



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!

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 to-day 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.

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.

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!

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 payer 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 through Shaping your Life!