

Ana-Maria Georgie
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You deserve to look&feel great!

Act as If

The purpose of this exercise is to prime your brain to expect serendipitous encounters and dream-like romance. As Wayne Dyer said, “you will see it when you believe it!” This means that you can only attract the love of your life if you literally open your eyes for him.

The key steps of the manifestation process are: **1) visualize what you want, 2) take an inspired action, 3) let it go and allow the Universe to deliver it at its own timing.**

What to do:

In the next ten day, commit to taking a single action every day that opens you up to the possibility of finding your lifetime partner.

Create a to-do list of ten things you can do and log them in your journal.

- 1.
- 2.
- 3.
- 4.

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5.

6.

7.

8.

9.

10

You can do more than one per day if you want but don't skip a day to keep yourself consistent. After ten days, your new attitude will be ingrained.

Examples: 1) wearing a brighter lipstick than usual, 2) buying luxurious sheets for my bed, 3) trying out a new lingerie that makes me feel sexy, 4) doing a sensual aromatherapy, 4) making eye-contact with the cute stranger in your yoga class, 5) wearing perfume that makes you feel feminine, 6) listening to love songs that make you feel excited to meet your partner, 7) downloading pictures of romantic couples and visualizing yourself in them, 8) creating a detailed list of your ideal partner and reading it out loud, 9) being adventurous and going on different dates, 10) exuding confidence and acting as a high-value-woman when you get approached by men

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Affirmation to repeat while doing this exercise:

“I, [your name here], commit to attracting my ideal partner, measured by
my OWN chosen standards. Amen!”