

The 2024 Blueprint....

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The only thing in the way of you getting the life that you truly want is YOU. Before we can even begin to discuss how to get there, let's first talk about what it is that you actually want.

- **What do you want?**

- **What do you want (continued)**

- **What is in the way of you getting it?**

- **What are 5 OLD stories that you tell yourself that need to be changed?**

- **What has been working in 2023?**

- **What isn't working anymore for you that you have not shifted yet?**

- **What were the 5 major lessons you learned in the last 5 years?**

- **What habits or behaviors do you need to leave behind as you finish off this year?**

- **What attitudes do you want to change about money and health?**

- **What are the 10 MOST significant things that you accomplished in the last two decades?**

- **What old versions of yourself do you want to be introduced to and incorporate?**

- **Rate 2023 on a scale of 1 to 10--- (so far) 10 being the BEST**

- **What word describes/ sums up 2023 at this point?**

Okay, good work...take one last look over your 2023 so far and then let's bless it ALL...the lessons, the hard stuff, the celebrations...all of it. Now declare yourself complete, forgiving yourself for all the things that you think you could have done better. Accept that you did the best you could and it was all perfect. Now let's move on to what's next...

There are a few tools/practices that if used consistently will help you change your reality...

1. Learn to RESPOND vs. REACT

A reaction is based solely on emotion and is usually done in a heated moment whereas a response is something that is measured and considered beforehand. Nothing good or lifechanging is going to come from a reaction...mostly when we are reacting, we are actually reacting to things that have happened in the past and it takes away all of our power. Begin to teach yourself to take a breath and walk away when you are 'reacting' and come back when you are ready with a response that suits the situation.

2. Use the Index Card exercise

Remember flash cards when you were a kid? We used them to train ourselves to learn information such as our multiplication tables or the periodic table of elements...now we are going to use them to alter the

way that you think about your life. Get 10 index cards and on each card write an affirmation or statement of how you want your life to be.

- Examples:

- I have \$5000.00 in a savings account.
- I am well paid with plenty of money to spare and share.
- I workout daily and eat only foods that serve me.
- My relationships contribute to my life.
- My children are happy and healthy.
- I have plenty of energy to do what needs to be done by me.

You get the idea...once you have your 10 statements then use the cards twice a day, flipping through them until the statements on them are really ingrained in your thinking. Change/update the cards statements as needed.

3. Choose Words Wisely

Your words have a LOT more power than you think they do...stop complaining, stop talking about what you don't want more of, speak about things based on how you want them to be and not on the way that they look in the moment. NEVER judge anything by the way that it looks in the current moment, see the outcome that you want to have happen and start

looking at things in this way. You will create what you speak about—so make sure that you are speaking LIFE into situations and not repeating doom and gloom.

4. Bookend Your Days

This is a tool that I learned from reading Darren Hardy's book, *The Compound Effect*, it means to make time each morning and each evening to focus on what IS working and pray or read something inspiring and take control of the day in the way that works for you. I suggest in the morning setting a few intentions for the day and in the evening using a Gratitude Journal to write down at least 5 things that you are grateful for. If you bookend your days then you are able to set the tone at beginning and end no matter what happens in the middle. As Jim Rohn says, "either you run the day or the day runs you".

5. Be Accountable

Keep your word, walk your talk and own your truth. Don't try to be something that you aren't, be authentic and fearless. You are unique with amazing gifts to offer---OWN that shit.

6. Write It Down

Use the listing process...Manifestation list, Gratitude List and Elimination List

***remember on the bottom of your manifestation list put ***This or something better—this ensures that only your highest and best good can manifest itself for you.

***remember NOT to put people on your elimination list

7. Picture Your Good

Use Vision Boards or Image Books or Treasure Maps to picture the good that you want to manifest...helping your mind to SEE where you want to go is a powerful tool.

Creating the 2024 that you desire!

What was your total Income in 2023?

What is your income goal for 2024?

Growth Plan Considerations:

What do you want to read in 2024?

What do you want to watch/ or listen to in 2024?

What do you want to learn? Any classes that you want to take?

Seminars you want to attend?

What have you been directing your attention to?
Is that working?

How are you framing your historic stories? Are you a
victim? Is that working?

Given that your health is your most vital asset....

What is your current weight?

What is your goal weight?

What actions will you take to reach this goal in 2024?

What boundaries do you need to establish in 2024 to stay healthy and sane?

Where do you need to start saying **NO**?

How are you judging your progress? How is that affecting your self-worth?

In 5 years what does your life look like?

Income, family, living situation, job, physical condition

What are you going to start doing in 2024 EVERYDAY that supports this vision?

List your TOP 10 priorities for 2024 --- do they line up with the vision and values that you have for your life? If not, what must change??

What would you do if you couldn't fail?

If you were a Superhero what would your name be?
What would your superpower be??

What is your legacy?

Are you living like that???

What do you want people remember about you?

What would you tell your 20 year old self?

What will be your 3 word mantra for 2024?

CREATE 2024

Based on what you have revealed to yourself by doing the work in this book and course, write your new script for 2024. A collection of statements that describe in detail the life that you intend to have in 2024.

Write “as if” these things are already made manifest—

Such as: “I wake up every morning alert and enthusiastic, I take on the day with joy. I am in perfect health making plenty of money and enjoying time with friend and my children....etc etc

READ YOUR NEW SCRIPT. EVERY. SINGLE. DAY.

Script:

Daily Prescription for Having the Life You Want Instead of the One You Settled For...

- **Bookend your days**
- **Gratitude Journal Daily**
- **Review your lists...manifestation, elimination, gratitude –update these lists every 30 days**
- **Review your vision board or image book or treasure map**
- **Read your new script**
- **Spend 30 minutes a day reading, watching or listening to something that forwards the action of your life**

Monthly:

- **Review this workbook to see that you are on track**
- **Update your lists and your script if needed**

*****Suggested...**

- **Grab a ‘Flipping the Script’ partner to hold you accountable to your practice**