



Claire Awada

# UNFOLD YOUR FUTURE

## Week 3 Workbook

A Few Reminders

How to Use This Companion Workbook

DAY 1- USING YOUR MIND TO CREATE YOUR REALITY

Reflect and intuit these questions. Write down your insights.

DAY 2: OPENING YOUR HEART AND MIND FOR ABUNDANCE

Reflect and intuit these questions. Write down your insights.

DAY 3: THE FOUR DOORWAYS OF MANIFESTATION

Reflect and intuit these questions. Write down your insights.?

DAY 4: TAPPING INTO THE POWER OF AFFIRMATION AND  
VISUALIZATION

Reflect and intuit these questions. Write down your insights.

DAY 5: USING THE LAW OF CIRCULATION TO RAISE AND  
ENHANCE YOUR REALITY

Reflect and intuit these questions. Write down your insights.

DAY 6: ACCEPTANCE AND SURRENDERING: THE BEING  
CONSCIOUSNESS STATE

Reflect and intuit these questions. Write down your insights.

DAY 7: WORK INTEGRATION

Reflect and intuit these questions. Write down your insights.

CONGRATULATIONS!



## **UNFOLD YOUR FUTURE WEEK 3 WORKBOOK**

### **A Few Reminders**

Welcome to the first week of your Quest! You are invited to not only follow the lessons, but also to complete the growth work throughout this Quest. It is critical for your success and results that you practice and complete as much of the growth work as possible.

### **How to Use This Companion Workbook**

All workbooks are intended to be used in combination with your daily lesson videos. In your workbooks, you will find a brief description for each day, space for notes, daily growth work instructions, and additional supporting materials.

If you're ready to go deeper, try to devote an extra 10-20 minutes per day to journaling. Fill your private journal with free writing of your daily reflections. This is part of the work on full engagement growth.



## YOUR QUEST MAP FOR WEEK 3

You can find an overview of what's in store for you this week below.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
USING YOUR MIND TO CREATE YOUR REALITY	OPENING YOUR HEART AND MIND FOR ABUNDANCE	THE FOUR DOORWAYS OF MANIFESTATION	TAPPING INTO THE POWER OF AFFIRMATION AND VISUALIZATION	USING THE LAW OF CIRCULATION TO RAISE AND ENHANCE YOUR REALITY.	ACCEPTANCE AND SURRENDERING: THE BEING CONSCIOUSNESS STATE	WORK INTEGRATION



## **DAY 1- USING YOUR MIND TO CREATE YOUR REALITY**

You create your own reality. Your external world is not separate from you, but it is directly connected to you. There is an energetic and spiritual force that connects everything in this Universe. And it is through this connected energy of all things seen and unseen that you create your reality. This powerful creative energy that emanates from inside of you, molds and shapes the Universe around you. More concisely, it is the energy of your thoughts, feelings, and beliefs that create all of your external experiences.

### **Day 1: Lesson Notes**



**DAY 1- USING YOUR MIND TO CREATE YOUR REALITY**

**Reflect and intuit these questions. Write down your insights.**

- How do I feel about myself?
- Do I believe I have the power to create my own reality?
- Do I prefer to think to leave my existence to God?
- Would I like to be the creator of my own reality?
- If I could create a different reality, what would it be?

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## **DAY 2: OPENING YOUR HEART AND MIND FOR ABUNDANCE**

What you focus your thoughts on expands, you'll receive experiences that correspond with your dominant thoughts and emotions. When you think of positive things, you accelerate the process of having more positive experiences, particularly when you express gratitude for all the blessings you've already received.

### **Day 2: Lesson Notes**

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## **DAY 2: OPENING YOUR HEART AND MIND FOR ABUNDANCE**

**Reflect and intuit these questions. Write down your insights.**

- Write down top 5 things you in your life you feel gratitude for.
- How do you feel writing these things down?
- Do you often focus on the positive side of things?
- Do you believe you deserve good things
- Describe what you usually do when something you were expecting didn't come through.
- Question your belief and write down your thoughts towards on whether it is real or not.
- Why?
- Am I trying to hard to take control?
- Do I give others responsibility for my circumstances?
- What steps am I taking to free myself from this feeling?

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## **DAY 3: THE FOUR DOORWAYS OF MANIFESTATION**

To manifest abundance, we must be willing to become aware of where we focus our attention and what we believe to be true. By the universal laws that govern all of us, abundance is already given. We must first desire, believe, have faith and then connect to the universe to manifest our expectations.

### **Day 3: Lesson Notes**



### **DAY 3:THE FOUR DOORWAYS OF MANIFESTATION**

**Reflect and intuit these questions. Write down your insights.?**

- Do you believe things are working against you?
- Do you trust yourself?
- What is your deepest desire?
- Is this something you deserve?
- For the next 10 mins, consciously follow the steps of manifestation
- Pay attention to any change in energy around you for the next few days.

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## **DAY 4: TAPPING INTO THE POWER OF AFFIRMATION AND VISUALIZATION**

Visualization is a powerful technique that can be used by anyone in a competitive setting. Also known as visual imagery, it is creating mental pictures in your mind of an outcome that you want to achieve. These images are created by using your five senses to mentally rehearse the sport in your mind.

### **Day 4: Lesson Notes**



## **DAY 4: TAPPING INTO THE POWER OF AFFIRMATION AND VISUALIZATION**

**Reflect and intuit these questions. Write down your insights.**

- Calmly reflect on a very pleasant memory
- Write down what you hear, smell, feel in detail.
- Recreate a series of images for something you would like to become a reality.
- Ensure to create details and colour to these images
- Picture this in your mind for as long as you can and keep adding details as you go.
- Write it down.



## **DAY 5: USING THE LAW OF CIRCULATION TO RAISE AND ENHANCE YOUR REALITY**

### **Day 5: Lesson Notes**

Energy is a universal principle, and you are merely a conduit through which it flows. You may not have much to give but give nonetheless; give time, give smiles, give hugs, give service, give patience, give respect, give forgiveness, give love, give thanks and most importantly, give thanks to the universal cosmic balance for it all.



**DAY 5: USING THE LAW OF CIRCULATION TO RAISE AND  
ENHANCE YOUR REALITY**

**Reflect and intuit these questions. Write down your insights.**

- How often have you engaged in the act of giving in the past?
- Do you believe giving is only in terms of monetary value?
- How do you feel after giving?
- What would you like to receive more from the universe?
- Make it a point to give these to someone during the course of your today.



## **DAY 6: ACCEPTANCE AND SURRENDERING: THE BEING CONSCIOUSNESS STATE**

To move beyond the experience of controlling everything around us and into surrendering, what we must be willing to let go of is our sense of separation. As we do this (or rather 'be' this), we open ourselves to discover the experience of genuine unity or oneness in life and endeavor.

Day 6: Lesson Notes

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**DAY 6: ACCEPTANCE AND SURRENDERING: THE BEING  
CONSCIOUSNESS STATE**

**Reflect and intuit these questions. Write down your insights.**

- Write down your insights. Do you believe you should always be in control?
- How do you feel when you can't take charge of what is happening around you?
- Write down a particular scenario that usually leaves you feeling helpless?
- Have you ever experienced the freedom of letting go?
- Write down 3 activities you would like to practice letting





## **DAY 7: WORK INTEGRATION**

By controlling your thoughts, you will be able to attract into your life what you desire to attain as you come to know the Truth that it is indeed your thoughts that are the seeds that give rise to your experience of reality.

When we align ourselves with Abundance then we move in oneness with it. In this oneness the only thing that limits you – beliefs in lack and limitation – fade away. To manifest successfully, you have to first desire, then have faith, expect and then connect with the universe.

The daily practice of visualizing your dreams as already complete and using positive words of affirmation can rapidly accelerate your achievement of those dreams, goals, and ambitions. We must make room in our lives to receive; it is merely how the universe works, and it never compromises on this point. Know that money is energy in a specific form.

Energy is a universal principle, and you are merely a conduit through which it flows.

### **Day 7: Lesson Notes**



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**DAY 7: WORK INTEGRATION**

**Reflect and intuit these questions. Write down your insights.**

- Are my thoughts really the seeds of my reality?
- Your mental peace is important. What are the activities that give me peace of mind?
- The first step of manifestation is desire, do you agree?

# **CONGRATULATIONS!**

You have completed the third week in your

Quest toward Unfolding Your Future!