THE HEALING TREE

THE HEALING TREE WELLNESS PODCAST • EPISODE 15 ASSIGNMENT

MANIFESTING

Follow These Steps to Help Manifest Your Goals

1. Remove Negative Thoughts
2. Learn to Cancel Negative Thoughts & Replace with Positivity
3. Practice Mindfullness, Meditation & Being in the Moment
4. Protect Your Psychie by Removing External Input
5. Focus on Your Goal

List a Goal You Would Like to Accomplish & Create a List of Actions You Will Make to Manifest it.