

Daily Exercises

Important Note: These daily exercises, while simple and easy, are a significant part of your transformational process. The concepts you are about to learn require a shift in thinking and habitual action in order to create the space for the desired shift in what you are manifesting in your life. Doing each one is very important. If you fail to follow these exercises you will only receive a small fraction of what this course has to offer.

- 1. Media makeover.
- 2. Don't beat yourself or anyone else up over failures or shortcomings.
- 3. Laugh and smile with others.
- 4. Visualize your goals happening.
- 5. Visualize that a mental shift might be taking place.
- 6. Call someone and tell them why you are grateful for them.
- 7. Commit and recommit to finishing this course.
- 8. If something negative happens, do whatever it takes to make it a positive.

Note: For full explanation of each exercise please listen to the last 20 minutes of Webinar Number One.

Small shifts in subtle daily actions are the magic that brings about a significant shift in the way we manifest our lives. It is the small things that we become numb and blind to that keep our life from being able to transform. If you are unable to take control and make meaningful changes in your life in short periods of time, then there are things that you are doing everyday to derail yourself. These exercises are designed to bring conscious awareness to a few simple and fundamental, but ultimately powerful things that you deserve to regain conscious control over.

I have received literally thousands of testimonials from students of the live events and courses I have created sharing transformational shifts in their awareness, belief system, habits and most importantly, in their results. I look forward to hearing from you about the transformation you are about to create in your life!

Shane Krider