want the Universe to Handle
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While thinking about your intentions, close your eyes and take another 3 minutes... visualizing and feeling yourself having a great day... accomplishing all that you intended.



During the Day:

1) Become aware of how you're feeling

As you go through your day ask yourself "how do I want to feel?" Then tell the Universe how you want to feel... and just feel it for about 30 seconds.



2) Find Something to Appreciate

As you go through your day, look for things to appreciate, and remark about it. Genuinely mean whatever you say. Don't just say something is beautiful, if you don't mean it.



3) 30 Second Virtual Reality Exercise

Visualize your ideal loving life 30 seconds at a time. Feel the joy you'd feel if you already had the object of your desire. What time of year is it? What time of day? Are you indoors or outside? Who is present and what are they saying? What are you doing? What do you see, hear, smell, taste and feel? Get in. Feel good. Get out.



4) Do Segment intending 2-3 minutes before entering any segment:

Segment	How do I want to feel	What do I want to accomplish?
<i>Example:</i> Job Interview	<i>Example:</i> Excited, enthusiastic, confident	<i>Example:</i> I want my natural brilliance to shine through; I want the interviewers to be impressed; I want to get the job



5) Indicate in the Space below How You Spend Your 27,000 Virtual Prosperity Allowance:

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6) Tick off your manifestations

Cut out a picture of every item that you bought with your “prosperity allowance” or manifested in some other way, paste it on your vision board and mark it as “taken care of.” And feel like you “really got it.”



7) Celebrate

Buy a tiny cocktail glass, pour a little bit of champagne and celebrate with a real or imaginary friend whenever you purchased something you wanted or manifested a goal.



8) Pay Your Bills with Joy

Be joyful at all times, especially when you’re dealing with money. This means paying your bills with joy and gratitude and being friendly with the agent receiving your payment (being angry over a huge bill will attract more of the same).



Evening Ritual:

Evaluate Your Day

Take about 5 minutes and look back over your day. Give thanks, not only for the breakthroughs, victories and miracles but also for the setbacks and the lessons learned, and insights gained. Is there something that you can do different tomorrow or next time?

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Intend the Sleep Period.

Is there a solution or answer that you need? Before you go to bed ask God, the Universe or your subconscious to give you solutions, insights and ideas that you need, and to protect you from any and all harm and danger.

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Day Twenty Eight - Health

Morning Ritual:

Quote for the day:

"A bodily disease, which we look upon as whole and entire within itself, may, after all, be but a symptom of some ailment in the spiritual past"

Nathaniel Hawthorne



Gratitude Exercise

When you wake up in the morning, sit still for 5 minutes and give thanks for your health, abundance, protection and or anything else you feel grateful for.

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Set Your Intentions for the Day

What would you like to see happen in this day?
How would you like to feel?
What would you like to do... to accomplish?

Use the template below to write down ONLY what you really want,
not what you feel compelled to do.

Daily Intention Exercise	
What I Intend to Do, Be or Have Today	What I Want the Universe to Handle
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.....

While thinking about your intentions, close your eyes and take another 3 minutes... visualizing and feeling yourself having a great day... accomplishing all that you intended.



During the Day:

1) Become aware of how you're feeling

As you go through your day ask yourself "how do I want to feel?" Then tell the Universe how you want to feel... and just feel it for about 30 seconds.



2) Find Something to Appreciate

As you go through your day, look for things to appreciate, and remark about it. Genuinely mean whatever you say. Don't just say something is beautiful, if you don't mean it.



3) 30 Second Virtual Reality Exercise

Visualize your ideal healthy life 30 seconds at a time. Feel the joy you'd feel if you already had the object of your desire. What time of year is it? What time of day? Are you indoors or outside? Who is present and what are they saying? What are you doing? What do you see, hear, smell, taste and feel? Get in. Feel good. Get out.



4) Do Segment intending 2-3 minutes before entering any segment:

Segment	How do I want to feel	What do I want to accomplish?
<i>Example:</i> Job Interview	<i>Example:</i> Excited, enthusiastic, confident	<i>Example:</i> I want my natural brilliance to shine through; I want the interviewers to be impressed; I want to get the job



5) Indicate in the Space below How You Spend Your 28,000 Virtual Prosperity Allowance:

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6) Tick off your manifestations

Cut out a picture of every item that you bought with your “prosperity allowance” or manifested in some other way, paste it on your vision board and mark it as “taken care of.” And feel like you “really got it.”



7) Celebrate

Buy a tiny cocktail glass, pour a little bit of champagne and celebrate with a real or imaginary friend whenever you purchased something you wanted or manifested a goal.



8) Pay Your Bills with Joy

Be joyful at all times, especially when you’re dealing with money. This means paying your bills with joy and gratitude and being friendly with the agent receiving your payment (being angry over a huge bill will attract more of the same).



Evening Ritual:

Evaluate Your Day

Take about 5 minutes and look back over your day. Give thanks, not only for the breakthroughs, victories and miracles but also for the setbacks and the lessons learned, and insights gained. Is there something that you can do different tomorrow or next time?

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Intend the Sleep Period.

Is there a solution or answer that you need? Before you go to bed ask God, the Universe or your subconscious to give you solutions, insights and ideas that you need, and to protect you from any and all harm and danger.

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Day Twenty Nine - Wealth

Morning Ritual:

Quote for the day:

“The wealthiest people acquired wealth by following their intuition and disregarding what everyone else was doing”

Jimmy Roos



Gratitude Exercise

When you wake up in the morning, sit still for 5 minutes and give thanks for your health, abundance, protection and or anything else you feel grateful for.

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Set Your Intentions for the Day

What would you like to see happen in this day?

How would you like to feel?

What would you like to do... to accomplish?

Use the template below to write down ONLY what you really want,
not what you feel compelled to do.

Daily Intention Exercise	
What I Intend to Do, Be or Have Today	What I Want the Universe to Handle
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While thinking about your intentions, close your eyes and take another 3 minutes... visualizing and feeling yourself having a great day... accomplishing all that you intended.



During the Day:

1) Become aware of how you're feeling

As you go through your day ask yourself "how do I want to feel?" Then tell the Universe how you want to feel... and just feel it for about 30 seconds.



2) Find Something to Appreciate

As you go through your day, look for things to appreciate, and remark about it. Genuinely mean whatever you say. Don't just say something is beautiful, if you don't mean it.



3) 30 Second Virtual Reality Exercise

Visualize your ideal wealthy life 30 seconds at a time. Feel the joy you'd feel if you already had the object of your desire. What time of year is it? What time of day? Are you indoors or outside? Who is present and what are they saying? What are you doing? What do you see, hear, smell, taste and feel? Get in. Feel good. Get out.



4) Do Segment intending 2-3 minutes before entering any segment:

Segment	How do I want to feel	What do I want to accomplish?
<i>Example:</i> Job Interview	<i>Example:</i> Excited, enthusiastic, confident	<i>Example:</i> I want my natural brilliance to shine through; I want the interviewers to be impressed; I want to get the job



5) Indicate in the Space below How You Spend Your 29,000 Virtual Prosperity Allowance:

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6) Tick off your manifestations

Cut out a picture of every item that you bought with your “prosperity allowance” or manifested in some other way, paste it on your vision board and mark it as “taken care of.” And feel like you “really got it.”



7) Celebrate

Buy a tiny cocktail glass, pour a little bit of champagne and celebrate with a real or imaginary friend whenever you purchased something you wanted or manifested a goal.



8) Pay Your Bills with Joy

Be joyful at all times, especially when you’re dealing with money. This means paying your bills with joy and gratitude and being friendly with the agent receiving your payment (being angry over a huge bill will attract more of the same).



Evening Ritual:

Evaluate Your Day

Take about 5 minutes and look back over your day. Give thanks, not only for the breakthroughs, victories and miracles but also for the setbacks and the lessons learned, and insights gained. Is there something that you can do different tomorrow or next time?

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Intend the Sleep Period.

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Day Thirty - Love

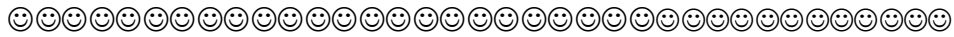
Morning Ritual:

Quote for the day:

“Just love everybody that interacts with you no matter how personally, or how peripherally, involved with you they are. The efficiency of the people who deal with you... everything is orchestrated by the manager called Law of Attraction. And your vibration is setting all of it into motion. Everything affecting you is a reflection of the vibration that you are emitting. Spend more time focused upon your dream than upon the reality. The reality gives birth to the dream -- but the dream is where you are wanting to put your attention”

Abraham

Excerpted from the workshop in Houston, TX on Saturday, January 13th, 2001



Gratitude Exercise

When you wake up in the morning, sit still for 5 minutes and give thanks for your health, abundance, protection and or anything else you feel grateful for.

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Set Your Intentions for the Day

What would you like to see happen in this day?

How would you like to feel?

What would you like to do... to accomplish?

Use the template below to write down ONLY what you really want,
not what you feel compelled to do.

Daily Intention Exercise	
What I Intend to Do, Be or Have Today	What I Want the Universe to Handle
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While thinking about your intentions, close your eyes and take another 3 minutes...
visualizing and feeling yourself having a great day... accomplishing all that you
intended.



During the Day:

1) Become aware of how you're feeling

As you go through your day ask yourself "how do I want to feel?" Then tell the Universe how you want to feel... and just feel it for about 30 seconds.



2) Find Something to Appreciate

As you go through your day, look for things to appreciate, and remark about it. Genuinely mean whatever you say. Don't just say something is beautiful, if you don't mean it.



3) 30 Second Virtual Reality Exercise

Visualize your ideal loving life 30 seconds at a time. Feel the joy you'd feel if you already had the object of your desire. What time of year is it? What time of day? Are you indoors or outside? Who is present and what are they saying? What are you doing? What do you see, hear, smell, taste and feel? Get in. Feel good. Get out.



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Segment	How do I want to feel	What do I want to accomplish?
<i>Example:</i> Job Interview	<i>Example:</i> Excited, enthusiastic, confident	<i>Example:</i> I want my natural brilliance to shine through; I want the interviewers to be impressed; I want to get the job



5) Indicate in the Space below How You Spend Your 30,000 Virtual Prosperity Allowance:

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6) Tick off your manifestations

Cut out a picture of every item that you bought with your “prosperity allowance” or manifested in some other way, paste it on your vision board and mark it as “taken care of.” And feel like you “really got it.”



7) Celebrate

Buy a tiny cocktail glass, pour a little bit of champagne and celebrate with a real or imaginary friend whenever you purchased something you wanted or manifested a goal.



8) Pay Your Bills with Joy

Be joyful at all times, especially when you’re dealing with money. This means paying your bills with joy and gratitude and being friendly with the agent receiving your payment (being angry over a huge bill will attract more of the same).



Evening Ritual:

Evaluate Your Day

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Intend the Sleep Period.

Is there a solution or answer that you need? Before you go to bed ask God, the Universe or your subconscious to give you solutions, insights and ideas that you need, and to protect you from any and all harm and danger.

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Get Ready for the Next 30 Days!

