

THE **effectology**[™]
M E T H O D

TRANSFORM INTO THE MOST
PROSPEROUS & ABUNDANT
VERSION OF YOU

Miriam Castilla

LIFE ON PURPOSE

Module 4

Remove Obstacles & Soar



4.2

QUICK FIXES

Processes to switch & flip

The Process:

1. Choose a habit to practise 'Delay & Distract' on
2. Use the audio & learn to Surrender ANTS
3. Notice when you play 'Yes, but' - and switch to 'Yes AND'
4. Practise playing 'That's Right!' on your own
5. Use the Unconscious Guidance & other meditations

Buddies:

1. Play 'Yes, but' and 'Yes AND' - discuss
2. Play a game of 'That's Right!' - discuss
3. Report back the group

Share in group:

- How's 'Stopping ANTS' & Delay & Distract'going?
Use #ANTS and #delaydistract
- Catching your "Yes, but's" and switching them
Use #switchit
- How did it go with your buddy?

Live Call:

- Discussion
- 'Yes And' vs 'Yes But' practise
- 'That's Right!' practise
- Bring your manifesting questions!

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