

Momentum And Next Steps Action Plan



Marketing Funnel Next Steps		

Main Project Momentum Next Steps

Intolerables Next Steps

Psychic Intuitive / Energy Healing Journal Next Step	OS

Motivat	tion Accelera	itors Next	t Steps		

Ful	Soul Alignment Sequence Next Steps:
Cal	ounding, Clearing, Protection, Call Your Soul Home, Center Of Head, I On Your Soul-Transmissions Of Grace-Soul Essence Of Your ention-Spirit Guides And Angels

Review of Membership Training Calls Next Steps	

Intuition Access Accelerators Next Steps

- Center Of Head Exercise
- Deep Breathing focusing on the gap of silence between the inhale and the exhale and, then, the gap between the exhale and the inhale
- Focusing on the gap of silence after asking the question "I wonder from where the next thought will come..."
- Rapid State Change Exercise:
 - Step 1: Focus on memories or future potential thoughts that make you feel good, loved, happy, delighted, positive. Hold for at least 15 seconds.
 - Step 2: Focus on 5 10 aspects of your professional and personal life for which you are grateful. Take the time to feel the gratitude, appreciation, joy that get triggered when you dwell on these thoughts.
 - Step 3: What is the good in this situation? What IS working in this situation? What is the gift of this circumstance?

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