

*Manifest Your Heart's and Soul's Desires with
Vibrational Alignment Coaching by
Ife Damon*



Success List

We often forget about just how awesome we really are, so this process gives you a chance to celebrate yourself while increasing your vibrational alignment with success! As the vibration of success strengthens within you, you will notice more well-being flowing to you!

Directions (see example below):

1. Write down at least 15 things that you have done/are doing successfully (no success is too small).
2. Read your success list every night before you go to sleep for 2+ months.
 - a. Begin with “I successfully...” and read each accomplishment.
3. Remember what each experience felt like when you successfully accomplished it.
4. Feel gratitude for your successes.
5. Pay attention to how success shows up in your life.

When you go to sleep with success on the mind, you'll wake up with a stronger success vibration and start your day off on a successful note!!!

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I SUCCESSFULLY... (EXAMPLE)

- *show love to my family*
- *raised 4 happy children*
- *cook nutritious meals for my family*
- *help children learn*
- *became an accountant*
- *became a certified teacher*
- *became a life coach*
- *created a website*
- *created a downloadable report about Vibrational Alignment*
- *created a newsletter*
- *created an opt-in form*
- *help people raise their vibration*
- *moved to the south*
- *moved back to the north*
- *work on my business daily*

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I SUCCESSFULLY...

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