THE KEY®

MAGICAL LIFE ADVENTURE STORY

WORKBOOK

Reviewing all of your key work so far and reflecting on your affirmations, desire statements, notes and ah-ha's….
Stories from previous key events or sessions e.g. Purpose statements or your WHY?
Jot down words, feelings, bullets, ideas and notes to include in your story

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Jot down words, feelings, bullets, ideas and notes to include in your story

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THINGS TO DO

- Stories need development, they are a work in progress.
- From now and until our next session keep developing your story.
- Read your story every day.
- Create a meditation BY recording yourself say it and put some creative frequency music in the background.
- Listen to it twice a day including; going to bed listening to it until it fills your dreams.
- Write gratitude entries in your gratitude journal to power it up in advance of it happening.

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