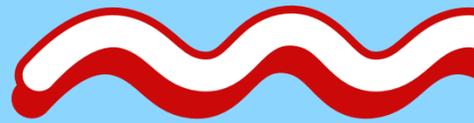




*Sad
girls
Club*

MANIFESTATION GUIDE

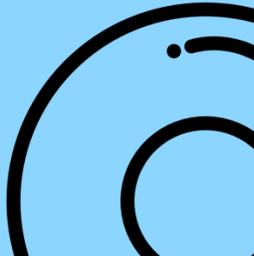
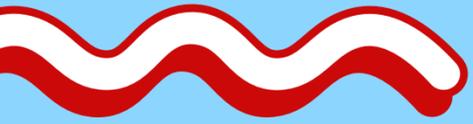
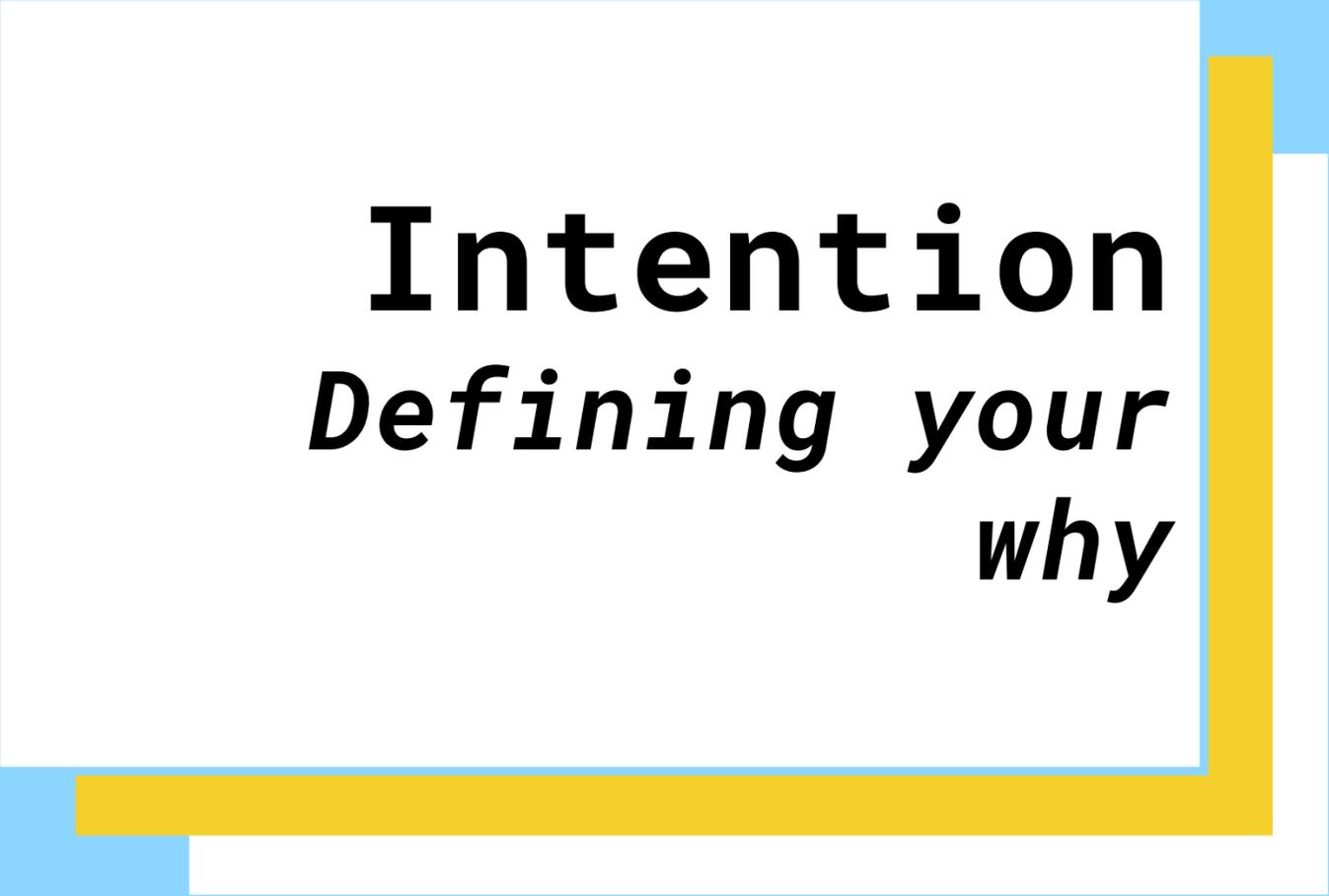
Our 2020 MANIFESTATION GUIDE
BY VEI DARLING



LIFE MISSION

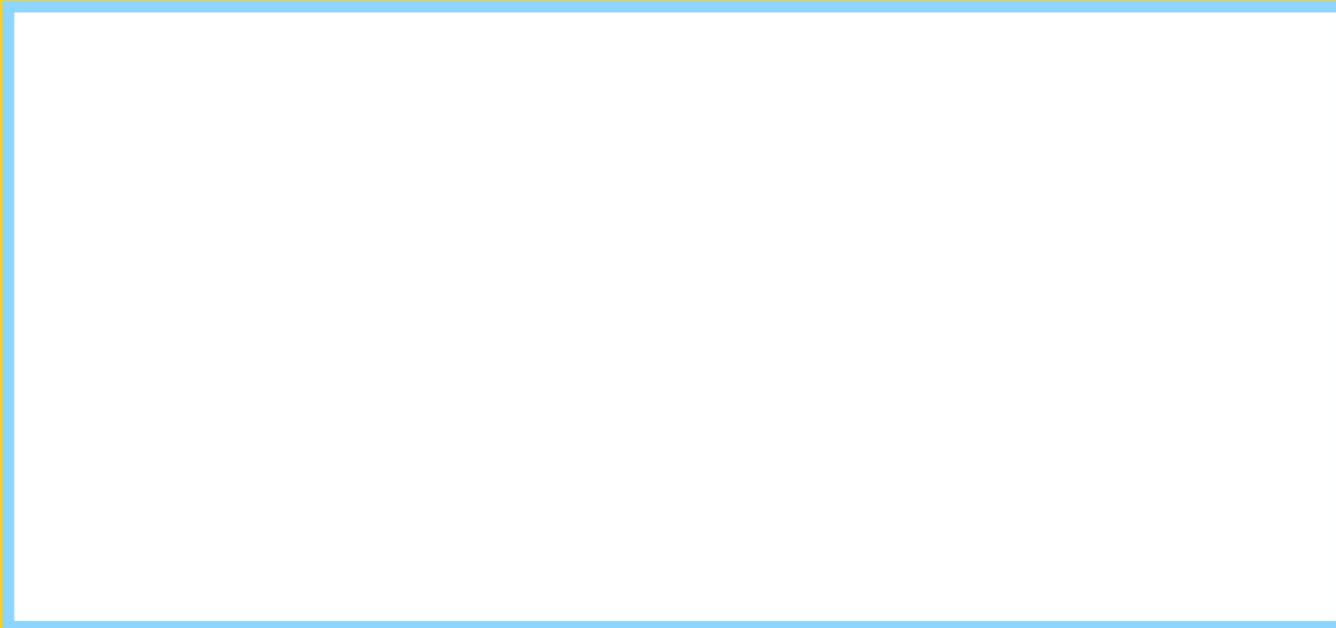


Intention
*Defining your
why*

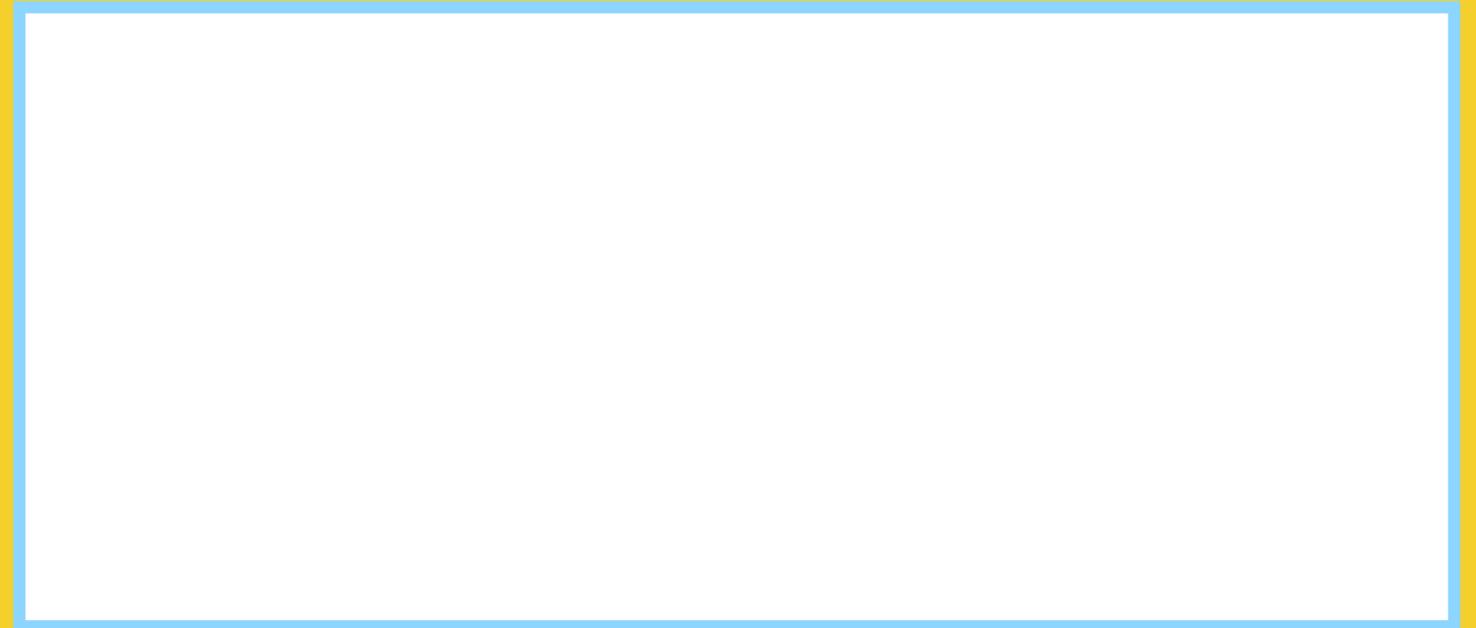




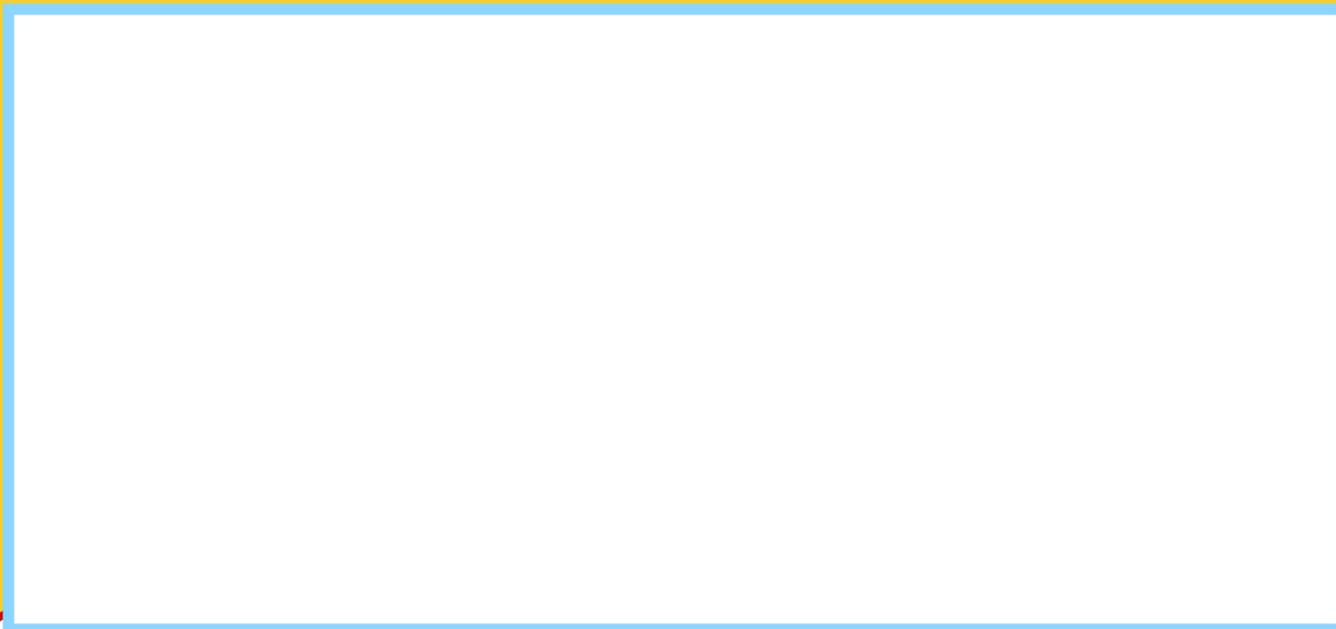
SELF LOVE & CARE



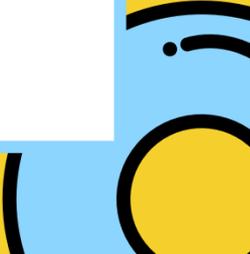
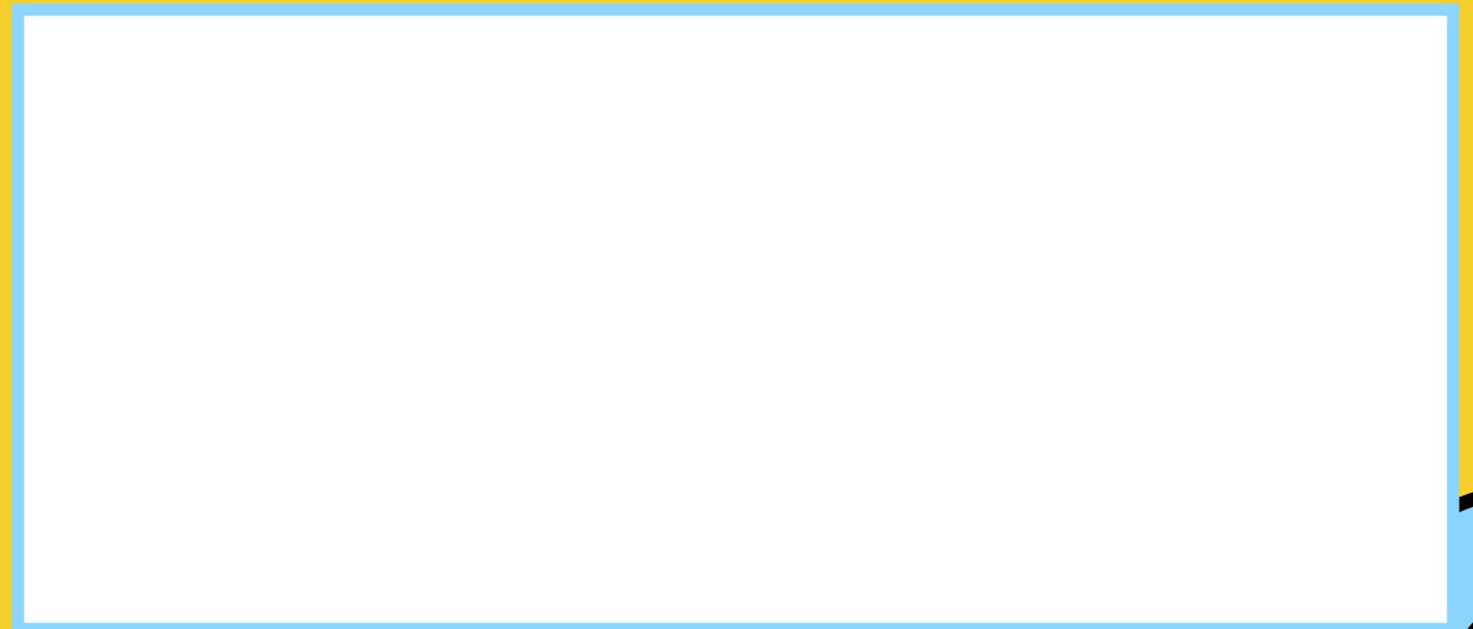
MENTAL HEALTH & STIMULI



PERSONAL R-SHIPS



HOME AS A SANCTUARY

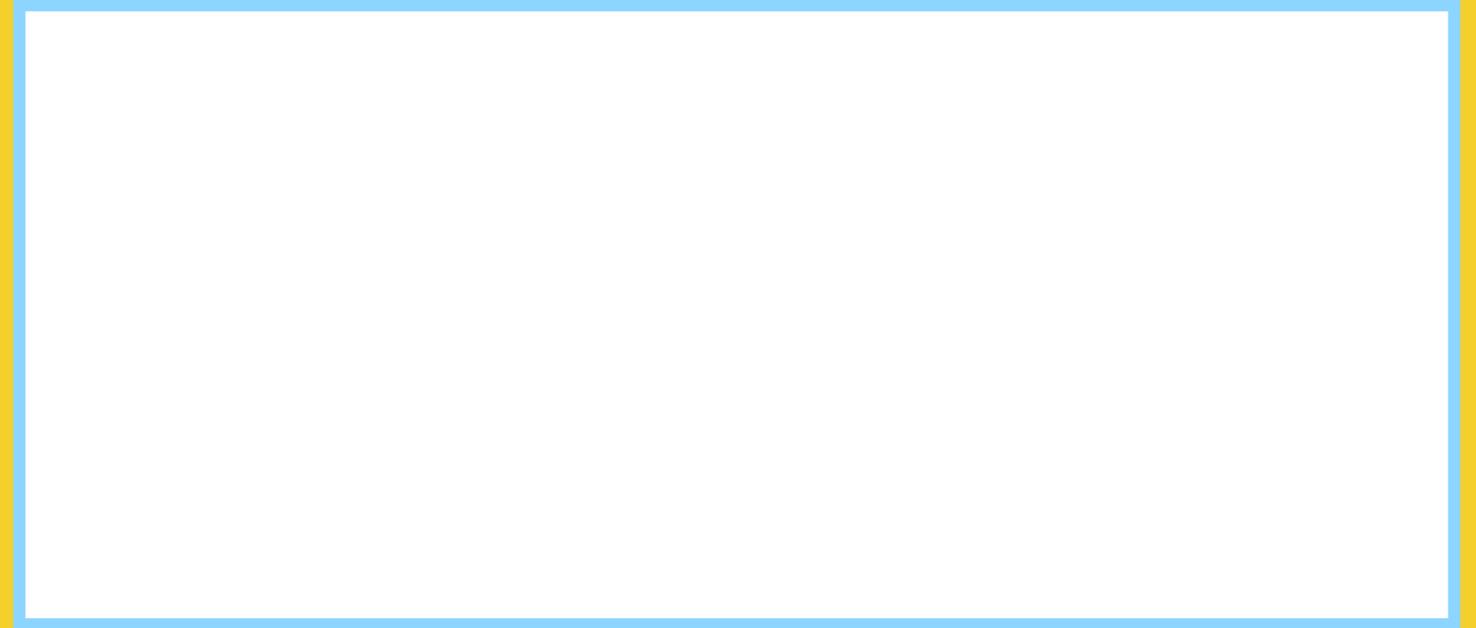




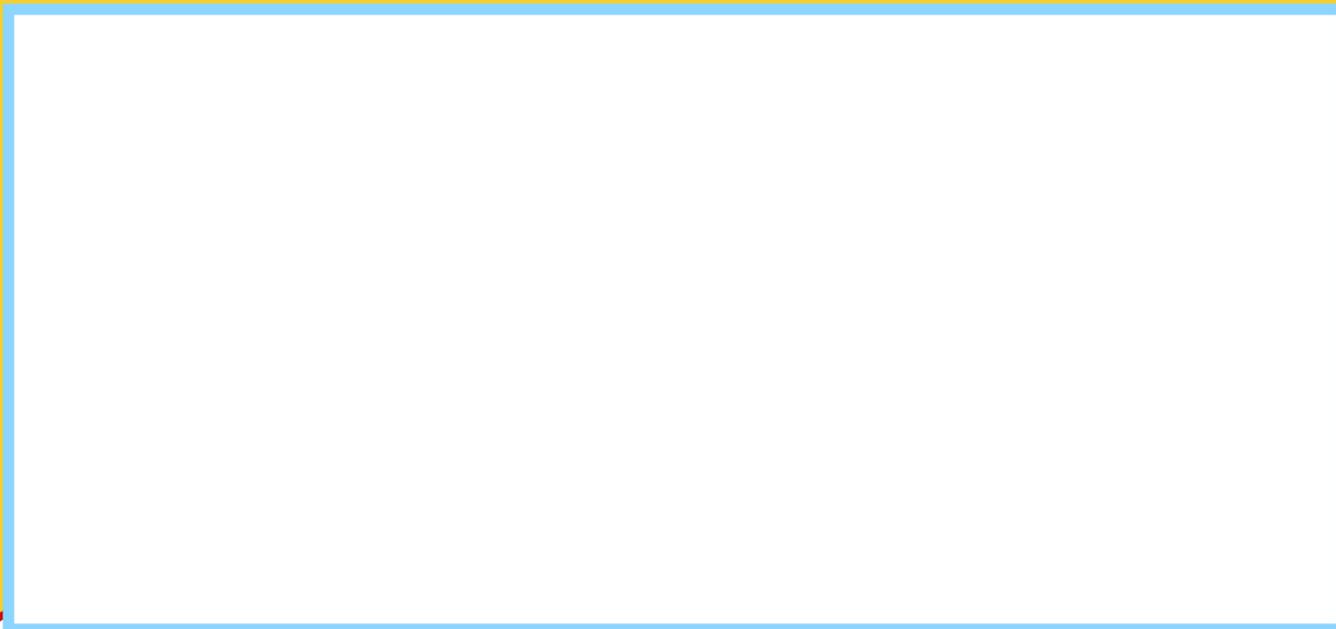
RITUALS & ROUTINES



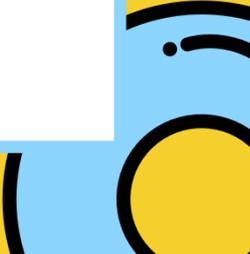
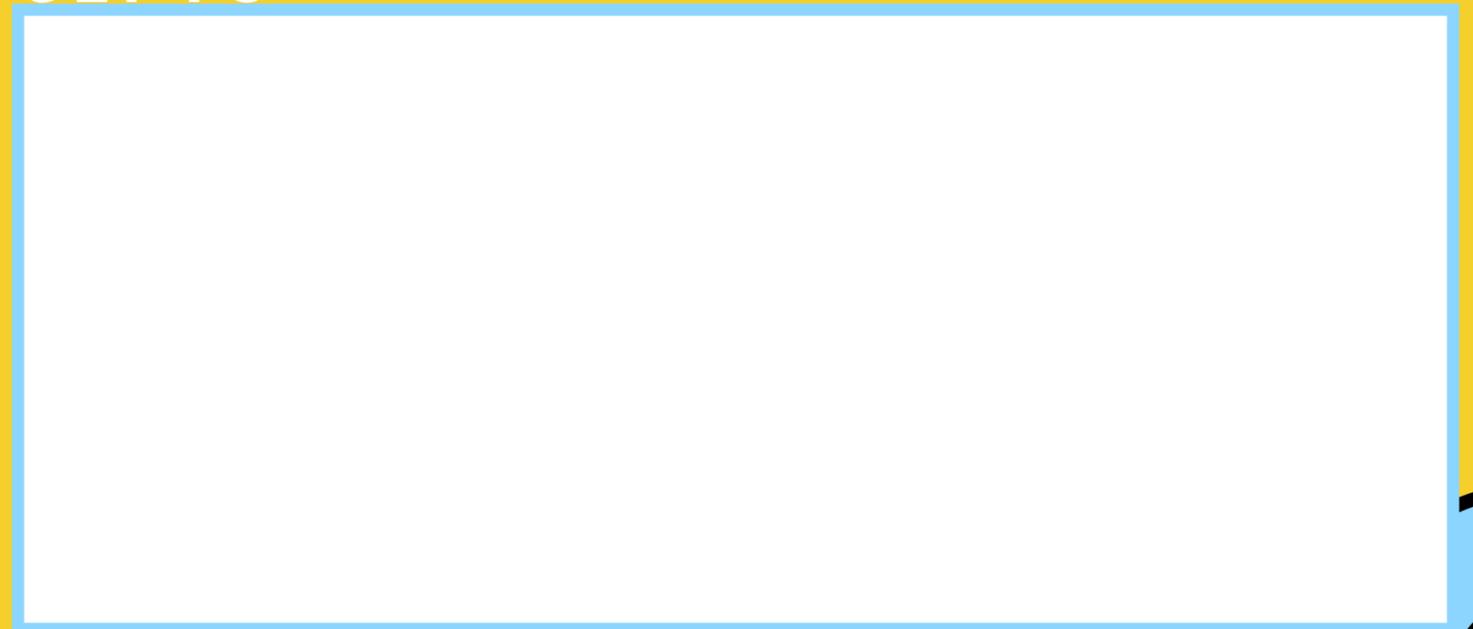
SOCIETIAL NEEDS



PERSONAL POWER

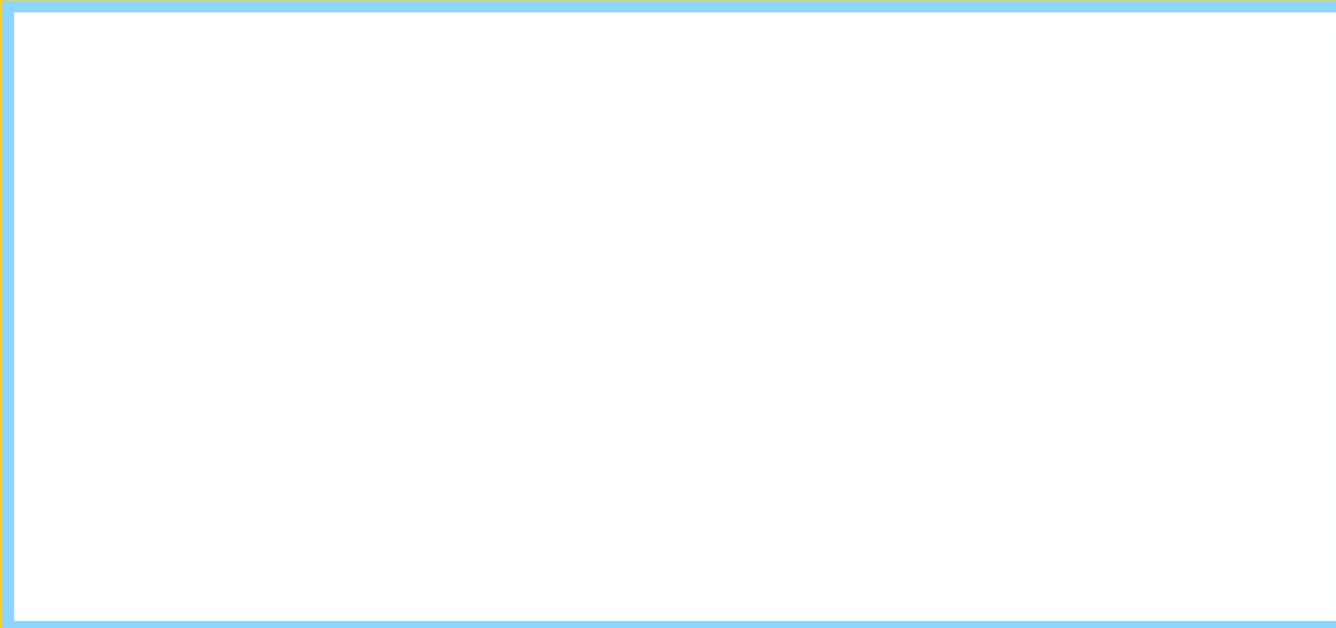


RECEIVING & SHARING OUR GIFTS

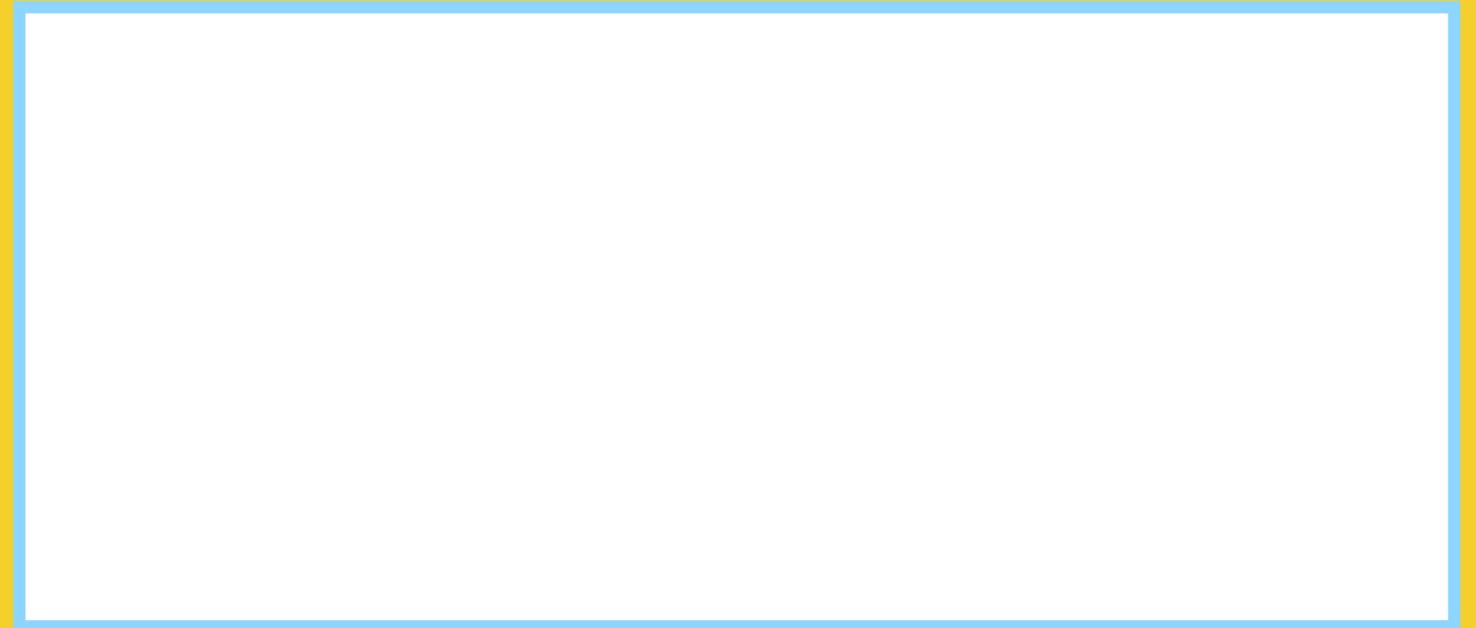




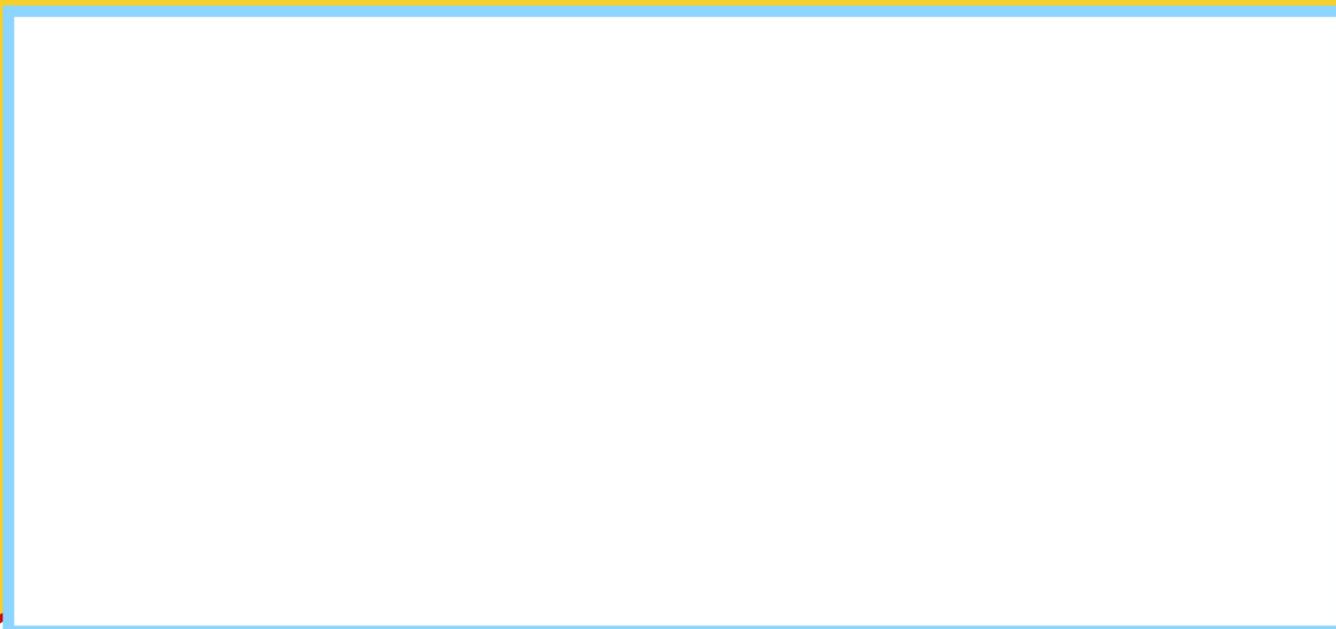
LIFE FOUNDATIONS



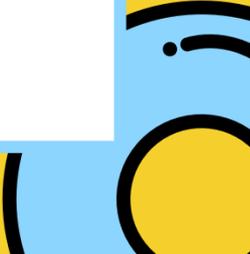
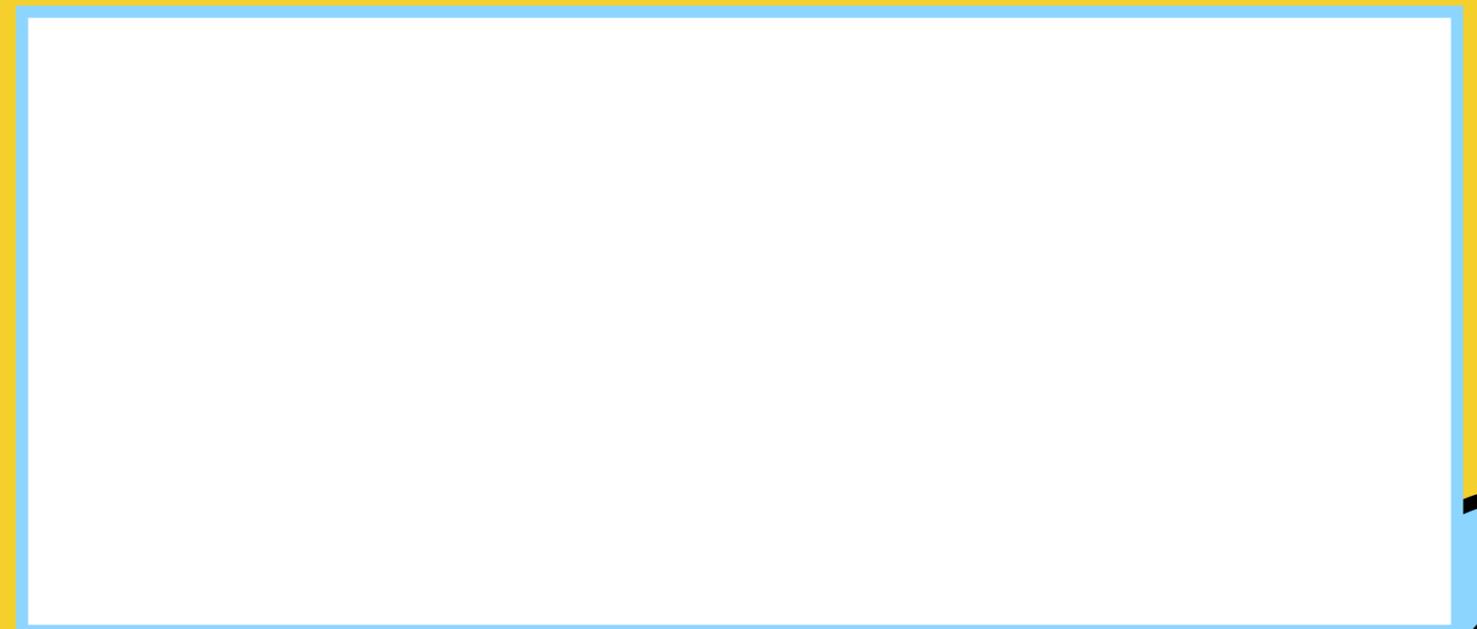
INDIVIDUAL/IDENTITY NEEDS



SPIRITUAL NEEDS



ADDITIONAL WORKSPACE





Intention: *Creating goals*

PERSONAL RELATIONSHIPS

What do you need to be giving & receiving in order to feel safe?

FAMILIAL: WHAT KIND OF SUPPORT DO YOU NEED FROM YOUR FAMILY? WHY?

Ie. 1 YEAR: broadened awareness of my family history & heritage as a means of understanding who I am.

1 year:

2 years:

5 years:

10 years:

25 years:

50 years:



Personal Power

How can we make sure we are being our best selves in order to get back the best for ourselves? Why??

1 year:

2 years:

5 years:

10 years:

25 years:

50 years:

100 years:

400 years:

Platonic

How can your friends better support you, & you them? Why?

1 year:

2 years:

5 years:

10 years:

25 years:

50 years:

100 years:

400 years:

Romantic

What do you need in a healthy partnership to feel secure? Why?

1 year:

2 years:

5 years:

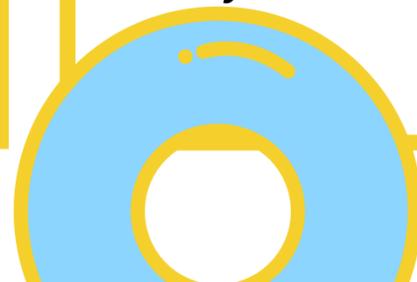
10 years:

25 years:

50 years:

100 years:

400 years:



Professional

what structures @ work are needed for you to contribute effectively? Why?

1 year:

2 years:

5 years:

10 years:

25 years:

50 years:

100 years:

400 years:

Mental Health & Stimuli

In regards to the mind, how do we want our interactions with our minds to go? Why?

1 year:

2 years:

5 years:

10 years:

25 years:

50 years:

100 years:

400 years:

Home as Sanctuary

How do we want our interactions with our minds to go? Why?

1 year:

2 years:

5 years:

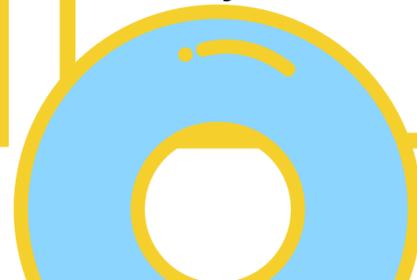
10 years:

25 years:

50 years:

100 years:

400 years:



Self Love + Care

What makes you feel like your best self?
Why?

1 year:
2 years:
5 years:
10 years:
25 years:
50 years:
100 years:
400 years:

Rituals + Routines

What kinds of practices (esp. relating to health & fitness) can you see to aid in creating the life you want to lead? Why?

1 year:
2 years:
5 years:
10 years:
25 years:
50 years:
100 years:
400 years:

Societal Needs

What do we need to get out of society to feel fulfilled? Why?

1 year:
2 years:
5 years:
10 years:
25 years:
50 years:
100 years:
400 years:



Receiving & Sharing our Gifts

What helps us to feel that we are progressing & expanding at a healthy rate?
Why?

1 year:

2 years:

5 years:

10 years:

25 years:

50 years:

100 years:

400 years:

Life Foundations

I.e. 5 years: Established a strong sense of self; it's clear to all who meet me who I am & what I stand for

1 year:

2 years:

5 years:

10 years:

25 years:

50 years:

100 years:

400 years:

INDIVIDUAL + IDENTITY NEEDS

How do we honor what makes us unique, bearing in mind that that's truly what makes us valuable? Why?

1 year:

2 years:

5 years:

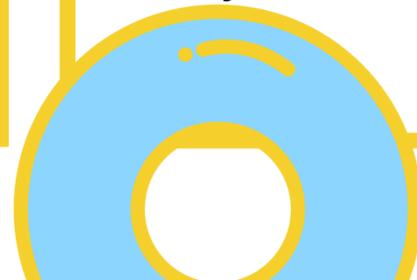
10 years:

25 years:

50 years:

100 years:

400 years:



Spiritual Needs

How do we make sure that even in the most mundane, dreary situations, we remember that there are extraordinary things happening all around us at every moment?

1 year:

2 years:

5 years:

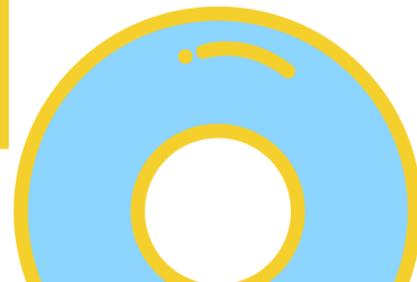
10 years:

25 years:

50 years:

100 years:

400 years:



Intention: Getting Specific

What are 3 of your goals?

1:

2:

3:

Choose your darling:

Why is this significant?

What does this represent to you?

How will this serve me?:

How will I serve it?:

What am I willing to do?:

What am I not willing to do?:

What am I open to considering?:

How will I use this to empower others & why?:

What do I hope to learn & why?:

My intention is to....:



Thank You!

'TIL NEXT YEAR!