

90-DAY NOTE

WHEN YOU ASK FROM THE ENERGY -- YOU CREATE



Jeneth

PHASE 1:

UNCOVERING THE SPARK WITH QUESTIONS

If you could ask for anything in the next 90 days (few days) what would you ask for? Would you be willing to allow in a totally new awareness? What's the energy of that?

The idea is to get your aligned with your targets right NOW instead of overwhelming your energy with the bigger picture.

QUESTIONS:

If you could acheive just one goal in the next 90 days, what would it be?

What else do you wish to change or improve in the next 90 days?

CONSIDER:

New projects, income, your perfect day, and what more you've desired.

PHASE 2:

THE FOUNDATIONAL ENERGY

Now that you know what you wish to create, consider the following questions:

I'm choosing and creating _____ because it will make me feel _____.

Or...

I'm creating _____ because it will make me feel, know, perceive, receive and be like a _____.

The real magic happens when you connect what you want with an energy.

PHASE 3:

WRITE YOUR NOTE

Write a note to yourself as if it's 90 days from today, for example:

Dear Jeneth,

You have now completed 90 days of Pilates classes. You have lost XX lbs and feeling tone and strong. You've been more present and aware then ever before. You've also been true to you each day and you've been having a ton of fun.

Your business has grown to \$\$ profits monthly and moved from just being a podcast into the digital art and digital creative lifestyle business you've been asking for. You've on-boarded a new video and photographer member and revenue is flowing in with ease, joy and glory. You know that this is now going to ever growing and a sustainable legacy.

Because the income is flowing you've decided to book a summer trip and you are super excited to plan it especially with your slender, strong body.

You have started to create 2 new friendships and you love being with them.

Your home is completely decluttered and beautiful. You love coming home to a beautiful home.

Xo

Jeneth

PHASE 4:

KEEP IN YOUR HEART

Make it sexy, juicy and put it where you will see often, like your desk.

Wanna Play?

Get a free sample meditation to get you started.

REALRAWYOU.COM/RETREAT