

SAYYYAY

THREE DAYS TO ALIGNING WITH HAPPINESS

WORKBOOK

THE
CONSCIOUS
COLLECTIVE

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A NOTE FROM US

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. We are so honoured to be a part of this
journey with you and excited for you to evolve and become
everything that you already are. Get ready for major shifts. You
are infinitely loved and supported.

Happiness is a choice available to you every day;
it's as close as you allow it to be.

The Conscious Collective



DAY ONE

What is your INTENTION for the next three days? (Write it here)

Why do you want it?

Now evaluate how close you are to that intention (as your reality) in the present moment. 10 being close to it, and 1 being far from it.



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DAY TWO

To start you are to choose something specific to be grateful for. This has to be SPECIFIC.

Vague would be:

"I am so grateful for life." - Not that this is bad or wrong in anyway, it's just very vague.

"I am grateful for my family" - Still good but very vague.

If one thing you are grateful for is family, choose someone, then choose a specific action that you are grateful for in that person. When it comes to objects/body parts, etc, try to get specific on an action or function it provides.

Specific would be:

"I am sincerely grateful for the hug I shared with my mother this morning before work"

Now to get deeper into this write down how it effects you: Your feelings, emotions, thoughts etc.

Example: "This hug made me feel so warm and loved, her touch made me feel safe and connected to her."

Then:

How it effects the people around you: How this action and these feelings effect the people near you. Example: " This beautiful act will impact the people around me because it shows my mother I love her, and by sharing a true and genuine heartfelt hug with the people around me they will also too feel the love and warmth and connection I feel."



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DAY TWO

Then:

How that impacts the community and planet: Take a further step out and see how this can positively effect the world. Example: " By hugging more, connecting with people we love and sharing this amazing and simple affection for those we love, the more people will feel safe, loved and one with others. I know that some people may not have family to share a hug with so I am so grateful I can do so. The world would spread more love with every hug at a time."

Watch how quickly your life shifts. Being in a state of gratitude is being in a state of receivership. The Universe will keep bringing you things to be grateful for. Use the space below to write.



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DAY TWO



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DAY THREE

Journal Entry:

Write as much or as little as you're called to write after each of the prompts provided below. This comes from your higher self, so don't judge what comes through, just allow it to flow and feel safe on these pages.

I FEEL...

I NEED...



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DAY THREE

I FORGIVE...

I CELEBRATE...



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DAY THREE

I RELEASE...

I TRUST...



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DAY THREE

I AM...

I HAVE...



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Our mission is to raise the vibration of the entire planet. That starts with helping reveal the pathway to awakening new levels of consciousness as an individual, so that it can expand the collective awakening. We are committed to creating experiences that are catalysts for these types of shifts. We create sacred spaces in conducive environments to best serve you. Our workshops, retreats and other events are designed with you at the forefront, our commitment is to your expansion. We invite you to share these experiences with us.

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