

Frequency Ascension Plan

STEP 1

*I am an irresistible manifestress for magic, miracles and money.
I am allowing a deep heart activation, and now reside in the frequency of love and grace.*

Today I truly appreciate and feel grateful for:

Today I feel blessed beyond belief, because:

(List 10 blessings)

Today I will express my gratitude by sharing with why I appreciate him/her:

The way I am going to deeply love and nourish myself today is:

Thank you universe in advance for:

(Bringing your future into reality)

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STEP 2

Potent power and magic live within me.

MORNING

My intention is:

The type of woman I am choosing to be is:

My ideal day (1 minute) visualization

(Activate heart, see it, feel it, breathe it, become it)

My top 3 priorities for the day:

- 1
- 2
- 3

My 1 bold action:

I am asking for help with:

- 1
- 2
- 3

I am surrendering:

EVENING

I could have made the day better by:

- 1
- 2
- 3

I received and celebrate:

- 1
- 2
- 3

Wrap your arms around yourself and say "I deeply love, and cherish myself, I am sacred."