



## HOMEWORK M2 LESSON 2

### 1 / Weekly Practices

Grounding AM + Emo Coherence PM + visiting your Sources of Clarity (aka the caves) + Ego/Intuition Awareness

### 2 / Lesson Inquiries (building on all your insights from the work so far, record in your journal)

- Free write on anything that comes up for you when you consider BLOCKS to the flow of well-being to you. What comes up? Write it all down.
- FROM LESSON 1, is there anything you're noticing this week about your patterns? If you didn't get enough data because you only did a day or so of pattern logging, keep it up this week! Notice, notice, notice.

Let this work keep simmering. If the earlier work from Module 1 is coming up, go with it. This is all a slow reveal. :)

### 3 / Turn Arouns

- Look back at your Mindset Cyle Map from last session's homework, and pay attention to the belief you zeroed in on. That belief is limiting (as you know), so let's give you something "to do" (the potent mental action of redirecting your thoughts) and take the charge out of the limiting belief when it arises.

A TA is a new, more expanded belief. If a LB is "either/or" a TA is "both/and". It feels better. In essence, it's simply a better feeling thought.

They can open up your view, removing you from the tunnel-vision of your limiting belief. Broader perspective, freer imagination, more options, reframed ideas = winning. For example:

LB > Communicating what I want makes me unlikeable.

TA > The more I share what I want, the more fun and love I attract.

Make a few for the limiting belief you're working with. Let it be light.



## HOMEWORK M2 LESSON 2 CONT...

### 4 / A Small Manifestation

Start small with the manifestation. Ask the universe, your guardians/angels/guides to connect you with something small (blue feather/red rose/yellow rock) in 48 hours. When we start with big stuff like "more money" or even get specific (good) with "\$5,000 by next friday" you may be setting yourself up for disappointment (and thus, giving up on manifestation) since money comes with LOTS of internal baggage.

- Make an intention and make it crystal clear.
- Set a deadline (ie 48 hours)
- Write it all down on a piece of paper and sign & date/time it.
- Stay open, alert and aware.