

THE **effectology**[™]
M E T H O D

TRANSFORM INTO THE MOST
PROSPEROUS & ABUNDANT
VERSION OF YOU

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LIFE ON PURPOSE



THE **effectology**[™]
METHOD

1.1

CORE VALUES

what makes you tick

The Process:

- go deeper: use the meditation
- brain dump: work fast!
- convert to values, look for themes
- merge & delete duplicates
- refine further
- rank them to get your 3 core values
- commemorate them

Share in group:

- Your 3 Core Values
- How do you feel about them?
- Bonus: How you commemorated them

Live Call:

- Live demo on ranking your values
- Bring your manifesting questions!