

# Attract It With *Ease*

## Jumpstart Workbook

We believe that as humans, we can have anything we want and that things are ALWAYS working out for us! Experience has taught us that the path to getting everything we want begins with ease...

# Episode 001:

Action item: Come up with a theme for the year.

What would you like to experience more of in the coming year? Use the area below to brainstorm. Just list out thoughts that come to your head. The word that most resonates with you is your theme -- circle it.

_____	_____
_____	_____
_____	_____
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_____	_____
_____	_____
_____	_____
_____	_____

Ideas to get you started: Joy, Abundance, Fulfilled, Bloom, Strength, Peace, Freedom, Friendship, Love, Adventure, Travel, Ease, Growth, Courage, Authenticity

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## Episode 003:

Action item: What does your perfect life look like?

If life were PERFECT, what would it look like?

Where do you live? \_\_\_\_\_

What does your home look like? \_\_\_\_\_

\_\_\_\_\_

What do you do for work? \_\_\_\_\_

Who do you spend time with? \_\_\_\_\_

How is your credit and what does your bank account look like? \_\_\_\_\_

What kind of car do you drive? \_\_\_\_\_

What toys or possessions do you own? \_\_\_\_\_

\_\_\_\_\_

Where are you spiritually? \_\_\_\_\_

What is your involvement in your community? \_\_\_\_\_

\_\_\_\_\_

What does your body look like? \_\_\_\_\_

\_\_\_\_\_

How is your health? \_\_\_\_\_

\_\_\_\_\_

What are your hobbies, skills, etc.? \_\_\_\_\_

\_\_\_\_\_

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# Episode 003:

Action item: What does your perfect life look like? Continued.

If life were PERFECT, what would it look like?

What is your love life like? \_\_\_\_\_

\_\_\_\_\_

Describe your wardrobe/style: \_\_\_\_\_

\_\_\_\_\_

What other details would be included in your PERFECT life? \_\_\_\_\_

\_\_\_\_\_

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# Episode 004:

## Action item: Create Your Vision Board

Go back to your notes from Episode 003 and define the items you want to put on your vision board.

List them out below.



Thoughts to get you started: Start by finding images that represent each item -- images are stronger than words! Once you have your images, add them to a pin board, or create a collage you can print.

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## Episode 005:

Action item: Pick one item from your vision board and list 20 different ways you could receive it.

Go back to your notes from Episode 003 and define the items you want to put on your vision board.

List them out below.

1) _____	11) _____
2) _____	12) _____
3) _____	13) _____
4) _____	14) _____
5) _____	15) _____
6) _____	16) _____
7) _____	17) _____
8) _____	18) _____
9) _____	19) _____
10) _____	20) _____

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## Episode 006:

Action item: Come up with 10 different things you say that hold you back and then turn those statements around by writing the opposite statement you'll start saying instead.

Example: Instead of, "I can't afford that." say, "I always have plenty of money."

1)	_____	→	_____
2)	_____	→	_____
3)	_____	→	_____
4)	_____	→	_____
5)	_____	→	_____
6)	_____	→	_____
7)	_____	→	_____
8)	_____	→	_____
9)	_____	→	_____
10)	_____	→	_____

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## Episode 007:

Action item: Come up with 5 small things you're going to work on manifesting for yourself. Write them down and then keep track of when they happen.

Examples: Manifest money in the mail. Manifest a front row parking spot. Manifest receiving good news.

Items I'm working on manifesting:

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

Date Received: \_\_\_\_\_

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

Date Received: \_\_\_\_\_

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

Date Received: \_\_\_\_\_

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

Date Received: \_\_\_\_\_

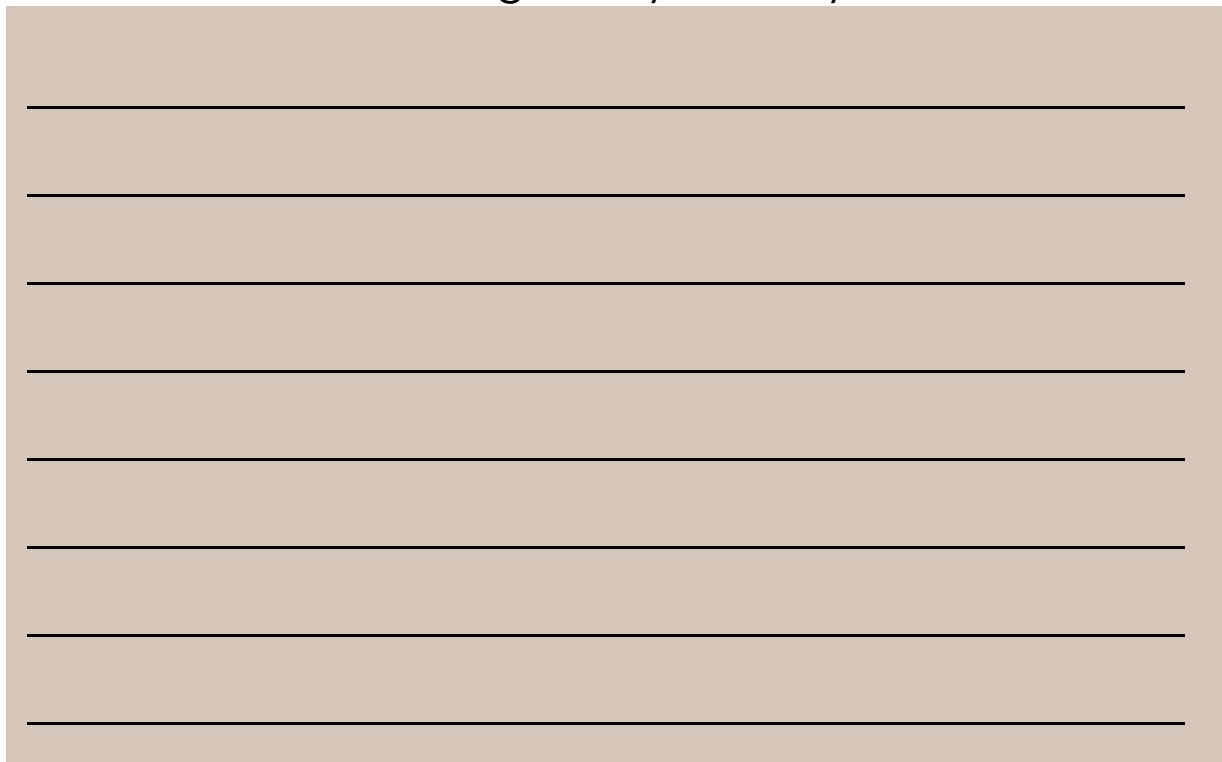
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## Episode 008:

Action item: Pick a day, one single day and pay attention to your thoughts negative or positive. Every time you have a negative thought, try to think of a better feeling thought.

In the evening before bed reflect back on your day and record every negative thought you can remember, and how you turned it around.

\*Hint\* Start a note in your phone to help you keep track throughout your day.



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# Episode 009:

## Action Item: Schedule in time to have fun!

Take the next 12 Months and schedule in when you'll have fun. List WHAT you're doing, WHEN you're doing it, and WHO you're doing it with!

Once you've planned it out, set reminders in your phone to be sure you follow through with your plans.

January: \_\_\_\_\_

Who: \_\_\_\_\_

Where: \_\_\_\_\_

What: \_\_\_\_\_

April: \_\_\_\_\_

Who: \_\_\_\_\_

Where: \_\_\_\_\_

What: \_\_\_\_\_

February: \_\_\_\_\_

Who: \_\_\_\_\_

Where: \_\_\_\_\_

What: \_\_\_\_\_

May: \_\_\_\_\_

Who: \_\_\_\_\_

Where: \_\_\_\_\_

What: \_\_\_\_\_

March: \_\_\_\_\_

Who: \_\_\_\_\_

Where: \_\_\_\_\_

What: \_\_\_\_\_

June: \_\_\_\_\_

Who: \_\_\_\_\_

Where: \_\_\_\_\_

What: \_\_\_\_\_

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# Episode 009:

## Action Item: Schedule in time to have fun! Continued.

Take the next 12 Months and schedule in when you'll have fun. List WHAT you're doing, WHEN you're doing it, and WHO you're doing it with!

Once you've planned it out, set reminders in your phone to be sure you follow through with your plans.

July: \_\_\_\_\_

Who: \_\_\_\_\_

Where: \_\_\_\_\_

What: \_\_\_\_\_

October: \_\_\_\_\_

Who: \_\_\_\_\_

Where: \_\_\_\_\_

What: \_\_\_\_\_

August: \_\_\_\_\_

Who: \_\_\_\_\_

Where: \_\_\_\_\_

What: \_\_\_\_\_

November: \_\_\_\_\_

Who: \_\_\_\_\_

Where: \_\_\_\_\_

What: \_\_\_\_\_

September: \_\_\_\_\_

Who: \_\_\_\_\_

Where: \_\_\_\_\_

What: \_\_\_\_\_

December: \_\_\_\_\_

Who: \_\_\_\_\_

Where: \_\_\_\_\_

What: \_\_\_\_\_

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## Episode 010:

Action item: List all the ways you've been keeping your manifestations from happening, then write a commitment to yourself to start doing the opposite.

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

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

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

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

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

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

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

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

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

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

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