



## Module Three - Funsheet

### What are you Most Adventurous Goals ?? Your M.A.G

(if you could have / do anything in the world - what would you do?)

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

**MY GOAL IS:** (I'm most passionate about...)

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Whats holding me back?(one word)	Opposite wording:___

## What Do I Want?? Law Of Attraction 101

What am I experiencing, that I Don't Want in life

Reframe = What I 'Do Want' in

1. \_e.g I don't want to feel
2. tired anymore\_(lack of energy)

I want to have enough energy to workout

2. \_e.g\_ I don't want to feel lonely ( lack of having connections)

I want to have more confidence

3.

4.

5.

6.

Rewrite the above "Don't Want" statement in to "Do want" statement.

Then Rewrite / Reframe your “Do wants” into “I am, I have or I enjoy” statements:

(as the example above)

Instead of feeling “I have no energy, I feel tired, or I feel sick & tired of being sick and tired” ...

write - “I have more than enough energy to enjoy working,  
“I live a healthy, energy-rich life every day”

Instead of telling yourself internally that “I am shy, I am scared of speaking up” ...

write - “I am confident to trust others and it is easy to connections”

## What is My Intention today?

(what energetic decision will I gently pull in)

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Check in to your centre, and place your hands there.

Read out loud or repeat it in your mind - My Intention above.

Imagine breathing it into the area beneath your hands.

What are 3 little baby steps you could do, which will get the ball rolling towards your M.A.G?

Write these down below:

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_