



The
3 Day
Energy Revival
HOME KIT

WORKBOOK

Bringing Your Dreams Into Focus

The first step to begin the process of manifestation is by far the most important.

In order to create we must know that our thoughts create our reality, they really really do.

Therefore if you want to create an experience, thing, desire, you must first begin by having clear, focused thought on your desire.

Universal Law states that whatever you focus on, you do create, whether you want it or not!

As my favourite mentor **Sonia Choquette** says,

"Desire directs focus. If your desires are vague, your focus will be blurred. If your focus is blurred your experience will be hazy"

That's why vague direction and goals never materialise, but clear dreams and goals will. In my case, my vague goals affected my eyesight and my physical ability to see where I was going.

It wasn't until I began to get clear about what I wanted and desired that things began to shift.

I stopped focusing my attention on the lack of eyesight and the limitation that it caused in my life and began to focus on what eyesight I did have and what freedom I was experiencing.



**First, lets have a look at where your focus is
and what is currently holding your attention.**

Where do you feel stuck in your life?

**What isn't working - what are you finding most frustrating,
limiting or stressful?**



Bringing Your Dreams Into Focus

What do you dwell on?

What do you feel is missing in your life?

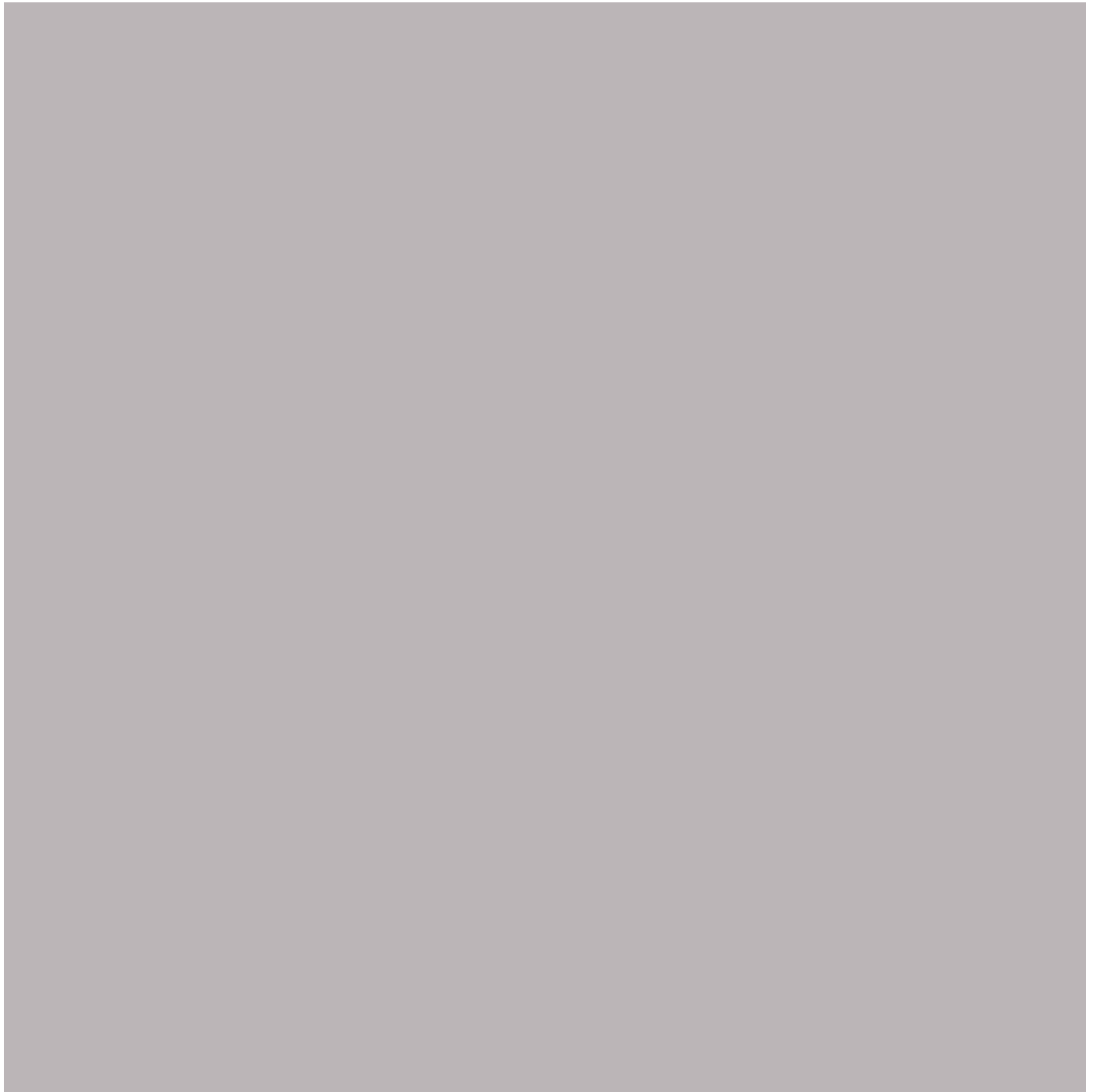
What do you crave?



Bringing Your Dreams Into Focus

Let's take it further and feel what truth lives behind our fears. As you know within a Kinesiology session, our subconscious mind prefers not to take risks. Sometimes we hold ourselves back without even knowing.

If I wasn't afraid I would?...



Bringing Your Dreams Into Focus

First you will be prompted to acknowledge what's not working, getting real about the negatives in our lives is a great platform for transformation, the key is to not get stuck on what isn't working.

Use these spaces firstly to acknowledge the negatives (let's keep this part of the conversation brief, we really do want to accentuate the positive in our lives) then turn your focus to what is already great.

You'll then sharpen your focus by writing down what it is you would like to experience, create and have.

Lastly, and most importantly, we are going to make the connections between how you want to feel and what will actually help you feel that way. You may want to use your DIY nourishment cards to help you generate good vibes.

Start with your needs and desires. Simply focus on what you desire now: today, this week. this month; maybe this season.

Avoid going further out in time than that as just like our eyesight, your vision will become vague and hazy. Our energy is most powerful in the present.



Physical Health and Well-Being:

This includes all that concerns your body, including weight loss or gain, beauty, exercise, food, rest & relaxation, sport, recovery from illness etc.

What isn't working?

What is working (gratitude)?

What you'd like to create?

How will you feel when you reach your goal?

What can you do to feel that way today?



Finances:

This includes income, savings, paying off debt, investments, money for pleasure, adventures and indulgences.

What isn't working?

What is working (gratitude)?

What you'd like to create?

How will you feel when you reach your goal?

What can you do to feel that way today?



Home:

This includes buying, selling, renting, remodelling, improving, decorating and acquiring roommates.

What isn't working?

What is working (gratitude)?

What you'd like to create?

How will you feel when you reach your goal?

What can you do to feel that way today?



Art & Creativity:

This includes singing dancing, painting, writing, designing, acting, inventing, producing, filmmaking, design or whatever it is that lights you up.

What isn't working?



What is working (gratitude)?



What you'd like to create?



How will you feel when you reach your goal?

What can you do to feel that way today?



Love/Romance:

This includes relationships, friendships, marriage, divorce, children, parents, relatives and partners. Include the kinds of emotions you'd like to experience within these dynamics.

What isn't working?



What is working (gratitude)?



What you'd like to create?



How will you feel when you reach your goal?

What can you do to feel that way today?



Career/Vocation:

This includes where you want to work, what you want to do and how much money you would like to earn. What kind of people you want to work with, the environment you'd like to work and the steps needed to get there.

What isn't working?

What is working (gratitude)?

What you'd like to create?

How will you feel when you reach your goal?

What can you do to feel that way today?



Adventure:

This includes travel, sports, recreation, retreats, world exploration and new experiences of every kind.

What isn't working?



What is working (gratitude)?




What you'd like to create?



How will you feel when you reach your goal?

What can you do to feel that way today?



Possessions:

This includes any kind of physical objects or property that may make your daily life more joyous, more pleasurable, more comfortable, more practical and more fun!

What isn't working?

What is working (gratitude)?

What you'd like to create?

How will you feel when you reach your goal?

What can you do to feel that way today?



Spiritual:

This includes the sphere of personal discovery, healing old wounds, recovering personal power, expanding intuitive awareness, discovering new dimensions or learning and remembering your true spiritual nature.

What isn't working?

What is working (gratitude)?

What you'd like to create?

How will you feel when you reach your goal?

What can you do to feel that way today?

