

grigoria

SPIRITUAL ENTREPRENEUR & BUSINESS COACH

DIVINE INTERVENTION

Out of your head and into your heart. Business with soul.

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www.grigoriakritsotelis.com

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04 TURNING GOALS INTO FEELINGS



WELCOME

I'm Grigoria, but you can call me Gee

Spiritual Entrepreneur & Business Coach, bringing you a transformational experience - out of your head and into your heart, business with soul.

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PRAYER

*Teach me to appreciate your
spirit that lives within me.
Show me how to be good to
myself, so that I might know
more fully the goodness of life.*

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EVERYTHING IN YOUR PHYSICAL REALITY IS A MANIFESTATION OF YOUR THOUGHTS, FEELINGS AND BELIEFS.

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ALIGNING WITH YOUR DESIRES > **MANIFEST YOUR PHYSICAL REALITY**
THOUGHTS/FEELINGS/BELIEFS



VIBRATIONS





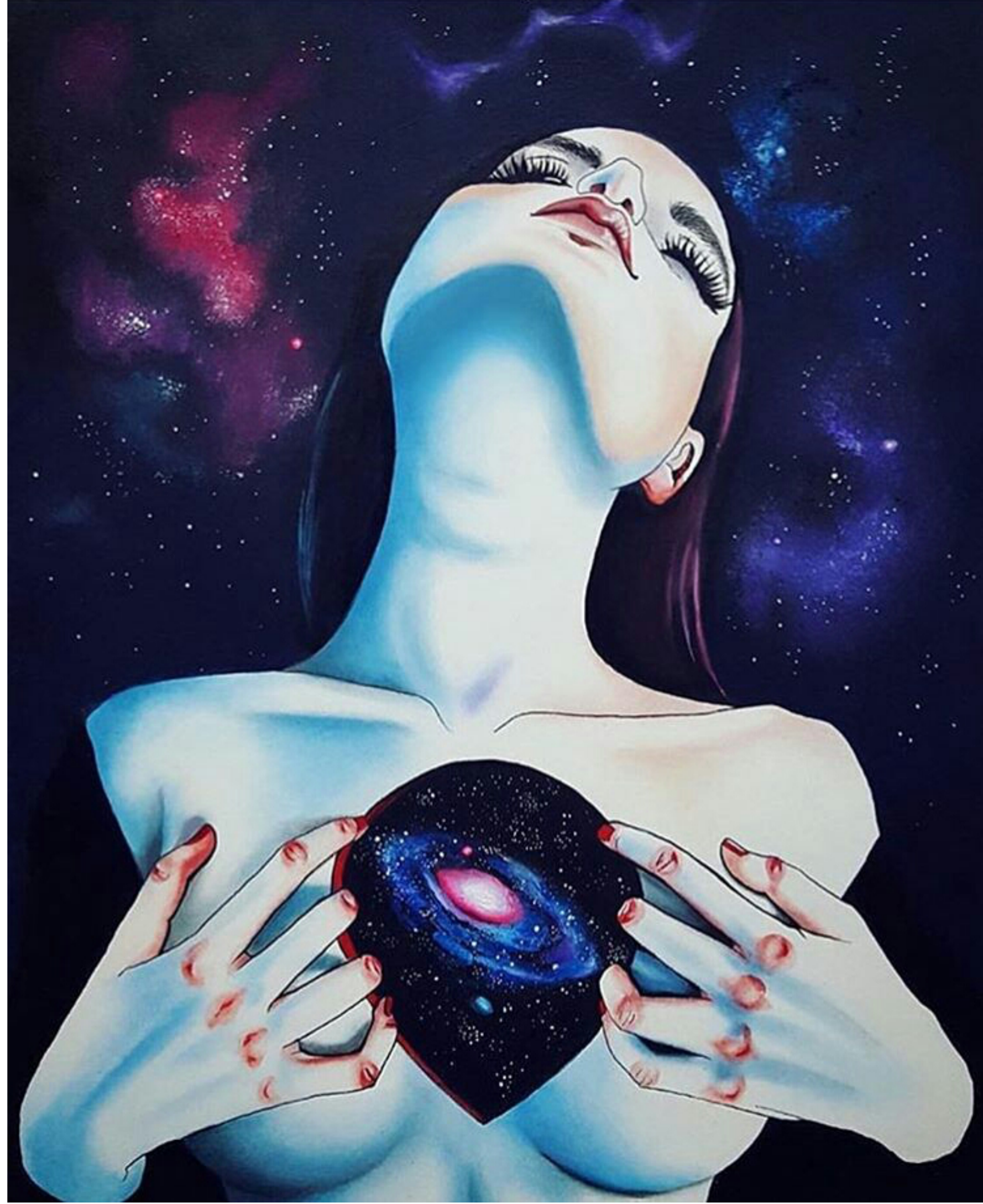
SELF-SABOTAGE

THOUGHTS ARE JUST THOUGHTS
THEY ARE NOT TRUTH

ELIMINATE FEAR = ELIMINATE FEAR-PROVOKING THOUGHT



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EVERYTHING OUTSIDE OF ME IS WITHIN ME

333

555

444

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11:11

222

999

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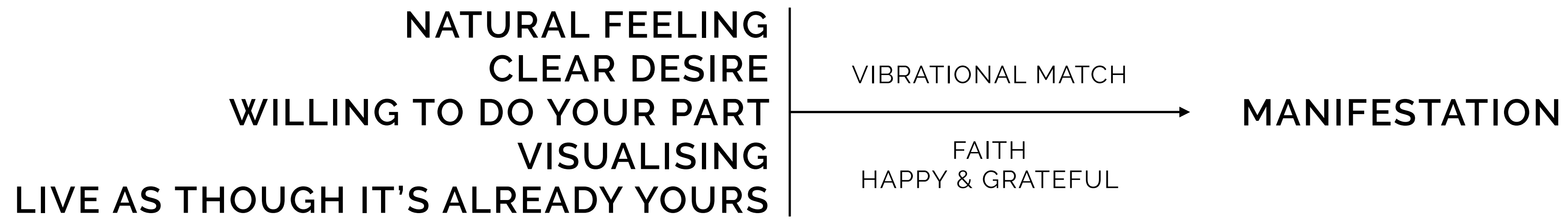
IF IT FEELS UNNATURAL - IT WON'T COME
OUR GOALS **MUST** BE FEELINGS



BECAUSE FEELINGS CREATE VIBRATION

WHAT'S THE NEXT LOGICAL STEP?

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STEP ONE

WRITE A LIST OF ALL THE THINGS YOU DESIRE

STEP TWO

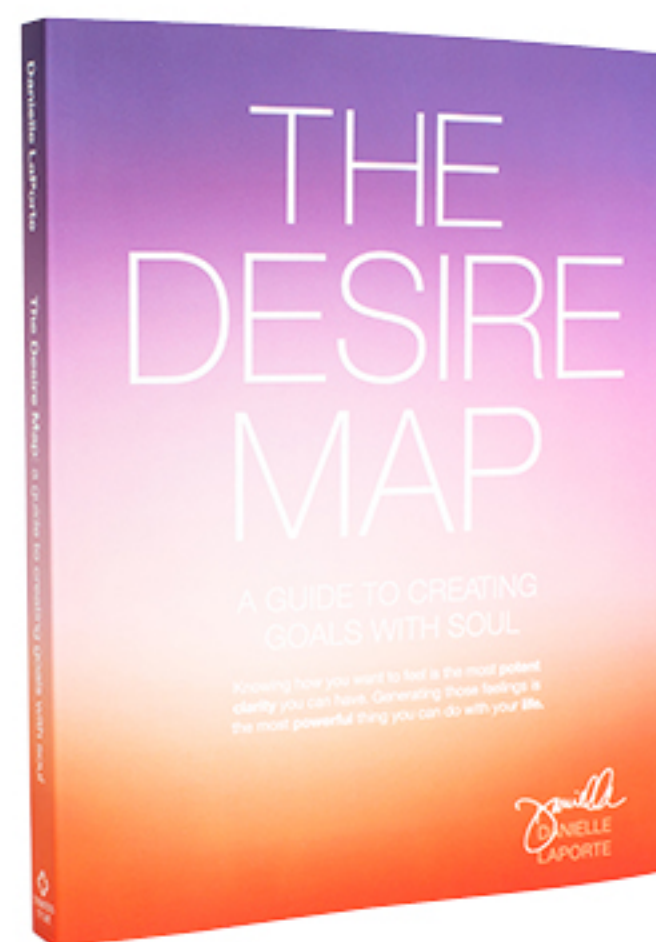
TURN THE PHYSICAL DESIRES INTO FEELINGS

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STEP TWO

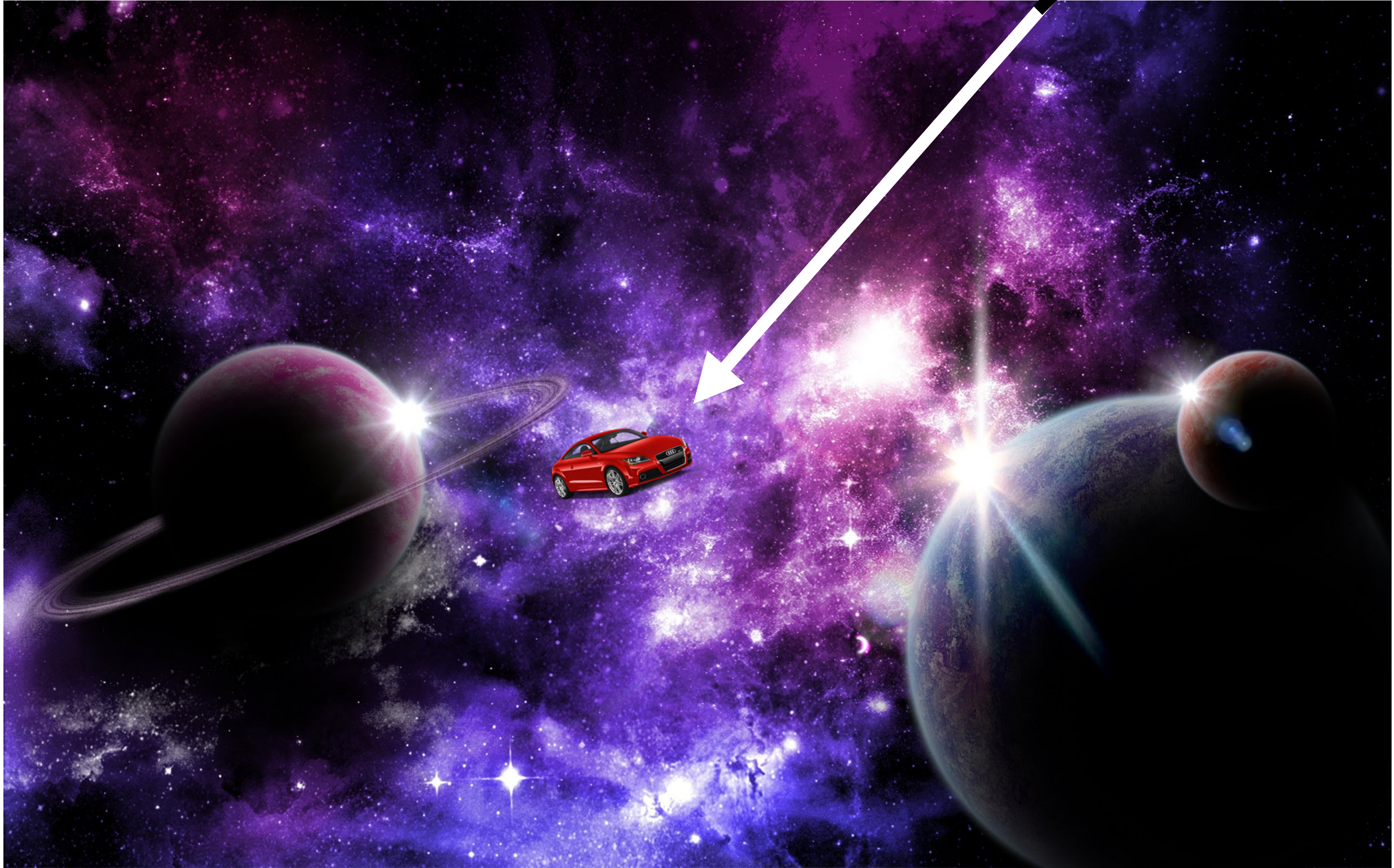
TURN THE PHYSICAL DESIRES INTO FEELINGS



REMEMBER THIS!

YOU!

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**IF IT FEELS GOOD - KEEP GOING
IF IT FEELS BAD - STOP**

-

**IF IT'S SCARY - KEEP GOING
IF IT'S STRESSFUL - STOP**



DON'T BEAT YOURSELF UP FOR HAVING A **NEGATIVE** THOUGHT OR FEELING.

THAT ONLY FEEDS THE NEGATIVITY AND **ENSURES** IT'S PLACE IN YOUR MIND.

EXPECT THAT YOU WILL FEEL SOME INTENSE OR UNCOMFORTABLE FEELINGS AND LET THEM **PASS** WHEN THEY COME UP.

DON'T JUDGE THEM AND DON'T JUDGE YOURSELF FOR **EXPERIENCING** THEM.

WHEN YOU **RESIST** THEM, THEY TAKE ROOT INSIDE YOU; WHEN YOU **WELCOME** THEM, THEY PASS THROUGH YOU.

EMILY MAROUTIAN

SUMMARY

WORKBOOK

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HOMEWORK

FOLLOW UP ACTIVITIES
IN WORKBOOK

BONUS

ABRAHAM HICKS
ACTIVITIES