

ABRAHAM HICKS EMOTIONAL GUIDANCE SCALE

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1. JOY, KNOWLEDGE, EMPOWERMENT, FREEDOM, LOVE, APPRECIATION
 2. PASSION
 3. ENTHUSIASM, EAGERNESS, HAPPINESS
 4. POSITIVE EXPECTATIONS, BELIEF
 5. OPTIMISM
 6. HOPEFULNESS
 7. CONTENTMENT
 8. BOREDOM
 9. PESSIMISM
 10. FRUSTRATION, IRRITATION, IMPATIENCE
 11. OVERWHELMED
 12. DISAPPOINTMENT
 13. DOUBT
 14. WORRY
 15. BLAME
 16. DISCOURAGEMENT
 17. ANGER
 18. REVENGE
 19. HATRED, RAGE
 20. JEALOUSY
 21. INSECURITY, GUILT, UNWORTHINESS
 22. FEAR, GRIEF, DEPRESSION, DESPAIR, POWERLESSNESS

MANTRAS

For when you are struggling with jealousy

Bless them, and bless me too.

The Universe is limitless; there is more than enough to go around.

Seeing other people receive what I want reminds me that it's possible for me too.

For aligning with abundance

I accept the flow of abundance in my life and know I am worthy of receiving.

I don't want anything that doesn't want me.

What is meant for me will always find me.

For self-love & self-acceptance

I am worthy without condition.

I release judgment of self and judgment of others.

May I embody the love I wish to see mirrored back to me.

May I be a beacon of love, a receiver of love, and a giver of love in all my words and actions.

For raising your vibration

I let go of all that feels heavy and welcome in my own diving light.

I choose to stay in my power, no matter how the day unfolds.

The Universe is always working for me and never against me.

Each moment is a new opportunity to align with what brings me joy.

Today is a good day! I choose to experience love in all ways. I choose to align with my most joyful expression.

For banishing fear

I can relax knowing I am fully supported in all ways.

I trust that everything is unfolding in a way that supports my highest good.

Today, I will not worry (One of the five Reiki principles.)

I give myself the gift of peace by choosing love over fear.

MORNING CHECK-IN

Use this morning check-in guide as a daily routine to help you stay on track with your goals. Remember, the more consistent you are, the greater results you will see. Take a few moments to meditate and then answer the following questions in your journal.

How am I feeling this morning?

What frustrations, mindset, or habits from yesterday do I need to release today?

What am I thankful for this morning?

How can I be of service to others today?

What intention do I want to set for my day?

Where am I experiencing contrast, and how can this contrast help me clarify what it is I DO want?

What is one actionable step I will take today that supports my goals?

What is one thing I will commit to doing for my physical health today?

What is one thing I will commit to doing for mental health today?

What is one thing I will commit to doing for my spiritual health today?

What is one thing I am really looking forward to today?

What is one thing I am NOT looking forward to, and how can I see this differently to be more positive?

What energy do I want to embody today?

GETTING CLEAR

Use this workshop to help you gain clarity on what it is you wish to manifest in your life if you truly believed you had no limitations.

What would it look like if I could live any life I wanted without limitations?

What does my house look like, and where do I live?

What kind of car do I drive?

What does my personal life look like? (family, friends, relationships?)

What do I do for work?

What experiences do I have that excite me?

Where do I travel to?

What is my partner/relationship like?

What do I do for fun?

What hobbies do I have?

How do I choose to spend my free time?

What do I look like, and what energy do I carry?

How do I serve others?

What are your greatest achievements?

What brings me joy?

What skills do you have?

MANIFESTING MY DAY

Being intentional is a huge part of becoming a conscious creator. Use the space below to decide how your day will flow. For example, if you have a big test or interview coming up, you may write down how well it will go. The key is to be detailed and think about how you wish to feel moving through your day.

Today...

WHAT IS WORKING OUT?

Gratitude Worksheet

Sometimes it's easier to connect to gratitude when you focus on what is working well for you right now. You can use the space below to write down, in detail, your wins and the things that are falling into place for you.

What is working out for me right now?

WRITE A NEW STORY

Reframe your limiting beliefs

Identify your desire in one or two sentences. This could be about work, home, your body, the collective, or any other area of your life.

Your Desire

What do you currently believe is keeping your desire from manifesting? Don't censor yourself here, and don't overthink your answer. Allow your words to flow.

The limiting belief around your desire

Create a new story that is more supportive of your desire. Take time to read over the new story you often to create a habit in thought.

What is your new story

SHIFTING YOUR PERSPECTIVE

Adopting A Growth Mindset

Identify a situation in your life that you are displeased with in some way. Think about your most common complaints and work through them one at a time using this guided worksheet.

Displeasing situation

What is your desired outcome around this situation? In other words, what needs to change so that you are more pleased with the current situation?

Desired outcome

How can you look at this situation in a different way that feels better? Use the space below to list positive aspects already present in the undesirable situation.

Current positive aspects

WOULDN'T IT BE NICE

Law of Attraction Worksheet

Identify your desire in one or two sentences. This could be about work, home, your body, the collective, or any other area of your life.

Your Desire

Use the space below to imagine your desired outcome by saying, "Wouldn't it be nice if..."
Examples may be "Wouldn't it be nice if I won some money?" or "Wouldn't it be nice going to the lot and picking out my dream car?"

Wouldn't it be nice if...

INSPIRED ACTION

Law of Attraction Worksheet

Identify your desire in one or two sentences. This could be about work, home, your body, the collective, or any other area of your life.

Your Desire

What actions will you take to help bring this desire into the physical?

WORKING WITH CONTRAST

The Four Steps

Identify the contrast in your life by writing down what you feel isn't working or what needs to be improved.

Contrast

Now that you have identified what you don't like, use that information to clearly state what it is you do want instead.

What do I desire

Use this space to brainstorm possible solutions.

Possible solutions

Write down the actionable steps you will take to help bring manifest your desires.

What inspired action will I take?