

Keep a Daily Journal!

I recommend buying a new spiral bound notebook to use as a journal. Make a copy of the following page and paste it to the inside cover of that notebook. Or, buy a notebook that has pockets and keep the following 2 worksheets in that pocket. Each day keep a journal of your activity in each of the 5 areas. The Bright Future Action Guide includes a Daily section that includes this page, but you'll probably need more space, so a brand new spiral notebook will work perfectly. You can write the steps on the inside cover, or copy the following page there so you remember what to do each day.

To be in a generally, high vibrating state that attracts the things you want in life, do this daily:

1. Start your day clearing any negative emotions you may be feeling. Use EFT. It works wonders! If you're not having any negative emotions, go check Section 1 of this workbook to see if there's something you can clear up from the past or from one of those pages.
2. Next, raise your vibrations. Think of something that makes you feel great. If you start feeling down in the course of the day, come back and look at what you wrote that makes you feel great and get back UP! You can grab something from Section 2 of this workbook, or come up with something new.
3. Try to spend 1 whole minute feeling the way you would feel if you had everything you want. Imagine yourself there. Really getting into it. ONE FULL MINUTE. If you find your thoughts wandering, or "yes, buts" coming up from your subconscious, jot them down and tap them away with EFT, then start all over imagining what you want.

The above three steps are CRITICAL. The next 2 steps are helpful.

4. Meditate. Quiet your mind. Feel love and gratitude that the universe brings you everything that you want and wait to see if you receive answers.
5. Honor yourself & give thanks for today's manifestations. You're already doing something similar in step 2 when you start the day, but it's a REALLY good idea to end the day honoring yourself for what you've accomplished and feeling gratitude for the help you receive from the universe.

To get SPECIFIC, use the "Manifestation Worksheet" to create any outcome, to change the way you feel about a situation, and to practice, practice, practice manifesting! Get creative! There is so much you can do with this worksheet, its unreal. Create a parking space at the mall... even all green lights to getting there. Feeling bad about a breakup? Create a happy, free feeling of having lots of options and a bright future! Want a meeting to turn out well? Want to see a meeting canceled? What else? Would love feedback on how you use this worksheet because the possibilities are endless! Feel free to email me anytime at sundi@bright-future.net.

1. List & neutralize any negative emotions, limiting beliefs and/or doubts.



<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
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Don't focus on the negatives, but be aware of them so that you can clear them using the tool of your choice. I like EFT & HAMR, but you may be using something else.

2. Raise your vibrations.





If there isn't something that comes to mind that makes you feel good at this moment, go back to Section II and find something! If you digress in the course of the day, come back and raise them up again!

3. Focus on your long term goals and journal your thoughts here and/or ask for & create what you want today. Use the Manifestation Worksheet to get really specific in creating something you want in the near future.





Look at the images of the things you want, feel the feeling of having it, repeat out loud the affirmation you created for each thing that you want.

4. Take time to meditate and get answers from the universe.





Clear your mind and allow the universe to bring you information about how to achieve your dreams.

5. Honor yourself & give thanks for today's manifestations.





Take time to recognize even the smallest of things you accomplished today. Give thanks and feel the gratitude that all you ask for is on it's way to you.

Bonus: Manifestation Worksheet

Use this page to manifest a specific outcome in any one day or specific situation. You can even use it to feel differently about something that bugs you. Use in place of or in addition to the daily page, or the What-I-Want page. If you don't manifest the thing you want today, do steps 1, 4 & 5 each day until you do. A downloadable PDF version of this worksheet is available on my website with further instructions for its use.

1. Write the current situation and then list & use EFT to neutralize any negative emotions associated with the current problem, difficulty or thing that you want to manifest. Feeling negative about a situation or not having a certain thing does not help you manifest it.

Situation:

5e

5a

2. Write down details of a time when you were successful in a similar situation and imagine it for one minute, feeling the feeling of success in that moment. If you can't think of something similar, just think of any pleasant memory for one minute:

5c

3. With negative emotions cleared and vibrations high, make a request to the universe for the outcome that you desire. Say it out loud and write it here:

5b

4. For one minute, either imagine the desired outcome in this situation, or imagine a place in time where this situation is over and done with and everything is fine, feeling the gratitude as if this has already come to pass. Create an affirmation around this issue:

5d, 5f

5. Hammer in this thought process. If you are not familiar with the hammer technique, go to www.hamr.com.
1. Think of the problem(s) from step 1 in the right hand.
 2. Think of the resolution from step 3 in the left hand, then in the right hand, then again in the left hand.
 3. Think of successes from step 2 in the right hand and then the left hand.
 4. Think of the future with the outcome you desire the right hand and then the left hand.
 5. Think of the present moment in time in the right hand and then the left hand.
 6. Put your 2 hands together, pause for 2 seconds, press your hands into your chest and repeat the affirmation from step 4.
 7. Repeat the process starting with the left hand.