

6 MONTHS OF HADCORE
 FOCUS AND ALIGNMENT
 CAN PUT YOU 5 YEARS
 AHEAD IN LIFE
 DON'T UNDERESTIMATE
 THE POWER OF
 CONSISTENCY
 AND DESIRE

Dedicate the next 6 months
 exclusively to your goals.
 Don't tell anyone.
 Don't make any announcement.
 Just fall back and WORK!

3/21/18, 5:34 PM

daily routine based on my energy levels

NO ENERGY	LOW ENERGY	MID-HIGH ENERGY
be kind to myself	put on some clean clothes	wash face/shower
give myself permission to rest	mouthwash	get dressed + makeup
spend time thinking of: -fun future -good memories	make instant coffee	get my work done
eat something quick & easy	casual journaling	spend time learning something new
text or call a loved one	answer work emails in bed	take a long walk, skip rope, dance, or do some skating
comfort show marathon	take a short walk or sit outside	do more time consuming chores like laundry, dishes, or cleaning
	plan for what to do when I have more energy	cook meals + meal prep for those no/low energy days
	remind time!	

@crazymindcomics

DON'T
 TRIP
 OVER WHAT
 IS BEHIND
 YOU

THE METAMORPHOSIS



HAS ONLY JUST BEGUN



Empath Affirmations

I release what is not mine to feel.

I don't have to fix everything for everyone.

What other people are feeling is none of my business.

This too shall pass. I can breathe and I can release.

I am vibrantly healthy and I carry positive energy and thoughts.

I believe good things are coming my way.

IG@Psychic.Medium.Christina.Eagle
www.EagleMedicinePsychicReadings.com

BRINGING YOUR IDEAL SELF INTO REALITY

Spend time every day imagining your *IDEAL SELF*. Picture what you'd look like, how you'd speak and your tone towards those who can do nothing for you. Think about how you'd act in uncomfortable situations, how you'd *push* through difficult scenarios or how you'd COME UP from being under water. Picture what your wardrobe consists of, the environment you'd live in and the places you'd travel. Visualize the MEMORIES you'd like to CREATE with your closest friends and the success of the business your child-like self once dreamt of. Envision how you'd act, walk, think, believe, laugh, smile, move and speak.

Visualize your ideal self and now, do *EVERYTHING* in your power to become that person. Because if you were able to *imagine* and feel that person — then it *EXISTS*. But it is only up to *you* and your POWER to BECOME it.

1. I AM GREAT!
 I am GREAT! My life is GREAT!
 Everything is happening for me. All the things that I am currently experiencing are only taking me to the next level of my life. I am growing. I am getting better. I choose to believe in sudden miracles and unexpected blessings.

2. I WAS BORN TO DO GREAT THINGS.
 I am here for a reason. I have a purpose. I am going to allow the universe to give me a sign because I am ready to receive the guidance to do all that I can. The answers I need are deep within me, and I know they are coming out daily even more clearly. I was born, aligned, and am here to do great things. I believe in myself.