



## Module Two - Funsheet

### 5 Steps to manifesting using INTENTION

- 1: Focus in on what you want
- 2: Sink in to my "why"
- 3: Move aside mental / emotional / physical barriers
- 4: Create gratitude for what you've asked for  
(as if you've already received it / or it's already happened)
- 5: List some of the steps you need to take  
(even if they're the tiniest baby steps - they all matter)

What has prevented me from reaching this goal so far..?  
Make a list

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

NB: The things we identify as 'holding us back' are actually things or behaviour we're tolerating.

When we tolerate things, we're in fact allowing things which we 'don't want' to live in our lives.

When we stop playing the 'don't want' beliefs in the background, our wish to continue on this path fades ... we'd rather be on a path towards something we WANT instead of something we don't want

Take your thing that has been 'holding you back' , and write it down on the left as an "I don't want ..."

I don't want ...

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

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

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

4) \_\_\_\_\_

5) \_\_\_\_\_

Take that “I don’t want ...” and turn it around 180° and reframe is as an “I want... (whatever it is for you)

Once you have your “I want” statement, you can now rewrite or reframe into “I am...” statement.

“I want...”

“I am / I have or  
I enjoy...”

1)	
2)	
3)	
4)	
5)	

Using Psych-K “rewiring” Process:

What is you “I am .. statements)?

1)

2)

3)

4)

5)

CHOOSE ONE OF THE TWO OPTIONS, and for each of the above statements, and 'rewire' each "I am statement"

How will my life change when this thing happens?

---

---

---

How will I feel? What will it allow?

---

---

---