



THE **effectology**<sup>™</sup>  
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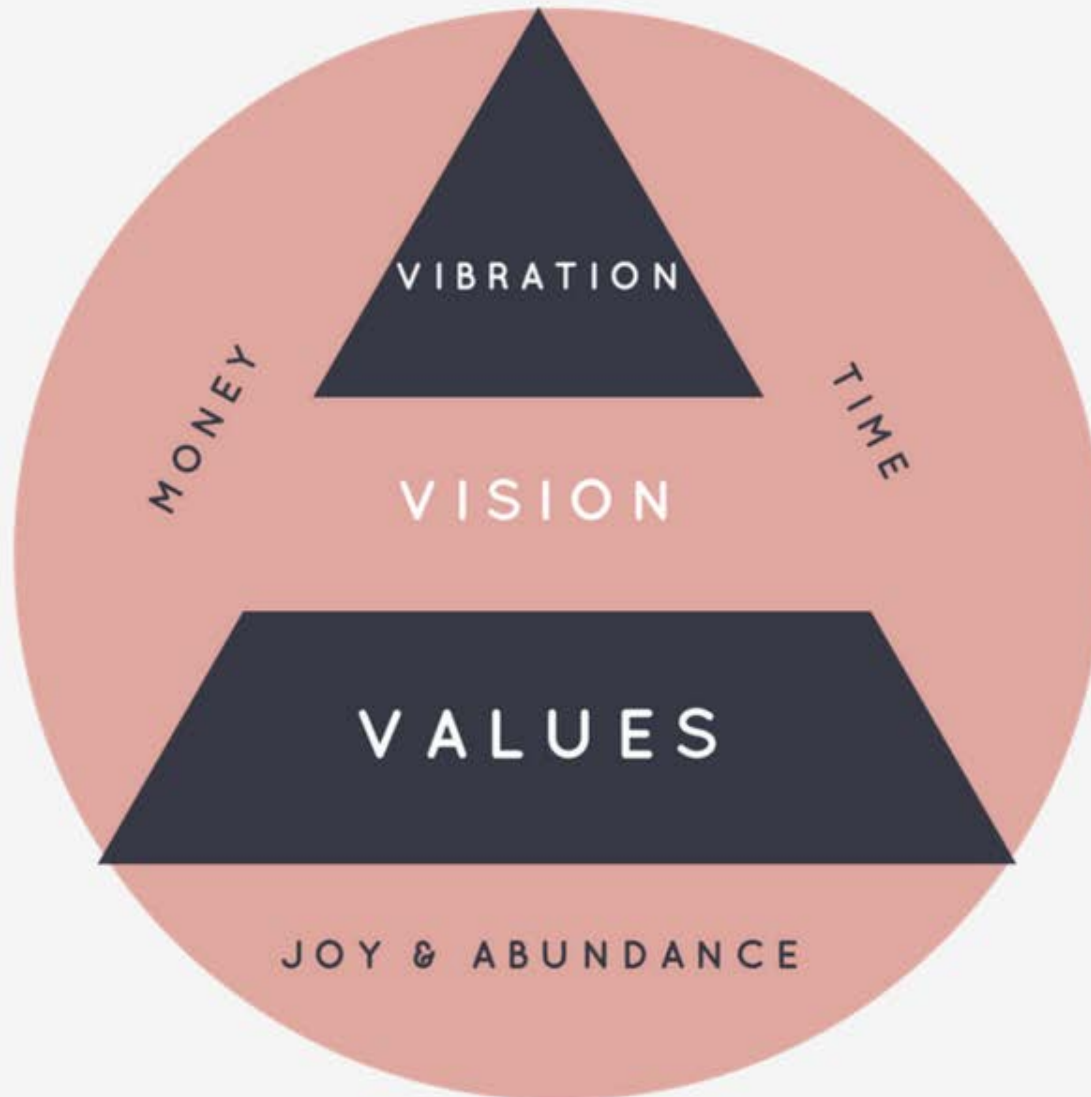
TRANSFORM INTO THE MOST  
PROSPEROUS & ABUNDANT  
VERSION OF YOU

*Miriam Castilla*

LIFE ON PURPOSE

# THE effectology™

M E T H O D



# Module 6

Relax & get effective



# 6.1

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## CORE EFFECTIVENESS PRINCIPLES

Time Mastery Secrets

# The Process:

## #goldengoose

- What's your non negotiable self-care?
- How much do you need & when?
- Book it into your calendar
- Define the rules of the game - how can you protect yourself from things that drain you?

# Share in group:

**#goldengoose**

- what are your activities & how have you made your commitment to yourself iron-clad?
- share your appointments & commitments to yourself
- share your rules of the game

# Buddies

- Get together & share notes on your #goldengoose ideas, thoughts, commitments, rules of the game & plans.
- Help each other make it more easy & do-able

# Meditations

- Focusing within & removing outside distractions
- Feeling Loved

# Live Call:

- Golden Goose Protection Society
- Discussion
- Bring your manifesting questions!



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