

OUR INTENTION

Day 1 - Deliberately Design Your Future

The first step to creating the life you want is to know what it is you really want. To have a positive long-term future vision, deciding what that long term future looks like and form a picture in your mind. Focussing on that picture in your mind serves as an anchor, grounding you and helps draw you towards that future.

As you begin to focus on what you want this week, relax and know that it's OK to have doubts as to whether this process will really work for you. Just start the journey from where you are now with the doubt. Shifting from fear and doubt to belief and trust is something we'll be working on along the way. So, just keep using these tools and techniques and be prepared to be amazed!

If you can, purchase a note book to record this journey, although a piece of paper, pens, focus and some time is all you need. READY?

Firstly, do whatever it takes to feel good, light some candles, add soft music. Your attitude will determine your success and your ability to dream big!

Then, get specific about what you really want. For every area of your life **write down** the answer to the question 'What do I want?' Some example areas are financial, career, love, family, friends, health and spiritual.

We tend to focus on what we DON'T want. Download my Ebook and get some help to FLIP *DON'T* wants to *DO* wants www.corrcoaching.com

Ponder these areas further by asking 'What does my dream future look like?' Put pen to paper and describe your life in as much detail as you can muster, in the present tense, as if it's already happened. What's going on around you? Where are you? What do you see yourself doing? Who's around you? What are you hearing others say? How do you FEEL? Suspend any doubt as to 'how' this could possibly happen to you. Just have fun and play along.

First thing every morning and/or last thing at night read your future vision and get into the feeling place of FEELING life as if it's already happened. Ask the questions above to help you and remember to add yourself, colour and sounds to the picture. Enjoy daydreaming!

Have a deliberate day!
Madeline

Day 2: Nothing is more important than feeling good!

When you become aware of something you want to attract into your life, a higher expanded part of you is created and *'it's already got your name on it'* (that something you want to attract) and your work is to vibrationally align with it to receive it.

Each of us is born with an Emotional Guidance System, directing us by our *feelings*. Our *words* make up our *thoughts* and our *thoughts* affect our *feelings*. So today, start to become aware of which thoughts make you feel good, as when you feel good you are in vibrational alignment and closer to attracting your desires.

This may take a lot of effort at first! You're forming a new habit. Apparently it takes on average twenty one days to form a new habit and ninety six per cent of everything you do is a habit, so your goal is to make your daily success habits as habitual as possible so you do them without thinking. The best way to become the best you is through your habits.

ACTION

Think about a song you really love, that makes you feel really good and energised when you hear it. A song that you could sing out loud, dance around the room or bang on imaginary drums as you listen to it, mine is 'Can't Take My Eyes off You!' Even better, listen to it or sing it to yourself NOW whilst you dance, jump up and down, whatever gets into a really good feeling place! How are you feeling?

You're aiming for this feeling in your daily life and this *is* the feeling you can have regularly if you keep practicing these techniques. Nothing is more important than experiencing as much love, joy, happiness and appreciation as often as possible, as the more you are able to feel good the easier it will become to raise your vibration and close the vibrational gap between where you are now and your desires.

ACTION throughout the day

As you move through your day today, seek out things that make you feel good and focus on them as opportunities to experience and enjoy! Waking up in a comfortable bed after a good night sleep, the smell and taste of fresh coffee, the feeling of the sun on your skin, hearing the birds sing, your favourite song!! The list is endless!

When I think about my grandson and boys I feel so grateful and privileged to be sharing their lives and want to jump up and down, punch my arm in the air and shout YES! What physical manifestation could you create to show the Universe how grateful you feel?

See Habits Chart at the end of this Ecourse.

Have a fandidalyastic day. Until tomorrow!
Madeline

Day 3 ~ Gratitude

Gratitude is the best way to feel good and Raise Your Vibration. When you feel grateful the Universe brings you more things to feel grateful for. So, be grateful for the things that show up in your life that are in alignment with your desires you deliberately designed in Day One and you'll attract more of them!

At first it might seem difficult to find things to feel grateful for, go with it, it will get easier. Remember, you're forming a new habit! Start by focussing on the basic things in life to feel grateful for, waking up in a lovely comfy bed, your journal, a piece of paper, pen to write in it, this seven day E-course!!

If you bought a journal to write down the things you're grateful for, get into the feeling place. Make it FUN! Buy the most gorgeous book you can afford and a special pen, or different coloured pens, glitter pens, blue for goals, red for success, green for money success and pink for gratitude. Draw or cut out pictures and stick in your journal. Thank the Universe, your higher self, whatever means something to you, AS IF you're already living your desires, 'Thank you universe for sending (insert desire) I'm so grateful.' Ask questions, 'If I knew I had all the resources I need what would I be doing differently?' Or 'If I truly thought I was unstoppable what would I be doing?' 'What's my next step?'

Ensure you go to sleep on successes by updating your journal last thing at night with at least two successes. Ask 'What's gone well today?' Focus on the little things, for instance 'I focussed on what I want more than what I DON'T want!'

Throughout Today

Be aware of where you're focussing your attention and whether it's on what you want. If you're focusing on what you DON'T want, ask 'What do I want instead?' As you move through your day, pay attention to the things you feel grateful for, noticing they are evidence that the Universe is matching your vibration, and celebrate and record in your journal. We get what we focus on, so celebrating and recording evidence of what's showing up in our life, with gratitude, is paying attention to what we want and at the same time Raising Our Vibration. That's where inspired action comes from.

Starting tomorrow, begin your day with at least five gratitude's.

See habits chart at the end of this Ecourse to track your habits.

Have an appreciative day, until tomorrow!

Madeline

You can think a 'thank you' although it is more powerful to say it out loud or write it down. The written 'thank you' is more powerful than the spoken . . .

Day 4 ~ Visualising

Visualising has been discussed as a key component of using the Law of Attraction principles. NASA scientists and Quantum Physicists have carried out countless experiments regarding visualisation. As shown in movie *The Secret*, athletes train using visualisation techniques, visualising the event before they actually participate in it. After being hooked up to sophisticated bio-feedback equipment during these visualisations, parts of their brain and subconscious are unable to distinguish between reality and visualising.

The thing is, the subconscious mind doesn't know the difference between reality, what's actually happening, so visualise *as if it's happened* how you want in your mind and make the mental image as clear, distinct and perfect and hold it firmly and the way and means will develop.

Think about your favourite actor/actress. Think about them getting into character. Think how different their character is, personality wise in each role they play. They're embracing the characteristics of the person they're portraying. This is how we can approach visualising.

Imagine you've been cast in the role of YOU in your future vision. Move forward to this time next year when you've achieved your goals and visualise your life AS IF you're living your goal. What's happening? What's going on around you? What do you see, hear, feel? Who is around you? Add yourself to the picture, add colour, sounds. Believe it's real, it FEELS real! Then ask yourself 'What inspired action am I prepared to take today, tomorrow, next week, month to move me closer to my goal?'

Throughout Today

Have some fun as you move through your day today. As you encounter people and circumstances, especially if they are a little challenging, think of how your actor-self might play this role. Think of how your actor would respond to the situation that would be for your and their highest good, something that will keep your vibration high. Even if the best you can do is to step into your actor self and say a happy and enthusiastic THANK YOU to someone who may have been short or rude, DO IT!! Be light and just play with it.

Have a spectacular day, until tomorrow!

Madeline

Day 5 ~ Accountability

Do you have any close family or friends you trust implicitly and feel very safe with? I'm talking about the kind of friend who doesn't judge you and is supportive of you and your beliefs, desires and goals no matter how big and 'out there' they seem. Someone who can help to gently keep you on track towards your desires?

This will be a very valuable resource to have in place in case you are ever stuck in some way. It is critically important to find someone who will not fill your mind with limiting or negative thoughts or 'co-sign' your limited thinking in that moment. Someone who can help to remind you of why you are doing this, why you are on this path and why achieving your goals and dreams is possible.

Tell at least one trusted, very supportive, non-judgmental friend who believes in you and **BIG** possibilities about your dreams for your long term future. Tell them in great detail the reason you are on this journey and you're so happy and passionate about your goals and dreams. Ask them if they'd be willing to support you and point you in the right direction if you ever become disenchanted, go off track or think you're unable to achieve these big dreams and want to give up.

If you do not have someone in your life who you feel can support you in this way, let's work at manifesting someone. In your journal, or on a piece of paper, list the attributes this friend would have. Then visualise yourself telling your friend the specific details of your desires, either in your mind's eye or write it down in your journal. Where are you, having a coffee or glass of wine together? What's the weather like? What are you wearing? Are there loads of people around you, or are you in a quiet, secluded place? Visualise how wonderfully supportive they are and how much they believe in you and cheer you on and *feel* grateful having such a great friend.

The good thing about writing things down in your journal is that you can track progress by looking back over your journal and see your growth and manifestations. If you decide to keep a journal, sign and date each entry.

Throughout Today

As you move through your day today, quickly take a moment here and there and imagine being with your trusted friend and happily/excitedly telling them all the wonderful details about how your goals and dreams have already come true, in the present tense as if you've already achieved. Remember, the Universe is picking up on the vibration (feeling) you put out and sending you back the same **and** the mind doesn't know whether what you're thinking is real or imagined!!

Have an abundant day! Until tomorrow!

Madeline

Day 6 ~ Self Compassion

During this journey you've learnt tools and techniques to Raise Your Vibration and start moving from where you are now to living the life of your dreams. Hopefully, you've discovered changes to your present life, as well as gained an awareness of yourself and the surroundings you have consciously, or unconsciously, chosen for yourself and your life to date.

Beating yourself up for anything you're now aware you've said, done, felt or manifested for yourself will only serve to keep you stuck and continue manifesting more of the same! So, it's vitally important to develop and practice compassion for yourself.

Prior to this course, did you realise that thoughts create things, attracting the people, circumstances and things you have now? Your new knowledge about how the Law of Attraction works allows you to start making changes by putting in place new daily success habits to move you closer to living your desires.

Write a compassionate and encouraging letter to YOU and post it to yourself! Be positive, loving and compassionate in this letter. This may seem silly but TRUST that when you receive and read this letter you'll realise the reason it's so powerful! You'll hear all the words of support, praise and encouragement you wish to hear as you're on this journey towards the life of your dreams

Throughout Today

Be particularly kind to yourself and DO something nice for yourself. Ensure you're hearing kind, compassionate, loving self-talk and treat yourself to whatever does for you! Watch your favourite movie, have a candlelit bubble bath, a lovely glass of wine, bar of chocolate, prepare your favourite meal (or better still, get someone else to prepare it!) Whatever makes you feel really good! Spoil yourself today, you deserve it!

Have a luxurious day! Until your last day tomorrow!!

Madeline



Day 7 ~ Checking in With Your Vibration

As we've been looking at how to Raise Your Vibration, we need to consider where we're vibrating now and closing the vibrational gap between where you are now and where you want to be. This valuable process provides the opportunity to celebrate your successes as you acknowledge where your vibration may have been low, how you raised your vibration, helping you renew your commitment to keep working at raising your vibrational and towards living the life of your dreams.

Contemplate and write in your journal about the following, remembering there are no right or wrong answers. This is only to serve as a guide for you to celebrate your wins and possibly make adjustments as you continue on your path. Remember, being gentle and compassionate with YOU is an absolute MUST during this exercise. This is non-negotiable!

- List any coincidences (also known as serendipities/synchronicities) that have happened in the last week, however small!
- How have you moved towards your goals, physically/tangibly or energetically?
- Have you been able to embrace feelings associated with a higher level vibration, such as love, gratitude, or joy during the last week?
- What's stopped or slowed your forward movement. As few examples might be negative emotions, limits in your beliefs, resistance of any kind, lack of support from others? Or anything else?
- What could you have done anything differently when you felt stuck that might have helped you moved forward? Remember, self-compassion!!
- Have you felt a little more hopeful about your present and/or your future?

Throughout your day

Regardless of how you feel you did Raising Your Vibration during this E course, every single moment is an opportunity to shift in the direction of your goals and dreams. It takes 17 seconds to shift your vibration by asking 'What do I want?'

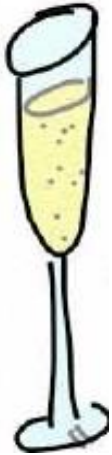
As you move through your day, as often as possible, FOCUS on the successes you had during this course, regardless of how small. What you focus on expands and you draw more of it into your life! Earlier in this course I mentioned about my grandson and boys, and how I feel so grateful and privileged to be sharing their lives and want to jump up and down, punch my arm in the air and shout YES! I'll ask you again 'What physical manifestation could you create to show the Universe how grateful you feel?'

Finding it difficult to feel successes? Are you being too hard on yourself? Take this as your opportunity to visualise your desired long term future successes, remembering your mind is unaware whether it's true or visualised!! Celebrate!!!!

Have a celebratory day!

Madeline

CONGRATULATIONS!



Champagne Toast!! YOU made it to 7 days! Give yourself a hug!!

Appreciate YOU!!

You've spent the last seven days sending a powerful message to the Universe that you're so committed to creating your dream future. Well done!

So, what did you notice about yourself during the journey? Have you created more abundance into your life? How do you feel? And, more importantly, how are you going to celebrate and anchor in your success?

I hope you enjoyed this daily practice and you'll continue! I feel extremely grateful I've provided support along the way. Thank you!

I hope you feel inspired to continue moving toward your goals and dreams with my guidance; I would be honoured to support you on your journey. So, let me know how else I can support you deliberately design your best life yet!

"I'm On A Mission" as many people as I can reach become aware of the power of **Clarity** and keeping their **vision** and **behaviours** on where they want to be. Between now and the rest of their life!

So... check out my workshops, on line courses and coaching programmes at [HERE](#) all designed to shift and align your mindset using powerful tools and techniques such as processes, meditations, visualisation, energetic affirmations, 40/50 day workbooks with daily practices, gratitude steps and more.

Follow me on Facebook and receive a daily guidance [HERE](#)

Please visit www.corrcoaching.com or email me at vibe@madelinecorr.com for details of coaching or anything else!

Here's to your life full of love, joy and abundance!!

Madeline
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