



# *Self Awareness & Relationships:*

Manifesting, Attracting and Becoming 'The One'



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**TASK** *Sheet*

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# HOW TO **OVERRIDE** YOUR SUBCONSCIOUS MIND AND MAKE IT WORK FOR YOU.



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# 1a.

Write 5 '**I AM**' statements.

Write them in present tense like you already have that which they represent. e.g I AM CONFIDENT. I AM RICH. I AM PRODUCTIVE. I HAVE A SUCCESSFUL BUSINESS.

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# 1b.

Repeat these statements to yourself as many times as possible through out the day.

**IMPORTANT:** Expel all doubt from your mind as you read these statements.



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# HOW TO BECOME A CONSISTENT ACTION-TAKER



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2.

From this day forward, as you take actions towards your goals - ACT AS IF IT WERE IMPOSSIBLE TO FAIL.



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# HOW TO MANIFEST ANYTHING YOU WANT

(That which you are seeking, is also seeking you)



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# 3.

Think of something you desire,  
picture how you would feel once  
you have received that which you  
want.

Let the happy feeling, the excitement, the sense of fulfilment come over you. Now remain in that feeling as many times as you can throughout the day.

**Important:** The feeling you hold within your body is the force that would attract the corresponding incidences of your desire to you.

Forget what is going on around you, even if things seem to be falling apart, stay in the 'feeling of having realized your aspiration'

**This way you would create your desired life  
from your unlimited life source.**



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# Note

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