



**Insight**



**Insight**



## Wish List

If I could change, enhance, or improve myself or my life I would choose...

Add 3-5 (or more) things below.



## Life Shaping Practice

### Special Simple Breath



#### Deep Breaths

- In through the Nose Out through the Nose or Mouth
- Relaxed Comfortable Even Inhale & Exhale

#### Full Breaths

- In through the Nose Out through the Nose
- Inhale- Deep Full Cavity Start from Belly and all the way Up to Crown
- Exhale-Deep Full Cavity Slow and Steady Release

#### Ujjayi (Ocean) Breathing

- In through the Nose
- Out through the Nose
- Ocean Sound (hhhaaaa) on Exhale

## Simple Meditation:

1. De-Stress- Color Wash
2. 3 Deep Breaths- 3 Full Breaths
3. "I Am" Breathing (at least 5),  
Inhale "I"  
Exhale "Am"  
End with 3 Ujjayi Breaths
4. Visit Sanctuary/ Connect with Source
5. Gratitude
6. 3 Ujjayi Breaths



Date	Wish	Emotion Why?	Quality Desired Experience?	Challenge What I'm Up Against?	Fear What I don't want?	Change How will I know it is different?	Special Notes



Step 1: Clarify It!



Wish-Wash

Wish:

“Why” do I think I’m Not already experiencing this Wish?

Why do I feel I deserve it?

When I get really honest with myself...What side benefit or small gain do I get by not having my Wish met?

Why do I want this Wish? What is my reason for wanting this?

What Challenges might I face on the journey to experiencing this Wish?

Wish Wash (Inside) ~ SHAPE

What is it I don't want? What would I like to avoid?

What is really important to me about this Wish?

What am I really looking to experience?

What makes me think my Wish is Possible?

What do I Believe about experiencing this Wish?

Positive

Negative



Wish Wash (Inside) ~ SHAPE



Cut this portion off!!



 **Wish**

**Step 3: Design It!**



**Ideal**

[Empty rounded rectangular box for Ideal]

**Mantra**

[Empty rounded rectangular box for Mantra]

**Action**

[Empty rounded rectangular box for Action]

**Step 2: Fresh Perspective**



*Choose the Ideal, Ideal or Topic you would like to receive guidance about. Visit the Online Oracle Tool and choose*

<https://lifeshaping.me/serendipity-oracle>

*After Reading, fill in the information below!*

**Desire**

[Empty rounded rectangular box for Desire]

**Challenge**

[Empty rounded rectangular box for Challenge]

**Insight**

[Empty rounded rectangular box for Insight]

**Influence**

[Empty rounded rectangular box for Influence]

I want to Remember...

[Empty rounded rectangular box for I want to Remember...]

Cut this portion off!!



Step 4: Inspire It!

Inspiration Board



Cut this portion off!!



Inspiration Board (Inside) ~ SHAPE

Inspiration Board (Inside) SHAPE

Step 5: Shape It!



# Declaration

I Choose to Experience

I Choose to Believe and Know

I am Committed to Acting in Alignment

I Trust and Appreciate knowing it is Already Done!

## Evolution Board

Evolution Board (Cover) ~ SHAPE



Cut this  
portion  
off!!



Evolution Board (Back Cover) ~ SHAPE



# Bridging Worksheet



How would I be Different if I knew it was "Already Done"?

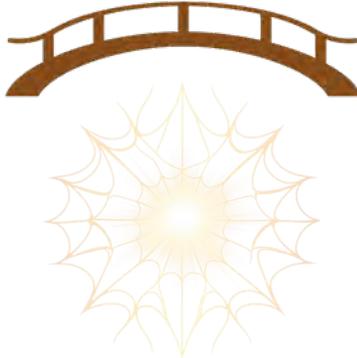
Fear



Desire

What do I need to believe to be True to Know I Can?

Belief



Know

How may I stretch and grow?

Theme/Story



Opportunity



Cut this portion off!!



## Ideal Worksheet

 Wish



 Desire



Ideal Qualities



My Chosen Ideal

Forming Ideals (Cover) ~ SHAPE

## Declaration Worksheet

Ideal-

I Choose to Experience \_\_\_\_\_

Mantra-

I Choose to Believe and Know \_\_\_\_\_

Action- ( 3-5 Supporting Actions)



I Trust and Appreciate knowing  
it is Already Done!



Declaration Worksheet (Back Cover) ~ SHAPE

Cut this  
portion  
off!!

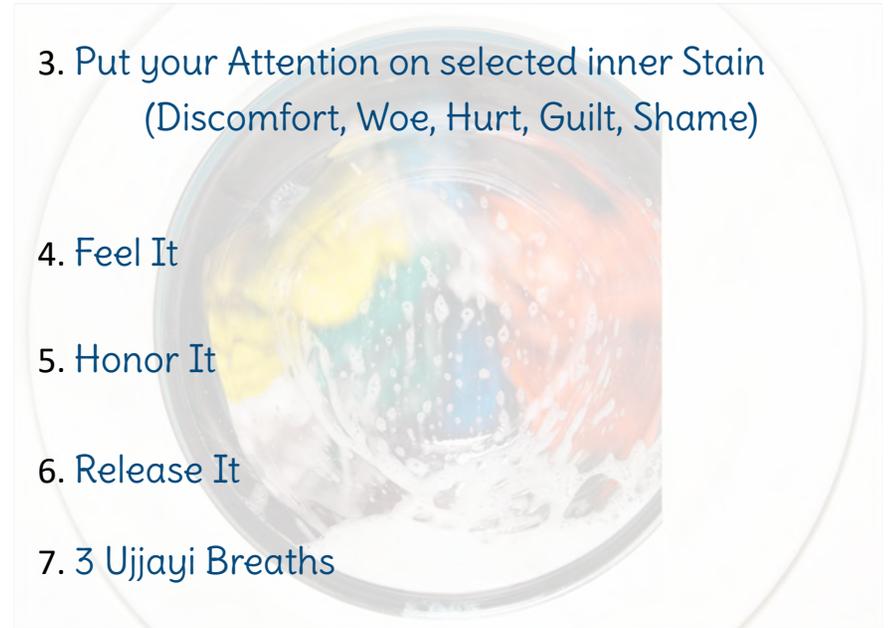
## I AM THAT I AM

1. Take a Deep Breath (Eyes Closed) and become Aware of your Breath
2. Take a Deep Breath and become Aware of your Outer World
3. Take a Deep Breath and become Aware of your Inner World
4. Take a Deep Breath Inhale & Exhale – Tap your Heart 3x
5. Take a Deep Breath Inhale & Exhale – Tap your Navel 3x
6. Take a Deep Breath Inhale & Exhale – Tap your Forehead 3x
7. Take a Deep Breath and become Aware of your Inner World, then go into your Heart-Repeat to Yourself “I Am That I Am”...”I Am Source”
8. Take a Deep Breath and become Aware of your Outer World
9. Eyes Open, become Aware of your Outer World and how you feel now in your Inner World (what is different?).



## Stain Wash

1. 3 Deep Breaths – 3 Full Breaths
3. Put your Attention on selected inner Stain (Discomfort, Woe, Hurt, Guilt, Shame)
4. Feel It
5. Honor It
6. Release It
7. 3 Ujjayi Breaths
8. Gratitude



Stain Wash Meditation (Stain/Topic)	What I noticed...

I AM THAT I AM Meditation (Date/Time)	What I noticed...



# Declaration

1. Take 3 Deep Breaths, 3 Full Breaths and 3-5 “I Am” Breaths
2. I Choose to Experience \_\_\_\_\_ (Ideal).  
(Imagine Experiencing Ideal)
3. I Choose to Believe and Know \_\_\_\_ (Mantra).  
(Imagine Being/Living Mantra)
4. I am Committed to Acting in Alignment with \_\_\_\_\_ (Ideal).  
(Imagine acting in support of Ideal and Engaging in Action Plan)
5. I Trust and Appreciate knowing it is Already Done!  
(Imagine Gratitude of Experience)
6. 3 Ujjayi Breaths



## Purpose & Use of your “Shape” Section

The Shape Section of your Living Log is designed to support you in taking something you want, or Wish for in your life, or for yourself, that you would like to create in your Reality! Follow the prompts on your Wish List Page, and your Ideal Page (Do the Wish- Wash!), and they will reveal the Clarity you need for Manifesting.

From there you will be able to structure an Ideal (or an Ideal -Desire), a Mantra and loose plan of Action, all with the guidance of following the prompts and flow of each pages content and questions.

### Your “Wish List” Page - Follow the Prompts on that page!

Once you have created 3-5 (or more) Wishes use the Chart Worksheet on the back of your Wish List to begin to explore what you think and feel surrounding each Wish. This begins the process of finding Clarity about what you really Desire and paves the way for diving deeper. This worksheet serves as a base to start to surface beliefs and assumptions that may support or inhibit manifesting your Wish.

### Crafting Your Ideal

Print an “**Ideal+ Wish-Wash FO** (Fold Out) Page from your SHAPE .pdf files

**Choose a Wish from your Wish List** inside your Shape Section, or simply now decide what you would like to see change . What do you want, desire? Name it and **claim it in your “Wish” Space** of that page!

Then use “**Wish-Wash**” of your *Ideal Page*, to Clarify your real Desire and flush out what is coming from a fear versus a true Desire!

**Wish Motivation**-Get Clear and Focused on what you Desire and Why! This helps to clarify if your Wish is based in fear and compensation to assisting you in discovering what you really desire in alignment with your Soul.

**My Beliefs**-Get Clear and Focused on what you Believe about experiencing your Wish. Take time to notice the thoughts and feelings both Positive & Negative that are associated with your Wish. This will offer great Clarity on finding what you truly Desire and the Challenges that will be the platform of Self Growth!

How to Get & Use a " **Fresh Perspective**" with your *Ideal Page*

**Choose the Wish, Intention, Ideal or Topic you would like to receive guidance about.** Use your Own Oracle Deck and pull a card for each of these 4 Topics in regards to your Wish: Desire, Challenge, Insight, Influence.

**Or Visit this Website Link and Choose the 4 Card Reading (Online Oracle Tool).** FOLLOW THE DIRECTIONS ON THAT PAGE!

<https://lifeshaping.me/serendipity-oracle/>

**Forming your Ideal** (Ideal) on your Ideal Page -Get Clear and Focused on what you Desire - this is your Request and claim to Source! Use the "Ideal Worksheets and Life Shaping concepts to formulate your Ideal. Use the questions here following to create your **Ideal** , **Mantra** & flexible **Action** plan.

Your Ideal is the true Desire (Quality) you are looking to manifest (not a "thing"). Write it in the "Ideal" Area.

You can use your ***Ideal Bridge Worksheet*** to help clarify the information and Insight to form your Ideal!

### **Ideal Questions:**

What would I like to Experience, Create, or Happen ?  
What would I like to Design into my days?  
What do I Intend?  
When I look back what would I like to know has been accomplished or achieved?  
When I imagine this Ideal/Desire being realized, the quality of life I imagine experiencing is: (example: Joy)

### **How to use "Mantra" Space** of your Ideal Page

Mantra - Develop a Prayer/Formula or Affirmation that will support you in experiencing this Desire. Use the worksheets listed and Life Shaping concepts to formulate your Mantra.

### **Mantra Questions:**

What Formula/Prayer/Affirmation am I currently or actively working with to activate within me and my life?  
What Formula/Prayer/Affirmation can I work with today to be a Vibrational Match to that Quality I Intend?  
What can I Affirm that supports my Attitudes and Beliefs in support of my Ideal/Desire?

### **How to use "Action" Space** of your Ideal Page

Action- Once you are clear on your Ideal & Mantra...Ask yourself the question...What now? What's next? What are the steps or actions you can take that support bringing your Ideal into manifestation and experience? Type in your flexible Approach, Game Plan or Strategy to Support Acting on this Ideal! This is a simple loose Action Plan intended to commit to a few steps to get the manifesting energy rolling. They may include ways of thinking & feeling.

### **The Declaration**

This is an active Practice meant to bring all the work you have done so far shaping your Wish into an Ideal and making a sacred communication with Source of your Intention and Expectation. It is a form of prayer and statement of affirmation blending your Ideal, Mantra and Action plan into a concise clear Declaration of Alignment. It is an invitation of manifestation.

Each Sentence holds great value and power. The first two sentences are for you to fill in the blanks. You can use your *Declaration Worksheet!*

**I Choose to Experience** (add and fill in your Ideal)

**I Choose to Believe and Know** (add and fill in your Mantra)

**I am Committed to Acting in Alignment**

**I Trust and Appreciate knowing it is Already Done!**

Set aside some special quiet time or do a simple sacred ceremony and say your Declaration out loud powerfully solidifying your request, invitation and expectation of manifestation.

Making this Request is an important part of inviting in the magic of manifestation! It comes from the space of expecting it is "Already Done"! Ask and it is Given"!

The question now becomes can you stay in Alignment with your Desire. Where is your Focus? What clues and indicators show up to make adjustments in how you are thinking, feeling and acting?

## How to Use "Evolution Board"

Now that you have set your Ideal track your journey into manifestation. What do you experience and learn along the way.

Remember Source and your Inner wisdom are on your side - guiding you, leading you to become a vibrational match to what you Desire (Ideal), and deliver! You just need to pay attention to the clues and guidance, gathering your Value & Treasures along the way. This Space gives you a place to gather all you learn and discover along the way. This Space is to capture the Adventure of the Journey to manifesting and experiencing your Desire/Ideal!!

Place Images, Words, and/or Quotes that have been popping into your reality getting your attention. These are usually Clues offering guidance and insight as we move towards manifestation. It is of utmost importance to pay attention to the Clues and their Value (Message/Insight)!!!

Add any graphics, images, quotes, affirmations, resources or research supporting this Desire becoming part of your life. As you go along you may find all kinds of Clues and Surprises come your way to assist. Use the "Evolution Board" space to track your process and realization...and make sure to Celebrate with a photo or Sticker.

Now you have crafted your Ideal and begun to invest in momentum beginning to assist you in coming into alignment with what you Desire. Take a deep breath and enjoy with gratitude the process you have just moved

## Action Questions:

What actions can I take that would most likely lead to the manifestation of my Ideal?

How might I act in accordance with my Ideal?

How might I actively think, feel or behave in support of my Ideal?

What changes am I willing to act on to create more space and probability for the manifestation of my Ideal?

How might I go about going after manifesting my Ideal - what's my game plan?

**How to Use "Inspiration Board"** with an Ideal Inspiration Board- Place Images, Words, and/or Quotes that invoke within you the vision and inspiration of what you Desire. Imagine experiencing your Wish/Intention/Desire/Ideal and use images or words to express that feeling or experience! This is your "Vision Board" Space. Dream, Imagine, try it on for size. Remember the brain learns through Images, Words and Experiences. Trying on your Desires in image form helps you imagine experiencing what you are intending and becoming a vibrational match to it, which attracts it to you (Manifesting).

Next it is important to work with all the clarity gained, the inspiration evoked and invite Manifestation.

As a powerful creator the next step is using the Alignment you have found with your Desires and claim it-draw it forth in experience, into manifestation.