

The Process:

Start Living in Appreciation:

- On waking
- On falling asleep
- On walking
- On eating

Meditation:

The Vibration of Appreciation

Share in group:

- How does it feel to live in appreciation?
- What makes it easier?
- Have you found any other appreciation triggers?
- Notice the momentum and the shifts

Live Call:

- Living in appreciation fine-tuning
- Bring your manifesting questions