

MANIFESTING IN THE WORKPLACE

MEDITATE:

- While driving, cleaning, sitting in silence or walking
- Write down what you want. What it feels like, smells like, looks like. How you FEEL
- Connect to heart space
- Fold paper TOWARDS yourself
- Place under pillow

DAILY ROUTINE:

- Meditate 15 minutes
- Connect to heart space
- What ways can you show up for your dream today?
- LET IT GO

Stay positive, mindful and aware. What you desire is already yours! It is coming!



CONTENT BROUGHT TO YOU BY JESSICA BISOL
FROM CLEANSE YOUR CROWN THROUGH THE
HOLISTIC SPA ALLIANCE