

*Allow More*

DAILY SPIRITUAL ACTIVITIES



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## A NOTE FROM GEE

You are all that you believe you are.  
You are the ocean. You are the sun. You are the leaves on a tree.  
You are connected to everything. And everything is here to work  
in your favour. You intended for it to be that way long before you  
made your journey here. I'm so honoured to welcome you into  
this course and excited for you to evolve and become everything  
that you already are. Get ready for major shifts. Enjoy the sacred  
activities created for you in this workbook. You are infinitely  
loved and supported.



## **ACTIVITY ONE**

### LETTER FROM YOUR FUTURE SELF

Write a letter to yourself as though you are already the future self you desire to be. So you are in fact writing a letter to your past self, the same way a time traveler would write to their past self. Write about how your life is now and how incredible it is. Include all the things you desire to be, do or have, but as though they are already your reality.

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## ACTIVITY TWO

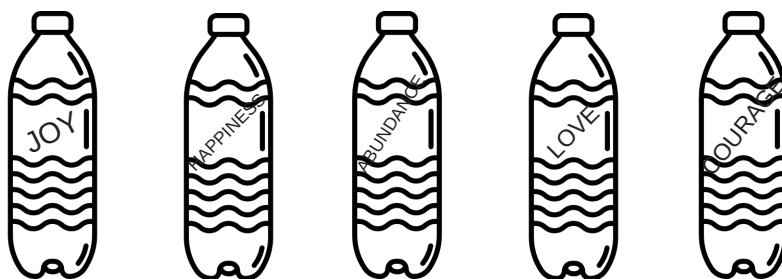
### DRINKING YOUR DESIRES

This activity involves a few water bottles and a childlike imagination. I want you to list at least 5 things that you desire - in the form of traits/feelings. Examples; strength, courage, happiness, abundance, joy, creativity, fulfillment, stamina, etc.

On each of your 5 water bottles (you can use glasses if you'd prefer) I want you to write one from your list on each bottle.

Then fill each with water.

As you wake up in the morning, drink which feelings/desires you wish to have that day. You may want a little stamina, a whole lot of happiness, a few sips of abundance and a glass full of joy. And as you drink each, feel the desire running through your body and becoming very real.

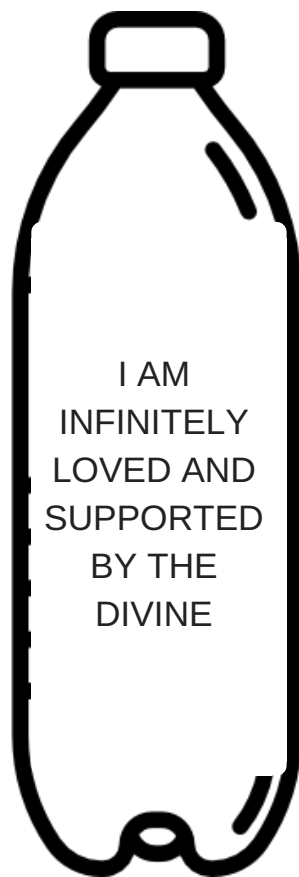


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## ACTIVITY THREE

### WATER BOTTLE AFFIRMATION

This is another water bottle activity but works a little different. This time you have only one water bottle and on it you write either an affirmation or some powerful words. Each time you drink from it during your day, you are drinking with it the magic "potion" that fills up your body and encompasses your being. You become what you are drinking. This activity relies on your visualisations and your ability to believe in the power of the water you're drinking.



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## ACTIVITY FOUR

### DESIGNING YOUR DREAM VIA PAINTING

It's time to get those creative juices flowing and design your dream. Your life is the manifestation of your dream; it is an art. So we will spend today, letting our soul's paint. It's not like a vision board, we aren't going to paint the things we desire, we are just going to paint, and let our soul's determine the art piece. There are no rules, it's about surrendering control, hushing your mind chatter and letting it flow. And as you paint imagine your life like this blank canvas, and your choices like the colours you choose and your intuitive actions like the brush strokes against the canvas, and your manifestations like the finished art piece. Display your art piece somewhere where you can see it everyday.

*ALLOW MORE*

## ACTIVITY FIVE

### JOURNALING

Today you are going to imagine that there are alternate Universe versions of you. Today you will embody one of them. Imagine yourself living an alternate life, the one that you see in your mind so often. Write down all the things you're grateful for in that life. Is it the mansion? The worldwide sold out book? The partner and kids? Whatever the alternate Universe version of you is grateful for, write it down.

Upon completion, write down, "If alternate Universe me can be, do and have all that she/he desires, I can be, do and have it all too. And so it is."

*ALLOW MORE*



## ACTIVITY SIX

### I HAVE DECIDED...

This is one of my favourite activities in the world, it instantly raises my vibration and literally calls in everything I desire in record speed. It's an activity I created myself and I use it often when I don't want to fuck with doubts anymore. It's the "I have decided..." activity. You grab a piece of paper/journal and start the page off with "I have decided..." you then follow that with a statement of what you desire.

Examples:

I have decided that my book is sold worldwide and I am a world famous author.

I have decided that my body is sexy as fuck and I embody body confidence wherever I am, in whatever I am wearing.

I have decided that my husband is funny, intelligent, kind and humble and that our kids are a beautiful reflection of their parents.

etc.

Do you see how powerful a declaration like that is? The Universe reflects our own vibration. And your mind does not know the difference between what you see with your eyes and what you see in your mind's eye. So if in my mind I have declared that these statements are true, my reality (which comes from my co-creation with the Universe) has no choice but to mirror those declarations and bring them into my physical reality.

You can make as many or as few declarations as you like.

*ALLOW MORE*

## ACTIVITY SEVEN

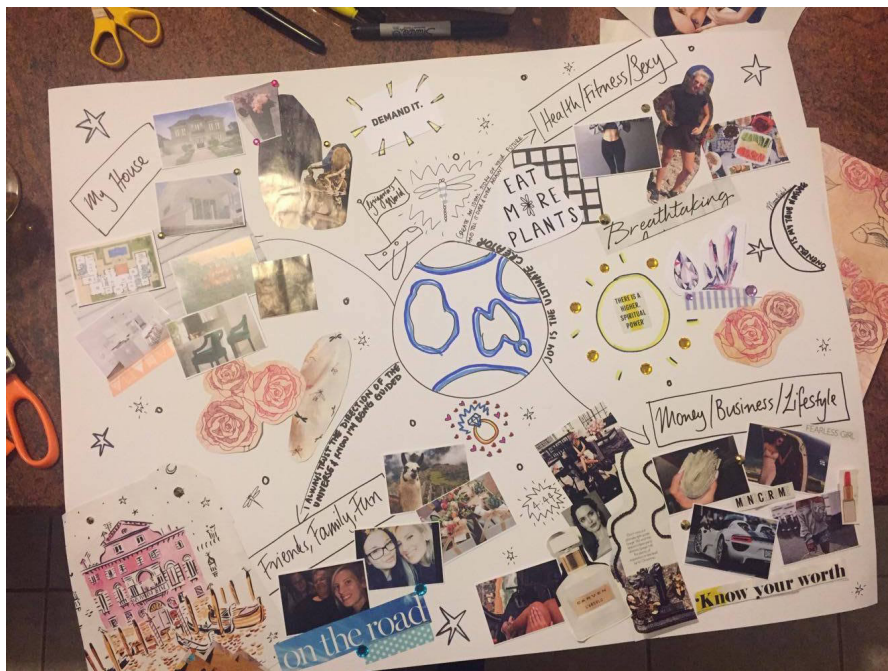
### VISION BOARD

You knew this was coming... It's vision board day!! Before you get started I want you to remember that you are connected to everything and everyone, but you are attached to nothing and no one. The vision board isn't designed to be something you obsess about, it's an activity designed to allow you to focus your mind on the things, feelings and experiences you desire in such a way that it raises your vibration. The details are designed to help you visualise but they aren't designed to be something that you hold onto.

I have been creating vision boards for as long as I can remember and I completely believe in their power to focus my attention on my desires and create a vision of how I desire to feel and live my best life.

Here are a list of categories you can use to create your vision board if you desire: love/romance, business, friends/family, spirituality, career, happiness, legacy, travel/vacations, fun & adventure, giving back, finances, self-love, lifestyle, health, personal development.

A vision board is best designed when you let it flow, don't overthink it, just cut and paste pictures that you feel connected to. Add quotes, affirmations or words if you desire. Make it as creative as you like. Here is an example of my latest vision board:



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## **ACTIVITY EIGHT**

### MEDITATION

I have included a guided meditation to the course homepage.

Find yourself a sacred space where you feel comfortable and free from distractions. Make yourself comfortable, release any tension or worries you have and prepare yourself to ease into relaxation.

When you are ready, press play on the video.

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## **ACTIVITY NINE**

### CREATIVE VISUALISATION

This activity I first learnt from Gabby Bernstein and it's one of my favourite things to do!

Our purpose here on earth is for creative expansion, and what better way to put that into action, than by spending some time on creative visualisation.

The way this works is that you spend a few minutes today (anywhere around 5-10 mins), and create a scenario in your mind of one of your desires. And let your mind play. Make sure that your thoughts wonder to good feeling thoughts and be as creative and expansive as possible. Nothing is off limits. Have fun with it.

The idea of this is to start thinking of possible ways in which your desires can manifest. You think of different scenarios each time you do this activity. This lets your mind play around and eliminates any resistance to the "how" - as you are expressing your joy for the multiple ways that it could manifest.

Start this off, much the same way you would with a meditation, but the goal here is to "day dream" for a little while.

If you find yourself starting to create resisting thoughts (thoughts that don't feel good, or make your desire seem unrealistic/stressful), just move the visualisation along to a thought that feels better.

Happy visualising!

*ALLOW MORE*

## ACTIVITY TEN

### DETOX YOUR SOCIAL MEDIA

Today we are going to raise our vibration by unfollowing, unfriending, detaching from anyone or anything that doesn't align with your soul. If there are certain posts that never make you feel good, then it's time to say goodbye. No explanation necessary. You owe it to yourself to determine what you will allow into your focus. And the more you surround yourself with things and people that help to raise your vibration, the higher your vibration will be.

I'm not talking about that one friend that's having a bad day, I'm talking about the person that consistently complains and will never take the advice of anyone trying to reach out and connect.

Detoxing your Social Media is an act of self-love.

And if you're game enough to take it a step further, try to reduce the amount of time you spend mindlessly scrolling on your socials. Allocate a scheduled time for "fun scrolling" which is designed to purely lift your vibration (because after your detox, you will be left with really cool positive people on your newsfeed), and stick to that schedule if you can. If you are a part of groups, etc. then go on specifically to check your groups and get in the habit of ignoring the notifications during that time.

Man that feels good!!

*ALLOW MORE*

## ACTIVITY ELEVEN

### DECLUTTER

This activity you've probably heard before, and honestly when I first heard it, I completely overlooked it. But let me tell you, when I ACTUALLY implemented it, it changed EVERYTHING. I didn't realise how much energy can get stuck in spaces that don't feel clear and sacred.

Today is about choosing a place where you spend a lot of time, it could be your bedroom, your office or workspace, your kitchen or even your living room, and dedicate some time to clearing and cleaning it out. Get rid of things that don't feel good. Pick up the item and decide, do you use it, and if you don't use it, does it make you feel good. If you answer no to both of those questions, then it's bye bye!

If you can, sage the room, add some incense, candles, crystals and anything else that resonates with you. Say a prayer or even express your gratitude for the beautiful energy that now lives in this space, and as soon as you do that, notice how much lighter you feel in that space.

*Allow More*

## **ACTIVITY TWELVE**

### **EAT HIGH VIBE FOOD FOR 24 HOURS**

I make no secret of the fact that I'm a plant-based vegan. It was the best decision that I ever made in my entire life/ And I appreciate the vibrational shifts that occurred because of that decision. And more than anything, eating this way allowed me to keep my vibration consistently high. You've heard the expression, "you are what you eat", and it is so true! You do in fact take on the vibration of the things you consume, and if something lived in pain or with suffering and you take that in, you in some way, encompass part of it's vibration. So today, as a means to cleanse and raise your vibration, I want to challenge you to commit to 24 hours of plant-based eating. I will share some easy food options in the Facebook Group for those who need it.

I want you to be mindful when you eat, present, full of gratitude, have a vitality mindset (think of your food as fuel and health as you eat it) and take note of any changes you may feel throughout your day.

*Allow More*

## ACTIVITY THIRTEEN

### AFFIRMATION POWER PLAY

Today we are going to utilise the power of your words. Along with the power of repetition. When we do something over and over again, it becomes easier and easier ALONG WITH becoming more and more true to our mind's eye.

So today, I want you to choose ONE powerful affirmation that aligns with your soul. Something that resonates with your purpose, your desires, your calling.

Write it down below, and every single hour today, take it out and read it aloud 10 times!

With conviction.

Believe the words.

Feel the words.

Know that they are your truth.

And so it is.

*Allow More*



## **ACTIVITY FOURTEEN**

### SHOWER VISUALISATION

As you shower today, visualise your fears, doubts, worries, limitations and blocks washing away down the drain. Close your eyes and see them just drip away.

As you walk out of your shower today, you should feel lighter, fresher and freer.

Super powerful for those of us who tend to use the left side of our brains more than our rights sides.

*Allow More*

## ACTIVITY FIFTEEN

### WHITE LIGHT ORB MEDITATION

This is something I've been doing for as long as I can remember. I was doing it as a child, without knowing exactly what it was I was doing. It was a way that I could feel in control of my own safety and my own power preservation.

Today, spend a few minutes (I prefer to do it at night because that's usually when my mind wanders), silencing your thoughts, getting comfortable, closing your eyes and visualising a white light beam grow. It starts from your heart and it grows and grows and grows. It's an orb that completely surrounds you. And as it grows, imagine that only love lives within it, and nothing that limits our ability to love stays without it. It can never be penetrated by anything but love.

And it is in this sacred space that you are completely, without resistance, connected to your source, and it's in this space that you are completely aligned and can allow all your desires to flow to you with ease.

You don't need to think of your desires, only visualise your white light orb growing.

You are safe.

*ALLOW MORE*

## **ACTIVITY SIXTEEN**

### DEDICATE YOUR DAY TO KINDNESS

When we do kind things for others we INSTANTLY raise our vibration, because the act of kindness comes from a place of pure love.

Today do something kind for FIVE people.  
It can be as simple as smiling at a stranger.

But be intentional about your acts of kindness and appreciate the opportunity to share your own love with others.

*Allow More*

## **ACTIVITY SEVENTEEN**

### GO FOR A WALK

Today is easy. But important.

Go for a walk.

Long or short, it doesn't matter. But on that walk, pay attention to your senses. What do you see, what do you smell, what do you hear, what do you feel?

Be present on your walk.

Connect to mother earth.

Ground yourself.

Feel connected.

No technology allowed. Just you, the air and the earth.

*Allow More*

## ACTIVITY EIGHTEEN

### READ

While we read, we are temporarily transported to an alternate reality, because as we focus on the words on the page, we stop focusing on our own thoughts and desires. Thus offering no resistance to our own desires.

I find that reading inspiring books a very powerful tool to get me back into alignment.

So today, choose an uplifting or engaging book, and spend as much or as little time as you desire, reading.

After your reading break is a good time to visualise for a few minutes, because you will be offering little or no resistance and you will be in the receiving mode.

*Allow More*

## ACTIVITY NINETEEN

### JOURNAL

Another day, another journal entry.

This time I will guide your session with the following questions.

How do I feel right now?

What do I need right now to feel supported?

What do you know for certain?

What do you desire?

What else do you desire?

What feelings are attached to those desires?

What do you desire that you were too afraid to write above?

-

Now let anything else that's coming through, pour onto your page.

How do you feel after this exercise?

*Allow More*

## **ACTIVITY TWENTY**

### **MOVE YOUR BODY**

My favourite kind of activity. Moving my body.

It's your choice how, but today allocate some time to moving your body. At least an hour.

Dance, go to the gym, do a class, practice yoga, walk, run, skip, swim, etc.

And as you move your body, make sure that you connect your mind to your body. Focus on what you're doing and how it's making you feel.

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## **ACTIVITY TWENTY-ONE**

### **EMBODIMENT**

Decide who you desire to be.

Define them. Define you. Decide what characteristics the person you desire to be has.

Today, embody that person. Treat it like dress ups, even if you have to pretend for today, be that person in any and every way you can today.

Think about the vibrational impact this will have on your alignment with your desires. For 24 hours you will be the person you desire to be, offering no resistance and just making it all fun.

As a child, when you played a game, as soon as it stopped being fun, you stopped. This is the same. If you start creating resisting thoughts that you can't move away from, stop the activity and revisit it another day.

*Allow More*



## **ACTIVITY TWENTY-TWO**

### **TAKE NOTHING PERSONALLY**

Following in the footsteps of The Four Agreements, today we are to take nothing personally. Even if someone is to direct a statement towards you, know that it is in fact about them entirely and has nothing to do with you.

If they insult you, they are insulting that part of themselves. If they compliment you, they are complimenting that part of themselves.

Remember we are living our own reflections, the way we see the world is the way we see ourselves.

The beauty of this exercise is that you take your power back. Feeling good is YOUR responsibility, and similarly, if you are feeling bad, it is YOUR choice to do that.

The statement bears no meaning until you choose how to perceive it. It is you who gives every thought, action, experience, thing meaning.

*Allow More*

## **ACTIVITY TWENTY-THREE**

### **DON'T MAKE ANY ASSUMPTIONS**

Following in the footsteps of The Four Agreements again today.

How many times have you created a whole scenario in your head that never played out that way in reality.

We make too many assumptions as to why things happened, why things were said, why thoughts were thought and how people feel.

But assumptions are made through our own reflection. We project the feelings we feel other people have. We cannot ever know how someone else feels, even if they tell us. We can only ever assume. And most of the time, assuming has no value.

Today, don't assume anything about anyone.

Focus on you, how you feel and why you feel that way. And keep your focus on yourself.

*ALLOW MORE*

## **ACTIVITY TWENTY-FOUR**

### **NO TECH ACTIVITY TONIGHT!**

One of my favourite activities!!

Tonight, you're going to embrace your inner child, you're going to have some old school fun!

You're going to partake in an evening activity (that has nothing to do with technology), just straight up creative imagination!

Ideas include; board games, baking, cooking, painting, drawing, playing make believe, playing dress up, fancy dress, a nice bubble bath, painting your nails, homemade face mask, etc.

Whatever it is, be present, put your phone away (no pic for the gram today!) and just have fun!

*Allow More*

## **ACTIVITY TWENTY-FIVE**

### CREATE A GRATITUDE JAR

Today, whenever you come across something to be grateful for, write it down and put it in a jar (or anything else that holds things).

Anything from waking up, to eating lunch, even being stuck in traffic (because this means that you are on your way to a job, have a car, etc.).

Whenever you don't feel good, go back to your jar and reread some of your notes, they will instantly make you feel blessed because you are constantly surrounded by miracles and blessings.

*Allow More*

## **ACTIVITY TWENTY-SIX**

### COMPLIMENT EVERYONE

Today, every single person you see, in your mind, give them a compliment, even strangers, even those who usually trigger you.

There is so much power when we focus on the positive aspects of people, things, experiences. We start to perceive the world differently. We are literally rewiring our own brain chemistry.

*Allow More*

## **ACTIVITY TWENTY-SEVEN**

### **COOK A MEAL**

I hope you have your culinary skills warmed up, because today you are going to cook yourself a hearty meal from scratch.

Choose a recipe (I recommend a stew or curry with rice or quinoa), go to the supermarket or market and buy fresh ingredients, organic if possible.

Put on some music, get yourself primed and start your cooking session.

Let your mind get carried away in the details of the meal and forget about your life for a short period.

This is my fool proof way to get into alignment when I find myself in a feeling of resistance.

*Allow More*

## **ACTIVITY TWENTY-EIGHT**

### **WATCH THE SUNSET**

Today your spiritual mission is to find a beautiful location that has a great view and sit and watch the sunset! One of the most magical experiences in the world.

Grab your favourite drink, a blanket and enjoy the beauty that this world provides us.

As you watch the sunset, imagine just how spectacular the creations of the world are. And know that everything was vibration first, including the sun. If the Universe can create something as grand as the stars, mountains, valleys and oceans, then there is no doubt that it can also fulfil your desires - despite how grand they may seem to you now.

*Allow More*

## **ACTIVITY TWENTY-NINE**

### DO SOMETHING FOR THE FIRST TIME

I want you to step outside your comfort zone just a little, so that you can see how easy it is and how good it feels.

Today, do something for the first time, it could be anything, maybe something that you've been wanting to do for a long time that you haven't done, or even something that just pops into your head right now.

Whatever it is, embrace it, flow with it and let it show you its magic!

*Allow More*



## **ACTIVITY THIRTY**

### TAKE SOME PHOTOS

You know I'm the biggest fan of being present in the moment, and today we are going to do just that, while simultaneously preserving the moment through photos.

Go on location, or even choose your home or backyard, and take some beautiful photos.

You can even take some of people or yourself.

Be as creative and artistic as you desire.

I'd like you to select a few and get them printed and framed, give some for gifts and hang a few in your home.

Every time you look at them, spend a moment appreciating how it encompasses the beauty of the world and relive the experience through the memory of the feelings you had while doing it.

Life is beautiful and so are you!

*Allow More*

If these activities did one thing  
only, I hope it was to have you  
appreciate how your life is full of  
adventure, fun, love, magic, beauty,  
miracles and all the feelings you  
desire.

You already have it all.  
Never forget that!

*Allow More*

YOU ARE INFINITELY LOVED AND SUPPORTED BY THE DIVINE  
AND ALL THAT YOU DESIRE TO BE, ALREADY LIVES WITHIN YOU

*Allow More*