

THE 30 DAY
SUCCESS
DARE

WARNING: Only if you really are ready to transform your life should you take on this journey of success and enlightenment.

By Coco Fossland

**RECEIVE THIS MESSAGE AS A WARNING.
THIS THIRTY DAY JOURNEY CANNOT BE TAKEN LIGHTLY.**

**IT IS AT TIMES CHALLENGING AND DIFFICULT. IT WILL LIKELY
INSTIGATE YOUR EVERY FEAR. FEAR COMES OUT WHEN YOU
ARE STRETCHING INTO YOUR SOUL.**

BUT KNOW THAT THE REWARDS ARE BEYOND WORTH IT.

**IN FACT, IF YOU EVER WANT TO TRULY CHANGE YOUR LIFE AND
GROW YOUR BUSINESS, YOU WILL EVENTUALLY HAVE TO FACE
THE FEARS HIDING IN THESE PAGES EVENTUALLY.**

IT'S REALLY NOW OR NEVER.

**THIS JOURNEY IS NOT MEANT FOR DABBLERS. CLOSE THIS
GUIDE RIGHT NOW IF YOU INTEND TO DABBLE. IT IS NOT
MEANT TO BE SAMPLED, BRIEFLY TESTED, OR USED
OCCASIONALLY.**

IT IS TO BE USED FOR THIRTY CONSECUTIVE DAYS.

**IF YOU WILL COMMIT TO A DAY AT A TIME FOR THIRTY DAYS,
THE RESULTS WILL ASTOUND YOU.**

ARE YOU READY?

I DARE YOU.

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Stand Where You Are

Let's take a moment to recap where we started, where we are, and where we headed:

- A month-and-a-half ago, we started this program. You planted the seed for success by making a profound decision to be successful. You created your decision manifesto.
- You met and discovered a relationship with an Authentic Customer, who helped guide you to decide on the “who” and “what” of your business.
- Next you formulated your Authentic Marketing Blueprint, helping you discern what is unique about you, and giving you language to describe your business to others.
- After that, you asked yourself how you would reach out to Authentic Customers by developing the Product Marketing Funnel.

That brings us to today. Pat yourself on the back. Notice how much you accomplished.

Everything up to now has been preparation to support you in client attraction and enrollment.

Breathe in a sigh of relief that the primary issues that stop people from marketing themselves and enrolling clients, is no longer a problem for you:

1. Not having a clear target market
2. Not having a core/primary benefit
3. Not having a clear and effective way to tell people “what you do”
4. Not knowing what makes you and your business special
5. Not having a crystal clear system for how you attract and enroll new customers each month

These are the five things that keep people from client enrollment success. **And these five things are no longer an issue for you!**

Celebrate that!

What comes next is action.

And while your path is now clear, the seemingly simple choice of taking the actions in your plan can often have its own challenges. **The 30 Success Dare Guidebook will help you stay on course and overcome those challenges.**

Here's where you face a whole new breed of challenges. Things like...

- Playing small, in order to stay the same, or prove yourself right – that you are a failure
- Changing your mind every few minutes – not trusting the guidance you received is enough
- Telling yourself you don't have time
- Being disorganized and doing nothing to change it
- Rebelling against instructions – even if they are your own instructions
- Choosing to be undisciplined – choosing to be distracted by other things
- Being afraid to do something new – because new is scary
- Being overly hard on yourself – not making self-care an important priority in client attraction

Up to this point, you have consulted inner guidance every step of the way. And this is huge. But now, in moving into High Frequency Action, you are invited to do more than just consult inner guidance. **You are invited to walk in Divine shoes.**

And by walking in Divine shoes, I mean **you have to change**. That's right. Change at the core. Transform human pain for divine power. This is what's in store for you.

Success from here on out is all up to your mindset. – Who you believe yourself to be. Know that. **Any perceived overwhelm, lack, confusion, or problem that shows up from here on out is an illusion.** -- A total ordinary distraction. Designed to keep you from changing. Designed to keep you from success.

It's up to you to bust yourself and **see through the illusion.**

This is GOOD news. This means that you have ALL the power to create success. You are standing in an infinite well of power. Now all you have to do is **choose to be powerful.**

I invite you to use these questions throughout your days to help you make empowered choices – choices that will move you forward toward your client enrollment goals.

- **Will you choose to be a victim or a hero?**
- **Will you choose your fear or your faith?**
- **Will you choose your lack or your abundance?**

(insert from exercise on Page 24)

The more you are willing to transform victim hood, fear, and lack into heroism, faith, and abundance – the more you will experience success.

Success from here on out, is nothing more than an inside job. Success in the outer world is nothing more than a demonstration of self-trust and self-love on the inner world.

That's why today, we invite three powerful energies to come and support you in your process of transformation (for that is what this is – transforming your life into a state of success). These energies are:

- 1. Inspiration**
- 2. Gratitude**
- 3. Resolve**

Your Goals

Write down three client enrollment goals:

1. _____

2. _____

3. _____

On the next page, for each goal write down the reasons WHY you have these goals.

- **Write down the intellectual reasons why this goal is important to you.** How will this goal help you achieve your strategy? Why will achieving this goal be smart? What skills will you learn? How will your intellect be expanded?
- **Write down materials reasons why this goal is important to you.** How it will help you create money, position, and material honors. What can you buy when you reach this goal? How will you be perceived differently by others?
- **Write down emotional reasons why this goal is important to you.** What emotional needs will be fulfilled? What emotional fears will be put at bay? What would manifesting this goal prove is true about you? What would it prove is NOT true about you?
- **Write down the spiritual reasons why this goal is important to you.** What will the manifestation of this goal represent? How will manifesting this goal help you see and experience the presence of Spirit? How will it help you become one with Spirit? How will your soul grow through the process of manifesting this goal?



Your Goals	Rational Reasons	Material Reasons	Emotional Reasons	Spiritual Reasons
1.				
2.				
3.				

The Energy of Inspiration

When you feel inspired, you are already living at the energy of your dreams. Like gratitude, inspiration has alchemical properties that enable you to lift yourself up out of the dregs of life into the heavenly perspective of creativity.

Inspiration draws from your desire to create. **Inspiration is pure creative juice.** When you feel inspired, notice how you can create anything. And everything you create is fun, exciting, and uplifting.

If you fill yourself with creative juice every day, then taking the Ongoing Actions of your Marketing Funnel become not just easy, but blessed. You feel total focus, excitement, commitment, and bliss when you're in a creative flow. The flow comes from feeling inspired.

Therefore, all you need to do to take action is feel inspired.

Notice how different this is than simply FORCING yourself to do something. The Ongoing Actions on your list are not just another list of "Have To's" that make you feel burdened, heavy, and unmotivated. These actions are the prescription of your soul! They are your soul's visions waiting to be painted onto the empty canvas. They are the path of your Higher Self, loaded with riches, gifts, and opportunities far beyond what you could consciously predict.

The Ongoing Actions of your Product Marketing Funnel are divine orders given to you by Spirit.

Doesn't the very prospect of being the hand of Spirit inspire you???

How can you invoke inspiration? Connect to the reasons why you are committed to your goals.

Be aware of the rational, material, emotional, and spiritual reasons. Notice which reasons are most compelling for you.

Know that all reasons can inspire you to move forward. But all reasons except the spiritual reasons are in some way rooted in lack or inaccurate understanding of your creative nature. Thus, allow your rational, material, and emotional reasons teach you of your human self. But **allow yourself to grow into your spiritual reasons.** Allow them over time to become your only reasons.

ACTION: Every day apply this gentle practice of inspiration before you take the Ongoing Actions of your Product Marketing Funnel. Apply what Emmet Fox calls in *Alter Your Life*, "Spiritual Treatment" on your goals. Spiritual Treatment is where you, "claim gently but definitely that the Great Creative Life Force of the

Universe is bringing each of these goals into your life.” Next, connect with your rational, material, emotional, and spiritual reasons. Give yourself permission each day to stretch into your spiritual reasons even farther.

Assess Yourself

What are three things for which you feel incredible gratitude?

1.
2.
3.

Who are three people you deeply appreciate and value?

4.
5.
6.

What are three things you wish would change in your life?

7.
8.
9.

What are three of your worst fears?

10.
11.
12.

What are three things you feel great shame?

13.
14.
15.

What are your three biggest regrets?

16.
17.
18.

Who are three people you wish you would never have to deal with again?

19.
20.
21.

The Energy of Gratitude

Gratitude is a wonderful thing. It is such a wonderful, powerful thing, in fact, that it gets so much lip service that we think we know what it is. I'm here to tell you that **if we knew what gratitude really is, and if we were practicing it the way the experts tell us, then we would already HAVE everything we want.**

Certainly we wouldn't have a lack of clients.

So let's not come at this as though we already know about gratitude, because we are all mere novices of its power.

Remember that the **key to marketing is to stand in the space of abundance, and then ask the universe for more.**

Gratitude allows us to do that.

What is gratitude? It is **LOVE for a situation or condition** in your life.

During the next month, and as you continue your journey of success, I invite you to **stretch into gratitude beyond the things you already appreciate** in your life, to the things that you don't like and wish did not exist. The practice of gratitude allows you to see the universe working on your behalf – even with the unpleasant circumstances in your life.

For example, **you might face moments of fear** in the coming weeks, if you're asking yourself to reach out to partners or prospects in a way you haven't before. Using the practice of gratitude, you would **seek out gratitude for your fear.**

Gratitude will help you see that your **fear is simply god opening into your life.** It's a signal that Spirit is looking for a new way to operate, and by stepping into that fear, you are becoming more divine. That's something to be grateful for.

As Albert Einstein says, ***"There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle."***

This is how I invite you to look at your current circumstances – especially the ones that you dislike. – The ones you perceive with lack.

Gratitude is a method of alchemy that turns something of lower value into something of higher value. Stand in the space of knowing that everything at this moment – and every moment – is an opportunity for you to step into greatness. To live at your highest. Everything. Especially the things you dislike.

Another brilliant thought by Einstein was, “We can't solve problems by using the same kind of thinking we used when we created them.”

Gratitude, when applied to our unwanted circumstances, enables us to turn negative into positive, because it comes at our troubles with a totally different level of energy. **Gratitude asks, “What is there to love and appreciate about this situation?”**

As you start to blow through your fears, resentments, blames, and limitations, you will systematically transform every unwanted situation into a sacredly revered mine of gold. These mines of gold together create a different pattern in your life capable of creating completely new results.

Consider the wisdom of Helen Keller when she said, “I thank God for my handicaps for, through them, I have found myself, my work, and my God.”

The greater your willingness to infuse gratitude into every area of your life, the faster you will arrive at authentic success, with everything you truly desire.

ACTION: Over the next 30 days, invoke the practice of Gratitude. Take each of the items you listed in the questions above and apply gratitude to them one each day for the next 30 days.



Schedule The Ongoing Actions Of Your Client Enrollment Funnel

Daily and Weekly Actions:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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worldchangingbusiness™

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Monthly Actions:

Monthly Date	Action
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<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
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<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

The Energy of Resolve

Random House's unabridged dictionary defines **resolve** as, “**to come to a definite or earnest decision about.**”

Resolve gives you **the power to unquestioningly follow through.**

Resolve is a most critical tool when it comes to transformation and success. Why? Because the road of transformation and success is riddled with emotion – ups and downs – fears and joys. But **resolve is something you choose to do, regardless of emotion.**

In popular culture, most couples make the commitment when they marry to be faithful. They commit to not cheating on their spouse. Now they know when they make this commitment that they will likely be tempted from time to time. But resolve enables them to make a decision at the time they wed to decide how they will act when the temptation arises. They choose to be faithful.

For those who have resolve, fidelity remains forever in tact. This gives the couple hope for long-term, ongoing success.

Without resolve, there is shaky ground from the beginning.

For your business to be successful, you must be willing to commit resolve. The commitments I invite you to infuse resolve are the Ongoing Actions of your Product Marketing Funnel.

Decide to do them. Period. Whether it rains, whether you're sick, whether you're bored, whether you change your mind, whether a tragedy strikes... Do them.

Have the same resolve about the Ongoing Actions of your Product Marketing Funnel as you would fidelity in a marriage. For all intensive purposes, these actions are your fidelity in your business – and more importantly, to yourself.

This means that you decide now how to behave when you get overwhelmed, when you worry you'll be rejected, when you don't feel like it. You decide to take those actions.

To support your resolve, I invite you to create a Client Enrollment Schedule and block the times in your calendar. Choose to see these as commitments you've resolved to honor, no matter what.

1. Decide on the days you intend to work. For each day, decide on a time of day to start your work day, and a time of day to end. During that time, do not do anything that is not business related.
 - a. It's fine to work longer, but it's not okay while in this stage of creation, to make doctors appointments, trips to the gym, and long lunches the priority. Schedule these things before and after your allotted start and end time each day.
2. Block in specific times to do Ongoing Actions from your Product Marketing funnel. For most of you, expect to spend 10+ hours/week over the next 3 months. For some of you with very high expectations for yourself, you may need 20+ hours/week. Block in a reasonable time into your schedule. During these scheduled times only, do NOTHING else. Absolutely nothing else. (Okay, you can go to the bathroom).
 - a. But no eating, answering the phone, talking on the phone, email, web surfing, non-strategic social networking, text messaging, client work, product development, or anything else. ONLY do your Product Marketing Funnel Ongoing Actions.

Know that as you practice resolve with these actions, you will fundamentally shift and rewire your internal operating system. Don't forget that these Ongoing Actions are themselves Divine instructions with your success and growth as their central theme. As you do them faithfully, watch as your life transforms before your eyes.

ACTION: First, create your Client Enrollment Schedule and practice unstoppable resolve in following it faithfully for the next 30 days. Just do it. No excuses.

Limiting And Unconscious Beliefs

With Inspiration, Gratitude, and Resolve on your side, **the only thing that can work against you is your unconscious mind.** Throughout life and especially in our childhood, we encounter challenging painful situations. The decisions we make about these situations wire our brain to seeing the world in a particular way – an often very disempowering way. These decisions lead to commitments – instructions that help us navigate a fearful world.

These decisions become **Limiting Beliefs**, and these instructions become **Unconscious Commitments**. Because they are rooted in pain and fear, they create havoc in our lives.

Here's how it works:

A Painful Situation occurs →

We form a Limiting Belief →

We arm ourselves with an Unconscious Commitment

These Limiting Beliefs and Unconscious Commitments become out automatic response to painful situations in our lives ongoing. This means, that as children we establish how we think and act. For most people, this becomes the default for the rest of their lives. Notice how a painful situation can lead to a whole lifetime of unwanted circumstances.

Often times it's the Limiting Beliefs and Unconscious Commitments that are responsible for the unwanted situations in our lives. They keep us from change. **They operate in stealth to move us farther and farther from what we want.**

Here are some examples that I've seen with clients in the past:

Painful Childhood Situation...	...Which Leads To A Limiting Belief...	...Which Leads To An Unconscious Commitment...	...Which Leads To A Whole Lifetime of Unwanted Circumstances
<p>"The moment I learned my grandfather died when I was seven."</p>	<p>"I am alone."</p>	<p>"I have to be independent and strong."</p>	<ul style="list-style-type: none"> • Three divorces with all three ex spouses complaining of emotional distance • Being passed over for a promotion for being unwilling to work with and include others • Filing for bankruptcy because of unwillingness to ask others for help
<p>"When I was four and my mother slapped me for telling her she looked fat in her new dress."</p>	<p>"I am bad."</p>	<p>"I have to keep my big mouth shut."</p>	<ul style="list-style-type: none"> • Being repeatedly battered by my husband and telling no one • Missing out on an opportunity to work with a master in my field, because I was too afraid to ask • Allowing my son to take money from me and not doing anything about it
<p>"In kindergarten, when I sang 'Twinkle Twinkle Little Star' with all my might and the other kids made fun of me."</p>	<p>"People don't like me."</p>	<p>"I have to hide."</p>	<ul style="list-style-type: none"> • Arriving at age 50 and realizing I never explored my passion for music • Never getting married • Gaining weight and keeping an unsightly physical appearance so people will leave me alone
<p>"When I was eight and I failed the math test."</p>	<p>"I am stupid."</p>	<p>"I have to work really, really hard."</p>	<ul style="list-style-type: none"> • Going to medical school for 12 years and specializing in brain surgery to prove how smart I am – only to realize I hate being a doctor • Completely exhausted working overtime every night trying to make everything perfect and prove everyone how good I am

These Limiting Beliefs and Unconscious Commitments can make it almost impossible to change the circumstances of your life.

What I want is... (Your goal)	...But I believe that... (Limiting Belief)	...And my default response is to... (Unconscious Commitment)	...So this unwanted outcome prevails...
To attract 10 new clients every month	"I am alone."	"I have to be independent and strong."	Even though opportunities come along to work with potential partners to build my business, for some reason, the relationships never work out. Something doesn't feel quite right, so I end up walking away.
To ask 5 possible partners to do an interview swap with me	"I am bad."	"I have to keep my big mouth shut."	Even though I finally got the courage to ask several people to do a swap with me, when it came time to do the interview, I shut down and could barely talk. So I ended up doing four partner interview swaps, but because I didn't really shine on the interview, the response wasn't great. I don't think I'll try that again.
To double my income in 3 months	"People don't like me."	"I have to hide."	Even though I've been told I am an excellent public speaker, I spend a lot of time working on my website, creating eProducts, and doing pay-per-click campaigns because I feel more comfortable not being visible. And because I worry people won't like my programs, I take a long time to make sure everything is perfect before I launch a program. So my revenue growth is much slower than I'd like.
To speak my Elevator Pitch 20 times per week	"I am stupid."	"I have to work really, really hard."	I try to speak my Elevator Pitch a few times each day, but most of the time I start to get distracted worrying that it sounds stupid. So I find myself editing and reworking. It takes hours to get there and I feel like I haven't accomplished anything.

Thus, even though your **goal might be to attract 10 clients** per month, a Limiting Belief like **“I am not good enough,”** combined with an Unconscious Commitment like, **“I have to play small,”** would make it very difficult. **It’s like having a massive rudder on your boat stuck on one direction.** No matter how hard you paddle the other direction; you still keep finding your way back to the same old place.

During Module 7, we did a visualization to identify a Painful Situation and flush out a Limiting Belief and Unconscious Commitment. Use the space on the next page to capture new awareness from this exercise.

Uncover A Limiting Belief And Unconscious Commitment

1. What is a goal you'd like to manifest?

2. What is the Painful Situation From your childhood?

3. How did you feel? Name the specific feeling you felt. (Imagine what you might have felt if you don't remember.)

4. What did you decide? What Limiting Belief did you create about you or the world?

5. In reaction to this decision, how did you decide to cope? What Unconscious Commitment was born?

6. Where in your life has Unconscious Commitment kept you from having what you want? Make a list.

7. Describe the wounded child who created this Unconscious Commitment.

8. Describe their pain.

9. What does this little child need? What do they long for?

10. What is an action you can take on their behalf to help them receive what they long for?

11. Beneath their pain lives their power. What is their power? What is their gift?

12. What is a new, empowered commitment they'd like you to make to them?

A new question to invoke higher wisdom this month:

Do you choose to

or to

_____?

(Transpose this question to the blank on page 5)

The 30 Day Success Dare

Over the next 30 days, I invite you to a quest – a DARE, if you will. A Success Dare. I dare you to succeed not just in your goals, but in discovering radical personal transformation.

I dare you to become at one with Spirit.

Trust that the information written in your Product Marketing Funnel and your Authentic Marketing Blueprint are of Divine Order. They contain the wisdom and power of the universe. To faithfully use the language of your Authentic Marketing Blueprint and to fulfill the requests of your Product Marketing Funnel is to walk in your Higher Path – a path of riches, wealth, and success. This path will provide the exact situations and conditions to help you move to the next level of personal enlightenment. It provides the recipe of your soul's work. It gives you the exact map to the next place on your spiritual journey.

The Success Dare isn't really about you receiving your goals – though you will if you faithfully follow the journey. **It's really about growing your experience of Spirit.** Remember that throughout your journey.

To support you in the 30 Day Success Dare weaving together the energies of Inspiration, Gratitude, and Resolve, I invite you to use this guide every day for the next 30 days. And after 30 days, feel free to use it all over again. This guide will walk you, day by day, along this spiritually-inspired journey. By participating and answering the questions in the proceeding pages, **you've already begun the Success Dare.**

Day 1 Dare

Question of the Day: Do you choose to be a victim or a hero?

My Decision Statement is...

My Three Goals (from page 6) are...

1.

2.

3.

I hereby apply Spiritual Treatment on these goals. I claim gently but surely that the Great Creative Life Force of the Universe is bringing manifestation to these new realities.

The spiritual reasons I choose to manifest these goals are...

On this day I choose to stretch into Gratitude for the situation marked as #1 on page 11...

Here's what I choose to Love and Appreciate about this today

I am currently transforming...

The Limiting Belief of (p. 22, #4)	The Unconscious Commitment of (p. 22, #5)

...into the New Empowering Commitment of (p. 23, #12) ...

With the strength of Resolve, I will complete these actions today (as committed on pages 14-15:

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

The Ordinary Distraction Being Transformed This Week:

--

The Wisdom, Power, and Transformation you've uncovered from this distraction in the last 24 hours:

--

Use the space below to capture any notes, wisdom, or observations on your process:

--

Day 2 Dare

Question of the Day: Do you choose your fear or your faith?

My Decision Statement is...

My Three Goals (from page 6) are...

- 1.
- 2.
- 3.

I hereby apply Spiritual Treatment on these goals. I claim gently but surely that the Great Creative Life Force of the Universe is bringing manifestation to these new realities.

The spiritual reasons I choose to manifest these goals are...

On this day I choose to stretch into Gratitude for the situation marked as #2 on page 11...

Here's what I choose to Love and Appreciate about this today

I am currently transforming...

The Limiting Belief of (p. 22, #4)	The Unconscious Commitment of (p. 22, #5)

...into the New Empowering Commitment of (p. 23, #12) ...

With the strength of Resolve, I will complete these actions today (as committed on pages 14-15:

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

The Ordinary Distraction Being Transformed This Week:

--

The Wisdom, Power, and Transformation you've uncovered from this distraction in the last 24 hours:

--

Use the space below to capture any notes, wisdom, or observations on your process:

--

Day 3 Dare

Question of the Day: Do you choose your lack or your abundance?

My Decision Statement is...

My Three Goals (from page 6) are...

- 1.
- 2.
- 3.

I hereby apply Spiritual Treatment on these goals. I claim gently but surely that the Great Creative Life Force of the Universe is bringing manifestation to these new realities.

The spiritual reasons I choose to manifest these goals are...

On this day I choose to stretch into Gratitude for the situation marked as #3 on page 11...

Here's what I choose to Love and Appreciate about this today

I am currently transforming...

The Limiting Belief of (p. 22, #4)	The Unconscious Commitment of (p. 22, #5)

...into the New Empowering Commitment of (p. 23, #12) ...

With the strength of Resolve, I will complete these actions today (as committed on pages 14-15:

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

The Ordinary Distraction Being Transformed This Week:

The Wisdom, Power, and Transformation you've uncovered from this distraction in the last 24 hours:

Use the space below to capture any notes, wisdom, or observations on your process:

Day 4 Dare

Question of the Day: _____

(insert from exercise on Page 24)

My Decision Statement is...

My Three Goals (from page 6) are...

1.

2.

3.

I hereby apply Spiritual Treatment on these goals. I claim gently but surely that the Great Creative Life Force of the Universe is bringing manifestation to these new realities.

The spiritual reasons I choose to manifest these goals are...

On this day I choose to stretch into Gratitude for the situation marked as #4 on page 11...

Here's what I choose to Love and Appreciate about this today

I am currently transforming...

The Limiting Belief of (p. 22, #4)	The Unconscious Commitment of (p. 22, #5)

...into the New Empowering Commitment of (p. 23, #12) ...

With the strength of Resolve, I will complete these actions today (as committed on pages 14-15:

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

The Ordinary Distraction Being Transformed This Week:

--

The Wisdom, Power, and Transformation you've uncovered from this distraction in the last 24 hours:

--

Use the space below to capture any notes, wisdom, or observations on your process:

--

Day 5 Dare

Question of the Day: Do you choose to be a victim or a hero?

My Decision Statement is...

My Three Goals (from page 6) are...

1.

2.

3.

I hereby apply Spiritual Treatment on these goals. I claim gently but surely that the Great Creative Life Force of the Universe is bringing manifestation to these new realities.

The spiritual reasons I choose to manifest these goals are...

On this day I choose to stretch into Gratitude for the situation marked as #5 on page 11...

Here's what I choose to Love and Appreciate about this today

I am currently transforming...

The Limiting Belief of (p. 22, #4)	The Unconscious Commitment of (p. 22, #5)

...into the New Empowering Commitment of (p. 23, #12) ...

With the strength of Resolve, I will complete these actions today (as committed on pages 14-15:

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

The Ordinary Distraction Being Transformed This Week:

--

The Wisdom, Power, and Transformation you've uncovered from this distraction in the last 24 hours:

--

Use the space below to capture any notes, wisdom, or observations on your process:

--

Day 6 Dare

Question of the Day: Do you choose your lack or your abundance?

My Decision Statement is...

My Three Goals (from page 6) are...

- 1.
- 2.
- 3.

I hereby apply Spiritual Treatment on these goals. I claim gently but surely that the Great Creative Life Force of the Universe is bringing manifestation to these new realities.

The spiritual reasons I choose to manifest these goals are...

On this day I choose to stretch into Gratitude for the situation marked as #6 on page 11...

Here's what I choose to Love and Appreciate about this today

I am currently transforming...

The Limiting Belief of (p. 22, #4)	The Unconscious Commitment of (p. 22, #5)

...into the New Empowering Commitment of (p. 23, #12) ...

With the strength of Resolve, I will complete these actions today (as committed on pages 14-15:

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

The Ordinary Distraction Being Transformed This Week:

--

The Wisdom, Power, and Transformation you've uncovered from this distraction in the last 24 hours:

--

Use the space below to capture any notes, wisdom, or observations on your process:

--

Day 7 Dare

Question of the Day: _____

(insert from exercise on Page 24)

My Decision Statement is...

My Three Goals (from page 6) are...

1.

2.

3.

I hereby apply Spiritual Treatment on these goals. I claim gently but surely that the Great Creative Life Force of the Universe is bringing manifestation to these new realities.

The spiritual reasons I choose to manifest these goals are...

On this day I choose to stretch into Gratitude for the situation marked as #7 on page 11...

Here's what I choose to Love and Appreciate about this today

I am currently transforming...

The Limiting Belief of (p. 22, #4)	The Unconscious Commitment of (p. 22, #5)

...into the New Empowering Commitment of (p. 23, #12) ...

With the strength of Resolve, I will complete these actions today (as committed on pages 14-15:

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

The Ordinary Distraction Being Transformed This Week:

--

The Wisdom, Power, and Transformation you've uncovered from this distraction in the last 24 hours:

--

Use the space below to capture any notes, wisdom, or observations on your process:

--

Day 8 Dare

Question of the Day: Do you choose to be a victim or a hero?

My Decision Statement is...

My Three Goals (from page 6) are...

1.

2.

3.

I hereby apply Spiritual Treatment on these goals. I claim gently but surely that the Great Creative Life Force of the Universe is bringing manifestation to these new realities.

The spiritual reasons I choose to manifest these goals are...

On this day I choose to stretch into Gratitude for the situation marked as #8 on page 11...

Here's what I choose to Love and Appreciate about this today

I am currently transforming...

The Limiting Belief of (p. 22, #4)	The Unconscious Commitment of (p. 22, #5)

...into the New Empowering Commitment of (p. 23, #12) ...

With the strength of Resolve, I will complete these actions today (as committed on pages 14-15:

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

The Ordinary Distraction Being Transformed This Week:

--

The Wisdom, Power, and Transformation you've uncovered from this distraction in the last 24 hours:

--

Use the space below to capture any notes, wisdom, or observations on your process:

--

Day 9 Dare

Question of the Day: Do you choose your fear or your faith?

My Decision Statement is...

My Three Goals (from page 6) are...

- 1.
- 2.
- 3.

I hereby apply Spiritual Treatment on these goals. I claim gently but surely that the Great Creative Life Force of the Universe is bringing manifestation to these new realities.

The spiritual reasons I choose to manifest these goals are...

On this day I choose to stretch into Gratitude for the situation marked as #9 on page 11...

Here's what I choose to Love and Appreciate about this today

I am currently transforming...

The Limiting Belief of (p. 22, #4)	The Unconscious Commitment of (p. 22, #5)

...into the New Empowering Commitment of (p. 23, #12) ...

With the strength of Resolve, I will complete these actions today (as committed on pages 14-15:

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

The Ordinary Distraction Being Transformed This Week:

--

The Wisdom, Power, and Transformation you've uncovered from this distraction in the last 24 hours:

--

Use the space below to capture any notes, wisdom, or observations on your process:

--

Day 10 Dare

Question of the Day: Do you choose your lack or your abundance?

My Decision Statement is...

My Three Goals (from page 6) are...

- 1.
- 2.
- 3.

I hereby apply Spiritual Treatment on these goals. I claim gently but surely that the Great Creative Life Force of the Universe is bringing manifestation to these new realities.

The spiritual reasons I choose to manifest these goals are...

On this day I choose to stretch into Gratitude for the situation marked as #10 on page 11...

Here's what I choose to Love and Appreciate about this today

I am currently transforming...

The Limiting Belief of (p. 22, #4)	The Unconscious Commitment of (p. 22, #5)

...into the New Empowering Commitment of (p. 23, #12) ...

With the strength of Resolve, I will complete these actions today (as committed on pages 14-15:

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

The Ordinary Distraction Being Transformed This Week:

--

The Wisdom, Power, and Transformation you've uncovered from this distraction in the last 24 hours:

--

Use the space below to capture any notes, wisdom, or observations on your process:

--

Day 11 Dare

Question of the Day: _____

(insert from exercise on Page 24)

My Decision Statement is...

My Three Goals (from page 6) are...

- 1.
- 2.
- 3.

I hereby apply Spiritual Treatment on these goals. I claim gently but surely that the Great Creative Life Force of the Universe is bringing manifestation to these new realities.

The spiritual reasons I choose to manifest these goals are...

On this day I choose to stretch into Gratitude for the situation marked as #11 on page 11...

Here's what I choose to Love and Appreciate about this today

I am currently transforming...

The Limiting Belief of (p. 22, #4)	The Unconscious Commitment of (p. 22, #5)

...into the New Empowering Commitment of (p. 23, #12) ...

With the strength of Resolve, I will complete these actions today (as committed on pages 14-15:

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

The Ordinary Distraction Being Transformed This Week:

--

The Wisdom, Power, and Transformation you've uncovered from this distraction in the last 24 hours:

--

Use the space below to capture any notes, wisdom, or observations on your process:

--

Day 12 Dare

Question of the Day: Do you choose to be a victim or a hero?

My Decision Statement is...

My Three Goals (from page 6) are...

- 1.
- 2.
- 3.

I hereby apply Spiritual Treatment on these goals. I claim gently but surely that the Great Creative Life Force of the Universe is bringing manifestation to these new realities.

The spiritual reasons I choose to manifest these goals are...

On this day I choose to stretch into Gratitude for the situation marked as #12 on page 11...

Here's what I choose to Love and Appreciate about this today

I am currently transforming...

The Limiting Belief of (p. 22, #4)	The Unconscious Commitment of (p. 22, #5)

...into the New Empowering Commitment of (p. 23, #12) ...

With the strength of Resolve, I will complete these actions today (as committed on pages 14-15:

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

The Ordinary Distraction Being Transformed This Week:

--

The Wisdom, Power, and Transformation you've uncovered from this distraction in the last 24 hours:

--

Use the space below to capture any notes, wisdom, or observations on your process:

--

Day 13 Dare

Question of the Day: Do you choose your fear or your faith?

My Decision Statement is...

My Three Goals (from page 6) are...

1.

2.

3.

I hereby apply Spiritual Treatment on these goals. I claim gently but surely that the Great Creative Life Force of the Universe is bringing manifestation to these new realities.

The spiritual reasons I choose to manifest these goals are...

On this day I choose to stretch into Gratitude for the situation marked as #13 on page 11...

Here's what I choose to Love and Appreciate about this today

I am currently transforming...

The Limiting Belief of (p. 22, #4)	The Unconscious Commitment of (p. 22, #5)

...into the New Empowering Commitment of (p. 23, #12) ...

With the strength of Resolve, I will complete these actions today (as committed on pages 14-15:

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

The Ordinary Distraction Being Transformed This Week:

--

The Wisdom, Power, and Transformation you've uncovered from this distraction in the last 24 hours:

--

Use the space below to capture any notes, wisdom, or observations on your process:

--

Day 14 Dare

Question of the Day: Do you choose your lack or your abundance?

My Decision Statement is...

My Three Goals (from page 6) are...

1.

2.

3.

I hereby apply Spiritual Treatment on these goals. I claim gently but surely that the Great Creative Life Force of the Universe is bringing manifestation to these new realities.

The spiritual reasons I choose to manifest these goals are...

On this day I choose to stretch into Gratitude for the situation marked as #14 on page 11...

Here's what I choose to Love and Appreciate about this today

I am currently transforming...

The Limiting Belief of (p. 22, #4)	The Unconscious Commitment of (p. 22, #5)

...into the New Empowering Commitment of (p. 23, #12) ...

With the strength of Resolve, I will complete these actions today (as committed on pages 14-15:

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

The Ordinary Distraction Being Transformed This Week:

--

The Wisdom, Power, and Transformation you've uncovered from this distraction in the last 24 hours:

--

Use the space below to capture any notes, wisdom, or observations on your process:

--

Day 15 Dare

Question of the Day: _____

(insert from exercise on Page 24)

My Decision Statement is...

My Three Goals (from page 6) are...

1.

2.

3.

I hereby apply Spiritual Treatment on these goals. I claim gently but surely that the Great Creative Life Force of the Universe is bringing manifestation to these new realities.

The spiritual reasons I choose to manifest these goals are...

On this day I choose to stretch into Gratitude for the situation marked as #15 on page 11...

Here's what I choose to Love and Appreciate about this today

I am currently transforming...

The Limiting Belief of (p. 22, #4)	The Unconscious Commitment of (p. 22, #5)

...into the New Empowering Commitment of (p. 23, #12) ...

With the strength of Resolve, I will complete these actions today (as committed on pages 14-15:

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

The Ordinary Distraction Being Transformed This Week:

--

The Wisdom, Power, and Transformation you've uncovered from this distraction in the last 24 hours:

--

Use the space below to capture any notes, wisdom, or observations on your process:

--

Day 16 Dare

Question of the Day: Do you choose to be a victim or a hero?

My Decision Statement is...

My Three Goals (from page 6) are...

- 1.
- 2.
- 3.

I hereby apply Spiritual Treatment on these goals. I claim gently but surely that the Great Creative Life Force of the Universe is bringing manifestation to these new realities.

The spiritual reasons I choose to manifest these goals are...

On this day I choose to stretch into Gratitude for the situation marked as #16 on page 11...

Here's what I choose to Love and Appreciate about this today

I am currently transforming...

The Limiting Belief of (p. 22, #4)	The Unconscious Commitment of (p. 22, #5)

...into the New Empowering Commitment of (p. 23, #12) ...

With the strength of Resolve, I will complete these actions today (as committed on pages 14-15:

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

The Ordinary Distraction Being Transformed This Week:

--

The Wisdom, Power, and Transformation you've uncovered from this distraction in the last 24 hours:

--

Use the space below to capture any notes, wisdom, or observations on your process:

--

Day 17 Dare

Question of the Day: Do you choose your fear or your faith?

My Decision Statement is...

My Three Goals (from page 6) are...

- 1.
- 2.
- 3.

I hereby apply Spiritual Treatment on these goals. I claim gently but surely that the Great Creative Life Force of the Universe is bringing manifestation to these new realities.

The spiritual reasons I choose to manifest these goals are...

On this day I choose to stretch into Gratitude for the situation marked as #17 on page 11...

Here's what I choose to Love and Appreciate about this today

I am currently transforming...

The Limiting Belief of (p. 22, #4)	The Unconscious Commitment of (p. 22, #5)

...into the New Empowering Commitment of (p. 23, #12) ...

With the strength of Resolve, I will complete these actions today (as committed on pages 14-15:

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

The Ordinary Distraction Being Transformed This Week:

--

The Wisdom, Power, and Transformation you've uncovered from this distraction in the last 24 hours:

--

Use the space below to capture any notes, wisdom, or observations on your process:

--

Day 18 Dare

Question of the Day: Do you choose your lack or your abundance?

My Decision Statement is...

My Three Goals (from page 6) are...

- 1.
- 2.
- 3.

I hereby apply Spiritual Treatment on these goals. I claim gently but surely that the Great Creative Life Force of the Universe is bringing manifestation to these new realities.

The spiritual reasons I choose to manifest these goals are...

On this day I choose to stretch into Gratitude for the situation marked as #18 on page 11...

Here's what I choose to Love and Appreciate about this today

I am currently transforming...

The Limiting Belief of (p. 22, #4)	The Unconscious Commitment of (p. 22, #5)

...into the New Empowering Commitment of (p. 23, #12) ...

With the strength of Resolve, I will complete these actions today (as committed on pages 14-15:

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

The Ordinary Distraction Being Transformed This Week:

--

The Wisdom, Power, and Transformation you've uncovered from this distraction in the last 24 hours:

--

Use the space below to capture any notes, wisdom, or observations on your process:

--

Day 19 Dare

Question of the Day: _____

(insert from exercise on Page 24)

My Decision Statement is...

My Three Goals (from page 6) are...

1.

2.

3.

I hereby apply Spiritual Treatment on these goals. I claim gently but surely that the Great Creative Life Force of the Universe is bringing manifestation to these new realities.

The spiritual reasons I choose to manifest these goals are...

On this day I choose to stretch into Gratitude for the situation marked as #19 on page 11...

Here's what I choose to Love and Appreciate about this today

I am currently transforming...

The Limiting Belief of (p. 22, #4)	The Unconscious Commitment of (p. 22, #5)

...into the New Empowering Commitment of (p. 23, #12) ...

With the strength of Resolve, I will complete these actions today (as committed on pages 14-15:

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

The Ordinary Distraction Being Transformed This Week:

--

The Wisdom, Power, and Transformation you've uncovered from this distraction in the last 24 hours:

--

Use the space below to capture any notes, wisdom, or observations on your process:

--

Day 20 Dare

Question of the Day: Do you choose to be a victim or a hero?

My Decision Statement is...

My Three Goals (from page 6) are...

1.

2.

3.

I hereby apply Spiritual Treatment on these goals. I claim gently but surely that the Great Creative Life Force of the Universe is bringing manifestation to these new realities.

The spiritual reasons I choose to manifest these goals are...

On this day I choose to stretch into Gratitude for the situation marked as #20 on page 11...

Here's what I choose to Love and Appreciate about this today

I am currently transforming...

The Limiting Belief of (p. 22, #4)	The Unconscious Commitment of (p. 22, #5)

...into the New Empowering Commitment of (p. 23, #12) ...

With the strength of Resolve, I will complete these actions today (as committed on pages 14-15:

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

The Ordinary Distraction Being Transformed This Week:

--

The Wisdom, Power, and Transformation you've uncovered from this distraction in the last 24 hours:

--

Use the space below to capture any notes, wisdom, or observations on your process:

--

Day 21 Dare

Question of the Day: Do you choose your fear or your faith?

My Decision Statement is...

My Three Goals (from page 6) are...

- 1.
- 2.
- 3.

I hereby apply Spiritual Treatment on these goals. I claim gently but surely that the Great Creative Life Force of the Universe is bringing manifestation to these new realities.

The spiritual reasons I choose to manifest these goals are...

On this day I choose to stretch into Gratitude for the situation marked as #21 on page 11...

Here's what I choose to Love and Appreciate about this today

I am currently transforming...

The Limiting Belief of (p. 22, #4)	The Unconscious Commitment of (p. 22, #5)

...into the New Empowering Commitment of (p. 23, #12) ...

With the strength of Resolve, I will complete these actions today (as committed on pages 14-15:

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

The Ordinary Distraction Being Transformed This Week:

--

The Wisdom, Power, and Transformation you've uncovered from this distraction in the last 24 hours:

--

Use the space below to capture any notes, wisdom, or observations on your process:

--

Day 22 Dare

Question of the Day: Do you choose your lack or your abundance?

My Decision Statement is...

My Three Goals (from page 6) are...

1.

2.

3.

I hereby apply Spiritual Treatment on these goals. I claim gently but surely that the Great Creative Life Force of the Universe is bringing manifestation to these new realities.

The spiritual reasons I choose to manifest these goals are...

On this day I choose to stretch into Gratitude for the situation marked as #14 on page 11...

Here's what I choose to Love and Appreciate about this today

I am currently transforming...

The Limiting Belief of (p. 22, #4)	The Unconscious Commitment of (p. 22, #5)

...into the New Empowering Commitment of (p. 23, #12) ...

With the strength of Resolve, I will complete these actions today (as committed on pages 14-15:

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

The Ordinary Distraction Being Transformed This Week:

--

The Wisdom, Power, and Transformation you've uncovered from this distraction in the last 24 hours:

--

Use the space below to capture any notes, wisdom, or observations on your process:

--

Day 23 Dare

Question of the Day: _____

(insert from exercise on Page 24)

My Decision Statement is...

My Three Goals (from page 6) are...

- 1.
- 2.
- 3.

I hereby apply Spiritual Treatment on these goals. I claim gently but surely that the Great Creative Life Force of the Universe is bringing manifestation to these new realities.

The spiritual reasons I choose to manifest these goals are...

On this day I choose to stretch into Gratitude for the situation marked as #15 on page 11...

Here's what I choose to Love and Appreciate about this today

I am currently transforming...

The Limiting Belief of (p. 22, #4)	The Unconscious Commitment of (p. 22, #5)

...into the New Empowering Commitment of (p. 23, #12) ...

With the strength of Resolve, I will complete these actions today (as committed on pages 14-15:

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

The Ordinary Distraction Being Transformed This Week:

--

The Wisdom, Power, and Transformation you've uncovered from this distraction in the last 24 hours:

--

Use the space below to capture any notes, wisdom, or observations on your process:

--

Day 24 Dare

Question of the Day: Do you choose to be a victim or a hero?

My Decision Statement is...

My Three Goals (from page 6) are...

- 1.
- 2.
- 3.

I hereby apply Spiritual Treatment on these goals. I claim gently but surely that the Great Creative Life Force of the Universe is bringing manifestation to these new realities.

The spiritual reasons I choose to manifest these goals are...

On this day I choose to stretch into Gratitude for the situation marked as #16 on page 11...

Here's what I choose to Love and Appreciate about this today

I am currently transforming...

The Limiting Belief of (p. 22, #4)	The Unconscious Commitment of (p. 22, #5)

...into the New Empowering Commitment of (p. 23, #12) ...

With the strength of Resolve, I will complete these actions today (as committed on pages 14-15:

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

The Ordinary Distraction Being Transformed This Week:

--

The Wisdom, Power, and Transformation you've uncovered from this distraction in the last 24 hours:

--

Use the space below to capture any notes, wisdom, or observations on your process:

--

Day 25 Dare

Question of the Day: Do you choose your fear or your faith?

My Decision Statement is...

My Three Goals (from page 6) are...

1.

2.

3.

I hereby apply Spiritual Treatment on these goals. I claim gently but surely that the Great Creative Life Force of the Universe is bringing manifestation to these new realities.

The spiritual reasons I choose to manifest these goals are...

On this day I choose to stretch into Gratitude for the situation marked as #17 on page 11...

Here's what I choose to Love and Appreciate about this today

I am currently transforming...

The Limiting Belief of (p. 22, #4)	The Unconscious Commitment of (p. 22, #5)

...into the New Empowering Commitment of (p. 23, #12) ...

With the strength of Resolve, I will complete these actions today (as committed on pages 14-15:

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

The Ordinary Distraction Being Transformed This Week:

--

The Wisdom, Power, and Transformation you've uncovered from this distraction in the last 24 hours:

--

Use the space below to capture any notes, wisdom, or observations on your process:

--

Day 26 Dare

Question of the Day: Do you choose your lack or your abundance?

My Decision Statement is...

My Three Goals (from page 6) are...

- 1.
- 2.
- 3.

I hereby apply Spiritual Treatment on these goals. I claim gently but surely that the Great Creative Life Force of the Universe is bringing manifestation to these new realities.

The spiritual reasons I choose to manifest these goals are...

On this day I choose to stretch into Gratitude for the situation marked as #18 on page 11...

Here's what I choose to Love and Appreciate about this today

I am currently transforming...

The Limiting Belief of (p. 22, #4)	The Unconscious Commitment of (p. 22, #5)

...into the New Empowering Commitment of (p. 23, #12) ...

With the strength of Resolve, I will complete these actions today (as committed on pages 14-15:

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

The Ordinary Distraction Being Transformed This Week:

--

The Wisdom, Power, and Transformation you've uncovered from this distraction in the last 24 hours:

--

Use the space below to capture any notes, wisdom, or observations on your process:

--

Day 27 Dare

Question of the Day: _____

(insert from exercise on Page 24)

My Decision Statement is...

My Three Goals (from page 6) are...

1.

2.

3.

I hereby apply Spiritual Treatment on these goals. I claim gently but surely that the Great Creative Life Force of the Universe is bringing manifestation to these new realities.

The spiritual reasons I choose to manifest these goals are...

On this day I choose to stretch into Gratitude for the situation marked as #19 on page 11...

Here's what I choose to Love and Appreciate about this today

I am currently transforming...

The Limiting Belief of (p. 22, #4)	The Unconscious Commitment of (p. 22, #5)

...into the New Empowering Commitment of (p. 23, #12) ...

With the strength of Resolve, I will complete these actions today (as committed on pages 14-15:

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

The Ordinary Distraction Being Transformed This Week:

--

The Wisdom, Power, and Transformation you've uncovered from this distraction in the last 24 hours:

--

Use the space below to capture any notes, wisdom, or observations on your process:

--

Day 28 Dare

Question of the Day: Do you choose to be a victim or a hero?

My Decision Statement is...

My Three Goals (from page 6) are...

- 1.
- 2.
- 3.

I hereby apply Spiritual Treatment on these goals. I claim gently but surely that the Great Creative Life Force of the Universe is bringing manifestation to these new realities.

The spiritual reasons I choose to manifest these goals are...

On this day I choose to stretch into Gratitude for the situation marked as #20 on page 11...

Here's what I choose to Love and Appreciate about this today

I am currently transforming...

The Limiting Belief of (p. 22, #4)	The Unconscious Commitment of (p. 22, #5)

...into the New Empowering Commitment of (p. 23, #12) ...

With the strength of Resolve, I will complete these actions today (as committed on pages 14-15:

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

The Ordinary Distraction Being Transformed This Week:

--

The Wisdom, Power, and Transformation you've uncovered from this distraction in the last 24 hours:

--

Use the space below to capture any notes, wisdom, or observations on your process:

--

Day 29 Dare

Question of the Day: Do you choose your fear or your faith?

My Decision Statement is...

My Three Goals (from page 6) are...

1.

2.

3.

I hereby apply Spiritual Treatment on these goals. I claim gently but surely that the Great Creative Life Force of the Universe is bringing manifestation to these new realities.

The spiritual reasons I choose to manifest these goals are...

On this day I choose to stretch into Gratitude for the situation marked as #21 on page 11...

Here's what I choose to Love and Appreciate about this today

I am currently transforming...

The Limiting Belief of (p. 22, #4)	The Unconscious Commitment of (p. 22, #5)

...into the New Empowering Commitment of (p. 23, #12) ...

With the strength of Resolve, I will complete these actions today (as committed on pages 14-15:

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
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The Ordinary Distraction Being Transformed This Week:

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The Wisdom, Power, and Transformation you've uncovered from this distraction in the last 24 hours:

--

Use the space below to capture any notes, wisdom, or observations on your process:

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Day 30 Dare

Question of the Day: Do you choose your lack or your abundance?

My Decision Statement is...

My Three Goals (from page 6) are...

- 1.
- 2.
- 3.

I hereby apply Spiritual Treatment on these goals. I claim gently but surely that the Great Creative Life Force of the Universe is bringing manifestation to these new realities.

The spiritual reasons I choose to manifest these goals are...

On this day I choose to stretch into Gratitude for the situation marked as #14 on page 11...

Here's what I choose to Love and Appreciate about this today

I am currently transforming...

The Limiting Belief of (p. 22, #4)	The Unconscious Commitment of (p. 22, #5)

...into the New Empowering Commitment of (p. 23, #12) ...

With the strength of Resolve, I will complete these actions today (as committed on pages 14-15:

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
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<input type="checkbox"/>

The Ordinary Distraction Being Transformed This Week:

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The Wisdom, Power, and Transformation you've uncovered from this distraction in the last 24 hours:

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