Manifest *Me*

ONE HUNDRED DAYS

Ask for it. Become her. Feel it first. Let it in.

ONE PAGE · ONE GAME · EVERY DAY

How this works

This is not a book you read. It's a book you **do** — one page a day for 100 days. Every page has a story that makes the idea land, one game to play before bed, a sixty-second lift for when the old you shows up, and the practices you keep going from earlier days. Miss a day? Nothing is lost. Turn the page and go again.

📖 The book

Read the page, play the game, tick the boxes, write on the lines. Works on its own, no phone needed.

💬 Telegram

The page arrives at 07:00 (or the time you choose). Check-ins at 9, 1, 5 and 9pm keep you on it. Reply a number, tick by chatting.

📱 The app

Today's page, your ticks, your vibe, your wish list and cheque, your streak — in your pocket.

Use one, use all three — they tell the same story and, when linked, they keep the same score. When a page says “send me” or “tell me”, that's your Telegram or app companion talking; in the book, write it on the lines.

The daily spine — same every morning, before the phone:

1. **Vibe check** — Where are you right now, 1–10? Just notice.
2. **What do I want to create today?** — Sit on the edge of the bed and answer it. Out loud.
3. **The Catch Game** — Old song plays → "There it is again. I see you." Tally it.
4. **Positivity Journal** — Tonight: every good thing that happened today. Specific to today.
5. **Today's game** — the one thing on the page.

The phases

The Wake-Up (1–7) — You are already manifesting. **The Laws** (8–20) — The rules of the game you didn't know you were playing. **The Blocks** (21–36) — Identity locks, the worthiness wound, the upper limit, the programmes running without your permission, family patterns, karmic loops — and tests. **The Foundation** (37–50) — Who you are now. **The Tools** (51–62) —

Alpha, the 3 Scenes, visualisation that actually works, breath, and your environment as a frequency tool. **The Quantum Field** (63–70) — Quantum physics for real life. **The Money** (71–80) — Your money story, abundance as a frequency, the money formula, wealth consciousness. **The Surrender** (81–90) — The grip and the open palm. **The Integration** (91–100) — Your personal manifestation system.

0 Before Day 1 — the four moves
1 You Are Already The One
2 There It Is Again. I See You.
3 Your Brain Is a Rehearsal Studio
4 The Observer Changes the Observed
5 The Five Pillars
6 The Sweet Spot
7 Passenger or Driver
8 The Feeling Underneath
9 Diary from the Future
10 Your Own Voice
11 Give Money a Job
12 Find the Flinch
13 Wish It for Them
14 The Picture in Your Pocket
15 Dear Money
16 Sixty-Eight Seconds
17 The Morning Question
18 Money Out, Money Back
19 Present Tense
20 The Feather Test
21 Order the Day in Pieces
22 Decide, Don't Hope
23 The Exact Person
24 Say It Out Loud to Someone
25 Order Complete
26 Meet Her
27 Whose Belief Is That?
28 Old Story, New Story
29 Her Morning
30 Spend Like Her
31 24 Hours of Rich Talk
32 Decide Like Her
33 Dress the Part
34 Her Boundaries

35 Her Calendar
36 Respect the Money You Have
37 Just Say Thank You
38 The Room Test
39 Ten I Ams
40 Evidence of Her
41 One Upgrade
42 Her People
43 Retire the 'Poor Me'
44 Money Is Your Best Client
45 Give Value First
46 Repetition Is the Mother
47 One Hour as Her
48 She Rests
49 A Letter from Day 100
50 Halfway — Her, Version 2
51 Where Are You on the Scale?
52 The Pivot
53 High Five, Full Speed
54 The Focus Wheel
55 Get Happy First
56 Seventeen Seconds, Clean
57 Pre-Pave Everything
58 Make It Up
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60 Six Phases in Fifteen Minutes
61 Forgive the Money Thing
62 Fifteen Minutes of Nothing
63 Bless Every Rand You See
64 Move the Body, Move the Money
65 Your Frequency Playlist
66 Twenty-Four Hours, No Complaints

67 What Already Feels Good
68 Cheer for Their Win
69 Wouldn't It Be Nice If...
70 The Money-In Ritual
71 Contrast Into Clarity
72 End Higher Than You Started
73 The Sacred Hour Before Sleep
74 Frequency First, Every Time
75 Frequency Mastered — Now We Let It In
76 Let Go of the How
77 Inspired, Not Forced
78 The Evidence Journal
79 Receive Without Flinching
80 The Gap
81 Not When, Just That
82 Ask for the Money
83 Of Course
84 Thank You in Advance
85 Nothing Is Lost
86 Give to Open the Flow
87 Cash the Cheque
88 Make Room
89 Ask for a Sign
90 Follow the Nudge
91 Talk Money Like Her
92 The Receiving Posture
93 Be Someone's Answer
94 Rest Is Receiving
95 Ninety-Four Days of Evidence
96 Your Forever Five
97 Teach One Thing
98 The Bigger Ask
99 A Letter to Day One
100 Day One Hundred

The four moves

Every day has the same four moves before the game. Five minutes on the edge of the bed, before your phone. The reading is the why. These are the do.

1. Vibe check *Where are you right now, 1–10? Just notice.*

Your frequency — the signal you're broadcasting — is determined by how you feel. You can't move a dial you haven't looked at. One honest number, a few times a day, is the whole measuring system. The only rule: end the day higher than you started it.

2. What do I want to create today? *Sit on the edge of the bed and answer it. Out loud.*

Not "what do I have to deal with today." Not "what fires am I going to put out." What do I want to create. Some days the answer is big. Most days it's tiny — one moment of peace, a meal you're proud of, ten minutes of play. It doesn't matter how small. What matters is that you chose it, deliberately, before the day chose for you.

3. The Catch Game *Old song plays → "There it is again. I see you." Tally it.*

You cannot change a pattern you cannot see. Every time the old station plays — about money, about you, about what's going to go wrong — you don't fight it and you don't replace it. You notice it, the way you'd notice a familiar car driving past the

house. That tiny gap between having the thought and noticing the thought is where everything changes.

4. Positivity Journal *Tonight: every good thing that happened today. Specific to today.*

Not "my family, my health, my home" — your brain already knows those. The way the light came through the window at seven. The three green lights in a row. The message from someone you hadn't heard from in months. After a few nights of hunting for good things to write down, your brain starts scanning for them during the day. You bought a red car; now there are red cars everywhere.

5. Today's game *The one thing on today's page.*

One thing, on the page, every day. Do it before bed. That's the only homework.

The vibe scale

Write your number when you wake, at 9, 1, 5 and 9pm. Low? Do the Lift on today's page. The day is won when the 9pm number beats the morning one.

10	joy, love, freedom
9	happy, passionate
8	eager, enthusiastic
7	content, optimistic

6	hopeful
5	meh, bored
4	frustrated, overwhelmed
3	anger, blame
2	fear, grief
1	flat, powerless

DAYS 1–7

The Wake-Up

You are already manifesting. You have been your whole life — on a station you didn't choose. Before anything else, we hear the station.

You Are Already The One

"Manifestation isn't about learning something new. It's about tuning into something that's already there."

Before we get into anything, I want to tell you a story. When I was 19, I was a paramedic in Hillbrow, Johannesburg. If you don't know Hillbrow — it was one of the most dangerous neighbourhoods in the world at the time. Gunshot wounds, stabbings, car accidents, domestic violence. I was one of the only women on the team, and on my first day the station commander looked at me and said, "Girls like you will never make it here."

I spent the next three years proving him wrong. I ran towards the things most people run from. I held dying babies in my arms. I zipped up body bags. And here's the thing nobody talks about — I got really, really good at one skill: managing OTHER people's emotions while completely ignoring my own. That skill made me a brilliant paramedic. And it absolutely destroyed me as a human being. Because what I was actually doing — without knowing it — was rehearsing a belief, over and over, thousands of times: other people's pain matters more than mine. I didn't write that belief on a vision board. I didn't affirm it in the mirror. But every single day, through my actions, my thoughts, my words, I was programming it deeper into my nervous system. And my life responded perfectly.

That's manifestation. Not the sparkly kind you see on Instagram with the gratitude journals and the crystals. The real kind. The kind that runs underneath everything you do, 24 hours a day, whether you know it or not.

So here's the thing I want you to really hear today: you are already manifesting. Right now. Everything that is in your life — the relationships, the money situation, the feeling you wake up with in the morning — it didn't land there by accident. Now before you get defensive — "Claire, I didn't ASK for this mess" — I'm not saying you consciously chose it. I'm saying your subconscious mind is like a satellite dish. It broadcasts a signal 24 hours a day based on what you believe to be true about yourself and the world. And life matches the signal.

Let me give you a picture for this. Imagine you have a radio. Old-fashioned one with a dial. Right now it's tuned to a station. Let's call it "My Current Life FM." On this station you hear certain songs on repeat: "Money is always a struggle." "Good things don't last." "I have to work twice as hard as everyone else." You've heard them so many times you don't even notice them anymore. There are hundreds of other stations on that dial, playing completely different songs. You can't hear them because your dial is locked. This is not about wishing really hard for the songs to change while the dial stays in the same place. This is about learning how to move the dial. That's it. That's the entire game.

But before you can move the dial, you have to know where it's currently set. Most people can't tell you what their dial is tuned to. So today — you listen.

The idea. You are already manifesting, 24 hours a day, on a station you didn't choose. The entire game is moving the dial — and you can't move a dial you can't hear.

🎯 **Today's game**

The Signal Audit. For each area of your life — money, work, relationships, health, yourself — write the song that's currently playing on repeat. Not what you WANT to believe: what you actually believe when nobody's watching. The 2am thought. The one you'd be embarrassed to say out loud. Then pick the three strongest and trace each one back: when is the first time I remember feeling this? Who was there? Was this given to me, or did I make it? Send me the three.

⚡ **Lift:** Give your station a name and a jingle. Sing it once, badly. It's much harder to be run by a station you've laughed at.

🗣️ Your line today: *I can hear the station. And the dial is mine.*

Tick as you go — the four moves before the game are explained on the page before Day 1

- [ ] Vibe check
  Where are you right now, 1–10? Just notice.
- [ ] What do I want to create today?
  Sit on the edge of the bed and answer it. Out loud.
- [ ] The Catch Game
  Old song plays → "There it is again. I see you." Tally it.
- [ ] Positivity Journal
  Tonight: every good thing that happened today. Specific to today.
- [ ] The Signal Audit — the songs on my station
  The one thing on today's page.

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **After the Signal Audit — what surprised me? A belief I didn't know I was carrying, and where it came from:**

There It Is Again. I See You.

"You cannot change a pattern you cannot see."

This is going to ask something of you that sounds simple but might be the hardest thing you do in this entire book. I want you to listen to yourself. Not the version of yourself you show other people. Not the confident one, the capable one, the one who says "I'm fine" when someone asks. I want you to listen to the voice underneath all of that. The one that runs in the background all day like a radio you forgot to turn off.

When I first did this exercise — really did it, not just skimmed over it — I was horrified. I'd been walking around for years thinking I was relatively positive. I read the books. I did the gratitude lists. I told other people they were enough. And then I started writing down what the voice actually said:

"Don't bother trying, you'll just embarrass yourself." "Who do you think you are? You're a paramedic from George, not a businesswoman." "Don't get excited. You know what happens when you get excited. Something always goes wrong."

I would never — not in a million years — say those things to another person. But I was saying it to myself. Every day. On repeat. It wasn't me. It was a recording. A collection of things I'd heard, absorbed and internalised over decades — from teachers, from partners, from painful experiences that left a

mark. And I'd been pressing play on that recording every morning without questioning a single word of it.

Here's why we're doing this before the good stuff — the visualisation, the techniques: you cannot change a pattern you cannot see. It's like trying to navigate out of a maze while blindfolded. Until you take the blindfold off and actually see where the walls are, you're just bumping around.

So for the next three days you play the Catch Game, properly. Every time you catch yourself thinking or saying something negative about yourself, write it down. Word for word. Don't clean it up. Some will be loud — "I'm such an idiot." Some will be quiet, disguised as being realistic — "I shouldn't expect too much," "that's not for people like me." Write them all down. At the end of the day, count them. Don't fix them. Don't replace them. Just count.

Three things will probably happen. You'll be surprised by how many there are — the real number is usually in the dozens. You'll start noticing patterns — the same themes around money, around your body, around your competence. Those patterns are the programmes running your signal. And the simple act of noticing starts to create space. The moment you observe a thought instead of being lost in it, you've already separated yourself from it. That tiny gap is where everything changes.

When you write one down, ask one question: "Would I say this to someone I love?" If your daughter came to you and said "I'm not smart enough" — would you agree? No. You'd fight for her.

Then, instead of fighting the thought, say quietly: "There it is again. I see you." Like noticing a familiar car driving past your house. We're not replacing thoughts yet, because a positive thought stuck over a negative one is a plaster over a wound that hasn't been cleaned. First we see. Then we understand. Then we change. In that order.

The idea. Most of the cruellest things you say to yourself were never yours to begin with. You don't have to carry what was never yours — but first, you have to see what you're carrying.

🎯 **Today's game**

Inner Dialogue Audit, day one of three. Carry a note. Every negative self-statement you catch today — written down, word for word, no softening. Tonight: total count, the one that came up most, the one that surprised you. Send me the three numbers and the top song.

⚡ **Lift:** When you catch one, say "There it is again. I see you" in the voice of someone greeting a neighbour's dog. Friendly. Unbothered.

🔁 **Keep going**

- Signal Audit — keep adding songs as you hear them

🗣️ Your line today: *There it is again. I see you.*

Tick as you go — the four moves before the game are explained on the page before Day 1

- [ ] Vibe check
  Where are you right now, 1–10? Just notice.
- [ ] What do I want to create today?
  Sit on the edge of the bed and answer it. Out loud.
- [ ] The Catch Game
  Old song plays → "There it is again. I see you." Tally it.
- [ ] Positivity Journal
  Tonight: every good thing that happened today. Specific to today.
- [ ] Inner Dialogue Audit — day 1 count
  The one thing on today's page.

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **Day 1 of the audit — total count · the one that came up most · the one that surprised me:**

Your Brain Is a Rehearsal Studio

"What show have you been rehearsing for?"

If you've ever rolled your eyes at the word "manifestation," I get it. I really do. For a long time I was that person. I'd hear someone say "just raise your vibration" and think — what does that even mean? Raise it to where? With what? A ladder? And if you've watched The Secret and tried to visualise a parking spot and it didn't work and thought "well, that's that then" — I understand. Because that version — the sit-on-your-couch-and-wish-really-hard version — is missing about 90% of the picture.

No crystals. No incense. No trust falls with the universe. Just science, explained the way I wish someone had explained it to me ten years ago — like a normal person talking to another normal person.

Your brain is a rehearsal studio. Neuroscience has shown — not theorised, shown through brain scans — that your brain processes a vividly imagined experience almost identically to a real one. The same neural pathways fire. The same chemicals release. This is why Olympic athletes visualise their race before they run it. They're not being "woo." They're training their nervous system.

Here's a study that still gives me chills. Researchers at the Cleveland Clinic asked a group of people to do one thing: imagine flexing their bicep. No actual movement. Five times a week, fifteen minutes a session, for twelve weeks. At the end, the group that only imagined the exercise had increased their muscle strength by 13.5%. Without lifting a single weight.

Now think about what this means for you. If your brain can build physical muscle from imagination alone, what is it building when you spend your day imagining worst-case scenarios? When you replay that argument for the fifteenth time? When you rehearse the conversation where everything goes wrong? Your brain doesn't label these as "just worries." It treats them as instructions. It fires the same pathways, releases the same stress chemicals, and your body tenses, your breathing changes, your heart rate shifts — all rehearsing for the disaster you haven't even experienced yet.

You've been in a rehearsal studio your whole life. The question is: what show have you been rehearsing for?

And this is the part that made me sit down: your thoughts are changing your body right now. Epigenetics studies how your environment — including your thoughts and emotions — changes which genes are switched on and off. Think of a piano. Eighty-eight keys — that's your DNA, it doesn't change. But which keys get played, how loudly, in what combination — that's your epigenome. And your thoughts, your stress, your emotional state — they're the pianist. Chronic fear plays one kind of music: inflammation, we're under threat, prepare for the worst. Gratitude, love and calm play another: we're safe, we

can heal. This isn't a metaphor. It's measurable, repeatable science. And unlike your DNA, it's reversible. You can change the music your piano is playing. Starting now.

The idea. Your brain rehearses whatever you imagine most vividly, and your body prepares for it — muscle from imagined biceps, stress from imagined disasters. What you rehearse, you get ready for.

🎯 **Today's game**

Audit day two — keep catching and counting; did the number go up or down? Then write about one time in your own life when you can now see that what you were rehearsing shaped what happened. Not someone else's story. Yours. Send me the count and one line of the story.

⚡ **Lift:** Rehearse the good version once, on purpose: close your eyes and run tomorrow's hardest conversation going beautifully. Sixty seconds. Feel your shoulders drop.

🔁 **Keep going**

- Catch Game — 'there it is again, I see you'

🗣️ Your line today: *I'm rehearsing the show I actually want to be in.*

Tick as you go — the four moves before the game are explained on the page before Day 1

- [ ] Vibe check
  Where are you right now, 1–10? Just notice.
- [ ] What do I want to create today?
  Sit on the edge of the bed and answer it. Out loud.
- [ ] The Catch Game
  Old song plays → "There it is again. I see you." Tally it.
- [ ] Positivity Journal
  Tonight: every good thing that happened today. Specific to today.
- [ ] Audit day 2 + one time my rehearsal shaped the outcome
  The one thing on today's page.

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **Audit day 2 count · a time my mindset clearly shaped the outcome:**

The Observer Changes the Observed

"What you pay attention to, grows."

This one is going to stretch your thinking a bit, but stay with me. In physics there's an experiment that has been confusing scientists since 1801 — the double-slit experiment. Scientists fire tiny particles through two slits. When nobody is watching, the particles behave like waves. But when a detector is set up to observe which slit the particle goes through — the particles change their behaviour. Same particles. Same slits. The only difference is that someone is watching. The act of observation changes the outcome.

Now, I'm not a physicist, and I'm not going to pretend this means you can stare at your bank account and make money appear. But here's what it does tell us: at the most fundamental level of reality, observation matters. How you look at something influences what it becomes.

When I heard this for the first time, something clicked. Because I'd spent years observing my life through a very specific lens: "This is hard. This doesn't work for me. People like me don't get that." And my life kept confirming exactly what I was observing. When I started — slowly, imperfectly, sometimes failing — to observe my life through a different lens, the observations started changing too. Not because I wished them

into being. Because what I noticed shifted. It's like buying a red car and suddenly seeing red cars everywhere. They were always there. You just weren't tuned to notice them.

There's one more piece, and it's the one that surprised me the most. The HeartMath Institute has been researching the heart for over thirty years. We were taught that the brain runs the show — brain thinks, body follows. That's not what the research shows. Your heart sends more electrical signals to your brain than your brain sends to your heart. Read that again. Your heart has its own nervous system — about 40,000 neurons — and it generates an electromagnetic field that can be measured several feet away from you. When you're in fear or anxiety, the field is chaotic. When you're in genuine gratitude or love, it becomes smooth, coherent, ordered. In coherence, measurable things happen: focus up 24%, anxiety down 46%, sleep better by 30%.

You are literally broadcasting a signal based on how you feel. So this is what it all means. First — your brain rehearses whatever you imagine most vividly. Second — how you observe your life influences what you see; your attention is a filter, and right now it's set to a default you didn't choose. Third — your thoughts and emotions are changing your biology in real time. Fourth — your heart is broadcasting, and the people around you are picking it up.

Today is the last day of the audit. Three days of counting. Tonight you'll have three numbers, and a very clear picture of the default your filter is set to. That picture is the whole point of this week. You can't reset a filter you've never looked at.

The idea. Observation matters at the deepest level of reality. Your attention is a filter set to a default you didn't choose — and your heart is broadcasting the result.

🎯 **Today's game**

Audit day three — final count. Then look at all three days together: what's the theme that keeps showing up? Which voice is it — a parent, a teacher, an ex, a bully? Write one sentence: "This song was given to me by ___ when I was ___." Send me the three-day totals and that sentence.

⚡ **Lift:** Two minutes of heart coherence: hand on your chest, breathe in for five, out for five, and think of one person or animal you love without complication. That's the smooth signal. Notice it.

🔁 **Keep going**

- Catch Game — 'there it is again, I see you'

🗣️ Your line today: *I choose what I look at, and it grows.*

Tick as you go — the four moves before the game are explained on the page before Day 1

- [ ] Vibe check
  Where are you right now, 1–10? Just notice.
- [ ] What do I want to create today?
  Sit on the edge of the bed and answer it. Out loud.
- [ ] The Catch Game
  Old song plays → "There it is again. I see you." Tally it.
- [ ] Positivity Journal
  Tonight: every good thing that happened today. Specific to today.
- [ ] Audit day 3 + the theme and whose voice it is
  The one thing on today's page.

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 Three-day totals · the theme · whose voice it really is:

The Five Pillars

“Manifestation isn't one thing. It's five things working together.”

If someone handed you a car with no engine and said "just steer harder" — you'd think they were out of their mind. But that's exactly what most manifestation advice does. It gives you one piece — usually "think positive thoughts" — and then wonders why you're not going anywhere. Manifestation isn't one thing. It's five things working together. Miss one, and it's like driving with a flat tyre. Miss two, and you're basically pushing the car uphill. I spent years doing exactly that. Turns out I was doing two of the five things — working with 40% of the system and wondering why I wasn't getting 100% of the results.

Pillar 1: Beliefs. This is the underground foundation. Your beliefs are not your thoughts. Thoughts are the chatter — the 60,000 sentences running through your head every day. Beliefs are the assumptions underneath. The thought is "I can't afford that." The belief underneath might be "people in my family don't have money" or "wanting more is greedy." The thought is the symptom. The belief is the cause. And beliefs were installed before you could question them. A five-year-old doesn't hear "money doesn't grow on trees" and think, "Interesting perspective, Dad, but I'd like to examine the evidence." She files it as fact. Programme installed. You can

affirm "I am abundant" in the mirror for a year, but if the operating system underneath says "people like me don't get ahead," the affirmation bounces right off.

Pillar 2: Thoughts. If beliefs are the operating system, thoughts are the apps. The skill isn't to never think negatively — that's impossible, and anyone who tells you otherwise is selling something. Your thoughts are seeds landing in your garden all day. Some are flowers, some are weeds. You can't stop seeds landing. But you absolutely get to choose which ones you water. What am I watering today?

Pillar 3: Feelings. You can think all the right thoughts, but if your body is feeling something different, the feeling wins. Every single time. Your thoughts are the DJ talking between songs. Your feelings are the music. And if the DJ is saying "Everything is wonderful!" while the music is dark and heavy — which one do you actually feel? The music. Always the music.

Pillar 4: Words. The undercover agent. "I'm trying to lose weight" — trying presupposes failure; you don't try to pick up a cup of coffee. "I hope I get the job" — hope signals doubt. "I always attract the wrong people" — always is a command to repeat. "I'm not good with money" — an identity statement; your subconscious goes: understood, act accordingly. Compare: "I'm choosing to eat differently." "I'm preparing for that opportunity." "I'm building a better relationship with money."

Pillar 5: Action. The belief, the thought, the feeling and the word — and then the step. Not a leap. A step, in the direction of the thing, so the Universe has something to meet.

As you read those five, you'll have noticed — privately — which ones are strong for you and which ones have cracks. That's today's work.

The idea. Beliefs, thoughts, feelings, words, action. Miss one and you're driving on a flat. Most people are working with two of the five and wondering why.

🎯 **Today's game**

Score yourself on each pillar, 1 to 10, honestly. Which one scored lowest? Sit with that. Is there a specific moment in your life when that pillar cracked? Write about it — not to fix it yet, just to see it clearly. Send me your five numbers.

⚡ **Lift:** Rewrite three of today's 'I have to / I'm trying / I hope' sentences out loud into 'I'm choosing / I'm preparing / I'm building'. Feel the difference in your chest.

🔁 **Keep going**

- Catch Game — 'there it is again, I see you'

🗣️ Your line today: *I'm working with all five, not two.*

Tick as you go — the four moves before the game are explained on the page before Day 1

- [ ] Vibe check
  Where are you right now, 1–10? Just notice.
- [ ] What do I want to create today?
  Sit on the edge of the bed and answer it. Out loud.
- [ ] The Catch Game
  Old song plays → "There it is again. I see you." Tally it.
- [ ] Positivity Journal
  Tonight: every good thing that happened today. Specific to today.
- [ ] Score the five pillars — find the lowest
  The one thing on today's page.

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 My five scores · the lowest · the moment that pillar cracked:

The Sweet Spot

"Loving where you are. And loving where you're going."

I want to talk about something that confused me for a long time. On one side, every manifestation teacher says you need to want more. Dream bigger. Don't settle. On the other side, those same teachers say you need to be grateful. Appreciate what you have. Stop focusing on what's missing. And I remember sitting there thinking — which one is it? Because those feel like opposites.

I spent years bouncing between the two. Some months I'd be all about the goals — vision boards, affirmations, planning the big life. Other months I'd feel guilty about wanting more and swing back into "just be grateful." Neither one worked on its own. The goals without gratitude felt desperate — like chasing something from lack. The gratitude without goals felt flat — like I was using "being grateful" as an excuse to stop growing.

The turning point came when I realised these aren't opposites at all. They're partners. And the place where they meet — where you genuinely love your life AND you're walking toward something bigger — that's the sweet spot. It's not "sort of grateful and sort of ambitious." It's both things at full volume, at the same time. Think of it like walking. One foot on the ground, one foot reaching forward. Both feet on the ground,

you're standing still. Both feet reaching, you fall on your face. Walking is the rhythm of grounded AND reaching.

And here's why it matters: your frequency is determined by how you feel. If you're chasing goals from "I don't have enough," your signal says not enough — and life matches it. If you're so focused on gratitude that you've stopped envisioning anything new, your signal says this is the ceiling — and life matches that too. But genuinely grateful AND genuinely expectant? Your signal says: "Life is good, and it's getting better." That's a signal life can work with.

Almost everyone I've worked with has tried a gratitude practice, and almost everyone abandoned it within weeks. Not because it doesn't work — because they did it in a way that stopped working. Day one: "I'm grateful for my family, my health, my home." Day two: the same. By day seven you're writing the same words on autopilot while thinking about dinner. The feeling is gone, and without the feeling it's just handwriting.

So I do it differently, and this is the practice you carry through the rest of these hundred days. The Positivity Journal. Every night, before you sleep, write down every good thing that happened today. Not the big obvious ones. The specific, particular, only-happened-today things. The way the light caught the steam from your coffee at 7am. The three green lights in a row when you were late. The ten minutes of silence after everyone went to bed. Your lungs, breathing, all day, without you asking. After a few nights your brain starts scanning for good things during the day, because you've given

it a new assignment: find me the good things, I'm going to need them tonight.

And one word. Every time you catch "I have to," switch it to "I get to." I get to go to work. I get to cook dinner. I get to deal with this. Try it once out loud right now and notice what happens in your body.

The idea. Gratitude and wanting more aren't opposites — they're the two feet of walking. Grounded and reaching, both at full volume. That's a signal life can work with.

🎯 **Today's game**

Start the Positivity Journal tonight: every good thing that happened today, specific to today only. Minimum ten. And all day, the one-word switch — "I have to" becomes "I get to". Send me tonight's list.

⚡ **Lift:** Say "I get to" about the most annoying thing on today's list, out loud, and mean it for five seconds. Then see if it stays annoying.

🔁 **Keep going**

- Catch Game — 'there it is again, I see you'

🗣️ Your line today: *Life is good, and it's getting better.*

Tick as you go — the four moves before the game are explained on the page before Day 1

- [ ] Vibe check
  Where are you right now, 1–10? Just notice.
- [ ] What do I want to create today?
  Sit on the edge of the bed and answer it. Out loud.
- [ ] The Catch Game
  Old song plays → "There it is again. I see you." Tally it.
- [ ] Positivity Journal
  Tonight: every good thing that happened today. Specific to today.
- [ ] Positivity Journal, first night (10+) · 'I get to' all day
  The one thing on today's page.

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **Tonight's Positivity Journal — only things that happened today:**

Passenger or Driver

"You're going to be uncomfortable either way. Same discomfort. Different direction."

The difference between people who transform their lives and people who just read about transforming their lives comes down to one thing. It's not talent. It's not luck. It's not how much money you have or how broken or whole you feel right now. It's whether you're interested or committed.

Most people are passengers in their own lives. Not because they're lazy. Because they were trained to be. Go to school — someone else decides what you learn. Get a job — someone else decides what you do all day. By the time you're an adult, reacting to life feels normal. You wake up, deal with whatever lands in front of you, put out fires, go to bed, and do it again. Life happens TO you. I was the ultimate reactor. I trained as a paramedic at 19 — a career that is literally waiting for something to go wrong so you can respond to it.

Interested means you'll engage when it's convenient. You'll try the exercises when you feel like it. And when life gets busy — and it will — you'll drift back to the old patterns because they're familiar. Committed means you do the work even when it's inconvenient. Even when nobody is watching. Even when the results haven't shown up yet and that little voice is saying "see, I told you this wouldn't work." The difference isn't

intensity — it's consistency. Interested people have bursts of motivation. Committed people have daily practices.

The day I became committed was the day I understood something: I was going to be uncomfortable either way. If I stayed where I was — uncomfortable. The same pain, the same patterns, the same voice telling me this is all there is. If I took a bold step — uncomfortable. Unfamiliar territory, no guarantees. Same discomfort. Different direction. One keeps you where you are. The other moves you somewhere new. I chose the bold step. Not because I was brave. Because I was tired.

Commitment doesn't look like perfection. It looks like coming back. Falling down and getting up. Missing a day and starting again. Having a terrible week and opening this page anyway. It's not about never failing. It's about never staying down.

When I decided to stop being a passenger, I didn't overhaul my life overnight. I had no money, no plan. All I had was the decision. And the first thing I did with it was five minutes on the edge of my bed every morning, asking one question: what do I want to create today? Not "what do I have to deal with." Some days the answer was big. Most days it was tiny — one moment of peace, a meal I'm proud of, ten minutes of play with my son. It didn't matter how small. What mattered was that I was choosing it, before the day chose for me. Five minutes of intentional choice sends a signal to your entire nervous system: I am no longer on autopilot. I am designing.

That question is already in your spine — you've been asking it every morning this week. Today you design the week.

The idea. Interested engages when it's convenient. Committed comes back. You'll be uncomfortable either way — the only choice is the direction.

🎯 **Today's game**

Design one week — 15 minutes, four questions: How do I want to FEEL this week (one or two words)? What is ONE thing I want to create? What is ONE thing I'm done tolerating? What do the first 15 minutes of my morning look like — who's driving, me or my phone? Then answer honestly: am I interested or committed? Send me the four answers and the honest one.

⚡ **Lift:** Stand up, say "I'm the driver" out loud, and sit back down in a different chair. Silly. Works.

🔁 **Keep going**

- Positivity Journal tonight
- Catch Game — 'there it is again, I see you'

🗣️ Your line today: *I'm the driver. I'm designing.*

Tick as you go — the four moves before the game are explained on the page before Day 1

- [ ] Vibe check
  Where are you right now, 1–10? Just notice.
- [ ] What do I want to create today?
  Sit on the edge of the bed and answer it. Out loud.
- [ ] The Catch Game
  Old song plays → "There it is again. I see you." Tally it.
- [ ] Positivity Journal
  Tonight: every good thing that happened today. Specific to today.
- [ ] Design the week — four questions + interested or committed?
  The one thing on today's page.

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 My designed week · and the true answer: interested or committed?

DAYS 8–20

The Laws

The rules of the game you didn't know you were playing. Universal laws, paradigms, the terror barrier, and why knowing and doing are two different things.

The Feeling Underneath

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"You want it because you think you'll feel better having it."

A woman wanted a beach house for ten years. When someone finally asked why, she said 'peace, and my family around me on a Sunday.' She had that feeling available by Sunday. She made it happen. And the beach house came faster afterwards — because she was no longer chasing it from an empty place.

The idea. Under every desire is a feeling. Get the feeling first and the thing takes the short road.

🎯 **Today's game**

Next to each Top 10 item write the feeling it's really for (freedom, safety, pride, fun, peace). Then do one thing today that gives you that feeling right now.

⚡ **Lift:** Pick the most fun feeling on your list and do 60 seconds of it. Right now.

🔁 **Keep going**

- Goal Card — read it out loud

🗣️ Your line today: *I feel it now, so it comes now.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] Feeling behind each Top 10 + one now

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **The feelings I'm really after:**

Diary from the Future

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"Write it as a memory, not a wish."

Kathleen Cameron's students don't write 'I want'. They write diary entries from the future: 'What a day. The money landed this morning and I just sat there smiling like an idiot.' The brain files it as a memory. Memories don't argue. Wishes argue all day.

The idea. A script is a memory you haven't caught up to yet.

🎯 **Today's game**

Write a diary entry dated one year from today — the day after your Grand Total arrived. Boring detail: breakfast, who you called, what you paid for, how your shoulders felt. Past tense. Calm.

⚡ **Lift:** Read it in the voice of a very relaxed rich woman on a sun lounger.

🔁 **Keep going**

- Goal Card — read it out loud
- Look at the Cheque and feel it

🗣️ Your line today: *It's happened, and I remember it well.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] Write the 'day after' diary entry

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **Dear diary, one year from now:**

Your Own Voice

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"The ear believes the voice it knows best."

You've heard your own voice more than any other voice on earth. It has the most authority with you — more than any guru, any audiobook. Sixty seconds of you saying your goal as done, on repeat while you drive, does what ten thousand affirmations from a stranger can't.

The idea. Record it once. Play it daily. Let yourself convince yourself.

🎯 **Today's game**

Record a 60-second voice note: Goal Card, your feeling words, one line of your diary entry. Play it three times today — car, kitchen, bed.

⚡ **Lift:** Record a second one in a ridiculous accent. Play that one when you need a laugh.

🔁 **Keep going**

- Goal Card — read it out loud

🗣️ Your line today: *My voice tells the truth about my future.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] Record + play the 60s goal note ×3

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

🎙️ **What I said in my recording:**

Give Money a Job

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"Money goes where it's expected and stays where it's respected."

A farmer never just 'wants rain' — she knows which field gets it first. Money is the same. 'More money' floats around with nowhere to land. 'R60,000: R40k deposit, R12k course, R8k Mozambique' has an address, a purpose and a landing strip.

The idea. Purpose makes an amount real.

🎯 **Today's game**

Split your Grand Total into jobs — what each portion does, in order. Write it as a simple ledger. Photo to me.

⚡ **Lift:** Say each job out loud and clap once after it — like ticking a delivery.

🔁 **Keep going**

- Goal Card — read it out loud
- Play the 60s voice note

🗣️ Your line today: *Every rand has a job, and it's on its way to work.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] Give every rand of the total a job

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

My money ledger:

Find the Flinch

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"Your ceiling is exactly where you flinch."

Say your number out loud. Now double it. Say THAT out loud. Feel it? That tiny 'oh don't be silly' — that's the flinch. It's not the edge of what's possible. It's the edge of what you currently allow. Everyone has one. Rich people just keep moving theirs.

The idea. The flinch is a fence, not a wall. Fences move.

🎯 **Today's game**

Say your Grand Total. Double it. Say the doubled number ten times until the flinch softens into a grin. Write both numbers and note where the flinch was.

⚡ **Lift:** Say the doubled number while doing your most confident walk across the room.

🔁 **Keep going**

- Goal Card — read it out loud

🗣️ Your line today: *I allow more than I did yesterday.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] Double the number, say it 10×

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **Where the flinch was, and what it said:**

Wish It for Them

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"The genie can't tell whose wish it is."

A coach spent an hour a day genuinely wishing abundance on every client. Her own income doubled that year. Nothing mystical: her nervous system was practising abundance for an hour a day instead of scarcity. Wishing for others is asking without the flinch.

The idea. Generous asking is still asking — and it's the easiest kind.

🎯 **Today's game**

Write one big, specific wish for each person on your team and each client. Then one for someone you find difficult. Mean it.

⚡ **Lift:** Send one of those people a message today telling them the wish.

🔁 **Keep going**

- Goal Card — read it out loud
- Say your doubled number once

🗣️ Your line today: *There's more than enough for all of us.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] Wishes for team, clients + one difficult person

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **The wishes I wrote for others:**

The Picture in Your Pocket

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"What the eye meets 150 times a day, the mind decides 150 times a day."

A vision board on the study wall gets looked at twice a week. A phone lock screen gets looked at 150 times a day. Same pictures, 75× the dose. It's a practice you can't forget because you can't avoid it.

The idea. Put the dream where your thumb already goes.

🎯 **Today's game**

Ten minutes: three images of your top desires + your number as your phone lock screen. Screenshot to me.

⚡ **Lift:** Every time you unlock your phone today, say 'yes please' out loud.

🔁 **Keep going**

- Goal Card — read it out loud

🗣️ Your line today: *I see it everywhere, because it IS everywhere.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] Lock screen = 3 images + number

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

The three images I chose and why:

Dear Money

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"Treat money like a person and notice how you've been treating it."

Write a letter to money as if it were someone you've had a long, complicated relationship with. People are shocked by what comes out: 'you always leave', 'I never trust you', 'you make me feel stupid'. You wouldn't blame a friend for leaving a house where they were spoken to like that.

The idea. Clear the air and money starts visiting again.

🎯 **Today's game**

Write a one-page letter to money — how you've felt, what you're sorry for, what you're ready for now. Then write money's reply back to you.

⚡ **Lift:** Read money's reply out loud in a warm, slightly cheeky voice.

🔁 **Keep going**

- Goal Card — read it out loud
- Play the 60s voice note

🗣️ Your line today: *Money and I are friends, and friends visit often.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] Letter to money + money's reply

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

🗄️ **Money's reply to me:**

Sixty-Eight Seconds

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"Seventeen clean seconds starts it. Sixty-eight makes it real."

Abraham teaches that a thought held 17 seconds without contradiction pulls in another like it. Four rounds — 68 seconds — and it has momentum, like a snowball at the top of a hill. Most people never get 17 clean seconds because doubt walks in at second six. This is the game: keep doubt out of the room for one minute.

The idea. Momentum is built in clean seconds, not long hours.

🎯 **Today's game**

Timer: 68 seconds. Hold one picture of your goal, done, with feeling. No 'but'. Doubt shows up? Restart. Three rounds today.

⚡ **Lift:** Make round three ridiculous — add fireworks, a marching band, confetti.

🔁 **Keep going**

- Goal Card — read it out loud

🗣️ Your line today: *My focus is clean and it's gathering speed.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] Three 68-second clean visualisations

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **What I saw in my cleanest 68 seconds:**

The Morning Question

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"The first question you ask a day is the order you place for it."

Most mornings open with 'what do I HAVE to do?' — that's an order for obligation, delivered daily. Rich days open differently. Ask 'what would make today RICH?' and your mind goes hunting for answers until bedtime.

The idea. The question is the order.

🎯 **Today's game**

Before the phone: 'What would make today rich?' Write three answers. Do one before 10am.

⚡ **Lift:** Ask it out loud to the mirror with eyebrows raised, like you genuinely expect a good answer.

🔁 **Keep going**

- Goal Card — read it out loud
- One 68-second visualisation

🗣️ Your line today: *Today is rich because I asked it to be.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] 'What would make today rich?' + do one

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **Three things that would make today rich:**

Money Out, Money Back

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"Circulation is how rivers stay full."

A shop owner dreaded every payment — rent, staff, stock — and felt poorer with each one. She changed one habit: every payment, she said 'thank you — there's plenty more where that came from' and pictured it coming back doubled. Same bills, opposite frequency. Within months the till agreed with her.

The idea. Every rand out is a rand in circulation, and circulation comes back around.

🎯 **Today's game**

Every payment today — card, EFT, cash — say 'Thank you, there's more where that came from' and picture it returning. Count them tonight.

⚡ **Lift:** Wave goodbye to the money like it's a friend going on holiday who'll bring back gifts.

🔁 **Keep going**

- Goal Card — read it out loud

🗣️ Your line today: *Money out is money on its way back to me.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] Bless every payment out

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

🔐 **Payments I blessed today:**

Present Tense

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"'One day' is a place that never arrives."

'One day I'll be debt-free' is an order for One Day — which is always ahead of you, like the horizon. The Universe only delivers to Now. Grammar isn't a detail; it's the address on the parcel.

The idea. 'I will have' keeps it in the future. 'I have' brings it into the room.

🎯 **Today's game**

Rewrite your Goal Card and Top 10 in the present tense: I have, I am, I earn. Read the new versions out loud three times.

⚡ **Lift:** Walk around the house saying 'I have... I have... I have...' pointing at things like you own the world. You do.

🔁 **Keep going**

- Goal Card — read it out loud
- Bless every payment out

🗣️ Your line today: *I have it now. I am it now.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] Rewrite goals in present tense

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **My goals, rewritten in the present:**

The Feather Test

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"Ask for a feather before you ask for a fortune."

A sceptic decided to test the whole thing on something tiny: 'Show me a blue feather in 24 hours.' Next morning — blue feather on the pavement. Silly. Small. And it cracked her belief wide open. Big asks live on a foundation of small proofs.

The idea. Small proof, fast. Then bigger.

🎯 **Today's game**

Ask for one small, specific thing in the next 24 hours — a feather, a particular song, a call from a certain person. Say it out loud, let it go. Tell me when it shows up.

⚡ **Lift:** Make it a fun one — a purple car, a dog in a jersey. The Universe has a sense of humour.

🔁 **Keep going**

- Goal Card — read it out loud

🗣️ Your line today: *I ask small, I receive fast, I believe bigger.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] Ask for one small proof in 24h

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **What I asked for, and when it showed up:**

DAYS 21–36

The Blocks

Identity locks, the worthiness wound, the upper limit, the programmes running without your permission, family patterns, karmic loops — and tests.

Order the Day in Pieces

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"A day is a row of segments. Intend each one and the day obeys."

A pilot doesn't intend the whole flight once at takeoff; she sets each leg. Abraham calls it segment intending: before every new chunk of your day — driving, a meeting, cooking — ten seconds of 'in this segment I intend...'. Most of your 'old me' moments come from segments you never intended.

The idea. You don't need a better day. You need intended segments.

🎯 **Today's game**

At every transition today — before driving, each call, lunch, evening — say 'In this segment I intend...'. Aim for eight. Count them.

⚡ **Lift:** Say one of them like a pilot on the intercom: 'Ladies and gentlemen, in this segment we intend...'

🔁 **Keep going**

- Goal Card — read it out loud
- Bless every payment out

🗣️ Your line today: *I set each part of my day on purpose.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] Intend 8 segments of the day

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **The segments I intended, and the one that changed most:**

Decide, Don't Hope

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"A decision is an order the Universe can't misread."

Regan Hillyer built an empire on one word: decide. Hoping is an order with a question mark. Deciding has a full stop. The moment a woman DECIDES she's moving to the coast, the estate agent, the tenant and the money all start lining up — not by magic, but because everything she does from that second is different.

The idea. Hope waits. Decision moves.

🎯 **Today's game**

Write 'I have decided that...' + your goal. Then make three decisions you've been sitting on — 60 seconds each, no deliberation, done.

⚡ **Lift:** Bang the table (gently) after each decision. Sound effects matter.

🔁 **Keep going**

- Goal Card — read it out loud

🗣️ Your line today: *I've decided, and the Universe heard me.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] 'I have decided' + 3 pending decisions made

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **Three decisions I made today:**

The Exact Person

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"Describe the client you want and she walks in the door."

An agency owner wrote out ONE ideal client in detail — industry, turnover, how they speak, what they value, how fast they pay. Two weeks later, at a braai, she met someone who fit every line. She'd met people like that before. Now she RECOGNISED them. The description is both the order and the radar.

The idea. Vague clients arrive vaguely. Specific ones arrive on time.

🎯 **Today's game**

Write your ideal client or customer as one specific person: who, what they need, what they happily pay, how it feels to work together. Read it out loud.

⚡ **Lift:** Give her a name and say 'see you soon, [name]'.

🔁 **Keep going**

- Goal Card — read it out loud
- Intend your segments

🗣️ Your line today: *The right people are finding me now.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] Describe the exact ideal client

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **My ideal client, by name:**

Say It Out Loud to Someone

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"A goal told to another person has left the daydream."

Keeping the goal secret feels safe — no one can laugh. But secrets stay small. Tell one person, plainly, no apology, and something clicks: you've claimed it in the real world, out where things actually happen.

The idea. Claim it in public (a public of one is enough).

🎯 **Today's game**

Tell one person your goal — number and date — today. No 'I know it sounds crazy'. Just the sentence. Tell me who.

⚡ **Lift:** Pick someone who'll cheer. Let them.

🔁 **Keep going**

- Goal Card — read it out loud

🗣️ Your line today: *I say it plainly because it's real.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] Tell one person the goal out loud

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **Who I told, and what they said:**

Order Complete

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"The asking is done. Now we become the woman who receives it."

Twenty-five days ago you sat at the table, hungry and hoping. Now the order is in: written, priced, on a cheque, in your own voice, on your screen, told to a human, decided. The kitchen is cooking. From here we don't ask again — we become the woman it's being cooked for.

The idea. Step one, complete. Step two: become.

🎯 **Today's game**

Reread the Wish List. Cross off anything that's already arrived (there will be something). Update the Grand Total. Write one line: what changed in you in 25 days.

⚡ **Lift:** Celebrate properly: cake, bubbles, a dance — you finished a phase. That's a first for most people.

🔁 **Keep going**

- Goal Card — read it out loud
- Bless every payment out
- Intend your segments

🗣️ Your line today: *Step one done. I'm becoming.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] Review list, cross off arrivals, update total

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **What's already arrived, and what changed in me:**

Meet Her

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"You don't attract what you want. You attract who you are."

Somewhere there's a version of you who already has the Grand Total in the bank. She wakes up differently. She answers emails differently. She orders differently at restaurants. She's not a fantasy — she's you, a few decisions ahead. For the next 25 days we're going to borrow her habits until they're ours.

The idea. Become her first; the money follows the woman.

🎯 **Today's game**

Write a full page describing Her: how she wakes, dresses, speaks, spends, rests, decides, treats people. Present tense. Give her a nickname.

⚡ **Lift:** Stand up and walk across the room as Her. Notice what changes in your shoulders.

🔁 **Keep going**

- Goal Card — read it out loud

🗣️ Your line today: *I am already her. I'm just catching up.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] Write a page describing Her

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **Her, in a page:**

Whose Belief Is That?

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"A paradigm is a habit you didn't choose. — after Bob Proctor"

A little girl watches her mother sigh at the till, hears 'we're not the kind of people who...', sees her father hide the bank statements. Thirty years later she's a grown woman with a business, and at every big invoice she sighs at the till. Not her belief. Inherited. Never questioned. Today we question it.

The idea. Most money beliefs were installed before you were seven. You get to uninstall.

🎯 **Today's game**

Write your three loudest money beliefs. Next to each: whose voice is it? Then write what Her belief is instead.

⚡ **Lift:** Say 'thanks Mom/Dad/Gran, I've got it from here' out loud. Warmly.

🔁 **Keep going**

- Goal Card — read it out loud
- Walk as Her once today

🗣️ Your line today: *I choose my beliefs now, and I choose rich ones.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] 3 inherited money beliefs + whose + Her version

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

🗄️ **The belief I'm handing back, and to whom:**

Old Story, New Story

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"You can tell the story of what is, or the story of what's coming. Both feel true."

Everyone has a money story they tell at dinner parties: 'I'm terrible with money', 'feast or famine', 'I always get there in the end but it's a struggle'. Told often enough it becomes a script, and life casts you accordingly. Today you write two scripts and burn one.

The idea. The story you tell is the story you get.

🎯 **Today's game**

Write your Old Money Story (half a page — be dramatic). Then write the New Money Story as Her. Tear the old one up — properly, small pieces.

⚡ **Lift:** Tear the old one while saying 'and SCENE!' Then read the new one like a movie trailer.

🔁 **Keep going**

- Goal Card — read it out loud

🗣️ Your line today: *My story just got a rewrite, and it's a good one.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] Old story written + torn; New story written

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **My New Money Story:**

Her Morning

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"Win the first hour and the day comes with you."

Her morning has no phone in it for the first 20 minutes. She drinks water, moves, says her line, appreciates five things, intends her segments. Not because a guru said so — because she knows the first hour sets the frequency for the other 23. Today you do the whole thing HER way.

The idea. The old you is a morning habit. So is Her.

🎯 **Today's game**

Do Her morning exactly: no phone for 20 minutes, water, 5 minutes of movement, Goal Card out loud, 5 appreciations, segments intended. Tick it before 8am.

⚡ **Lift:** Make the 5 minutes of movement your worst dancing. Bonus for a kitchen audience.

🔁 **Keep going**

- Goal Card — read it out loud
- Intend your segments

🗣️ Your line today: *My mornings belong to Her now.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] Do Her full morning before 8am

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **How Her morning felt vs mine:**

Spend Like Her

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"The flinch at the till is the ceiling in miniature."

She buys the good coffee without doing the sums. She tips well. She doesn't say 'I shouldn't' out loud in a shop. Not reckless — she just doesn't leak fear at the point of payment. Today, one small purchase made entirely as Her: no flinch, no apology, a thank-you and a smile.

The idea. Every purchase is a tiny vote for who you are.

🎯 **Today's game**

Make one small purchase today (under R200) exactly as Her would — unhurried, no guilt, thank you said with meaning. Notice your body.

⚡ **Lift:** Tip someone more than normal and watch their face.

🔁 **Keep going**

- Goal Card — read it out loud
- Bless every payment out

🗣️ Your line today: *I spend with ease because there's always more.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] One small purchase as Her, no flinch

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **What I bought as Her, and what my body did:**

24 Hours of Rich Talk

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"Watch your mouth — it's building your house."

For one day, a woman decided she would say nothing about lack — not about money, time, energy, the economy, the load-shedding, the exchange rate. Every time she caught herself she said 'and yet, plenty' and moved on. By evening she was exhausted and amazed: she'd had no idea how much of her day was complaints in disguise.

The idea. Rich talk is a muscle. 24 hours builds it.

🎯 **Today's game**

No lack talk for 24 hours — money, time, energy, anything. Catch yourself → 'and yet, plenty'. Count the catches. Report tonight.

⚡ **Lift:** Turn 'and yet, plenty' into a tiny jingle. Sing it.

🔁 **Keep going**

- Goal Card — read it out loud

🗣️ Your line today: *My words are rich, so my life is.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] 24h no lack talk — count the catches

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **How many catches, and what I learned about my mouth:**

Decide Like Her

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"Rich people decide fast and change their minds slowly."

Napoleon Hill studied hundreds of self-made millionaires and found one habit they all shared: they decided quickly and changed their minds slowly. The broke did the opposite — slow to decide, quick to flip-flop. Indecision is a scarcity habit; it's the mind saying 'I can't afford to be wrong'. Her can.

The idea. Sixty seconds is enough for most decisions. Her knows it.

🎯 **Today's game**

List every decision you've been sitting on — big or small. Decide each in 60 seconds, out loud. Do the first action for the biggest one today.

⚡ **Lift:** Use a kitchen timer. Race it. Celebrate every decision with a fist pump.

🔁 **Keep going**

- Goal Card — read it out loud
- Rich talk only

🗣️ Your line today: *I decide fast because I trust myself.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] Every pending decision made in 60s each

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **Decisions I made today and the biggest one's first step:**

Dress the Part

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"Costume changes character. Ask any actor."

An actor puts on the coat and the walk changes before the line is learned. Your body reads what you're wearing and adjusts. Today you dress as Her — not expensive, just deliberate. One visible thing that says 'I've arrived'. Watch how people speak to you.

The idea. Your outfit is a frequency you wear all day.

🎯 **Today's game**

Dress as Her today, head to toe, even if you're at home. One visible cue — lipstick, the good shoes, the watch. Notice one interaction that goes differently.

⚡ **Lift:** Do a slow-motion walk into the kitchen with a dramatic soundtrack in your head.

🔁 **Keep going**

- Goal Card — read it out loud

🗣️ Your line today: *I look like Her because I am Her.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] Dress as Her — one visible cue

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **What I wore, and what went differently:**

Her Boundaries

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"'No' is a complete sentence and a wealth strategy."

She says no to the meeting that should be an email, the client who pays late and complains early, the favour that costs a Saturday. Not rudely — cleanly. Every no protects the frequency the yeses need. Today you say one no you've been avoiding.

The idea. Every unspoken no is a leak in the bucket.

🎯 **Today's game**

Say one clean 'no' today — to a request, a habit, a person, a discount you keep giving. No essay, no apology. Tell me what it was.

⚡ **Lift:** Practise the no in the mirror with a smile. Make it graceful, make it final.

🔁 **Keep going**

- Goal Card — read it out loud
- Decide fast

🗣️ Your line today: *My no protects my yes.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] One clean 'no' today

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **The no I said, and how light it felt after:**

Her Calendar

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"Show me your calendar and I'll show you your future."

Her diary has things in it that yours doesn't: a walk on the beach on a Tuesday, a massage, a whole morning to think, a lunch with someone inspiring. She doesn't 'find time' — she books it first, then fits the work around it. Rich is a calendar before it's a bank balance.

The idea. Book the life first. The work fits.

🎯 **Today's game**

Put three things Her would do into your calendar this week — real times, non-negotiable. One of them today.

⚡ **Lift:** Give each calendar block a ridiculous title: 'Board Meeting with the Ocean'.

🔁 **Keep going**

- Goal Card — read it out loud

🗣️ Your line today: *My calendar looks like a rich woman's, because it is.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] 3 'Her' things booked this week, one today

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **The three things I booked:**

Respect the Money You Have

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"How you treat R100 is how you'll treat R100,000."

Open your wallet. Crumpled notes, old receipts, expired cards? Bank app you're scared to open? Money is a guest and that's the guest room. She keeps her notes flat and facing the same way, knows her balance to the rand, opens the app with a smile. Not obsessive — respectful.

The idea. Money stays where it's respected.

🎯 **Today's game**

Tidy every money space: wallet, bank apps, the drawer of receipts. Know your balances exactly. Say thank you to each account, even the overdraft.

⚡ **Lift:** Put your notes in order, face-up, and say 'welcome, come again' to each one.

🔁 **Keep going**

- Goal Card — read it out loud
- Bless every payment out

🗣️ Your line today: *I respect money, and money respects me back.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] Tidy wallet + apps, know every balance

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

🗄️ **My balances today (exactly), and how it felt to look:**

DAYS 37–50

The Foundation

Who you are now. Arrived, not aspiring. Your declaration, your clarity, your vision, your heart as manifestation central.

Just Say Thank You

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"Receiving is a skill. Most of us never practised."

'Oh this old thing?' 'No no, let me pay.' 'You shouldn't have.' Every deflected compliment, gift or help is a rehearsal of not receiving — and the Universe rehearses with you. Her says 'thank you' and stops talking. That's the whole skill.

The idea. You can't receive a fortune if you can't receive a compliment.

🎯 **Today's game**

Today, accept every compliment, offer or gift with 'thank you' and nothing else. Count the ones you nearly deflected.

⚡ **Lift:** Ask someone for a compliment on purpose and receive it like a queen.

🔁 **Keep going**

- Goal Card — read it out loud

🗣️ Your line today: *I receive easily. Thank you.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] Accept everything with a plain 'thank you'

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

The compliments/gifts I received today, cleanly:

The Room Test

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"Enter every room as if you were expected."

Watch how a woman who owns the building walks into it. Not loud. Unhurried. She looks at people, not the floor. She sits like the chair is hers. Today every room you enter — shop, office, meeting, kitchen — you enter as Her.

The idea. Presence is a practice, not a personality.

🎯 **Today's game**

Every room you enter today: pause at the door, breathe, shoulders back, walk in as if expected. At least five rooms. Notice who looks up.

⚡ **Lift:** Pretend there's a red carpet. There is.

🔁 **Keep going**

- Goal Card — read it out loud
- Say thank you cleanly

🗣️ Your line today: *I belong in every room I enter.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] Enter 5 rooms as Her

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **The room where I felt it most:**

Ten I Ams

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"'I am' is the most powerful order you can give — and you give it all day."

'I'm so bad with money.' 'I'm always late.' 'I'm just not a numbers person.' Each one an order, granted daily. Today you write ten deliberate ones and say them to your own face in the mirror until the awkwardness turns into a grin. That grin is the belief arriving.

The idea. Every 'I am' is an identity you're ordering. Order Her.

🎯 **Today's game**

Write ten 'I am' statements as Her. Say them in the mirror, out loud, looking yourself in the eye, three rounds. Send them to me.

⚡ **Lift:** Round three: say them like a rap. No skipping.

🔁 **Keep going**

- Goal Card — read it out loud

🗣️ Your line today: *I am. I am. I am.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] 10 'I am' statements, mirror ×3

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **My ten I Ams:**

Evidence of Her

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"You've already done impossible things. You just filed them under 'normal'."

A woman who 'never finishes anything' had raised two kids, started a business, moved cities, survived a divorce and learned to swim at 40. The evidence that she was Her was everywhere — she'd just never made the list. Today you make the list.

The idea. You're not becoming Her from scratch. You're remembering.

🎯 **Today's game**

List 20 things you've already done that Her would be proud of — big and small, from your whole life. Read the list out loud.

⚡ **Lift:** Read it in the voice of a sports commentator losing their mind.

🔁 **Keep going**

- Goal Card — read it out loud
- Ten I Ams

🗣️ Your line today: *I've always been her. Here's the proof.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] 20 wins from my whole life, out loud

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **My 20 wins:**

One Upgrade

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"Your surroundings whisper to you all day. Make them say something nice."

The chipped mug you drink from every morning says something. So does the broken drawer, the dead plant, the pen that doesn't work. Her surroundings say 'looked after'. One upgrade today — the good mug, fresh flowers, the drawer fixed — and your environment starts telling a different story.

The idea. Upgrade one thing and everything around it rises to meet it.

🎯 **Today's game**

Make one upgrade to your daily environment today — replace, fix, beautify or throw out. Photo to me.

⚡ **Lift:** Christen the upgrade with a small ceremony. Ribbon optional.

🔁 **Keep going**

- Goal Card — read it out loud

🗣️ Your line today: *I surround myself with things that match Her.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] One environment upgrade (photo)

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **What I upgraded and what it says now:**

Her People

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"You're the average of the five people you spend the most time with — including the ones in your phone."

Her has people who talk about ideas, not problems; who celebrate a win without a 'but'; who are further along and happy to say how. Not to replace anyone — to add. One conversation with someone who lives at the frequency you're moving to does more than a week of affirmations.

The idea. Frequency is contagious. Choose your exposure.

🎯 **Today's game**

Reach out to one person who's further along than you — a call, a coffee, a voice note. Ask them one real question.

⚡ **Lift:** Send the message before you've finished overthinking it. Go.

🔁 **Keep going**

- Goal Card — read it out loud
- Enter rooms as Her

🗣️ Your line today: *I'm surrounded by people who lift me.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] One conversation with someone further along

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **Who I reached out to, and what they said:**

Retire the 'Poor Me'

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"Sympathy pays badly."

Everyone has one — the story that gets sympathy. The client who didn't pay, the ex, the economy, the year that went wrong. It's true, and it's expensive: every telling collects a little sympathy and a lot of the same frequency. Her tells it once more, as a comedy, and retires it.

The idea. The story you tell for sympathy costs you the story you want.

🎯 **Today's game**

Name your 'poor me' story. Tell it to me ONE last time — as a comedy, with a punchline. Then it's retired. Officially.

⚡ **Lift:** Give it a retirement party. Say a few words. 'It was a good run.'

🔁 **Keep going**

- Goal Card — read it out loud

🗣️ Your line today: *I've retired that story. Next!*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] Retire the 'poor me' story (told once as comedy)

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

The retired story's final comedy version:

Money Is Your Best Client

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"Treat money like your most important client and watch how often it calls."

How do you treat your best client? You answer fast, you're prepared, you say thank you, you never moan about them, you make them feel welcome. Now think how you treat money: ignored, dreaded, complained about, opened on the last day of the month. Today money gets best-client treatment.

The idea. Money is a relationship. Service it.

🎯 **Today's game**

Spend 20 minutes on money like a best client: check every account, send one invoice or chase one payment, thank each inflow, plan next week's money moves.

⚡ **Lift:** Open the bank app with a genuine 'hello gorgeous'.

🔁 **Keep going**

- Goal Card — read it out loud
- Respect the money you have

🗣️ Your line today: *Money is my favourite client, and I'm its favourite.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] 20 minutes of best-client attention on money

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **What I did for my best client today:**

Give Value First

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"The rich give first. It's not generosity, it's physics."

Wallace Wattles wrote in 1910 that the surest way to riches is to give every person more use value than you take in cash value. Her does this instinctively — the extra idea in the email, the introduction, the thing she didn't have to do. Not to get. Because that's who she is.

The idea. Over-deliver as a habit and the ledger tips your way.

🎯 **Today's game**

Give value today with no invoice attached: a tip, an intro, an idea, a resource — to three people. Tell me the three.

⚡ **Lift:** Make one of them a total surprise. Watch their reaction.

🔁 **Keep going**

- Goal Card — read it out loud

🗣️ Your line today: *I give first, and it all comes round.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] Give value to 3 people, nothing asked

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **The three gifts of value I gave:**

Repetition Is the Mother

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"Repetition is the mother of skill — and of belief."

Proctor said a paradigm is changed only one way: repetition, repetition, repetition, with emotion. Not because your mind is stupid — because it's loyal. It kept the old belief through thousands of repetitions; it'll keep the new one the same way. Today you give the new one its thousand.

The idea. Belief isn't decided. It's repeated into place.

🎯 **Today's game**

Pick ONE new money belief. Write it 50 times by hand.
Say it out loud at every red light, kettle, and door today.

⚡ **Lift:** Say it in a different accent at each red light. Scottish is recommended.

🔁 **Keep going**

- Goal Card — read it out loud
- Give value first

🗣️ Your line today: *I repeat it until it's simply true.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] One belief written 50× + said at every pause

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **My belief of the day, written the 51st time:**

One Hour as Her

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"Act as if — for long enough that it stops being acting."

For one full hour today, be Her completely. Every choice — how you answer the phone, what you eat, how you sit, what you say yes and no to, how fast you decide. Not 'what would she do' — just do it, as her. An hour is long enough to feel the difference and short enough to actually do.

The idea. An hour of full embodiment beats a month of thinking about it.

🎯 **Today's game**

Choose an hour. Set a timer. Be Her fully for 60 minutes. Afterwards write what was different — in you and around you.

⚡ **Lift:** Start the hour with a clap and 'action!'. End with 'cut, that's a wrap.'

🔁 **Keep going**

- Goal Card — read it out loud

🗣️ Your line today: *I am her for an hour, then another, then always.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] One full hour as Her (timed)

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **What was different in my hour as Her:**

She Rests

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

“Rest is not the reward for the work. It's the frequency the work comes from.”

The old you rests guiltily, phone in hand, 'just checking'. Her rests like it's part of the job — because it is. Ideas, clients and money arrive in the gaps. A field left fallow grows the best crop. Today you rest on purpose, without apology, for real.

The idea. Guilt-free rest is a wealth practice.

🎯 **Today's game**

Take 30 minutes of pure rest today — no phone, no productivity, no guilt. Lie down, sit in the sun, nap. Tell me what showed up in the quiet.

⚡ **Lift:** Announce to the household: 'I'm resting. It's a business decision.'

🔁 **Keep going**

- Goal Card — read it out loud
- Repeat your belief of the day

🗣️ Your line today: *I rest well, and everything gets easier.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] 30 minutes of guilt-free rest

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **What came to me in the quiet:**

A Letter from Day 100

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"Your future self has advice. She's just waiting to be asked."

Sit down as Her on day 100 — the Grand Total in, the identity settled — and write a letter back to you on day 49. What she wants you to know. What she's grateful you kept doing. What she'd tell you to stop worrying about. Write it fast, don't think.

The idea. The future you is the best coach you'll ever have.

🎯 **Today's game**

Write a one-page letter from Day 100 you to Day 49 you. Read it out loud. Keep it — you'll read it again on day 100.

⚡ **Lift:** Sign it with a flourish and a title: 'CEO of Her Own Life'.

🔁 **Keep going**

- Goal Card — read it out loud

🗣️ Your line today: *Future me is proud, and she's cheering.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] Letter from Day 100 me

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **My letter from Day 100:**

Halfway — Her, Version 2

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"Fifty days. You're not who you were."

Look at day 26's description of Her. Read it now. Some of it you're already doing without noticing. Some of it feels small now — you've outgrown your own description. Today you write Her again, bigger, and the Goal Card gets its version 2.

The idea. Identity is upgraded, not achieved.

🎯 **Today's game**

Rewrite Her (page 2) and your Goal Card v2 — bigger number if the flinch has moved. Cross off arrivals. Celebrate halfway like you mean it.

⚡ **Lift:** Halfway party: one song, full volume, full dance, no exceptions.

🔁 **Keep going**

- Goal Card — read it out loud
- Bless every payment out
- Intend your segments

🗣️ Your line today: *Halfway, and I'm already her.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] Her v2 + Goal Card v2 + celebrate

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

Her, version 2. My Goal Card, version 2:

DAYS 51–62

The Tools

Alpha, the 3 Scenes, visualisation that actually works, breath, and your environment as a frequency tool.

Where Are You on the Scale?

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"You can't get to joy from despair in one jump. But you can always reach the next rung."

Abraham's emotional scale runs from powerlessness at the bottom, through fear, anger, frustration, boredom, hope, optimism, up to joy and appreciation at the top. The trick isn't to leap to the top — it's to find where you are and reach one rung up. Anger feels better than despair. Frustration feels better than anger. Hope feels better than boredom. One rung at a time is how everyone climbs.

The idea. Know your rung. Reach for the next one. That's the whole practice.

🎯 **Today's game**

Three times today, stop and name your rung honestly (1 = powerless, 10 = joy). Then find a thought that's one rung better — just one — and stay there a minute. Send me your three numbers tonight.

⚡ **Lift:** Say the rung out loud like a lift announcement: 'Fourth floor. Going up.'

🔁 Keep going

- Goal Card — read it out loud

🗣️ Your line today: *I always know where I am, and I always know the way up.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] Name your rung ×3, reach one up each time

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **My three numbers today, and the thoughts that lifted me:**

The Pivot

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"Every bad feeling is a signpost pointing at what you want."

You're stuck in traffic, fuming. Pivot: 'What do I want instead?' — 'To move easily.' 'Easy days.' 'Space.' The feeling shifts, not because the traffic moved, but because you turned to face the want instead of the don't-want. Abraham calls it pivoting; it's a 180° turn done in one sentence.

The idea. 'What do I want instead?' is the fastest frequency tool ever built.

🎯 **Today's game**

Every irritation today gets the question 'What do I want instead?' and an answer, out loud. Aim for ten pivots. Count them.

⚡ **Lift:** Do a literal 180° spin on the spot when you pivot. It helps. It's also funny.

🔁 **Keep going**

- Goal Card — read it out loud
- Know your rung

🗣️ Your line today: *Every irritation shows me what I want. Thanks, irritation!*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] 10 pivots — 'what do I want instead?'

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **My best pivot of the day:**

High Five, Full Speed

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"Appreciation is the highest frequency there is, and it costs nothing."

A High Five is not a gratitude list. It's speed. Start with one thing — the coffee — and keep going, faster, out loud, no gaps: the cup, the hands holding it, the kitchen, the light, the plant, the dog, the sound of the kettle, the fact that you can hear... Two minutes non-stop and your whole body has changed.

The idea. Speed and non-stop are the point. Momentum, not a list.

🎯 **Today's game**

Set a timer for two minutes. Out loud, appreciate non-stop — anything in front of you, as fast as you can. Do it three times today. Notice your rung before and after.

⚡ **Lift:** Do one in the car at the lights with the window down. Own it.

🔁 **Keep going**

- Goal Card — read it out loud

🗣️ Your line today: *I appreciate fast, and it all comes faster.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] 3 two-minute High Fives, out loud

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **My rung before and after my best High Five:**

The Focus Wheel

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"You can't argue a belief away. You can surround it."

Draw a circle with twelve spokes. In the centre, the thing you want to believe but can't quite: 'Money comes to me easily.' On each spoke, a statement you CAN believe that points toward it: 'I've received unexpected money before.' 'Some people find it easy.' 'I'm getting better at this.' By spoke twelve, the centre feels true. You didn't argue — you surrounded.

The idea. Twelve believable steps get you where one impossible leap can't.

🎯 **Today's game**

Draw a focus wheel for your hardest money belief — centre statement + 12 spokes you actually believe. Read it out loud twice. Photo to me.

⚡ **Lift:** Read the spokes as a countdown to a rocket launch. 12... 11... LIFT-OFF at the centre.

🔁 **Keep going**

- Goal Card — read it out loud

- High Five once

🗣️ Your line today: *I surround my doubts with what I know is true.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] Focus wheel — 12 spokes drawn (photo)

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 My centre statement, and the spoke that clicked:

Get Happy First

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"Nothing is more important than that you feel good. — as Abraham teaches"

The old rule: work hard, then you've earned happy. The new rule, taught by every teacher on your list: get happy FIRST, then work — because everything you do from happy is faster, smarter and attracts better. A grumpy hour of work is worth 20 minutes; a happy hour is worth three.

The idea. Happy is the fuel, not the reward.

🎯 **Today's game**

Do 15 minutes of pure pleasure BEFORE any work today — music, a walk, a bath, a call with someone fun. Only then start. Note the difference in the first hour.

⚡ **Lift:** Choose something slightly indulgent. Feel a bit naughty. That's the frequency.

🔁 **Keep going**

- Goal Card — read it out loud

🗣️ Your line today: *I get happy first. Everything else follows.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] 15 min of pleasure BEFORE work

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 What I did for 15 minutes, and how the first work hour went:

Seventeen Seconds, Clean

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"A clean thought is stronger than a long one."

Back to the 17-second rule, now with feeling. You don't need to visualise for an hour. You need 17 seconds with NO contradicting thought. Then another 17. Then another. At 68 seconds the thought has enough momentum to go out and find its match. The practice is catching the 'but' before it enters.

The idea. Clean beats long, every time.

🎯 **Today's game**

Five times today: 17 seconds of one pure thought about your goal — a picture, a feeling, a sentence — with the 'but' locked out. Use a timer. Stack them into 68 when you can.

⚡ **Lift:** Say 'NOT TODAY' out loud to any 'but' that tries to walk in.

🔁 **Keep going**

- Goal Card — read it out loud
- Get happy first

🗣️ Your line today: *My thoughts are clean and they gather speed.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] Five clean 17-second thoughts

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **The picture I held cleanest:**

Pre-Pave Everything

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"Set the table before the guest arrives."

Before every call, meeting, school run, supermarket trip: ten seconds. 'This goes easily. They're glad to hear from me. I leave feeling lighter.' It's segment intending, level two: you're not just intending, you're pre-paving the road so the day rolls down it. Her never walks into anything cold.

The idea. Ten seconds before beats an hour of recovering after.

🎯 **Today's game**

Pre-pave every transition today — before every call, task, errand. Say the outcome and the feeling. Aim for twelve. Report how many went the way you paved.

⚡ **Lift:** Make it a whisper, like a spell. Because it is one.

🔁 **Keep going**

- Goal Card — read it out loud

🗣️ Your line today: *I pave the road, and the day rolls down it.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] Pre-pave 12 transitions

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

The transition that went exactly as paved:

Make It Up

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"Your imagination is the only place where the money already exists. Go there often."

Abraham calls it virtual reality: build a scene purely for the feeling. Not your actual goal — anything that feels delicious. You're on a boat. The light's gold. Someone you love hands you a drink. The Universe doesn't care if it's 'real' — it only reads the feeling. Feel it for two minutes and you've done more than an hour of pushing.

The idea. Feeling is the currency. Imagination is the mint.

🎯 **Today's game**

Three times today, close your eyes for two minutes and build a scene purely for pleasure — any scene. Get the details vivid. Come out smiling.

⚡ **Lift:** Add a soundtrack. Add a slow-motion hair flick. Go big.

🔁 **Keep going**

- Goal Card — read it out loud
- Pre-pave your transitions

🗣️ Your line today: *I visit the feeling, and the feeling brings the thing.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] 3 two-minute virtual-reality scenes

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **My favourite made-up scene today:**

The 'Already Done' Walk

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

“Walk like it's done and your feet will take you there.”

A twenty-minute walk where the whole thing is done. The money's in. The house is bought. The business runs itself. You walk exactly as that woman walks — the pace, the posture, what she notices, what she thinks about instead of money (because she doesn't think about money). Twenty minutes in her body.

The idea. Your body believes what it does before your mind believes what it thinks.

🎯 **Today's game**

Take a 20-minute walk as the woman it's already happened to. No phone, no podcast. Notice what she thinks about instead.

⚡ **Lift:** Nod at strangers like you own the street. Friendly, not creepy.

🔁 **Keep going**

- Goal Card — read it out loud

🗣️ Your line today: *I walk like it's done, because it is.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] 20-minute 'already done' walk

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **What she thought about on the walk:**

Six Phases in Fifteen Minutes

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"Compassion, gratitude, forgiveness, vision, the day, the blessing."

Mindvalley's 6-phase runs like this: two minutes of love for everything (compassion); two of thanks (gratitude); two of letting one thing go (forgiveness); three of your life in three years (vision); three of today going perfectly (the day); and a moment asking for support from whatever you believe in (the blessing). Fifteen minutes. It hits every frequency tool you've learned in one sitting.

The idea. One sitting, six lifts. This becomes your anchor practice.

🎯 **Today's game**

Do the six phases — 15 minutes, timer per phase. Morning or before bed. Tell me which phase felt strongest.

⚡ **Lift:** In the vision phase, give yourself a dramatic entrance music cue.

🔁 **Keep going**

- Goal Card — read it out loud

- Pre-pave your transitions

🗣️ Your line today: *Fifteen minutes and my whole day is tuned.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] 6-phase practice, 15 minutes

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 The phase that moved me most:

Forgive the Money Thing

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"Resentment is renting space to someone who isn't paying."

There's a money thing you haven't forgiven — the client who didn't pay, the partner, the parent, the you-of-2019 who made that decision. Every time it replays, it pulls your rung down and keeps the old story current. Forgiveness isn't saying it was fine. It's saying 'I'm done carrying it', and putting it down.

The idea. Forgiveness is a frequency upgrade you can do in five minutes.

🎯 **Today's game**

Write the money resentment on paper. Write 'I release you, and I keep the lesson.' Then burn it, bin it or tear it. Tell me it's done.

⚡ **Lift:** Wave it off like a taxi. 'Bye! Safe travels!'

🔁 **Keep going**

- Goal Card — read it out loud

🗣️ Your line today: *I've put it down, and my hands are free to receive.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] Release one money resentment (paper, torn/burnt)

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **What I released today (without the details):**

Fifteen Minutes of Nothing

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"When you quiet the mind, you stop the resistance. The rest is allowing."

Abraham says meditation works for one reason: when you stop thinking, you stop resisting, and your natural frequency rises on its own — like a cork let go under water. You don't have to make it rise. You just have to stop holding it down. Fifteen minutes of nothing — breath, a fan hum, a candle — does it.

The idea. You don't need to raise your frequency. You need to stop holding it down.

🎯 **Today's game**

Fifteen minutes of quiet — no music, no app, just breathing. Cork rising. Note your rung before and after.

⚡ **Lift:** Picture yourself as the cork, bobbing up. Give the cork a name.

🔁 **Keep going**

- Goal Card — read it out loud
- 6-phase or rampage

🗣️ Your line today: *I let go, and I rise.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] 15 minutes of pure quiet

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **My rung before and after the quiet:**

DAYS 63–70

The Quantum Field

Quantum physics for real life. Your highest self. The creation grid. Collective intention.

Bless Every Rand You See

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"What you bless, you attract. What you envy, you push away."

Today you'll see money everywhere — the bakkie you can't afford, the till at the shop, someone's watch, a bank ad, a beautiful house. The old you feels a small sting. Her blesses it: 'Lovely. More of that. Well done them.' Every blessing is a vote for money being good, and money hears votes.

The idea. Envy repels. Blessing attracts. Choose the frequency every time you see wealth.

🎯 **Today's game**

Every sign of money or wealth you see today gets a silent (or out-loud) 'bless that, more of that'. Aim for thirty. Count.

⚡ **Lift:** Bless the fanciest car you see like you're christening a ship.

🔁 **Keep going**

- Goal Card — read it out loud

🗣️ Your line today: *I bless wealth wherever I see it, and it sees me.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] Bless 30 signs of wealth

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **The most beautiful thing I blessed today:**

Move the Body, Move the Money

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"Energy stuck in the body is money stuck in the pipeline."

Frequency isn't only in the head. A slumped body thinks slumped thoughts. Ten minutes of moving — dancing badly, jumping, shaking it out, a fast walk — changes your chemistry faster than any affirmation. Her moves every day, not to look a certain way, but to keep the frequency clean.

The idea. The fastest rung-jump is physical.

🎯 **Today's game**

Ten minutes of high-energy movement today — dance, jump, shake, run. Then check your rung. Then do your Goal Card while you're still buzzing.

⚡ **Lift:** Choose the song you'd be embarrassed to be caught dancing to. That one.

🔁 **Keep going**

- Goal Card — read it out loud

- Bless every rand

🗣️ Your line today: *I move, and the money moves with me.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] 10 min high-energy movement + Goal Card after

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 What I danced to, and my rung after:

Your Frequency Playlist

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"Music is the fastest frequency dial you own."

Every song is a rung. Some songs pull you down into the old story; some lift you three floors in thirty seconds. Her has a playlist — ten songs that are pure lift — and she uses it like medicine: in the car, before calls, in the kitchen. Today you build it.

The idea. Build the dial, then use it on purpose.

🎯 **Today's game**

Make a 10-song Frequency Playlist — only songs that lift you. Play it before your first work task. Send me the list.

⚡ **Lift:** Song one gets a full performance. Hairbrush microphone mandatory.

🔁 **Keep going**

- Goal Card — read it out loud

🗣️ Your line today: *I have a dial, and I turn it up.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] 10-song Frequency Playlist made + played

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

My frequency playlist:

Twenty-Four Hours, No Complaints

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"A complaint is an order for more of the same."

For 24 hours, no complaints — not about money, not the weather, traffic, load-shedding, the government, the client, your feet. Catch one → pivot: 'what do I want instead?' It's harder than you think and more powerful than anything else on this list, because complaining is the most common frequency in the world and you're leaving it.

The idea. Silence the complaint and the frequency rises by itself.

🎯 **Today's game**

No complaints for 24 hours. Every catch becomes a pivot. Count the catches. Report tonight — the number and how you feel.

⚡ **Lift:** Wear an elastic band on your wrist and snap it (gently) at every catch. Old-school, works.

🔁 **Keep going**

- Goal Card — read it out loud
- Play the Frequency Playlist

🗣️ Your line today: *I don't complain. I pivot.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] 24h no complaints — count catches, pivot each

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 How many catches, and what I noticed by evening:

What Already Feels Good

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"Attention is the only currency the Universe accepts."

Make a list of what already feels good in your life — not what you want, what's HERE. The bed. The dog. The coffee. The client who pays on time. The friend who texts back. The way the light comes in at four. Every item on the list gets more attention, and what gets attention grows. It's the opposite of the problem list, and it works the same way.

The idea. What you attend to expands. Attend to what feels good.

🎯 **Today's game**

Write 30 things that already feel good in your life. Read the list out loud, slowly, feeling each one. Keep it by the bed.

⚡ **Lift:** Read them in the voice of someone describing paradise to a friend.

🔁 **Keep going**

- Goal Card — read it out loud

🗣️ Your line today: *So much already feels good, and it's growing.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] 30 things that already feel good, read aloud

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **My 30:**

Cheer for Their Win

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

“Their win is proof it's possible. Celebrate proof.”

Someone you know just bought the car, closed the deal, took the trip. The old you feels the sting and says 'good for them' through her teeth. Her means it — because their win is evidence that the Universe delivers, and evidence lifts everyone. Today you find someone's win and celebrate it out loud, in public, generously.

The idea. Celebrating others is celebrating your own future.

🎯 **Today's game**

Find one person's win today — a post, a message, a story — and celebrate it loudly and specifically. Then tell me how it felt.

⚡ **Lift:** Send a voice note cheering. Overdo it. They'll remember it forever.

🔁 **Keep going**

- Goal Card — read it out loud
- No complaints

🗣️ Your line today: *Their win is my proof. I cheer for both of us.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] Celebrate someone's win, loudly

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **Whose win I celebrated, and what shifted in me:**

Wouldn't It Be Nice If...

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"The lightest sentence in the language."

'I MUST get this client' has pressure in it, and pressure is resistance. 'Wouldn't it be nice if this client said yes?' has none — it's playful, hopeful, open. Abraham's little game: run the whole day on 'wouldn't it be nice if...' and watch how much easier it gets to feel good about things you haven't got yet.

The idea. Take the pressure out and the frequency goes up.

🎯 **Today's game**

Play 'wouldn't it be nice if...' all day — say it twenty times about twenty things. Send me your five favourites.

⚡ **Lift:** Say them like a kid planning a birthday. Bounce optional.

🔁 **Keep going**

- Goal Card — read it out loud

🗣️ Your line today: *Wouldn't it be nice... and it is.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] 20 'wouldn't it be nice if...'

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

My five favourite 'wouldn't it be nice ifs':

The Money-In Ritual

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"What gets celebrated gets repeated."

Money comes in and the old you barely notices — it's already spent, or it's 'not enough'. Her has a ritual: every rand in, no matter how small, gets a moment. A 'thank you', a little dance, a note in the journal. The Universe watches what you celebrate and sends more of that. Small money celebrated becomes big money arriving.

The idea. Celebrate every inflow and inflows multiply.

🎯 **Today's game**

Create your Money-In Ritual (a phrase, a movement, a note). Use it for every rand that comes in today — payments, refunds, a coin on the floor. Report every one.

⚡ **Lift:** Make the movement slightly ridiculous so you can't do it without smiling.

🔁 **Keep going**

- Goal Card — read it out loud
- Wouldn't it be nice if...

🗣️ Your line today: *Every rand in gets a party, so the party keeps growing.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] Money-In Ritual created + used on every inflow

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **My ritual, and every inflow today:**

DAYS 71–80

The Money

Your money story, abundance as a frequency, the money formula, wealth consciousness. Where consciousness meets your bank account.

Contrast Into Clarity

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"You can't know what you want until you've bumped into what you don't."

The rude waiter tells you what service you love. The late payer tells you what client you want. The cramped office tells you what space you need. Abraham says contrast isn't a problem — it's the first half of every desire. Today you use each 'don't want' as a pencil that draws the 'want' more clearly.

The idea. Every irritation is a rough draft of a desire.

🎯 **Today's game**

Every irritation today: write the 'don't want' and, next to it, the exact 'want' it's pointing at. Five pairs minimum. Add the wants to the Wish List.

⚡ **Lift:** Thank each irritation out loud for the clarity. Be sincere. It's funny how it works.

🔁 **Keep going**

- Goal Card — read it out loud

🗣️ Your line today: *Contrast shows me what I want, and I say yes.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] 5 don't-want → want pairs, added to Wish List

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **The five wants I found today:**

End Higher Than You Started

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"The day is scored at bedtime."

Rung in the morning: 5. Rung at night: 7. That's a winning day, regardless of what happened. Her doesn't measure days by tasks done; she measures them by whether the frequency went up. And a day that ends higher than it began is a day the Universe answers overnight.

The idea. One rule: end the day higher than you began it.

🎯 **Today's game**

Note your rung first thing. Note it at 9pm. If the evening number is lower, spend ten minutes on a High Five, the playlist or a scene until it's higher. Then sleep. Send both numbers.

⚡ **Lift:** If you need a lift at 9pm, use the Frequency Playlist — song one.

🔁 **Keep going**

- Goal Card — read it out loud
- Money-In Ritual

🗣️ Your line today: *I end every day higher than I began.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] Morning rung vs 9pm rung — end higher

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **Morning rung, evening rung, what lifted me:**

The Sacred Hour Before Sleep

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"Your last thought at night is your first order for tomorrow."

The last hour before sleep is when the mind is most open — which is why the news, the bank app and the argument in your head are such expensive company. Proctor read his goal card last thing every night. Rhonda's readers fall asleep to affirmations. Her guards that hour like a vault: no screens, no problems, only what she wants more of.

The idea. Guard the last hour and you program the night.

🎯 **Today's game**

Tonight: phone in another room an hour before bed. Goal Card out loud, your 30 feel-goods, and fall asleep on your best made-up scene. Tell me tomorrow how you woke.

⚡ **Lift:** Put the phone to bed first. Tuck it in. Say goodnight.

🔁 **Keep going**

- Goal Card — read it out loud

- End the day higher

🗣️ Your line today: *I fall asleep rich, and I wake up richer.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] Screen-free last hour + Goal Card + scene to sleep

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 How I woke up after the sacred hour:

Frequency First, Every Time

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"Nothing you want is on the other side of a low mood."

Every teacher you've studied says the same thing in different words: feel good first. Rhonda: gratitude. Abraham: appreciation and the scale. Proctor: the emotion behind the goal. Cameron: the assumption you live from. Hillyer: energetics before strategy. Mindvalley: the six phases. Twenty-four days of it and it's no longer a technique — it's how you operate. Today you notice that.

The idea. You now have a full toolkit. Today you use it before every action.

🎯 **Today's game**

Before every task today, ask 'what's my rung?' and lift it first — with any tool you've learned — before you start. Report the tool you used most.

⚡ **Lift:** Give your favourite tool a nickname. Use it like a superhero calling her weapon.

🔁 **Keep going**

- Goal Card — read it out loud

🗣️ Your line today: *Frequency first. Always.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] Lift before every task — which tool did you use most?

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **My most-used tool today, and why it works for me:**

Frequency Mastered — Now We Let It In

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"The asking is done. The becoming is done. The frequency is high. Only one step left: allow."

Seventy-five days. You know your rung at any moment. You have a playlist, a High Five, a scene, a wheel, a pivot. You catch the complaint before it leaves your mouth. This is a different woman from day 1. The last 25 days are about the part almost nobody teaches: getting out of the way so it can arrive.

The idea. Phase three complete. Now: receive.

🎯 **Today's game**

Average your rung this week. Write what changed in you since day 51. Cross off arrivals on the Wish List and update the Grand Total. Celebrate — properly.

⚡ **Lift:** Three-quarters party. Invite one person. Tell them why.

🔁 **Keep going**

- Goal Card — read it out loud
- Money-In Ritual

- Sacred hour before sleep

🗣️ Your line today: *My frequency is high, and I'm ready to receive.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] Weekly rung average + arrivals crossed off + celebrate

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

🗄️ What changed since day 51:

Let Go of the How

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"Your job is the what and the why. The how is not your department."

A woman ordered 'R500,000 by March' and then spent every evening working out exactly which client would pay it. The Universe had a different plan — an unexpected buyer for a property she'd forgotten she half-owned. Her spreadsheet nearly blocked it. The how always comes from somewhere you weren't looking. That's why you can't plan it.

The idea. Planning the how is the most respectable form of doubt.

🎯 **Today's game**

Write every 'how' you've been gripping — the clients, the plans, the exact route. Then write 'This or something better. The how is not my job.' underneath. Read it out loud and close the book.

⚡ **Lift:** Say 'not my department!' cheerfully every time a how creeps in today.

🔁 **Keep going**

- Goal Card — read it out loud

🗣️ Your line today: *I know the what. The Universe knows the how.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] Hand the 'hows' over — 'this or something better'

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

🗄️ The hows I handed over:

Inspired, Not Forced

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"Eighty percent inner, twenty percent action — and the twenty is light."

Regan Hillyer's rule: manifesting is 80% inner work, 20% action. And the 20% is inspired action — the thing that feels light, obvious, slightly exciting — not the thing you're pushing through with clenched teeth. Forced action from low frequency creates more work. Inspired action from high frequency creates results. Today, you only do the light ones.

The idea. If it feels heavy, it's not the action. Wait for the light one.

🎯 **Today's game**

List today's tasks. Mark each Light or Heavy. Do the Light ones first and completely. For each Heavy one, ask 'what's the light version?' and do that instead. Report what got done.

⚡ **Lift:** Skip (literally) to the first light task.

🔁 **Keep going**

- Goal Card — read it out loud

- Hand the hows over

🗣️ Your line today: *I act when it's light, and light gets it done.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] Light actions only — heavy ones get a light version

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 The light actions that got done today:

The Evidence Journal

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"What you look for, you find. Look for it arriving."

A detective who's decided the butler did it finds clues everywhere. Decide the money is arriving and you'll find the evidence everywhere too — the unexpected refund, the new enquiry, the client who paid early, the parking space, the compliment. Kathleen Cameron's students keep an evidence journal and it's the fastest belief-builder there is, because you're not affirming — you're recording.

The idea. Evidence beats affirmation. Start collecting.

🎯 **Today's game**

Start an Evidence Journal — every sign, however small, that it's moving. Ten entries today minimum. Send me your favourite three.

⚡ **Lift:** Say 'EVIDENCE!' out loud and point at it, like a courtroom drama.

🔁 **Keep going**

- Goal Card — read it out loud

🗣️ Your line today: *The evidence is everywhere, and I'm collecting it.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] Evidence Journal started — 10 entries

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **Today's evidence:**

Receive Without Flinching

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"The Universe is generous. The question is whether you're open."

Someone offers to pay for lunch. Someone offers to help carry the boxes. Someone says 'keep the change'. Someone offers you a referral. The old you: 'No no, I'm fine!' Every refusal teaches the Universe that you don't take deliveries. Today, you take every delivery — with a warm thank-you and nothing else.

The idea. Every 'no thanks' is a returned parcel.

🎯 **Today's game**

Accept every offer of help, money, gift or favour today — no deflecting, no 'you shouldn't have'. Count them. If none come, ASK for one.

⚡ **Lift:** Practise your receiving face in the mirror — open, delighted, no apology.

🔁 **Keep going**

- Goal Card — read it out loud
- Evidence Journal

🗣️ Your line today: *I receive with open hands and a full heart.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] Accept every offer today (or ask for one)

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **What I received today, without flinching:**

The Gap

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"Between the order and the arrival is a gap. Faith is what you do in the gap."

You plant the seed on Monday. Tuesday you dig it up to check. Wednesday again. The seed never grows — not because it couldn't, but because you kept checking. The gap between asking and receiving is where most people quit, because nothing visible is happening. Underground, everything is happening.

The idea. The gap is not a sign it's failed. It's where it's growing.

🎯 **Today's game**

Plant an actual seed today (a bean in a cup will do). Name it after your goal. Water it, don't dig it up. It's your gap-trainer for the last 20 days.

⚡ **Lift:** Talk to the seed. Encourage it. You're really encouraging you.

🔁 **Keep going**

- Goal Card — read it out loud

🗣️ Your line today: *It's growing underground, and I trust the gap.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] Plant a seed named after your goal

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **My seed's name, and what I'll tell myself while I wait:**

DAYS 81–90

The Surrender

The grip and the open palm. Faith over fear. Trusting the timeline. Co-creating with the Universe.

Not When, Just That

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"Timing is the Universe's job. Certainty is yours."

'When is it coming?' is the question that pushes it away, because it's asked from lack. Her doesn't ask when. She knows THAT. The difference in the body is total: 'when' is tight, leaning forward; 'that' is relaxed, sitting back. Today you drop every 'when' and replace it with 'that'.

The idea. Drop the when. Keep the that.

🎯 **Today's game**

Every 'when will it...' today becomes 'I know that it...'. Catch at least five. Then spend two minutes in the body of someone who simply knows.

⚡ **Lift:** Practise the 'I simply know' shrug. Casual. Unbothered. Rich.

🔁 **Keep going**

- Goal Card — read it out loud
- Evidence Journal

🗣️ Your line today: *I don't ask when. I know that.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] Replace every 'when' with 'that' — 5 catches

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **The 'whens' I caught and how 'that' felt instead:**

Ask for the Money

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"You can't receive an amount you're too shy to name."

She raises her prices. She sends the invoice the same day. She says the number without a wobble. She asks for the sale. A woman who's done 81 days of this and still charges 2019 rates is telling the Universe she doesn't really mean it. Today the inner work meets the outer world: you ask for money, out loud, in business.

The idea. The bravest allowing is asking a human for the money.

🎯 **Today's game**

One real money ask today: raise a price, send an overdue invoice, quote higher than feels comfortable, ask for the sale, ask for a raise. Do it as Her. Tell me what it was and what happened.

⚡ **Lift:** Say the number to the mirror ten times first until it sounds normal. Then say it to the human.

🔁 **Keep going**

- Goal Card — read it out loud

🗣️ Your line today: *I ask for money easily, because I'm worth it and so is my work.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] One real money ask in business today

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

🗄️ My money ask, and what happened:

Of Course

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"Expectation is faith with its shoes on."

When you order a coffee you don't hope it comes. You expect it. You wander to the window, check your phone, and when it arrives you say 'thanks' and don't think twice. That's the frequency: not desperate hope, not gritted-teeth belief — mild, cheerful expectation. 'Of course.' Today you walk around expecting.

The idea. Hope is a maybe. Expectation is a when-not-if.

🎯 **Today's game**

All day, add 'of course' to your thoughts about the goal. 'The money's coming — of course.' 'The client will say yes — of course.' Twenty times. Notice how your shoulders sit.

⚡ **Lift:** Say it like a bored French waiter. 'Of course.' Perfect frequency.

🔁 **Keep going**

- Goal Card — read it out loud
- Evidence Journal

🗣️ Your line today: *Of course it's coming. Of course.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] 'Of course' ×20

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **How 'of course' changed my body today:**

Thank You in Advance

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"Gratitude for what's coming is the receipt for what's ordered."

Rhonda's magic practice: thank the Universe for the thing before it arrives, as if the parcel is at the door. Not 'please' — 'thank you'. 'Please' is a beggar at the gate; 'thank you' is someone who's already been told yes. The whole nervous system relaxes into receiving.

The idea. Say thank you before it arrives and you've told the Universe it's a done deal.

🎯 **Today's game**

Write ten 'Thank you for...' lines for things that haven't arrived yet — as if they have. Say them out loud, slowly, meaning each one.

⚡ **Lift:** Write one on a sticky note and put it on the front door — 'Thank you for the delivery.'

🔁 **Keep going**

- Goal Card — read it out loud

🗣️ Your line today: *Thank you. Thank you. Thank you.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] 10 'thank you in advance' lines, out loud

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **My ten thank-yous in advance:**

Nothing Is Lost

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"A 'no' is a redirect, not a rejection."

The client said no. The old you: three days of doubt, 'see, it doesn't work'. Her: 'Interesting — that's not the one then.' Every no clears the road for the yes that fits. A rejected proposal on Monday and a better client on Thursday is the most common story in the evidence journals of people who finished this programme.

The idea. Nothing that's yours can be lost. Nothing that's lost was yours.

🎯 **Today's game**

Think of the last no you got. Write three ways it could have been a redirect. Then say 'thank you, next' out loud. Do this again for any no that comes today.

⚡ **Lift:** Say 'thank you, next' with the full Ariana attitude.

🔁 **Keep going**

- Goal Card — read it out loud
- Thank you in advance

🗣️ Your line today: *Every no is clearing the road for my yes.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] Reframe the last 'no' as a redirect + 'thank you, next'

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **The no I reframed, and what it was making room for:**

Give to Open the Flow

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"A river that only takes in becomes a dam."

Every tradition has it: tithing, seva, zakat, paying it forward. Not because the Universe keeps score, but because giving proves — to your own nervous system — that there's more than enough. A person who gives freely cannot believe in scarcity at the same time. Today you give something that costs you a little.

The idea. Giving is receiving practised from the other side.

🎯 **Today's game**

Give today — money, time or a thing — to someone or something you believe in, enough that you feel it a little. No announcement, no invoice. Tell me what.

⚡ **Lift:** Give it with a flourish, then walk away like a woman with plenty.

🔁 **Keep going**

- Goal Card — read it out loud

🗣️ Your line today: *I give freely because there's always more.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] Give something that costs you a little

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **What I gave, and what I felt:**

Cash the Cheque

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"Look what's already been paid."

Back to your Universe Cheque from day 4. Now the Wish List. Some things have arrived — maybe as money, maybe as the thing itself, maybe as the feeling it was for. Cross them off. Deduct the amounts. The grand total is smaller than it was on day 4, and every deduction is proof the cheque is clearing.

The idea. The cheque is being paid in instalments. Count them.

🎯 **Today's game**

Go through the Wish List and Top 10 line by line. Cross off everything that's arrived (money, thing OR feeling). Deduct from the Grand Total. Write the new total on the cheque.

⚡ **Lift:** Ring a bell (or clink a glass) for each item crossed off.

🔁 **Keep going**

- Goal Card — read it out loud
- Evidence Journal

🗣️ Your line today: *The cheque is clearing, and I can prove it.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] Cross off arrivals, deduct, new total on the cheque

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

What's arrived so far, and the new total:

Make Room

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"The Universe can't deliver to a full house."

A wardrobe with no space gets no new clothes. A calendar with no gaps gets no new clients. A cupboard of things you don't use is a cupboard that says 'we're full here'. Clearing physical space is one of the oldest allowing practices there is — it tells the Universe, loudly, 'there's room now.'

The idea. Clear space and something rushes in to fill it.

🎯 **Today's game**

Clear one space today — a drawer, a shelf, a cupboard, a folder on your laptop, a whole afternoon in your diary. Give away or throw away, don't reorganise. Photo of the empty space to me.

⚡ **Lift:** Stand in front of the empty space and say 'ready for delivery!'

🔁 **Keep going**

- Goal Card — read it out loud

🗣️ Your line today: *I've made room, and it's being filled.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] Clear one space completely (photo)

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **What I cleared, and what I'm making room for:**

Ask for a Sign

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"The Universe loves a specific request."

'Show me a sign' gets you nothing — signs are everywhere, you won't notice. 'Show me a yellow butterfly in the next 24 hours' gets you a yellow butterfly, and a jolt of certainty that lasts for days. Day 20 was the feather; this is the same game with the belief muscle 69 days stronger.

The idea. Specific ask, specific proof, bigger belief.

🎯 **Today's game**

Ask for one specific, slightly unlikely sign in the next 24 hours that your goal is on its way. Say it out loud. Let it go. Tell me the moment it shows up.

⚡ **Lift:** Make it something delightful — a hot-air balloon, a lady in a red hat, a song from 1998.

🔁 **Keep going**

- Goal Card — read it out loud
- Make room

🗣️ Your line today: *I ask for a sign, and the Universe winks.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] Ask for a specific sign in 24h

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **My sign, and when it arrived:**

Follow the Nudge

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"Inspiration arrives as a whisper. Answer it before it becomes a shrug."

The urge to call that person. The idea to drive a different way. The thought 'I should email her today'. These are how the how arrives — not as a plan, as a nudge. The old you thinks 'later'. Her acts within the hour, because she knows the nudge is the delivery instruction.

The idea. The nudge IS the how. Follow it fast.

🎯 **Today's game**

Today, act on every nudge within an hour — the call, the email, the detour, the idea. No 'later'. Tell me tonight which nudge led somewhere.

⚡ **Lift:** When you feel one, say 'copy that' like a pilot and go.

🔁 **Keep going**

- Goal Card — read it out loud

🗣️ Your line today: *I follow the nudge, and the nudge knows the way.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] Act on every nudge within the hour

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **The nudges I followed, and where they led:**

DAYS 91–100

The Integration

Your personal manifestation system. When it falls apart (and it will). From rock bottom to now.

Talk Money Like Her

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"Money is a normal topic for people who have it."

Poor conversations about money are whispered, apologetic or angry. Rich conversations are clear, curious and light: 'What do you charge?' 'What did that cost?' 'How did you fund it?' Her talks about money the way she talks about the weather — because it's just information. Today you have one money conversation at that frequency.

The idea. Ease with money in conversation is ease with money in life.

🎯 **Today's game**

Have one clear, light, unapologetic money conversation today — ask someone what they charge, tell someone what you charge, talk numbers with a partner. No wobble. Report how it went.

⚡ **Lift:** Rehearse the number once as a question, once as a statement, once as a joke. Use the statement.

🔁 **Keep going**

- Goal Card — read it out loud
- Follow the nudge

🗣️ Your line today: *I talk about money like it's normal, because it is.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] One clear money conversation, no wobble

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

🗄️ The money conversation I had, and how it felt:

The Receiving Posture

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"Open hands, open chest, open life."

Try it: cross your arms, hunch your shoulders and say 'I'm open to receiving'. Now open your palms, drop your shoulders, lift your chest and say it again. The body doesn't lie. Receiving is physical before it's financial. Her body sits in the receiving posture most of the day — you can see it across a room.

The idea. Change the posture and the frequency follows in seconds.

🎯 **Today's game**

Five times today: two minutes in the receiving posture — palms up, chest open, chin lifted, slow breath — while saying your Goal Card. Then keep the posture into whatever comes next.

⚡ **Lift:** Do one round in a public place. Pretend you're catching sunshine. You are.

🔁 **Keep going**

- Goal Card — read it out loud

🗣️ Your line today: *My body is open, and so is my life.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] Receiving posture 5 × 2 min with Goal Card

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **When I noticed my posture close today, and how I opened it:**

Be Someone's Answer

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"Every time you're the delivery, you remember deliveries are real."

Somewhere today, somebody is asking for exactly what you have — an introduction, a skill, a kind word, a lift, twenty minutes of attention. When you become the answer to their ask, you get to see the mechanism from the other side: the Universe delivers through people. You are how it delivers. So is everyone around you.

The idea. Be the Universe for someone and you'll trust it for yourself.

🎯 **Today's game**

Find one person's ask today (a post, a message, a sigh) and be the answer — fully, promptly, generously. Tell me what you delivered.

⚡ **Lift:** Deliver it with 'your wish is my command'. Watch their face.

🔁 **Keep going**

- Goal Card — read it out loud

- Receiving posture

🗣️ Your line today: *I am how the Universe delivers, and so is everyone I meet.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] Be the answer to someone's ask

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

🗄️ Whose ask I answered today:

Rest Is Receiving

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"Some deliveries only arrive when you stop pacing at the door."

The last week of a programme is when the old you tries one more push: 'do more, check more, force it over the line'. Her does the opposite. She rests, because 94 days of asking, becoming and lifting have done the work, and the final ingredient is letting it land. A field is not harvested by shouting at it.

The idea. The final push is to stop pushing.

🎯 **Today's game**

A proper rest today: an hour minimum, no phone, no goals, nothing productive. Nap, bath, sun, sea. Notice what surfaces. Tell me.

⚡ **Lift:** Announce it: 'The CEO is unavailable. She's receiving.'

🔁 **Keep going**

- Goal Card — read it out loud

🗣️ Your line today: *I rest, and it arrives.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] One hour of proper rest, no phone

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **What surfaced in the rest:**

Ninety-Four Days of Evidence

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"Look back and you'll see the road was always there."

Open the Evidence Journal, the Wish List, the crossed-off items, the seed (how big is it now?), the new Grand Total, the letters, the scripts, the I Ams. Ninety-four days ago this was a book you kept forgetting to open. Now it's a life you've been living. Today you read the whole story back to yourself.

The idea. You have proof. Read it.

🎯 **Today's game**

Read everything you've written since day 1 — start to finish. Write one page: what's arrived (money, things, feelings, people), what's changed in you, what surprised you.

⚡ **Lift:** Read the best bits out loud to someone who loves you.

🔁 **Keep going**

- Goal Card — read it out loud
- Evidence Journal

🗣️ Your line today: *Look what I did. Look what arrived.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] Read the whole journal; write the one-page review

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **My 94-day review:**

Your Forever Five

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"The programme ends. The practice doesn't."

A hundred practices are too many to keep. Five are perfect. Her has five things she does every day for the rest of her life — not because a book told her, because she's tested them all and knows which ones move her. Today you choose your five.

The idea. Choose the five that moved you most. They're yours now.

🎯 **Today's game**

Go through all the practices. Pick your Forever Five — the daily ones you'll keep past day 100. Write them on a card. That's your new morning.

⚡ **Lift:** Name the card. 'The Rich Woman's Morning' or whatever makes you grin.

🔁 **Keep going**

- Goal Card — read it out loud

🗣️ Your line today: *I have my five, and they have me.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] Choose and write the Forever Five

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **My Forever Five:**

Teach One Thing

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"The moment you explain it, you own it."

Explain the genie to a friend and you'll understand it in a new way. Teach someone the High Five and you'll do it better yourself. Every teacher on your list started by sharing one idea with one person. Today you do that — not as a guru, as a woman who's been doing it for 97 days and has evidence.

The idea. Teaching is the deepest form of learning, and the most generous form of allowing.

🎯 **Today's game**

Teach one principle from the 100 days to one person today — with your own evidence attached. Tell me who, and what you taught.

⚡ **Lift:** Use a prop. The seed, the cheque, the lock screen. Show and tell.

🔁 **Keep going**

- Goal Card — read it out loud
- Forever Five

🗣️ Your line today: *I teach it, so I own it.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] Teach one practice to one person

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **What I taught, to whom, and what they said:**

The Bigger Ask

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"The flinch has moved. Go and find it."

On day 12 you doubled your number and felt the flinch. Say your Grand Total now. Double it. Where's the flinch now? Further out, isn't it. That's your expanded capacity — Hillyer's word for it. Today you don't just note it, you use it: a new Wish List for the next 100 days, from the woman you are now.

The idea. Capacity expanded. Time to order from the bigger menu.

🎯 **Today's game**

Write the Next 100 Days Wish List and a new Grand Total — from Her, version 3. Say the number out loud until it's normal. Write the new cheque.

⚡ **Lift:** Compare day 1's list with today's out loud. Laugh at how small you used to order.

🔁 **Keep going**

- Goal Card — read it out loud

🗣️ Your line today: *I order bigger now, because I've grown.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] Next-100 Wish List + new Grand Total + new cheque

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

🗄️ **My new Grand Total, and what the flinch said this time:**

A Letter to Day One

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"She's still in there. Tell her what you know."

Read the letter from day 49 — the one 'Day 100 you' wrote. Was she right? Now write back the other way: from day 99 to the woman on day 1, sitting at the table, hungry and hoping. What do you want her to know? What would you tell her to stop worrying about? What's the one thing that actually mattered?

The idea. Close the loop. You're both of them.

🎯 **Today's game**

Write a letter to Day 1 you. Then reread the day 49 letter. Keep them together at the front of the journal.

⚡ **Lift:** Read it out loud to your day-1 self in the mirror. Tissues allowed.

🔁 **Keep going**

- Goal Card — read it out loud
- Forever Five

🗣️ Your line today: *I've come a long way, and I brought her with me.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] Letter to Day 1 me + reread the Day 49 letter

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **My letter to Day 1:**

Day One Hundred

FIRST DRAFT — THIS PAGE IS BEING REWRITTEN FROM THE COURSE BEFORE YOU REACH IT.

"You did the work. Now you are the work."

One hundred days. You asked, on paper and out loud. You became her, one habit at a time. You learned to feel your way up the scale and to keep it high on purpose. You got out of the way and let it arrive. Whatever the bank balance says today, the woman reading this is not the woman who opened this book — and that woman is the fortune. Everything else is delivery.

The idea. You are the manifestation. The rest is on its way.

🎯 **Today's game**

Celebrate like Her — a real celebration, planned, indulgent, with people. Tell everyone who helped what changed. Then tomorrow, do your Forever Five, and start the next 100.

⚡ **Lift:** Song one on the playlist. Full volume. Everyone dances or leaves.

🔁 **Keep going**

- Forever Five — every day, forever

🗣️ Your line today: *I did it. I am it. And this is only the beginning.*

Tick as you go

- [ ] Vibe check
- [ ] What do I want to create today?
- [ ] The Catch Game
- [ ] Positivity Journal
- [ ] CELEBRATE properly, then start the next 100 tomorrow

Vibe: am ___ 9am ___ 1pm ___ 5pm ___ 9pm ___

📓 **Day 100. What I know now:**

Day 101 is your Forever Five. Then the next 100.