



FULL MOON BLUEPRINT GUIDE

To help you bring more focus into your life you can ask yourself the following questions:

Where am I going?

Where have I arrived?

Where do I want to be?

What else do I need to let go of?

Am I happy in all of my relationships with (name people), what would I change in myself to have a happier relationship?

What would I change in my day to day life?

What would I want to add?

What would I want to subtract?

What is most important for me right now?

What would I like to see change in the next 2 weeks? What will it take for me to achieve what I wish?

Then ponder on each question and write down the first thoughts that come to you, don't block the thoughts, just keep writing down everything that comes to you. Then once you're done writing analyze what you have written.

If the ideas seem outlandish, simplify them. If you have come up with an idea for your life that seems overwhelming, break it down into steps, then keep breaking those steps down even further, to the most comfortable level for you.

Now look at your plan, and ask yourself which of these tiny steps can you implement into your day to day reality? Start with the easiest ones of all and see how it goes. Remember that in order to get somewhere, you must take the first step, then a second one, a third one, etc., everything is created in steps, not overnight, and so be realistic about setting your goals, be mindful of your mind, body and soul.

Allow yourself plenty of time to achieve your desired goals. Stop being hard on yourself, because you are your biggest critic, but it is time to become your own biggest fan! Why? Because you are FANTASTIC! You are perfect the way you are, it's only a matter of time before you, yourself finally remember that it is so! And if you need help in remembering, I suggest that you take the FREEDOM JOURNEY KARMIC RELEASE COURSE AT <https://annamerkaba.mykajabi.com/store>

