STEFANY J.

The BLUEPRINT Manifesto

Your Treasure Maps
to Having, Managing, & Keeping it All

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Introduction | Book 1 of 3 4
WHY I WROTE THIS BOOK | BECAUSE YOU ARE A DIAMOND! 6
AUTHOR'S NOTE.....7
It All Begins & Ends With YOU.....8
Get That Mind in Check and You'll Have Plenty of Checks to Cash!.....8
INFORMATION OVERLOAD 10
The Blueprint 12
The Nuts and Bolts of a Great Design 12
WHAT IF I TOLD YOU THAT WE CARRY THE ANSWER TO OURSELVES IN OURSELVES? 12
The Manifesto 15
SO WHAT IS SO GREAT ABOUT A MANIFESTO ANYWAY?.....15
SHORT SUMMARY OF CRAFTING A MANIFESTO 17
ROAD MAP TO THE DESIGN OF THE MANIFESTO 18
Conclusion.....19
Resources & Links 20
THESE ARE JUST A FEW WEBSITES THAT I CAME ACROSS THAT I THOUGHT WERE COOL AND HAD SOME GOOD INTEL 20
Treasure Map| The Manifesto 21
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Introduction | Book 1 of 3

Welcome to my research and my work. I am super excited to not only share the information I have learned about living the best life possible; I am overjoyed that I am finally able to do something good with everything I have learned, practiced, missed, and conquered. To me, experience is and will always be the best teacher. I don't know, call me silly, but I keep having this incessant need to help everyone I can with anything I am able.

I remember along the way I received tons of advice from group therapists, personal coaches, and mastermind lecturers, that having a servant's heart in business will never work. I remember being told that if I don't run my business to make money, that I would always be a failure and nothing would ever work out for me. The first response I would always get and the first question I would always be asked is, "yeah yeah yeah that sounds good and all, but how are you going to make money".

It seemed like a never-ending spin on a hamster's wheel. I troubled my mind, body, and soul day and night with the stress of worry. I always wondered how could I make money doing this, and how could I incorporate fees in doing that. You could never imagine the amount of sleep I lost and how many years I advanced this healthy body clock of mine toiling over other people's issues.

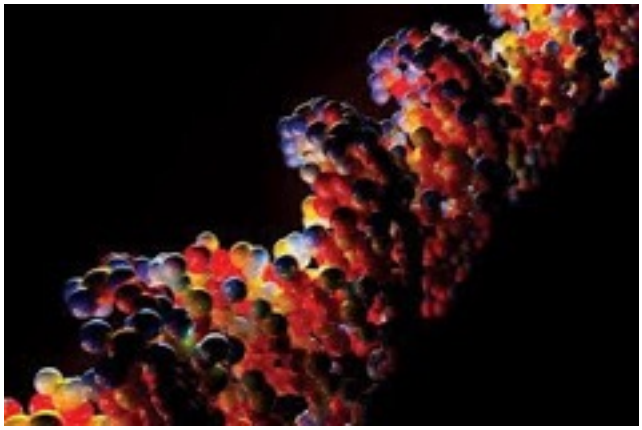
It is no wonder that I internalized everything everyone said and tried to teach me, every suggestion everyone made (which by the way some of them believed they were giving me great advice while others I am convinced had no good intentions in doing so), and every scrutinizing critique about my approach, my business, my timelines, my strategies, and my execution.

In fact, execution was my most formidable enemy for years taking a back seat only to my personal fears and doubting self-talk that was nothing more than the fruits of a very insecure little girl who had grown into a woman who had something to prove, didn't think much of herself, and buried everything she had in working for other people before taking care of her own responsibilities. In other words, I was my own worst enemy and the blocks were historical, were mental, and were never-ending. One day I had enough and decided this would

be the day that I would do everything differently and make that move. And I did.

I began sifting through all of the junk at my fingertips on my computer, in my email accounts, in my head, in my heart, in my past, and in my life. Once I started house cleaning every aspect and room of every house that I found comfort and even discomfort in spending time in, things began to change. Once I learned the PRACTICE of what I learned, it was like putting together the pieces of a jigsaw puzzles… which by the way I can't stand jigsaw puzzles. Especially the ones with 10,000 pieces or more. I remember my grandmother used to sit and spend countless hours placing piece after piece attaching and twisting and interlocking these parts of a picture that was displayed on the cover of a box. I never liked doing them because I wasn't good at them. I always lost interest quickly and never had the patience to LEARN the SKILLS attached to the exercise.

The truth of the matter is putting together pieces of a jigsaw puzzle is not without its merits and it does more for the brain and human psyche than entertain it. It is an activity that teaches patience, best practices, and the skill of seeing the smallest errors in things that look right but don't quite fit the big picture.



I soon discovered through my own self-reflection and work that my approach to learning, information, and research was exactly the same. The most dangerous part of all was that I was also part of a society that fed the beast of my lack of discipline and focus at warp speed because of the evolution of a technology called the Internet, and its metamorphosis of extensions called Social Media.

Knowing is half the battle, and once I could readily identify the root cause of all of my wayward asymptomatic behaviors, things began to change. No, actually, EVERYTHING began to change. I began to approach everything as if it were a 10,000 piece jigsaw puzzle. I began putting in the time and doing the work.

Instead of living off of tidbits and the framework, because honestly I would give up on the puzzles once I conquered putting together the straight edged outer frames, I began to dig deep. I began to dig deep through all of the distracting muddy waters of content and the hoarded clutter of my soul and inner man.

Telling the truth to myself allowed me to face what I needed to overcome so that I could, my life could, have a clean slate. Only from a clean slate can you begin to build the foundation and true framework of a masterpiece… even if it is filled with and takes 10,000 little inside pieces to complete the whole picture.

It has been a long journey and not always an easy road. In fact, it has been harder more than it has been easy and for that I am grateful. It gave me just the fortitude I needed to rid myself of lies I told myself, lies other people told me, and begin a life of knowing that not only was I enough, but what I had going for me was more than enough to accomplish the task of fulfilling my purpose in life and living the rest of my days in true freedom in every sense of the word.

WHY I WROTE THIS BOOK | BECAUSE YOU ARE A DIAMOND!

I wrote this book simply because I was tired of seeing a variety of versions and watered down pieces of the same content used, re-used, re-mixed, re-tooled, re-styled, and quite frankly re-invented. The one thing I learned a long time ago is to never waste your time re-inventing something that has already been designed and works well. And that is good for business practices to an extent, but it absolutely does not work when it comes to the personal struggles one faces in life. Each and every one of us is different and unless you are an identical, we each have our own blueprint and DNA with markers and code that make us unique and sets us apart from everyone else.

I wrote this book because I had finally GOT IT and IT CLICKED for me. That click changed everything and I wanted to share it with the world. If you are connected to me on social media, you can scroll my timeline and see that for the past 12 years on Facebook I have done nothing but share my wisdom, quotes, philosophies, soul speak, and life lessons. I have lived out loud as an open book. I have attempted to be as authentic as one could be knowing that my profile was public for all to see. And yet, there was always a disconnect.

There was always a gap in my speech, theory, practice, and yields. The results and outcomes sometimes matched the intentions but not always. But again, once it clicked for me everything changed, and now I hope it will do the same for you!

AUTHOR'S NOTE

This body of work, THE BLUEPRINT MANIFESTO, is something that came to me as I was having trouble compartmentalizing all of the information I had read, listened to, watched, research, wrote, collaborated on, took notes from, engaged in, immersed myself in, etc.. It was like having 800 people in a room teaching the same subject with the same content in 800 different ways and even though they were speaking the same language it sounded like nothing but a lot of noise. I couldn't make heads or tails of what I was supposed to take away. Quite frankly, I kept munching on all those little carrots dangled in front of me with the get this quick or make all this now fast starts until I could stomach no more. I realized that the commonalities of all the pitches were BLUEPRINTS and I had been nothing more than a dotted i or a crossed t on the plans.

Again, back to that CLICKING thing. Once it CLICKED for me and I realized from the depths of my soul what this, all of this, all of that, and even all of this now is about, it made sense. I finally got it and could process, digest, understand, and do my own analysis of what I needed and what path should be taken. After that moment, I no longer needed the patience of Job to do a 10,000 or even 100,000 piece jigsaw puzzle.

The pieces all fell into place in my mind and my reality began to follow suit. It was like I had super powers and was one of the X-Men who could telepathically move those pieces into the exact space I commanded and saw them to belong without ever lifting a finger.

I learned to lift my consciousness and develop the power within. I learned to harness the plans of the BLUEPRINTS that were lying dormant within and use them all as my road maps to great. In fact, I call them Treasure Maps because truly there is no greater wealth, no greater treasure, than the YOU inside of you.

Chapter Number 1

It All Begins & Ends With YOU

Get That Mind in Check and You'll Have Plenty of Checks to Cash!

In this day and age of technology, new math, new science, and social media, it has always amazed me how we have somehow become more digressed in our abilities and pursuits. I couldn't figure out with the advancement of science and math, the incessant number of self-made and rather boastful millionaires, that the quality of life had diminished so much and the diminishing of relationships following suit. As much as we were leading on one end of the spectrum, we were lagging in so many areas of importance, including a steady decline in the quality of our educational system, the strength of our dollar, our economy, and a rise in amassed personal, professional, corporate, and even our country's debt.

In fact, with the advancement and progression of medicine, research, science and the like, we had a decline in the ability of people to process information, a rise in depression, ADHD, autism in children, cancer across the board, and obesity among the population in record numbers. Now combine that with the SHARK TALES (my attribute of loan sharks, hard core close the deal at any cost car salesmen, and ambulance chasers *no offense to the hard core car salesmen), it is no wonder that pyramid schemes, a new error of the NON-EXPERT EXPERT giving you advice, and the get rich quick without doing any work promises of coaches from all over the world in every genre are like fields of memes stomping out and crowding what should be fields of dreams.

I am too embarrassed to share with you the amount of money, time, energy, and parts of my life I wasted on being the by product of one of the aforementioned. The truth, which no one ever wants to admit, is that in this age of unrealistic reality television, we are over-medicating, over-compensating, and over-reaching to feed our egos and shortcomings at any cost. No matter how you look at it that is the formula for failure and fail I did, as will you, if you stay that course.

Get off the hamster's wheel and catch your breath. What I am about to share and show you is more than anyone who is about the fast track and the quick dollar ever will. More than that, I am going to give you the BLUEPRINT and the actual road map/plans of how to implement and execute to get the outcomes you desire and deserve. In order to do that you must be willing to do the following:

1. **KILL your EGO once and for all**
2. **FREE your MIND**
3. **ACKNOWLEDGE your TRUTH**
4. **HEAL your PAST**
5. **LEARN the power of LOVE**
6. **OPEN the door to your HIGHER CONSCIOUSNESS**

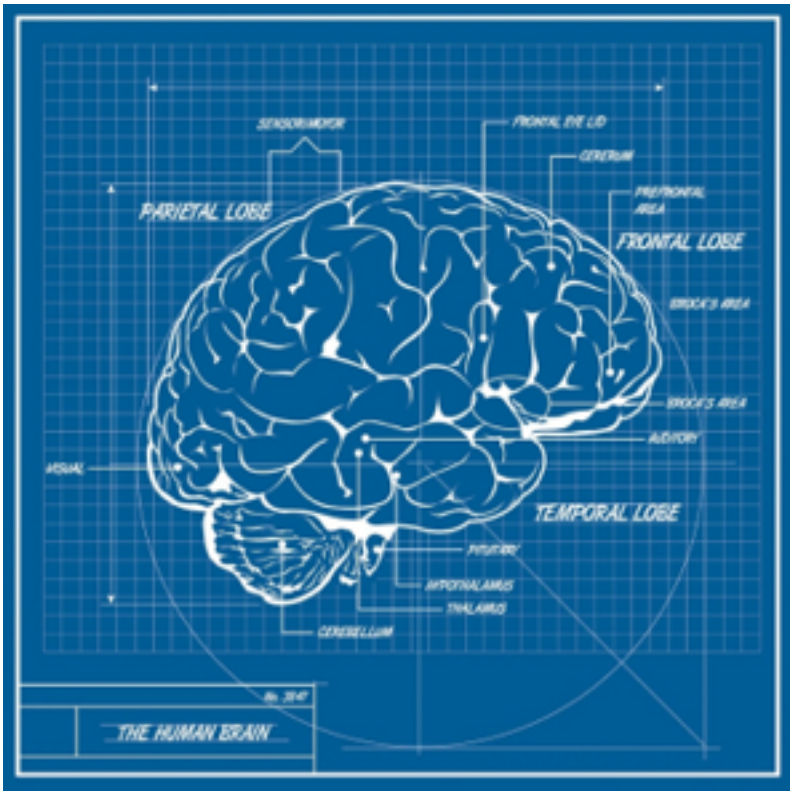
If you can manage to do at least 4 of the 6 tasks listed above, then you will be well on your way to a Treasure Hunt leaving the scavenger hunt you've been on all this time as a part of your distant past! If you find that you are not able to commit to doing the work necessary to really rock out with at least 4 of those items, then you are not ready for the contents of this book. While it is part of my LIFE MASTERY SERIES which has 2 other components, you may want to just peruse the other parts and see if you have any luck there.

My goal is to give you the instruments you need to succeed in having, managing, and keeping the life you want to have without having to work hard at it ever again. The beginning will take time, work, and devotion. If you are committed and can see this thing through, there is no doubt in my mind that everything in your life will change as it did in mine!

INFORMATION OVERLOAD

The Enemies of Your Purpose

One thing I do know for certain, is that the busy mind, the tired body, and the overwhelmed Hustle Mama has no time for a lot of information at one time. For that reason I will keep this short and sweet. If you find that you want a more in depth study, by all means reach out to me or a member of my team and let's see what we can do to assist you with any of the resources in my library or an invitation to one of my free workshops. Either way, when the student is ready the teacher will appear. It may not even be that I have what you need personally, and if I don't I am sure I can make a referral to someone who may. My rolodex is quite heavy, if you know what I mean.



OK, so if you haven't already figured it out the following is a short list of the enemies of your purpose:

A BUSY and UNTAMED MIND

A TIRED and UNHEALTHY BODY

An OVERWHELMING LIFESTYLE

Here are some more enemies of the state (of your higher consciousness that is)

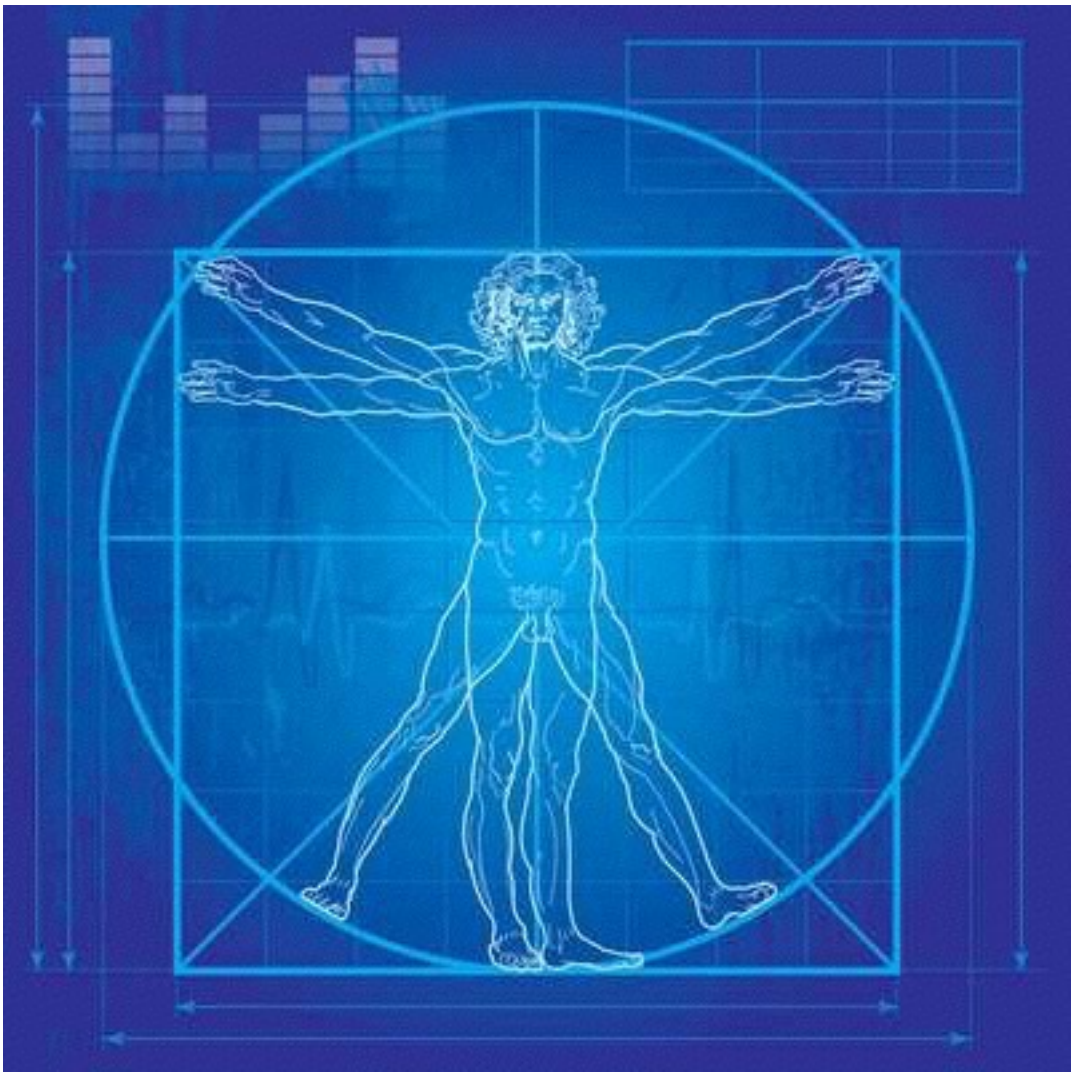
- Distractions
- Television
- Pop Culture Music
- Regrets
- Un-forgiveness
- Stress
- Fast Foods
- Packed Schedules
- Strained Relationships
- Fake Friendships
- Bills/Debt/Max Out Credit Cards
- Competition
- The Stop Watch/Clock/Time
- Family Members
- Well Meaning Friends/Colleagues
- The Voice *(*No not the TV Show, but I do love that show).*

BE MINDFUL OF MESSAGES THAT MESS WITH YOUR MINDFULNESS

Chapter Number 2

The Blueprint

The Nuts and Bolts of a Great Design



WHAT IF I TOLD YOU THAT WE CARRY THE ANSWER TO OURSELVES IN OURSELVES?

I could go on and on about the correlation of DNA, codes, and give you the scientific definition of why DNA is considered the Blueprint of life. In fact, if I

were to take the scientific approach I would say something like, just as blueprints direct the building of a house, DNA molecules contain the genetic instructions used in the development and functioning of a living organism, of us. But heh, who cares, and let's face it, folks don't care too much about science, they would rather just cut to the chase.

But the bottom line is what lies beneath the scientific truth and that is, we have been genetically pre-disposed to the blueprint for our lives. Who we are, what makes us tick. what inspires us, causes us to act the way we do, look the way we do, interact the way we do is very much ingrained in our DNA.

Sure, our environments, upbringing, what we have been exposed and pre-disposed to all play a part.... But the BLUEPRINT itself, the basic plan and premise of the foundation of all that is, flows through the channels and streams of our vessels, secures its rhythm from the beating of our hearts, and is the collective responsive answer to our calling and our purpose in life, and vice versa.

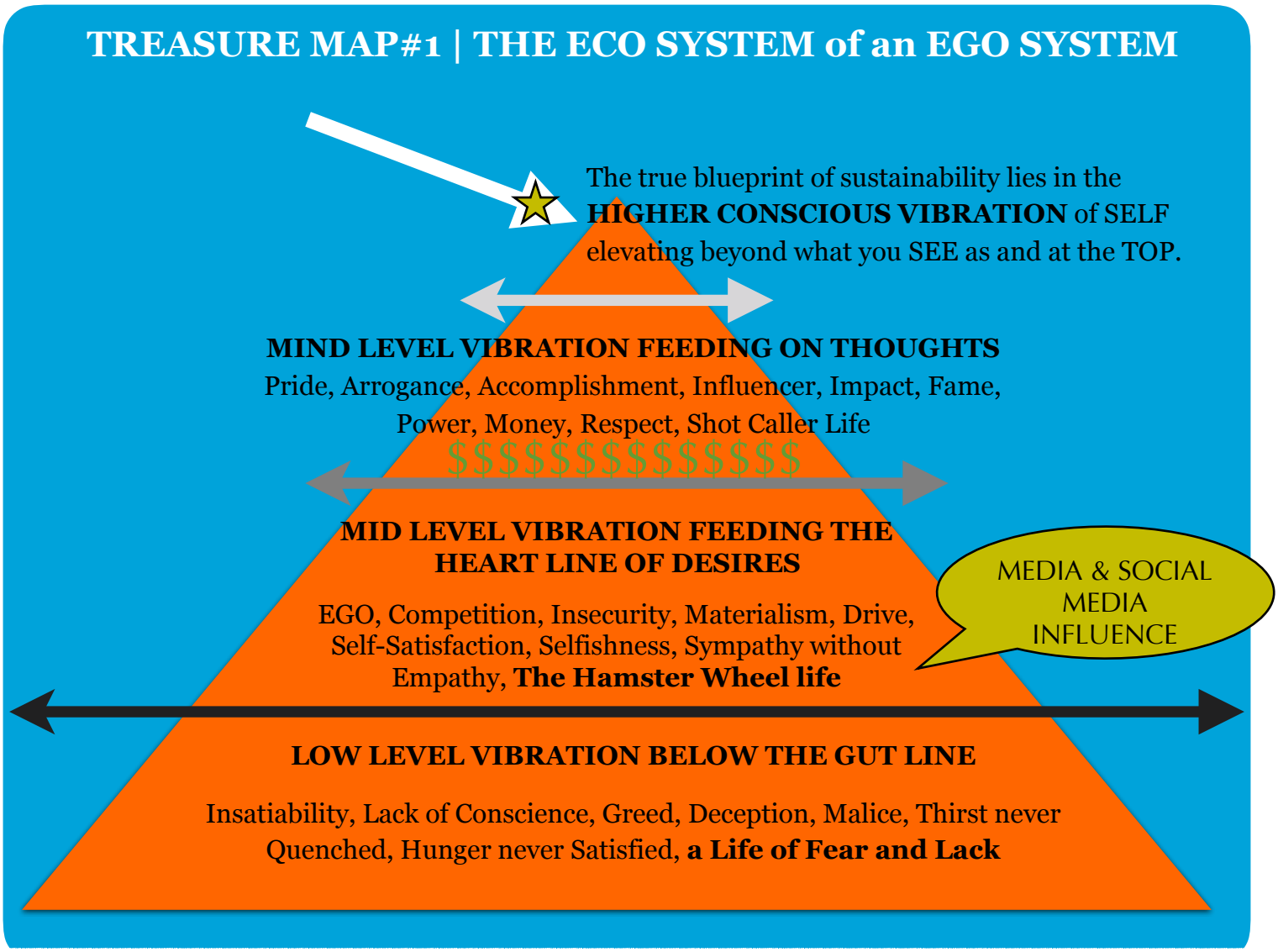
We are each born and called to purpose. I am convinced that the unsettling lives that many have is nothing more than a restless soul being strangled by the misconceptions, dumbing down, drilled down, rhetoric of the lies our minds and a systematic society convinces us as truths.

The BLUEPRINT for your life and what you are to do with it is inside of you. To me, that is why the saying, "you have a calling on your life" is applicable to each and every one of us. When we are able to dispel myths, and move beyond what we think we see and believe we know, to what we can not see and have yet to learn, we start the engines of discovery and fulfillment. Rising to our Higher Consciousness takes discipline, awareness, imagination, and courage.... Because in order to do so you have to first UN-LEARN what you think you

know, and then receive NEW instructions for thought, speech, action, and expectations. It is not that hard to do, although time consuming to say the least. However, once you DECIDE, you start the ball rolling and you can never again NOT KNOW that this is the way, the truth, and the light.

In Book 2, Your Path to Peace, I talk about the BLUEPRINT to success and the lives we were intended to live. A life filled with PEACE is unconditionally one of merit where a person has learned to master themselves, master their thoughts, and master the direction of both.

Once again, there is no re-inventing the wheel. There are no short cuts, and there is no denying.... you, me, anyone, everyone can have it all, manage it all, and keep it all because we've all been designed and given the instruments to do so!



Chapter Number 3

The Manifesto

SO WHAT IS SO GREAT ABOUT A MANIFESTO ANYWAY?

Why Having a Manifesto is So Important

In my opinion having a manifesto is more than important, it is an absolute necessity. In recent years we have seen the growth of vision boards and intentions, affirmations, positive statements, and the like. Well the manifesto takes each of those things to a collective next level. Had I known years ago that all of my vision boards *(which by the way were completely an extension of the confusion of overwhelm in my life and mind)*, with their cluttered overlays of pictures, statements, phrases, and trinkets were doing nothing but confusing the Universal Energy of Consciousness and sending it to burn out overload *(again quite similar to my then life path and walk)*, I would have chucked them to the side and gotten into this manifesto thing a long time ago. The reality is I did not know, and it was not time, and I was not ready.

Again, if you find that you are not in a position to tackle this now and do the work, don't worry. I am not one of those brow beating thumpers who will guilt you into thinking you are doing a detrimental disservice to yourself, your family and everyone who loves you by not doing exactly what I say and when and how I say it. That is insanity and if you ask me a good part of what is wrong with our society today. Everyone is listening to other people, other critiques, other voices, instead of listening to ourselves, our soul speak, our intuition, our hearts. If mind is the EGO and the heart is PRIDE, then our souls are definitely the path to the HIGHER CONSCIOUSNESS of being and the only road to taming, guarding, protecting, and re-programming the other two.

Getting back to this whole manifesto thing. There are quite a few (not many) but really good websites that go more in depth about what a manifesto is, the attributes of content which are incorporated into the body of work, and even examples of some of the things to consider when writing one.

I will provide you links to the resources that I was most impressed with, and of course I had different reasons and picked apart my one or two favorite things about each site. In the meantime, here is an overview of what you should be prepared to make happen.

> **QUICK ASIDE |** *It is my hope that I did not lead you to believe I was going to give you the exact content of a or my personal manifesto. For one thing you would never want me to do that because (a) it removes the authenticity of the work and of your core desires, and (b) you would be bored to death reading what I've come up with because if you haven't noticed by now, I am a talker. Oh yeah and (c) I can't help you with the development of your BLUEPRINT if I am using MY manifesto.*

Ok so back to the shortcut, which by the way in life there are not such things as shortcuts, only cutting corners. It is never good to cut corners because you only end up with a subpar finished product, and folks already have issues thinking they are subpar to begin with, we don't need to wrestle any more giants.

Don't forget the in depth and breadth of a well designed manifesto will yield far more than a quick few brainstormed paragraph. Remember if we want to affect change and use the power of the Universal Energy as fuel, then our manifesto needs to be clear, precise, and genuine. Again, the direct links to what I found most helpful can be found on the resources page of this ebook, and if you find you are still stuck and need more assistance, feel free to reach out to me. I'm just a few clicks away!

SHORT SUMMARY OF CRAFTING A MANIFESTO

Official Definition: man·i·fes·to | manəˈfestō/ noun - a public declaration of policy and aims, especially one issued before an election by a political party or candidate. Synonyms: policy statement, mission statement, platform, (little) red book, program, declaration, proclamation, pronouncement, announcement

My Definition: MANIFEST Ohhhh - the instrument or tool used to bring to fruition the Ohhhh Man, Ohhhh Wow, Ohhhh No Way parts of your life.

The KEY ELEMENTS Include, but are not limited to;

- **Intentions (what you intend to do, have, be, or manifest)**
- **Declarations or Guiding Principles (what you believe; your stance on a particular topic)**
- **Vision or Dreams/Desires (the type of world that you dream about and wish to create for yourself, your family, and others)**

The Optimal TRIGGER once you've identified your key elements is:

- **The FEELING or the VIBRATIONAL PULL of possibility and soon after, absolution.**

A manifesto functions as both a statement of principles *(THE INTENTIONS)* and a bold *(THE DECLARATIONS)*, sometimes rebellious *(DREAMS)*, call to action *(FEELINGS)*. By causing people to evaluate the gap between those principles and their current reality, the manifesto challenges assumptions, fosters commitment, and provokes change. *(paraphrased from the art of manliness).*

With a manifesto, you are able to put pen to desires and have a DAILY READ that is intimate and igniting to the world you are creating for yourself in spite of the reality you see. It's like giving daily access to the core of who you are.

ROAD MAP TO THE DESIGN OF THE MANIFESTO

Meditate for inspiration over the core of what you want

Define and focus on your strengths

Identify your values and your passions

Write down your intentions and guiding principles

Use strong and affirmative language so that you will have a subset of affirmations within the manifesto itself. Keep it for a few days and without looking at what you previously wrote perform this exercise again. I ask that you do this to ensure that you are getting to the root of what your soul desire's and are not being swayed by your present set of circumstances and your mood at the moment.

You may need to merge both documents or you may find that you prefer one over the other. In either case, make that your MANIFESTO and your instrument of choice in this first step of your LIFE MASTERY.

It may be a good idea to compile an annual collection of your materials just so you can see how far you've come or give yourself a good idea of where you are going. There is nothing like giving the Universal Energy a command and seeing it deliver it back to you exactly has you directed. That is exactly what this BLUEPRINT MANIFESTO will do for you if you do the work.

Believe me when you do yours, the Universe delivers right back to you the best interpretation of what you designed, declared, decreed, and desired. And to me it gets no better than that!

Chapter Number 4

Conclusion

Again, I know this may be too out there for some and way too much to do for others. But for the souls who have that faint whisper of dissatisfaction wanted to be let loosed, this work will be just the relief that is wanted, needed, and desired.

I hope that for those who are able to carve out a little bit of time in their busy day-to-day lives, this work has proved valuable enough to give you a good start, and inspiring enough to have you keep going.

It is a beautiful world out here, do not ever listen to those who would want to convince you otherwise and have you keep them company in the throws of their misery and fears.

You can absolutely HAVE IT ALL and have it without Heartache, Hardship, and Happenstance. Everything is purposed, you are destined, and this is how you get there.

As a recap, all you need to do is

BE WILLING to do the following, and the how to do it successfully is addressed in ebook 2…

KILL your EGO once and for all | FREE your MIND | ACKNOWLEDGE your TRUTH | HEAL your PAST | LEARN the power of LOVE | OPEN the door to your HIGHER CONSCIOUSNESS

ELIMINATE the distractions,

IDENTIFY and DEFEAT your enemies,

DESIGN your BLUEPRINT MANIFESTO and watch the power of the Universal Energy do its thing!

Chapter Number 5

Resources & Links

THESE ARE JUST A FEW WEBSITES THAT I CAME ACROSS THAT I THOUGHT WERE COOL AND HAD SOME GOOD INTEL

All About DNA, The Blueprint, The Manifesto, & The Hustle MAMA

BE HUMBLE, STAY HUNGRY, AND HUSTLE

BLUEPRINT FOR LIFE SELF STUDY

BLUEPRINT FOR LIFE WORK DESIGNS

DNA: BLUEPRINT FOR LIFE

WHY IS DNA THE BLUEPRINT FOR LIFE?

HOW TO MAKE EYE CONTACT THE RIGHT WAY IN LIFE, BUSINESS, AND LOVE

HOW TO WRITE YOUR MANIFESTO IN 5 STEPS

HOW TO WRITE YOUR MANIFESTO

HOW TO WRITE A MANIFESTO

Now, I wouldn't be The Hustle MAMA, if at some point of me pointing you in the right direction, I didn't include all my stuff. Now don't forget this is eBook 1 in a series of 3 for my **LIFE MASTERY SERIES**. Also, if you need more hand-holding, support, information, direction and specific guidance to assist you feel free to reach out to me at info@stefanyj.com. I also have A LOT of life lessons and diary recollections on **MY BLOG** so check it out when you can, it may help. Don't forget I own a magazine **HUSTLE MAMA: The Magazine for Today's POWERHOUSE Woman**... and I am told by our readers that the rich content of the features and stories really helps them in and out of different situations. And of course follow me on all SOCIAL MEDIA @TheHustleMAMA

Treasure Map| The Manifesto

THE PRINCIPLE OF HAVING, MANAGING, & KEEPING it ALL

A person's MIND and THOUGHTS are at the helm of creation. Our reality is the conception of our perceptions.

> *The use and reuse of matter determines what matters and the decomposition occurs from undisposed waste.*

THE CONCEPTION OF OUR PERCEPTIONS

Tuning into the FREQUENCY of sounds of reason and influence fuels the mind's matter of what begins to matter.

THE SOUL CENTER

DNA | SPIRITUAL BLUEPRINT | SOUL'S THIRST | HEART'S DESIRES | UNIVERSAL LOVE POWER & ENERGY |

BLUEPRINT MANIFESTO

THE RECYCLING PROCESS OF USE, DISCARDING, & REUSE

THE VOICES of REASON and INFLUENCE

The circle of influence of friends, family, colleagues, and community through experiential engagement fills the SOUL's TANK with more matter of things that should or should not matter. Depending on your ECO SYSTEM driven by your EGO SYSTEM, the ability to maintain becomes a battle between daily survival and effortless stases of peace.

THE JOURNEY OF EXPERIENCE FROM THE ROAD TRAVELED

Tuning into the frequency of sounds of reason and influence also becomes the fuel, foundational guidance, and vibrational level of action, pursuits, and determination of what is aggressively pursued and protected because of the perception that it matters most.

Explanation of the MAP

At the forefront of our existence is our **CONSCIOUSNESS**, our unruly, ever deceiving, ever well-meaning, totally clueless MIND which is constantly fueled by THOUGHTS that are not well intended only because usually they are of the lowest forms of matter and basic crap. Thoughts of self-doubt, sabotage, insecurities, arrogance, and all of the other garbage that is fed to us and we feed ourselves on a daily basis through the frequencies we are constantly tuned into during our day-to-day interactions and exposure.

The truth of the matter is it isn't anyone's fault. Not ours, our parents, our families or even our society's. We live in a world that constantly victimizes us because we are caught up in a never-ending cycle of victimizing ourselves by being held hostage to fears, hurt, and unresolved anguished of one another. Can you imagine the pollution each and every person is putting into the atmosphere and the energy that comes along with it?

Forget Global Warming, WE are individually and collectively poisoning ourselves and each others because of an untamed MIND. It must be conquered, controlled, and directed. We have allowed it to run a muck, and if you are reading this work then you are tired and ready for change.

Well that map, that treasure map, is where you get to SEE exactly how this cycle and circle of influence works and that the treasure, the SOUL CENTER begins and ends with its crown, THE MIND. Once you have designed your BLUEPRINT MANIFESTO, you can begin to put into practice the DISCIPLINE OF YOU and your success. Once you convert theory to executed habits, your pursuits begin to shape shift and mirror your thoughts, feelings, and your vibrational energy is fed a different type of fuel. A fuel that can o only continue to amass, maintain, and sustain your heart's desires, and your never-ending field of dreams!

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