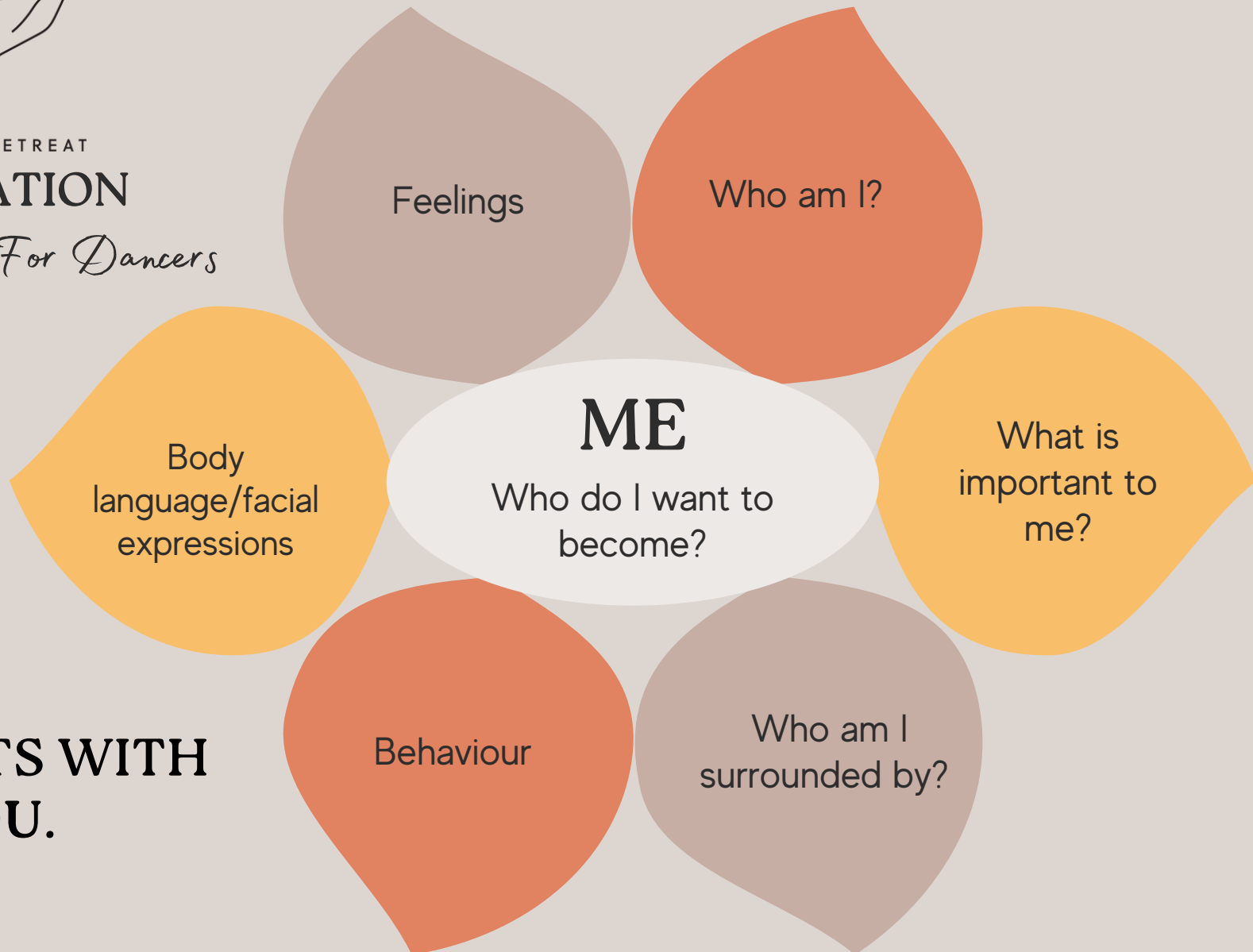




THE GRATITUDE RETREAT
MANIFESTATION
For Dancers

INTENTION SETTING



**IT STARTS WITH
YOU.**

ME

Who do I want to
become?



THE GRATITUDE RETREAT
MANIFESTATION

For Dancers



THE GRATITUDE RETREAT
MANIFESTATION

For Dancers

INTENTION SETTING

Where do I want to work?

Which choreographers do I want to work with?

When do I want to achieve it by?

WHAT DO I WANT?

What career choices are aligned with who I want to become?

How much do I want to earn?

What energy do I want surrounding me? (colleagues)

What types of jobs do I want to?

REMOVE LIMITS.

BE SPECIFIC AND DETAILED.

WHAT DO I WANT?

What it is aligned with who I want to become?



THE GRATITUDE RETREAT
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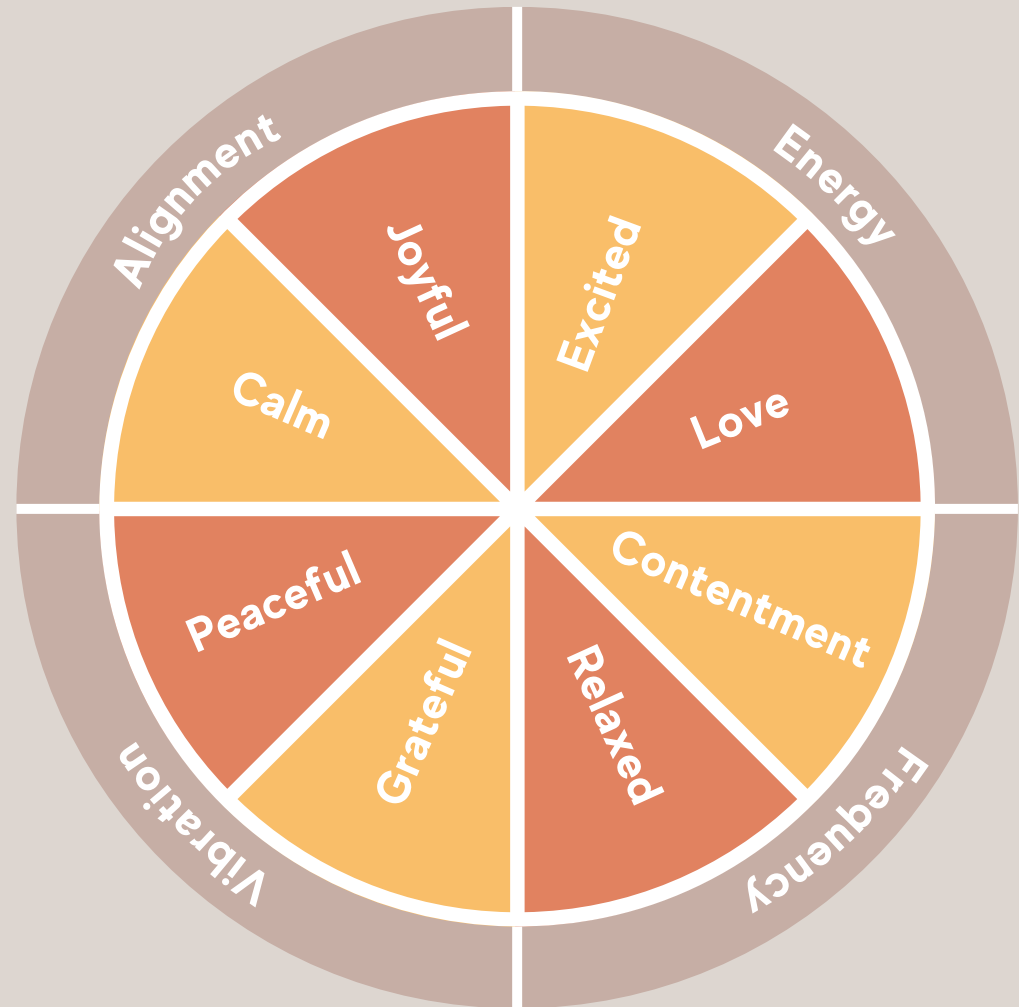


THE GRATITUDE RETREAT
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**BELIEVE IT IS
ALREADY YOURS.**

**FEEL HOW THAT
WOULD FEEL.**

POSITIVE FEELINGS



HOW WOULD IT
FEEL FOR YOU?



THE GRATITUDE RETREAT
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For Dancers

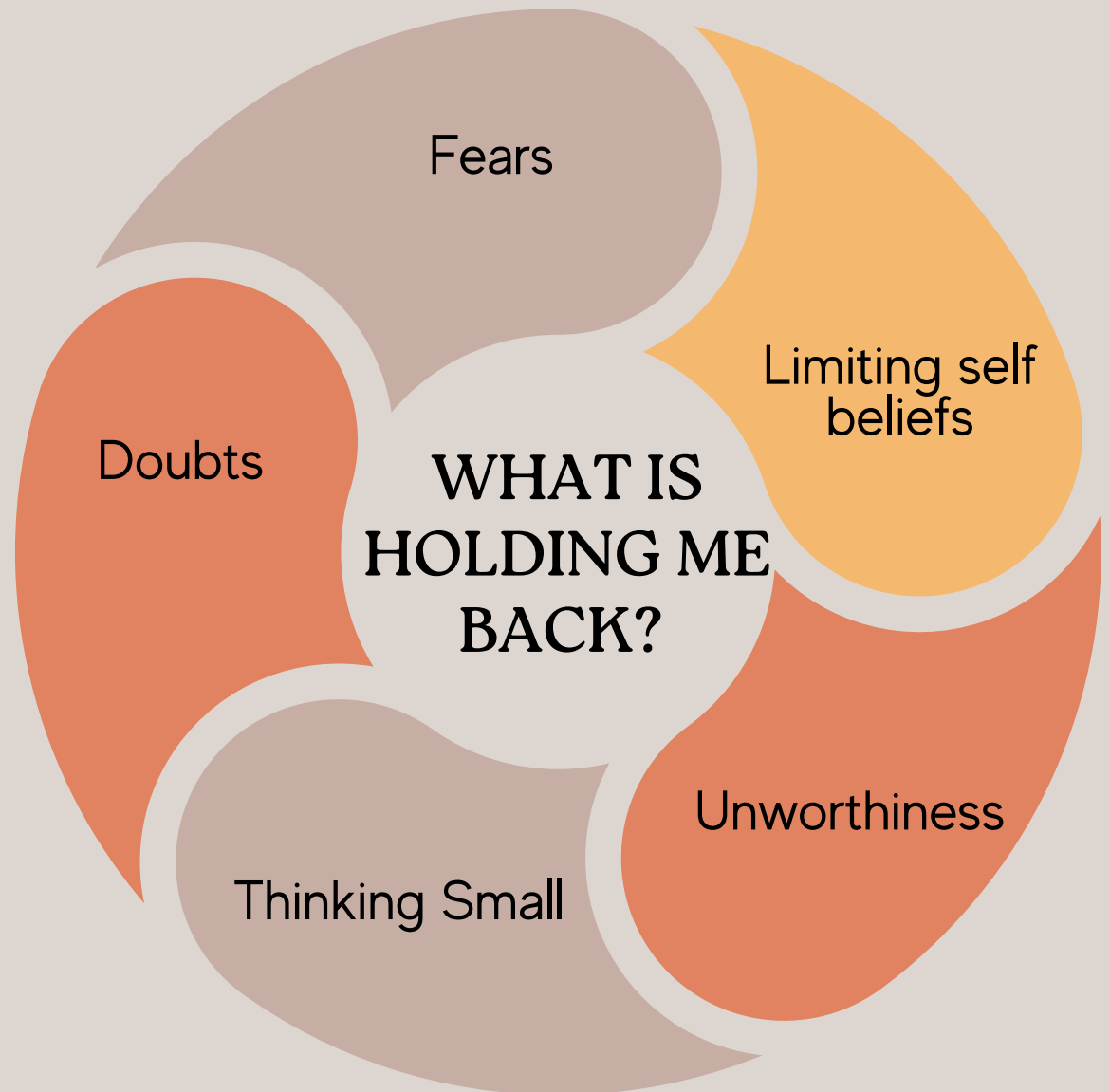


THE GRATITUDE RETREAT
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For Dancers

**I LET GO OF WHAT
NO LONGER SERVES
ME.**

**REMOVE ENERGETIC
BLOCKS**



**WHAT IS HOLDING
YOU BACK?**



THE GRATITUDE RETREAT
MANIFESTATION

For Dancers



THE GRATITUDE RETREAT
MANIFESTATION

For Dancers

**WHAT ALIGNED
ACTION STEPS CAN I
TAKE RIGHT NOW
TO MOVE ME
TOWARDS ME
DESIRES?**

**ACTION
STEPS**



ACTION STEPS



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For Dancers



THE GRATITUDE RETREAT
MANIFESTATION
For Dancers

**WRITE YOUR
STATEMENTS.**

**PLACE THEM WHERE
YOU CAN SEE THEM
EVERYDAY.**

**RECORD YOURSELF
SAYING THEM AND
PLAY AS YOU GO TO
SLEEP.**

POSITIVE AFFIRMATION STATEMENTS



I AM A DANCER
FOR_____



I AM EARNING £_____
PER MONTH



I AM IN FULL HEALTH
AND FITNESS



I AM WORTHY OF THE
CAREER OF MY DREAMS



MY WORK TAKES ME
ALL ROUND THE WORLD



I AM WORKING WITH MY
FAVOURITE CHOREOGRAPHER/
ARTIST

POSITIVE AFFIRMATIONS



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MANIFESTATION

For Dancers