

May DIY Exercise

KEY: **MANIFESTATION**

EXERCISE: **CREATE YOUR MANIFESTATION LIST**

Look at your goals and choose one. It can be something small and you can building up to something larger, or you can choose something large.

Work one each item, one at a time.

Use The 369 Method: Each day use the 369 Method.

3 represents our connection to source or the universe, and our creative self-expression.

6 represents our inner strength and harmony.

9 represents our inner rebirth (as in letting go of what no longer serves us and changing into who we are becoming)

Recommended times can be:

- 3 times at 3pm, 6 times at 6pm, and 9 times at 9pm.
- 3 times after you wake up, 6 times during lunch, and 9 times before you go to bed.

However, choose a schedule or times that work best for you.

The universe operates on a quantum level. It gives and shows you what you internally believe within your subconscious. The more you use these exercises to train your subconscious, the more the universe will respond to show you what you subconsciously believe.

WORK WITH YOUR ACCOUNTABILITY PARTNER TO STAY ON TRACK!