

Spirit  
& Soul

The most  
abundant gift we  
are born with is  
the gift of our  
breath

# *my vision board*

WEALTH GOAL		HEALTH GOAL	
LOVE	FAMILY	CAREER	
SPIRITUALITY		KNOWLEDGE	
NOTES			

## *my vision board*

My unconscious mind works in pictures and images, so when I supplement my vision with pictures it increases the positive emotional response I get from it. When I look at my visions journal I feel happy and it fuels my passion towards achieving it every time I look at it.

This is my creation zone... it is time for me to activate my own law of attraction towards pulling my dreams into reality!

I will use the 3 blank pages to stick and paste images and write words that have meaning to me to manifest living my best life.

*my vision board*

CREATE YOUR OWN

# Manifesto

## A manifesto is like your own personal blueprint.

**It's a written statement to publicly declare your intentions, motives or beliefs - to manifest, to clearly reveal, to make real, to assist you to prioritise what is important to you.**

In essence, it becomes your very own system of living - the things that you want to call in and the things that you know you don't want!

Writing and creating a manifesto can help you clarify what you believe and what type of contribution you want to make in the world.

It's the kind of world you want to live in... the things you know for sure.

Your legacy.

It's your recipe to your best life! Just as if you were baking a cake and these are all of the ingredients to help you enjoy and delight in THE most delicious and yummy cake.

You've already done a great job of identifying the areas in your Wheel of Life that are working and those that could be improved. So, let's dive a little deeper and create your very own recipe to your own best life blueprint!

## THE LIVE YOUR BEST LIFE *Manifesto*

We are passionate about many things....living our lives with purpose, making heartfelt connections with others for the greater good and being grateful for all that comes our way.... get to know our manifesto and learn a little more about what lights our fire towards living our best lives so that you may also *blaze your own trail towards living yours.*



**YOUR BEST LIFE.** Do what you love & give it your best. Build your days around what's important to you. Nothing is by chance and everything serves a purpose. Make your every effort your signature on this earth. Have a purpose for all that you do. Bring others with you and create something extraordinary together. **Enjoy heartfelt connections.** Be present, this moment may be the meaning of life. Always be curious and say 'yes' to the adventure. Explore & play. Imagine & create. If you don't like it, then change it, there is always more than one way to do anything....you can always find a way. Learn & experiment. Love YOU, you're worth it. Trust your instincts, you were born with an innate wisdom that you can rely upon. **Care AWESOMELY,** it's the little things that truly are the big things. Make a difference. **Do the right thing.** RESPECT. Champion others. Ask 'what' not 'why'. **Focus on vision and purpose and the details of how will fall into place.** *Dance,* sing, laugh & travel. Be visible, be heard, be recognised. What you choose to make things mean is all that matters as this is always right. Forget who you 'should' be and embrace who you are. Never settle for can't, need or should they will only get in the way of your greatness. Model excellence. TRUST. **Get lost at least 3 times so you can find yourself.** Be a lifelong learner. Bring awareness to all that you do. Move regularly. *Celebrate often.* Collect experiences, not things. Sit quietly & breathe deeply...practice yoga. Ignore the nay-sayers, even though at times they may be in your own head. Nourish your mind & body. Enjoy pure air & water. Get out in the sun & connect with nature. LOVE. Be generous & kind. **Stand by your word.** Practice good nutrition & gratitude daily. Abundance is everywhere & available to everyone. REST. Sugar & omega 6 oils ARE bad for you. Be alkaline, acid leads to disease. Grow your own vegetables. Oh....and did we mention *Own a dog* **CARE AWESOMELY ?** Move regularly - exercise & stretch. **BELIEVE.** *Laugh until your face or belly hurts....snort laughter raises your energetic vibration.* **If you love it, do it often.**

Make choices that empower you.

Everything you need is already within you, nothing is missing. *Trust yourself, you already have the answers.* This is not your practice life, this is it! Be your own movement & DO YOU! **Wake up to what's already there.**



*Work on your dreams,* shine your passion to the world. **Make small steps of progress frequently, we all want to feel like we are moving forward.** When you're doing what your passionate about you're making the world a better place. Everyone deserves the best, in fact you were born to, you were born to **LIVE YOUR BEST LIFE.**

## step one

Consider all of the things that are working for you in your life - those segments of the wheel that are full - and write down each of the things that bring you happiness, along with those things you value and believe to be true. They can be small things or big things and anything in between.

Create your  
*OWN!*

## step two

Now it's time to reflect on the things that aren't working for you in your life. Write down those things that you would like to shift or avoid or even the things your desire to be good at. Be really honest here. Let it all out!

## step three

Now it's time to write down the ingredients that make up the fulfilling parts of your life and those that contribute to the challenging ones. Here we're looking for words, phrases and feelings that contribute positively to your best life.

**To get started ask yourself questions such as:**

- What do I stand for?
- What am I willing to die for?
- What are my strongest beliefs?
- How do I want to live my life?
- How do I choose to define myself?
- What changes do I need to make so that I can live my best life?
- What words do I want to live my life by?

make it *uplifting!*

use **STRONG** language - don't be wishy washy

Write in the **PRESENT** tense

have **FUN** with it!

