

The Process:

- Start the day on a high vibe (appreciation)
- Combine it with intention (instruct the field)
- Give yourself little boosts along the way to become more stable in your alignment

The Process:

- List your Power Words - pin them up
- List your Happy Habits
 - pin them up
 - start a tracker
- Start doing a daily intention grid over breakfast
- AUDIO: Setting an intention

Share in group:

- #PowerWords
- #HappyHabits

BUDDIES:

- share happy habit trackers every couple of days
- share intention grids DAILY (#intention)
- always TAG each other!

Live Call:

- Practise Grids
- Practise micro intentions
- Discuss Happy Habits & Power Words
- Bring your manifesting questions