



NAME:

DATE:

# MANIFEST YOUR HEALTH

## *Lesson 1 Workbook*

### The Power of Visualization and Self Hypnosis

#### CHECKLIST:

- Please check your email and log into Get Clear, Bring it Close or you hypnosis audio and instructions (the free code will expire a few weeks into the program!)
- Answer the questions below to sort out your future story for visualization!

### Now we are going to rewrite your health story!

What is your old story?

*Ex. My health will be hard to improve*

*Ex. It will take a long time*

*Ex. Nothing ever works for me*

*Ex. No one can figure me out*

---

---

---

---

---

---

---

---

---

---





What will you miss out on if you don't make a change **RIGHT NOW**?  
What opportunities? What will your friends, family and kids miss out on? What will you look back and wish you did?

---

---

---

---

---

---

---

---

What are you going to do with your amazing health?

---

---

---

---

---

---

---

---





# BRAINSTORM

*WHAT DOES GOOD HEALTH MEAN FOR YOU?*

- Hike the Appalachian trail
- Keep up with my grandkids
- Go on a trip
- Start a new business
- Start a non-profit
- Go for the promotion
- Write a book
- Be present with my children
- Feel amazing in my black dress
- Attend a yoga class

**Who would I be, what would I do and how would I FEEL if I ALREADY had amazing hormone health, energy, vitality**

*Ex.*

*BE: I would be confident, aligned, committed*

*DO: join the yoga community, meet up with friends, hike, laugh, share*

*FEEL: peace, flow, inspired*

---

---

---





Create corresponding emotional imagery. Write out your new vision (Remember: You don't need to know HOW you are going to get there, jut write it the way you want it!)

*Ex. I am taking time to meditate daily, learn daily, yoga daily, structure my day to get things done in the morning and take the rest of the day for fun. I feel energized, abundant and resilient, like nothing can stop me. Nothing is a problem. Everything is figureoutable. Opinions of others don't affect me.*

---

---

---

---

---

---

---

---

