

THE **effectology**[™]
M E T H O D

TRANSFORM INTO THE MOST
PROSPEROUS & ABUNDANT
VERSION OF YOU

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LIFE ON PURPOSE



2.1

THOUGHTS BECOME THINGS

You Are The Thinker

THE effectology
METHOD

The Process:

- decide on your daily visualisation time & place
- listen to the Quantum Visualisation meditation
- do your first 4 minute solo visualisation
- remember to ALLOW the visualisation

Share in group:

- A photo of your visualisation spot
& your chosen time of day
- How did your first solo visualisation go?
- TAG your accountability buddy!

Live Call:

- Review of the TBT cycle
- Visualisation questions & fine tuning
- Bring your manifesting questions