

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



Turn Troubles into Triumphs Worksheet

Similar to Abraham-Hicks' Clarity through Contrast process, this worksheet will help you gain clarity about what you DO want in life when what you DON'T want is loud and clear! In addition, this process will help you identify the feelings that your desires will bring and align you with the vibrational essences that YOU are yearning to awaken!

Directions (see example below):

1. Think about a situation that has been troubling you, give it a title and write the title on the "situation" line.
2. On the "Trouble" side, list 3-5 items that you don't like about the situation.
3. Read each item on the "Trouble" side one at a time and ask yourself, "now that I know what I don't want, what is it that I do want?".
4. Cross out what you don't want on the "Trouble" side and write what you do want on the "Triumph" side
5. Ask yourself, "how will having this make me feel" and write the feelings that you expect this thing to bring on the "Feelings" side (if these feelings do not feel good to you, then rewrite your "Triumph" statement until they do)
6. Take a moment to take a few deep breaths, imagine yourself feeling these feelings, and notice the vibrations (tingling sensations) of these feelings in your body.

Each time you feel these feelings, you increase your vibrational alignment with experiences that will bring you more of these feelings!!!

Vibration Raising Tip: Take this process to the next level with the Feelings Manifestation Worksheet.

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Turn Troubles into Triumphs (Example)

Situation: I don't like my job

<u>Trouble</u>	<u>Triumph</u>	<u>Feelings</u>
<i>Unfulfilling</i>	<i>Exciting and rewarding</i>	<i>Fun, Fulfilled</i>
<i>Long hours</i>	<i>Shorter hours</i>	<i>Free, Happy</i>
<i>Long commute</i>	<i>Close to home</i>	<i>Peace of mind</i>

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Turn Troubles into Triumphs

Situation: _____

Trouble

Triumph

Feelings

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