

THE effectology™ METHOD

TRANSFORM INTO THE MOST PROSPEROUS & ABUNDANT VERSION OF YOU

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LIFE ON PURPOSE

Module 2

Program The Universe

effectology METHOD



2.1

THOUGHTS BECOME THINGS

You Are The Thinker



2.2

PATTERN INTERRUPTS

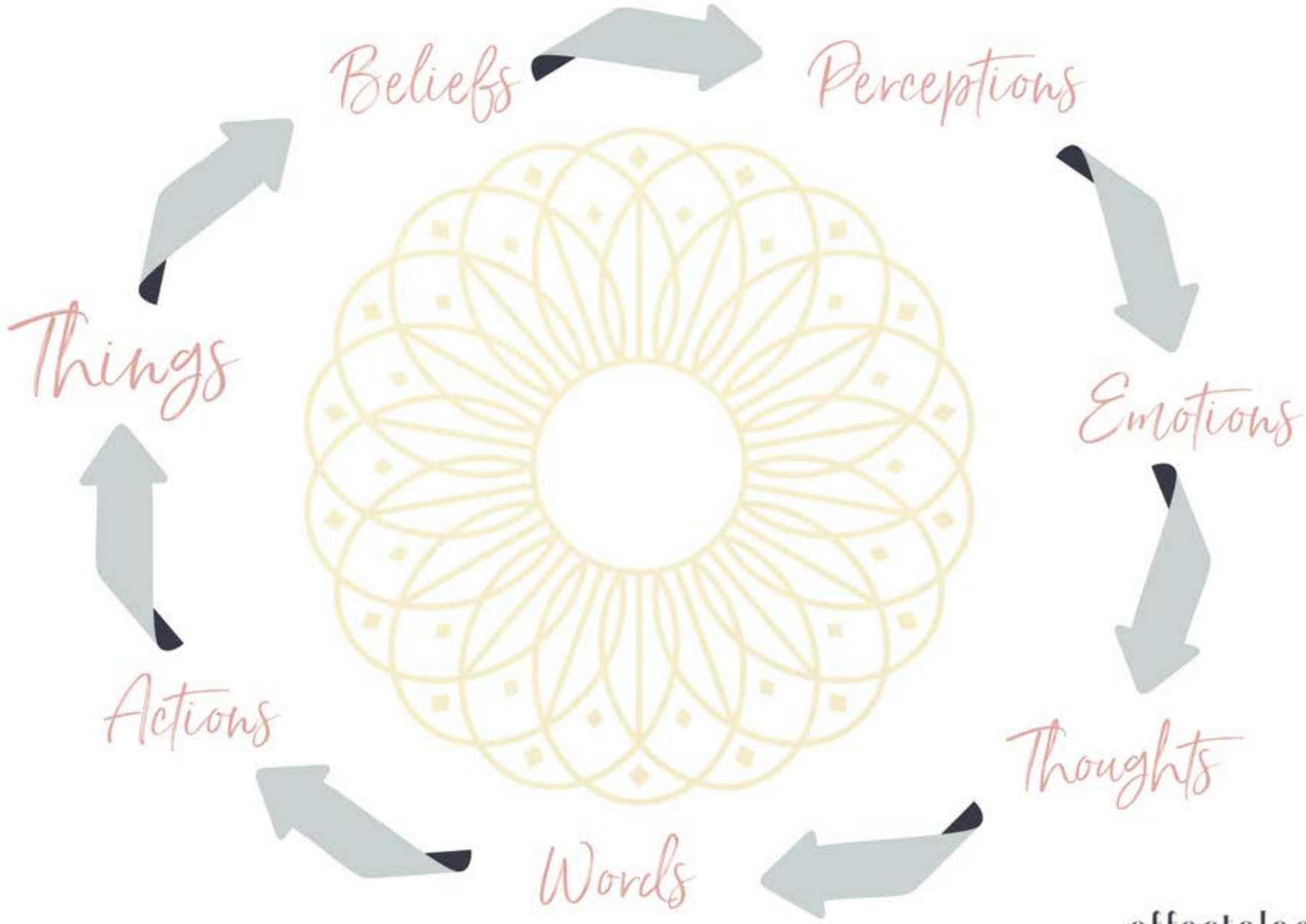
Hack The Cycle



2.3

PROGRAM THE CYCLE

The Easy Way In



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What you focus on, expands

80,000 thoughts/day

Acting as if

Acting As If

vs.

The Horrid Hows

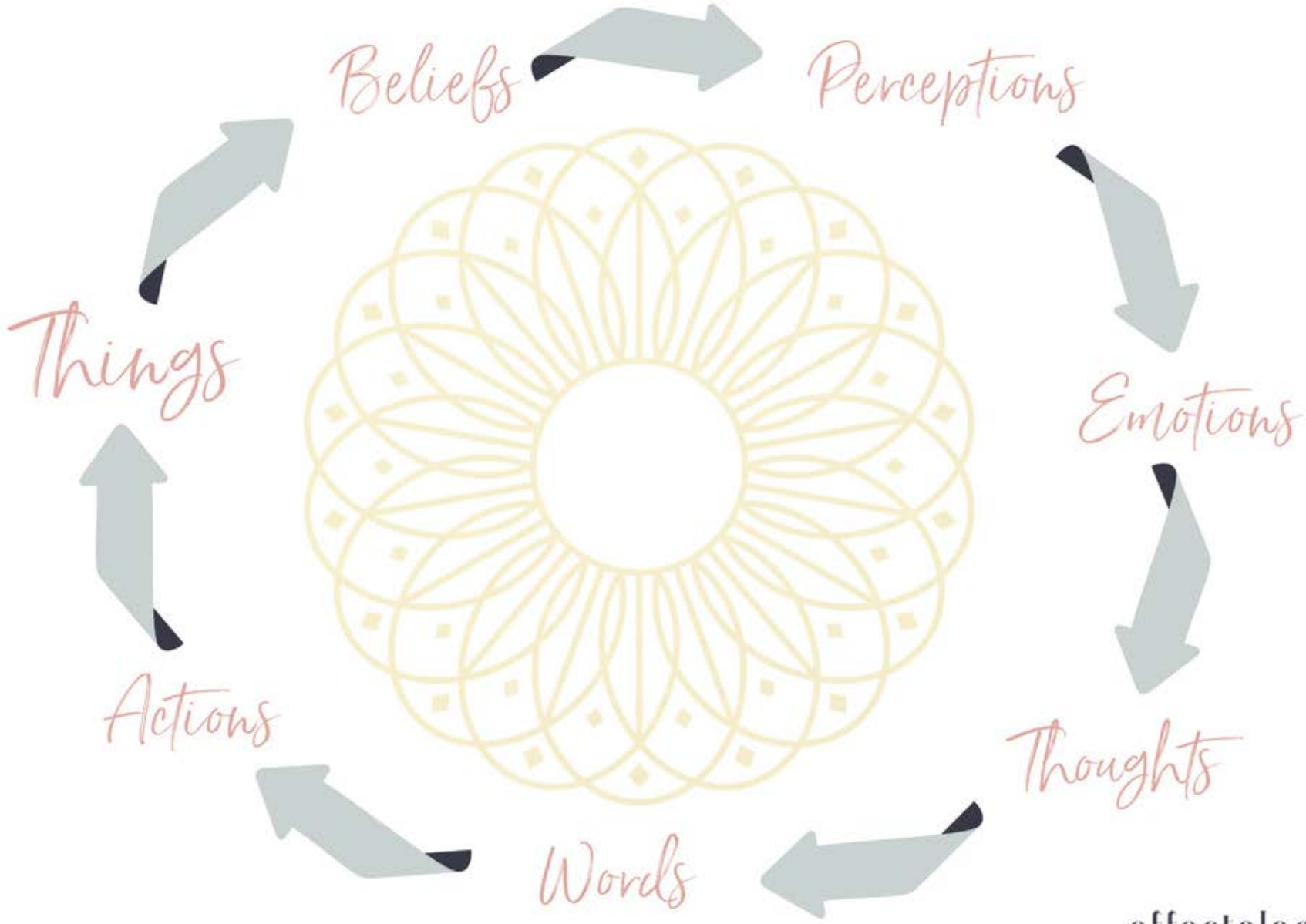
Faith is positive expectation

Faith is a demonstration of positive expectation

Faith is an activity

Baby Steps

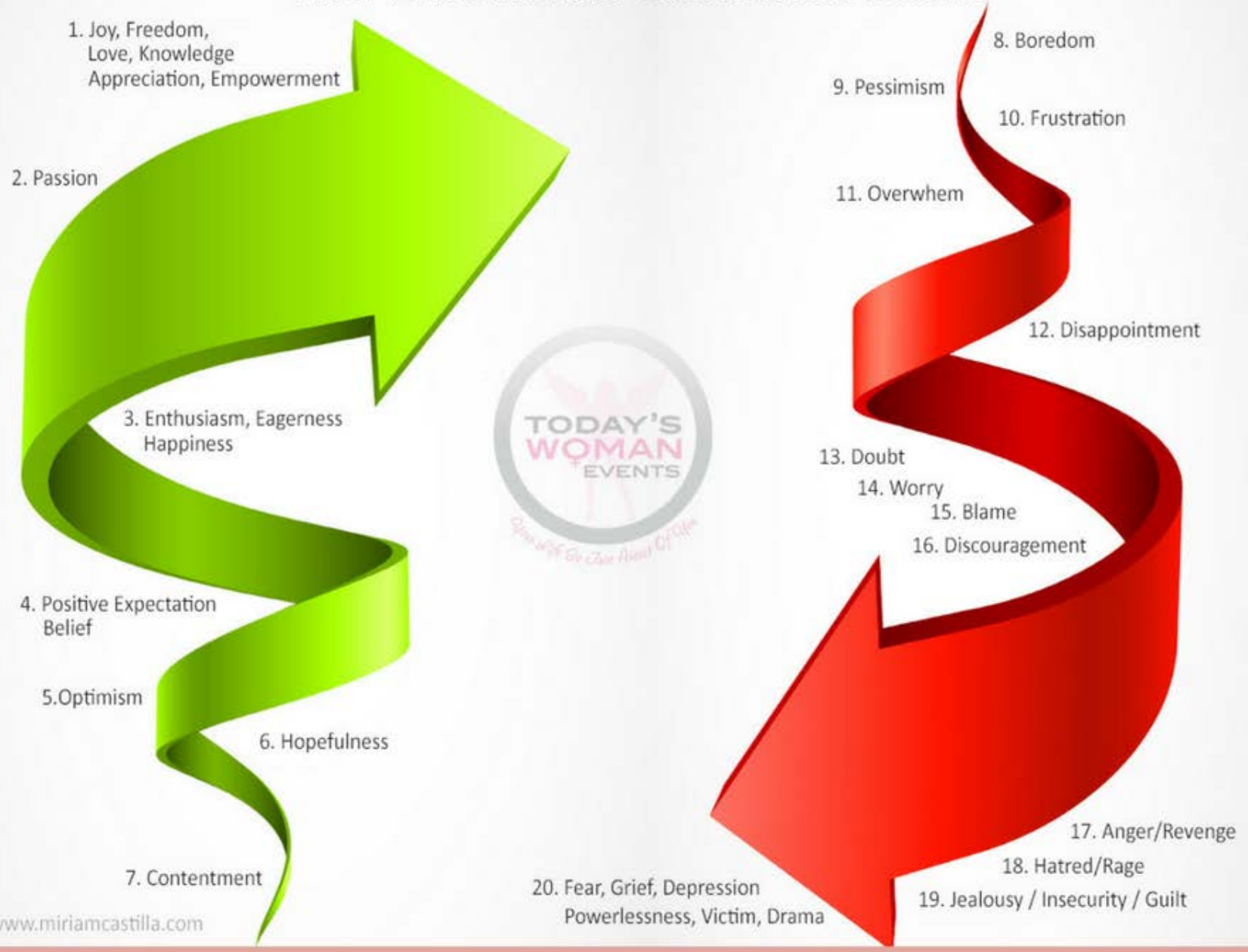
The big one...



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Emotions

The Emotional Guidance Scale



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Thought Connects

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Feeling Attracts

The Process:

- choose 1-2 ways you can start acting as if

- choose some baby steps to take in the direction of your dreams

- do it!

Share in group:

- your acting as if activity

- your baby steps

- how it went

Live Call:

- Acting As If & Baby Steps brainstorm
- Bring your manifesting questions