

# Manifest Like a Mother™

## WEEK SIX

### LIFE OF ABUNDANCE

The purpose of this week's workbook is to help you find ways to integrate the manifestation process and tools into your everyday life so you can start leading your life of abundance.

#### Committing to a Life of Abundance

It's time to commit. Are you in or are you out?

Are you committed to cultivating the habits that will create a life of abundance for you?

Only you can decide this.

#### Adopting the Habits of a Successful, Abundant Person

Use the space below to outline what you would like your daily practices to be for feeling good and tuning into your inner being. Which habits would support you on your journey to success and abundance and give you that all-important "slight edge"?

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Notes continued...

### Decision Time

Now that you are clear on the type of habits you would LIKE to cultivate, instead of hoping that you will make them habits, can you just decide?

Can you make these habits part of who you ARE?

It might be helpful to complete the following:

I am a successful, abundant person who...[insert habit(s)]

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### Make Time

Now, looking at the habits you are wanting to integrate into your life, use the space below to identify small pockets of time in your day that you could consistently dedicate to your new practice.

You might want to start with one pocket of time - even 5 or 10 minutes a day - and add to it once that habit is established. Or you might want to install a few habits at once. Listen to your inner guidance on what will work best for you and don't be tempted to bite off more than you can chew!

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### Make It Simple

Now use the space below to come up with as many ideas as you can to make your habits SO simple that it is easier to do them than not do them.

How can you prepare in advance?

How can you make sure that time is protected for your practice every day?

How can you make sure you remember or avoid distraction?

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### Stake Your Claim

You need to keep showing up for and claiming your dreams and desires. Don't let your vision of success drift away!

Looking at your new daily habits, think about how you can include staking your claim as part of your daily practice.

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Celebrate!

Maybe the best homework so far??

Time to get serious about celebrating. Take a moment to reflect on whether you have been celebrating your big - and small! - wins sufficiently. Or have you just been moving onto the next thing?

Use the space below to plan a couple of go-to ways that you will celebrate going forward. It might be a nice idea to have a smaller celebration planned for the smaller wins and something bigger and more indulgent for the bigger wins.

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### Record Your Manifestations

As the saying goes "what you focus on grows" so get great at writing down EVERYTHING you intentionally manifest.

This will help hone your powers of manifestation AND give you a moment to appreciate, which in turn will attract more great things to you.

Use the space below to decide how and where you are going to record all the wonderful things that you will be manifesting, now that you know how to Manifest Like A Mother.

Let me ask you something: have you DECIDED that you get to live a life of abundance? That it can be that easy for you?

I would LOVE you to make that decision. Give yourself that gift.

There's really nothing to lose and everything to gain.