

Monday

Today we're going to strengthen the mental muscle recognition that we are not creators but space creators. Write down three different things you are planning on doing or getting done today. Now under them I want you to write "I will do what I can to create the space for these to happen." Set your timer, close your eyes, and spend five minutes mentally focusing on these three things getting done and as you do this remind yourself that you are the one receiving. At the end of your day, make a note to yourself as to whether or not they manifested and remind yourself that you either did or did not receive what you set out for.

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Tuesday

I hope you had a fun experience with yesterday's exercise. Today, we're going to do the same thing again. Only this time, instead of things you want to do, write down three emotions you want to feel today. Now under them I want you to write "I will do what I can to create the space to experience these feelings." Set your timer, close your eyes, and spend five minutes mentally focusing on these three emotions and as you do this remind yourself that you are the one receiving. At the end of your day, make a note to yourself as to whether or not they manifested and remind yourself that you either did or did not receive what you set out for.

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Wednesday

Our ability to co-create our life doesn't just apply to what we do or how we feel. It is also reflected in all of our relationships. Think about someone in your life that you would like to strengthen your relationship with. It could be a close relative, friend, or acquaintance. Consider what type of feeling you would like to share between the two of you. Write that feeling down. Set your timer, close your eyes, and spend five minutes thinking about what you could say or do to create space for that feeling to manifest between you two. You will have already created some space just by doing this exercise. Enjoy the fruits of a better relationship.

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Thursday

We tend to think we're in control of everything in our life. Well, nothing stops the flow like needy or controlling energy. Today, make a conscious decision to energetically disconnect from all of your controlling energy and give it up to God. Write a sacred contract between you and the Master of the Universe that says "I let go of the need to always be in control. I trust that good things are coming and I will do my part to receive." It seems like a simple and maybe even silly thing to write down. But it's not about the words on the page, it's about your willingness to let go, be guided by something higher and open up to receive a powerful way to live. Rewrite your existing contract with life and take a great leap forward in co-creating your dreams.

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