

Professional & Personal Development

With Anik J. Malenfant



Super Charged Manifesting

5 Core Feelings Worksheet

In your Dream Life, what are your CORE 5 Feelings?

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Your reality is made up of thousands of choices. Use the below guide to help you transform your current experience to that of your goals.

This _____ supports me in feeling: 1) _____
Thought 2) _____
Feeling 3) _____
Action 4) _____
Behavior 5) _____
Action

You will have choices that currently don't match up to your 5 Core Feelings. By being aware that these choices are not fully aligning with your desires and how, it clarifies what needs to change.

You may not be in an immediate position to say NO, so then say yes.. but just for today and invite the Universe to show you more aligned options.

Here's a simple command for you to use to initiate your request:

Universe/Creator/God/Source (whatever resonates with you) I am saying yes to ____ in this moment, and I invite you to show me clearly a better option with joy and ease.