



Table of Contents

Let's Get Ready to Leap	5
<input type="checkbox"/> Reading – 7 Steps to Your Legendary Success	
<input type="checkbox"/> Leap! Post Video & Reading - Let's Get Ready to Leap	
<input type="checkbox"/> Worksheet – This is Me	
<input type="checkbox"/> Reading – Doing Affirmations Right	
Step 1: What Would You Love?	11
<input type="checkbox"/> Leap! Post Video & Reading - Step 1 What Would You Love?	
<input type="checkbox"/> Worksheet – 100 Things I Want	
<input type="checkbox"/> Worksheet – Fantasy-to-Fact	
<input type="checkbox"/> Worksheet – Goal Card	
<input type="checkbox"/> Goal Card – Read Aloud	
<input type="checkbox"/> Affirmations – Read Aloud and Write Repeatedly	
Step 2: Target Your Goal	19
<input type="checkbox"/> Leap! Post Video & Reading - Step 2 Target Your Goal	
<input type="checkbox"/> Worksheet – Clarity Manifestation Exercise	
<input type="checkbox"/> Goal Card – Read Aloud	
<input type="checkbox"/> Affirmations – Read Aloud and Write Repeatedly	
Step 3: Add a New Belief	22
<input type="checkbox"/> Leap! Post Video & Reading - Step 3 Build a New Belief	

- Worksheet – Creating Great Vibrations
- Goal Card – Read Aloud
- Affirmations – Read Aloud and Write Repeatedly

Step 4: Raise Your Vibrations **26**

- Leap! Post Video & Reading - Step 4 Raise Your Vibrations
- Worksheet – Gratitude Vibration Exercise
- Goal Card – Read Aloud
- Affirmations – Read Aloud and Write Repeatedly

Step 5: Build Your Buoys **29**

- Leap! Post Video & Reading - Step 5 Build Your Buoys
- Worksheet - Thinking with the End in Mind
- Goal Card – Read Aloud
- Affirmations – Read Aloud and Write Repeatedly

Step 6: Bring the Heat **33**

- Leap! Post Video & Reading - Step 6 Bring the Heat
- Worksheet – It's Magic
- Worksheet – Finish Line Celebration Planning
- Goal Card – Read Aloud
- Affirmations – Read Aloud and Write Repeatedly

Step 7: Leap into The Day **38**

- Leap! Post Video & Reading - Step 7 Leap into the Day
- Worksheet – Inner Spirit Guidance
- Worksheet – Inspired Notes, Ideas and Delegations
- Leap! Post Video & Reading - Conclusion