

CREATE SPACE - A Practical- Multidimensional Law of Attraction Workshop.

Introduction.

When you have an intention, an idea, a vision of something you would like to experience or create in the world. That idea, that vision is like your baby. Your baby that is still unborn and safe in a womb.

What needs to happen for that baby to be welcomed into the world? It needs space. A pathway, a channel. A small crib in the corner of a room, maybe even it's own nursery. When you have an idea or experience that you want to bring into the world. You need to create space for it. Space for it to come through and space for it to exist in the world before it's even there.

This Workshop.

In this workshop you will be guided to create 3 spaces for your vision-baby to be welcomed into the world.

Inner space (inner awareness)

Time space (scheduling an action plan)

Outer space (environment)

You are multidimensional, so is your reality, therefore you must manifest multidimensionally beyond just 'positive thinking' and transforming 'non-physical energy and frequency'.

This workshop is a practice and experience. Feel free to do it as often as you need to or once and never again. You will gain inner insight, and practical guidance for action. The more intensity YOU put into each assignment the more you will get out of it.

Preparation - Create Space Now.

In order for you to experience this workshop, you need to create the best space for this workshop.

This workshop will require you to sit and write with focus.

- Clear space on a table so that you can write efficiently, remove objects that may distract you.

-Collect the tools that you need

- a journal or print out the pdfs

- an agenda / year planner / scheduler

- a pen

- a way to collect images, phone laptop, computer (because you will make a vision board, or inspiration board like all great designers do)

Once you've created the 3D space for this workshop create the pathway space. You are the pathway.

- Get a cup of tea, get focused, turn off your phone, light a candle if you like.

- Focus on the power of intention, choice and inner awareness. Align these things with compassion.

Compassion.

Right now choose to be compassionate towards all your flaws and imperfections. This gives you the ability to see them fully. Seeing them fully allows you to learn from them and transform them. If you're always hating on yourself, you will never fully see what needs to change and HOW to change. And if you feel you need to change before you can be compassionate towards your flaws, you are attached to negativity and failure. Honor the intention that you want to change. Be compassionate about all your imperfections. Don't hide from yourself.

STEP 1 : CREATE INNER SPACE (Inner Awareness)

Answer these questions. Give yourself 90sec for each question.

What would I want to experience in life if time and money were not an issue?

How do I want to grow?

What do I want to contribute to the world?

Who am I ? Why am I here?

Where am I going? How do I want to be remembered when I am gone?

If I achieve all my life's goals how would I feel? When and how can I feel that along the way?

What is most important in my life now? What do I value the most? What am I most passionate about?

Now you have a clearer picture of where you want to go , and who you want to be.

(optional) Create a DAILY ALIGNMENT HABIT

Every morning do the Daily Alignment Habit. (Visit www.estu.space/daily-alignment-habit/)

Every evening reflect on 3 things you've learned that day and practice forgiveness of yourself and of others.

STEP 2 : CREATE TIME SPACE . Scheduling & Taking Action

2.1 Focus your vision.

Write max 5 sentences per question. 90 secs per question

Write a vision statement. How do you want your life to look and feel like? Feel it.

Write a mission statement. How and what do you want to contribute to this world? What is your motivation?

2.2 Creating the Destination

Write down 50 goals. If time/money/reality were not an issue. 5 min for this practice. GO FOR IT! (It's OK if you don't make it to 50)

<i>1</i>	<i>26</i>
<i>2</i>	<i>27</i>
<i>3</i>	<i>28</i>
<i>4</i>	<i>29</i>
<i>5</i>	<i>30</i>
<i>6</i>	<i>31</i>
<i>7</i>	<i>32</i>
<i>8</i>	<i>33</i>
<i>9</i>	<i>34</i>
<i>10</i>	<i>35</i>
<i>11</i>	<i>36</i>
<i>12</i>	<i>37</i>
<i>13</i>	<i>38</i>
<i>14</i>	<i>39</i>
<i>15</i>	<i>40</i>
<i>16</i>	<i>41</i>
<i>17</i>	<i>42</i>
<i>18</i>	<i>43</i>
<i>19</i>	<i>44</i>
<i>20</i>	<i>45</i>
<i>21</i>	<i>46</i>
<i>22</i>	<i>47</i>
<i>23</i>	<i>48</i>
<i>24</i>	<i>49</i>
<i>25</i>	<i>50</i>

2.3 Creating the Time Frame

Behind each of your 50 goals, write when you want to achieve these goals. 5 years, 1 year, NOW?

(Remember this is a practice exercise for feeling 'time' and time frames. We can work with human timing while still being open to divine timing)

Then organize your goals chronologically within a time frame (below). As you do this break down long term and large goals into smaller goals that will fit into smaller times frames.

My Life Goals

My 5 Year Goals

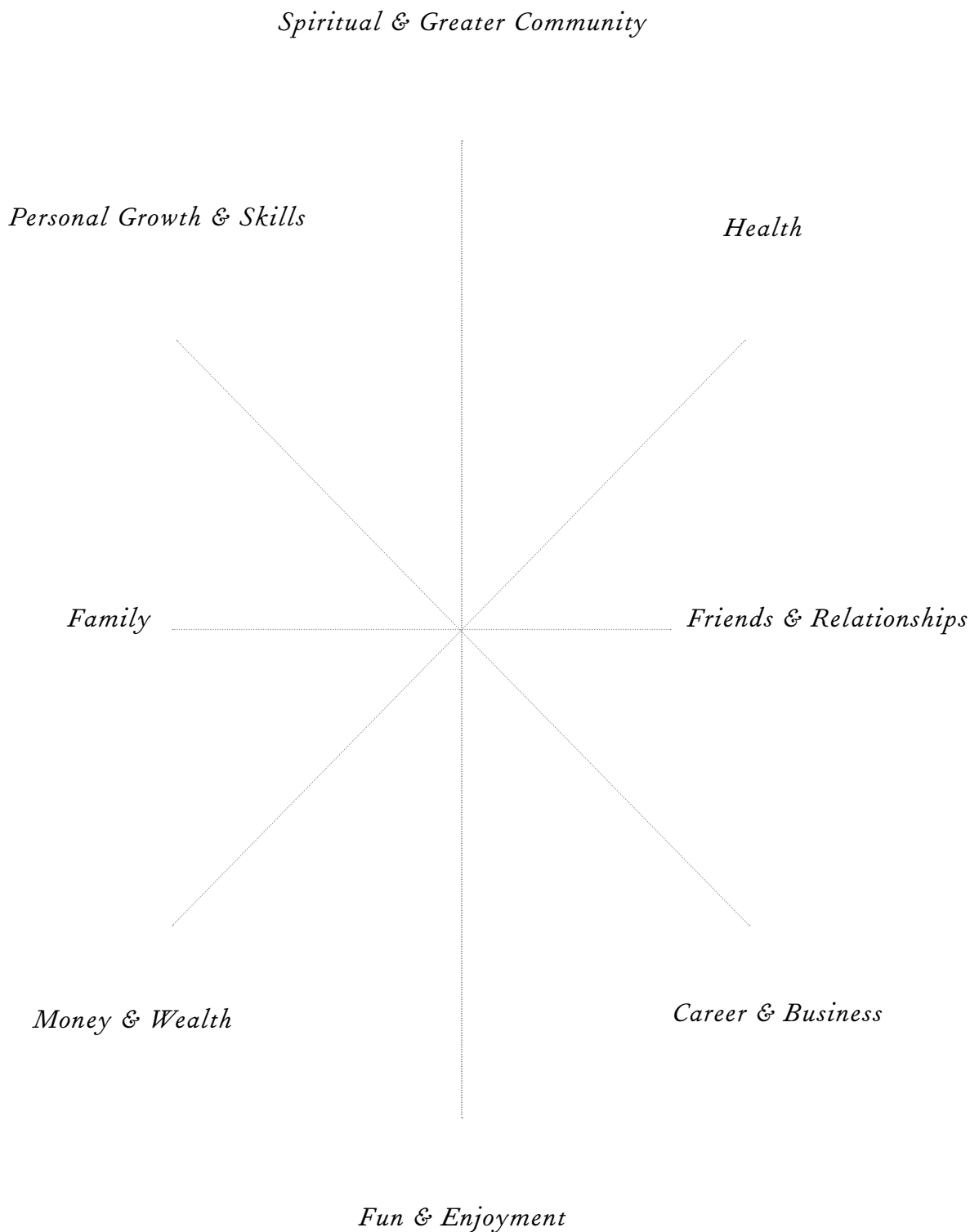
My 3 Year Goals

My 1 Year Goals

My 3 Month Goals

2.4 Creating Balance Amongst Your Goals

Organize your 50 goals into the this mind map. If you notice an imbalance in the parts of your life and what you are focusing on, balance it out. (Re)Create and adjust goals. Balance = Synergy



2.5 Creating Focus in Your Goals aka Laser Beam Your Intention

Choose the 5 most important 1 year (or less) goals. Circle or highlight them.

2.6 Creating the Pathway Space

1 For every part of your life write down where you are now. (use the accompanying pdf)

2 Write where you want to go.

3 Write what you can do to get there.

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4 Write down your top 3 goals for each part of your life. Include your top 5 goals that you circled or highlighted from the previous section.

5 Write why your motivation behind them.

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6 Choose a 1year goal for each category.

7 What are the 5 action steps to make them happen? Write them down.

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*8 Schedule all these action steps into your agenda. Committing to these action steps maintains *BALANCE* in your life goals.*

9 Do 3 action steps NOW. BAM. Feel that energy.

1 Where am I now?

2 Where am I going?

3 How do I get there?

Spiritual

Health

Personal Skills

Relationships

Family

Money

Career & Business

Fun

4 What I want... & when?

5 Why I want it.

1

2

3

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3

6 My 1 Year Goal.

7 What are the steps? (aka action energy)

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3

4

5

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2.7 Creating Clarity

Write down your top 5, 1 year goals (from 2.4) If you feel the need to readjust them, do it.
Write down why. Get clear on your motivation and intention.

1	why?
2	.
3	.
4	.
5	.

*****ALL OTHER goals on your list should now be avoided at all costs. If you cannot commit to this, choose different goals you can commit to.*****

2.8 Set Rewards.

Write down your goal and your reward for achieving it or how you will celebrate :)

1	reward
2	.
3	.
4	.
5	.

2.9 Create the action plan.

Write down your top 5 goals and the 5 action steps needed to make them happen. Schedule them into your planner. Take action TODAY!

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2.10 Uncover Your Limitations : Fears and Distractions

Write down you top 5 fears and distractions.

Write down action steps and affirmations to change them. If deeper therapy is needed, take that action!

Fears

Affirmation

1

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2

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3

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4

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5

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Distraction

Action

1

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2

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3

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4

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5

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2.11 Skill building

What skills will I need to master to realize my goals? and where or from whom can you learn them

<i>1</i>	<i>Where/who to learn from?</i>
<i>2</i>	.
<i>3</i>	.
<i>4</i>	.
<i>5</i>	.

2.12 Habits

What habits do I need to change to realize my goals?

<i>Old habits to change</i>	<i>New habits to master</i>
<i>1</i>	.
<i>2</i>	.
<i>3</i>	.
<i>4</i>	.
<i>5</i>	.

2.13 Peer Group and Influencers

Who should I surround myself with and who am I influenced by?

<i>People who negatively influence me</i>	<i>People I should spend more time with</i>
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2.14 Accountability

Who will keep me accountable? And how will they do it?

<i>Accountable person</i>	<i>How they hold me accountable</i>
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2.15 Outsource

Are there any tasks or chores I can delegate to someone else, to save me time.

Tasks to delegate

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Who can help?

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2.16 Change Your Story

*Write down your negative story with all the reasons holding me back. Include all the events and circumstances that have happened, relationships that have F**ed you over. etc etc Write down all the reasons why you tell yourself you're not good enough. Get it all out. 90 sec.*

Transform this story. Write a new supportive story about how all these challenges were empowering lessons. 2 min. (It you like you can write this on a separate piece of paper and place it somewhere you will see it regularly.)

STEP 3 : CREATE OUTER SPACE . Environment

3.1 Creating an Altar or Vision Board.

Create a vision board, a visual reminder of all your goals. Ways to do this are in a journal or on your electronic device in powerpoint or document making application. You can also use online digital platforms like www.canva.com to make documents. Select images that inspire and remind you of your goals and how you want your life to look and feel like. Your Top 5 goals should have BIGGER images.

Or create an altar using physical 3d objects instead of 2d images. Your Top 5 goals should receive the most attention and be in a front and center position in your altar.

3.2 Creating a Skill Building Space.

Choose a space in your house that is designated for skill building and focus. Place your vision board or altar in this space. Keep it clutter free so there are no distractions. This is where you will create your daily alignment habit.

3.3 Creating a Bridge (or 'Bridge' Activities)

On a separate piece of paper write a list of activities (ie listen to a podcast, favorite youtube/teacher, music) or collect objects, books or images that will guarantee to set the mood and to inspire you to align with your motivation and intention. Place these things in your skill building space. These should always be informative and positive. So no time wasters.

3.4 Creating Space for Your New Physical Identity. Streamline your physical objects.

(This method of de-cluttering is inspired by the Marie Kondo technique. So check that out for more detail.)

Align ALL the objects you own with your life goals.

Streamline per category of objects not per location. Do each category in 1 go.

-clothing

-books

-papers

-miscellaneous items

-sentimental items

Start with your clothing. You are in contact with your clothes almost all the time. Whether you care about fashion or not, your interaction with clothes forms a large part of your personal identity. And like it or not, it influences how many people interact with you.

1 Align with your life vision and goals.

2 Put ALL your clothing items on the floor

3 Touch each item 1 by 1. Feel how it feels. Does it align with your vision and goals? Keep it. Does it not align, or is it neutral? Thank it, bless it, release it from your reality.

4 Never skip an item or put it aside to decide on a later date. If an item has sentimental value put it in a sentimental value box.

3.5 Creating Space for Your New Physical Reality.

Now that you have an action plan set in time and have created space for your new physical identity by releasing every physical object that does not align with your goals, change the space of your physical environment. Consider the flow of action, movement and tools you need to form the behaviors you want to create. Adjust your living and work environments accordingly.