

grigoria

SPIRITUAL ENTREPRENEUR & BUSINESS COACH
www.grigoriakritsotelis.com

grigoria

TURNING GOALS INTO FEELINGS

Grigoria Kritsotelis. Spiritual Entrepreneur & Business Coach
www.grigoriakritsotelis.com

*Be mindful of your
self-talk. It's a
conversation with the
Universe.*

DIVINE INTERVENTION

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

MODULE SUMMARY.

You are already a master manifester. Everything in your physical reality is a manifestation of your thoughts, feelings and beliefs. You chose them to be so. Whether you perceive them as positive or negative, you willed them to be there.

Manifesting Masters master the art of consciously aligning with their desires and planting the right seeds (thoughts, feelings and beliefs) to manifest into their physical reality.

Take the feeling of joy and gratitude and consciously choose that feeling as often as possible.

The truth is, getting all the things you desire feels the same as your best friend sending you a birthday card, or sitting down and enjoying your freshly brewed tea, or taking your dog for a walk on a beautiful day with flowers blooming everywhere.

DECLARE IT:

I am going to love you so hard.

ACTIVITY ONE.

SELF-SABOTAGE

For the next 24 hours be much more aware of your thoughts. Every time you have a moment of self-sabotage or a limiting belief pops up, write it down here.

For each bad feeling thought, next to it, write down a better feeling thought. Now please note that it doesn't have to be a polar opposite, it has to feel like a natural progression. So if one of your thoughts is "I'm so broke right now", the better feeling thought doesn't have to be "I'm so rich now", because you'd probably find that hard to believe, instead you could replace it with something like, "I'm excited about being able to afford all my groceries next week."

For each replaced thought, take a moment to feel grateful for that new feeling.

DECLARE IT:

I live in the moment.

ACTIVITY TWO.

STREAMS OF GOOD FEELING

I want you to choose a good feeling thought. Something you enjoy doing or something you enjoy talking about. Or even something that makes you feel very abundant.

I want you to take that one feeling and see how many other things you can apply it to in your life.

Example; when I wear my cream trench coat, I feel super rich, high class and confident. It wasn't an expensive coat, actually it was a gift, so it cost me nothing. But I feel it's value when I wear the coat. The feeling I will focus on is ABUNDANCE. Other things that make me feel abundant in my life are; my fridge full of delicious fresh produce, my car having a full tank, paying for my bills with ease, buying my friends beautiful birthday gifts, cooking amazing vegan meals at home in my kitchen, owning clothes that make me feel sexy and confident, etc.

DECLARE IT:

I am spontaneous.

ACTIVITY THREE.

LET'S MANIFEST SOMETHING

Start by repeating:

"Dear Universe, I am a powerful manifester. I am so grateful for everything that shows up in my life. It is so joyful and easy to feel the flow of abundance. So it is."

Set the intention to manifest at least ONE of the following within 24 hours.

Make sure to choose whichever you feel most drawn to.

- A really big discount
- A dragonfly
- A \$100 bill
- A book from your childhood
- A pink tree

Don't think about it, just let it be so.

DECLARE IT:

The things that excite me are connected to my purpose

ACTIVITY FOUR.

NEXT LOGICAL STEP

One thing I learnt from Abraham Hicks was that if I set my goal at \$1 million dollars, but I'm only currently making \$2000 a month, it will be very hard for me to align with that goal because it feels very unnatural for that to be my logical next step. So I am much better off reaching for a goal that feels good to me, in which I can completely believe that it's my next step and that my faith that the Universe will deliver is so strong that there is no other choice but that it will. Your truth is your own, I'm not going to tell you what your goals should be, but right now, I want you to think of the next logical step for you. What is it? Is it \$1000 extra dollars a month? Is it a 4 wheel drive? Is it a short trip to Fiji? What is the logical next step?

Write down your next logical steps below:

DECLARE IT:

I see the intention and then I release it.

ACTIVITY FOUR.

TURNING GOALS INTO FEELINGS

Write down all the things you desire. Write a huge list. No boundaries.

e.g. The mansion, the cars, the empire, the kids, the holidays, the lover, whatever it is, write it down.

Look at your list carefully. Do you have a some things that say, "more money", "a bigger house", "my own apartment", "a holiday"? Well what you are actually sing for is ABUNDANCE. Because even if it was a holiday to Mexico or a holiday Interstate, you would still feel abundant. Even if it was \$1000 extra dollars or a random cheque for \$50, you would still feel abundant.

We need to take away the details to make it easier for the universe to align us with the outcome.

So now rewrite your list, replacing all the physical things with feelings. Examples include; abundance, impact, freedom, fulfilment, etc.

DECLARE IT:

I lose the excuses and find my results.



ACTIVITY FOUR.

TURNING GOALS INTO FEELINGS

DECLARE IT:

I am brave

ACTIVITY FIVE.

INSTANT MANIFESTATION

This activity comes from <http://viendamaria.com/2011/05/10-super-fun-and-easy-steps-to-instant-manifestation/>

1. Make a list of everything you want to do, be or have.

2. Release the I WANT list. Some people like to symbolically tear the paper up, burn it or simply crumple it up and throw it away. The reason for this second step is that when we say I want, what we are really saying is I don't have. If you are familiar with the law of attraction, you will know that the universe mirrors our thoughts and actions. What we think about, what we say, the feelings we have and the action we take is equal to what we attract.

DECLARE IT:

I am not finding myself, I am becoming myself.

ACTIVITY FIVE.

INSTANT MANIFESTATION

3. On this page rewrite your list as if you have what you want in the present moment. For example if you would like to live in New York write: I love living in New York. Or: I have a loving and wonderful relationship. Or: I have a fulfilling and interesting, creative job.

4. On a scale of 1 to 10 rate where you feel you are at right now in relation to your desire. 1 being far away from where you see yourself being, and 10 being where you want to be. It is valuable to be able to measure your progress when you start something new.

DECLARE IT:

I can change my patterns, when I change my mind about them

ACTIVITY FIVE.

INSTANT MANIFESTATION

5. Complete your list with a statement of gratitude. This is a key factor in manifesting your desires as gratitude is the energy that attracts more of what you want.

Write your gratitude statement here:

6. Schedule going through your list daily for the next two weeks. When you plan something into your daily life you will be more likely to actually take action and do it, and taking part in this process on a daily basis is what brings about the fruition of your desires.

DECLARE IT:

Happiness is a choice I make

ACTIVITY FIVE.

INSTANT MANIFESTATION

7. Take a minute or two visualising and feeling the feelings of what it is like to have your desires. Feel and visualise as if this is your current reality. The reason this works is because your mind does not know the difference between what you see externally and what you see in your mind's eye.

8. Release all attachment to the desired outcome. Remain open to new possibilities and look for opportunities throughout each day. Just know that whatever happens is in perfect alignment with your true purpose in life. The right things will always come to you at just the right time.

9. After two weeks of being present with and visualising your desires you will notice a shift in your awareness towards each desire and certain ones will become clearer whereas others will fade or change to make space for desires that are more in alignment with who you really are. Allow this change to pass through you and see how you grow.

AFTER TWO WEEKS

10. Finally review your desires list and reevaluate where you now stand to each one on a scale of 1 to 10, as we did in step 4. Acknowledge the movements that have brought you closer to your desires and reward yourself for manifesting wonderful things into your life.

DECLARE IT:

The key to getting what I want is to ask for it

MODULE HOMEPAGE

FACEBOOK GROUP

COURSE INFO