



## Complaining Tally Chart...

Ever tried going 28 days without complaining?? Part of learning how to bring in gratitude and our desires is complaining less! Whenever you complain, start over again and leave a Tally below!



A large, empty pink rectangular box with a thick pink border, intended for a tally chart.

## ASK AND YE SHALL RECEIVE

LIST YOUR DESIRES YOU WOULD LIKE TO HAVE MANIFESTED IN THE NEW YEAR. THE MORE SPECIFIC THE BETTER.

A series of ten horizontal pink lines for writing desires.





## Thoughts on Spiritual Tithing

Do you currently have anything in your life that is spiritually fulfilling you? Part of having faith in manifestation is having faith in something that is serving your greatest good.

Tithing is meant to be giving 10% of that which spiritually fulfills you. This means understanding your budget AND believing everything comes back 10fold.

This is not helping friends, charity, or donating. This is giving for the greater purpose of being the best version of yourself.

## Gratitude DAILY

START YOUR DAILY GRATITUDE HERE, HOWEVER, I DO RECOMMEND A SPECIAL GRATITUDE JOURNAL. TWO IS EVEN BETTER!! ONE FOR WHAT YOU ARE GRATEFUL FOR AND ANOTHER JUST ABOUT YOURSELF AND WHAT YOU DO THAT MAKES YOU GRATEFUL. IT IS SOMETIMES EASY TO FORGET OURSELVES. SO, START HERE AND WRITE SOME THINGS ABOUT YOURSELF THAT MAKE YOU SMILE :)



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future  
masterclasses,  
demos and  
support.

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