



MANIFEST SUCCESS  
MASTER RESILIENCE

*workbook*



# Hello!

We are excited to share this programme with you. It's a unique offering to bring you emotional resilience and mastery, and to help you create a plan that will lead you to a life of success.

Having travelled and taught these practices for over 50 years collectively, and across several countries spanning the UK, Europe, India, Australia, New Zealand, and North America, we have taken the cream of what we know and designed this programme for you.

As a result, this workbook is designed to give you the information, guidance and techniques to manifest your reality. The tools are ones that we have regularly practiced, love and know work! So please take time to peruse through the pages and spend time on those that particularly speak to you. This course is about YOU and we wish you every success.

*Chandra and Anouschka*

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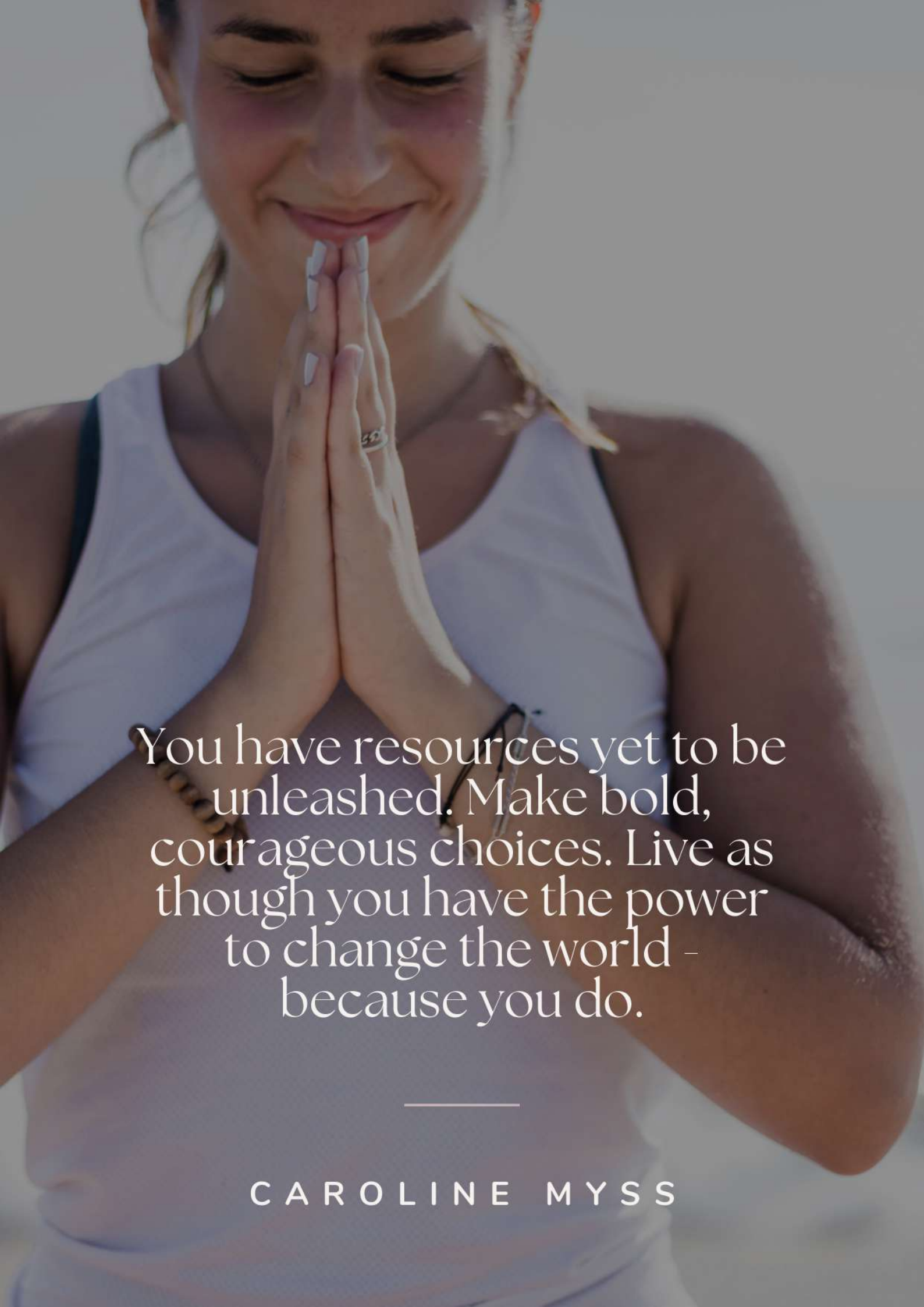
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You have resources yet to be  
unleashed. Make bold,  
courageous choices. Live as  
though you have the power  
to change the world -  
because you do.

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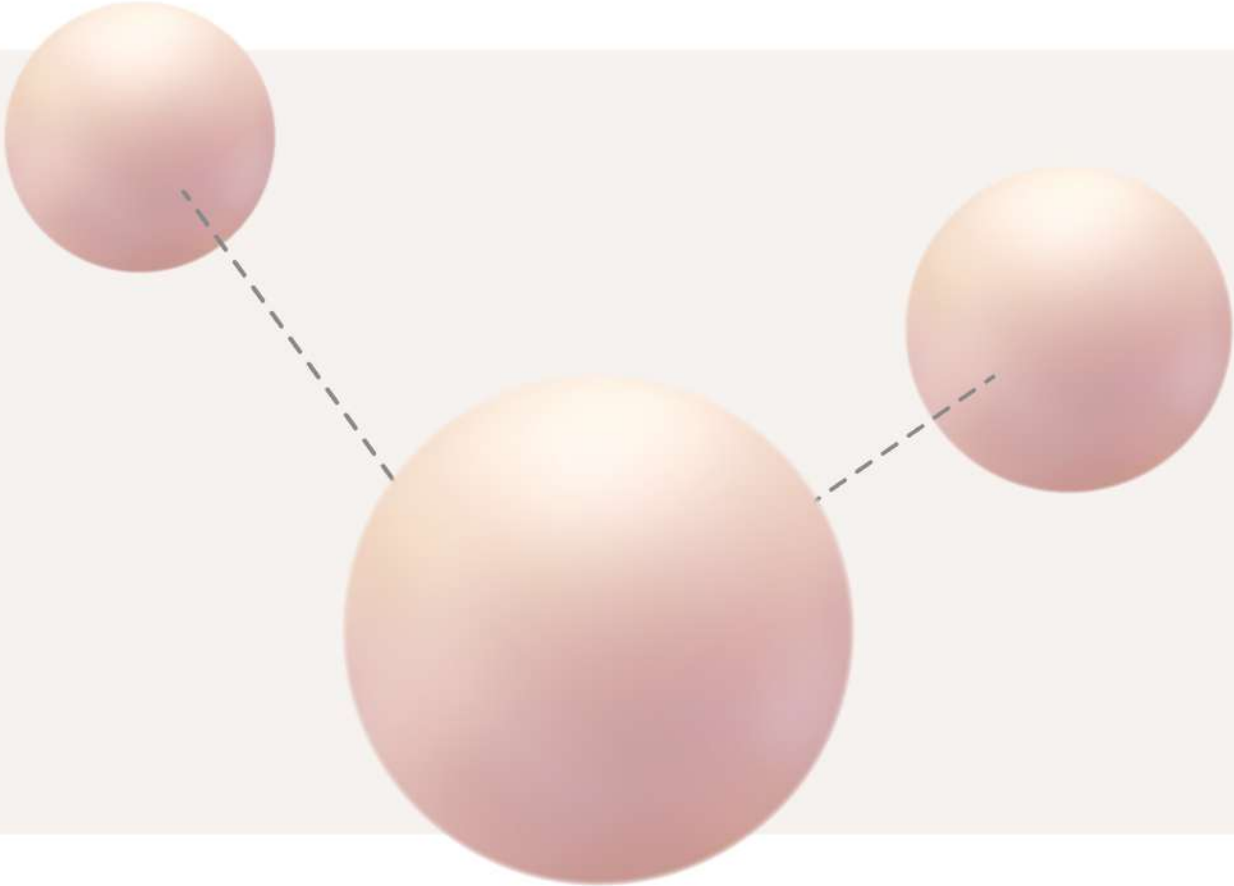
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PART 1

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# Introduction

# Spheres of Influence



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# The Universal Laws

## POSITIVE INTENTIONS

When we contemplate deeply about what we really want, and why, we begin to resonate at a certain frequency. This begins the process of manifestation.

## THE LAW OF KARMA

Karma is often explained as “What you sow is what you reap.” In essence, how I act today will become a later influence on me. The choice I have is to ensure that influence will be positive.

## ABUNDANT UNIVERSE

Did you know that the Universe always says “YES!”? Whatever we think about and truly believe in, the universe will benevolently grant as if saying “Yes, dear one - here is more of the thing you want”. BUT it is up to us to CHOOSE and focus on what we want more of!

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# Your Life Blueprint

## 1. CREATE A VISION FOR YOUR LIFE

A vision is a powerful image in your mind that can also be on a vision board. It gives you something exciting and beautiful to move towards manifesting in your life.

## 2. MAKE A DECISION

When you make a strong decision and are **READY** to manifest something in your life, your heart, mind and the universe start to work together to make it possible!

You'll still have to engage in action. When you do - you'll see magic unfolding!



*Trust yourself.*

### 3. CREATE YOUR ACTION PLAN

This is where you plan out what you're going to do and when! Your Action Plan involves your goal setting, habit trackers, and power statements.



### 4. MANIFESTED REALITY

This is the life you create around you (and inside you) as a result of steps 1-3. Be aware if you are enjoying your life and that you are being authentic to yourself.



### 5. ASSESSMENT

Is your life how you wish it to be? What has/hasn't worked? How would you like to upgrade and adjust your plan? This creates an updated vision and the cycle begins again...





I can be changed by what  
happens to me. But I refuse  
to be reduced by it.

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PART 2

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# Emotional Resilience

# Living with Emotions

Every major life experience we encounter leaves an imprint on our consciousness. These experiences become our stories and build our view of the world.

They often become memories or core beliefs in our subconscious mind. We draw upon these core beliefs to express ourselves and our place in the world.

In this next section we shall explore emotions that may still be lodged in the subconscious - some of which are helpful and some unhelpful.

# My Life Influences

What were some of the major influences you experienced in your earlier years (up to around your mid-20s), that impacted you?

## EVENTS

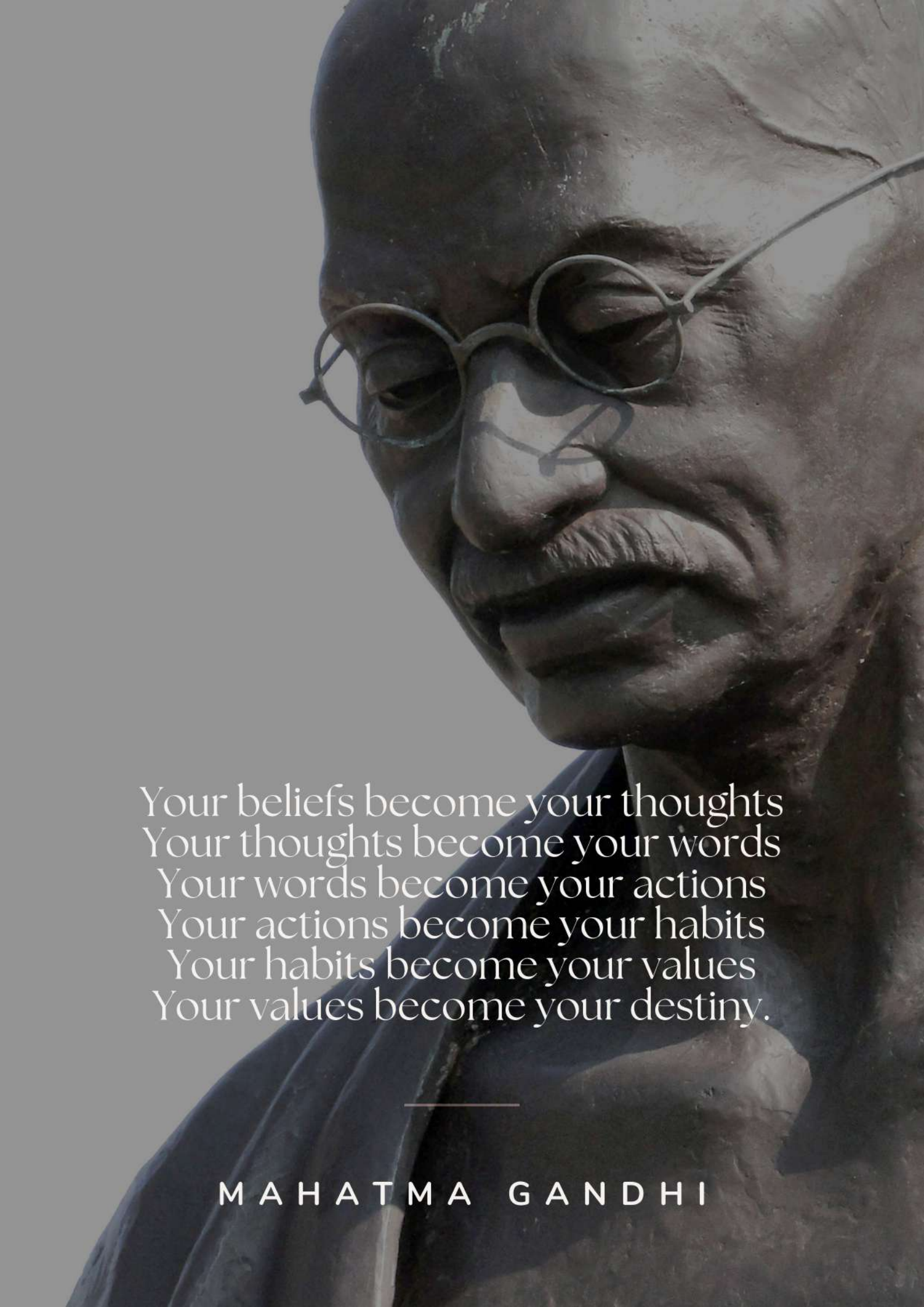
e.g. work/life events, unexpected occurrences

## RELATIONSHIPS

e.g. home, friends, family

## VALUES

e.g. upbringing, religion, culture, race



Your beliefs become your thoughts  
Your thoughts become your words  
Your words become your actions  
Your actions become your habits  
Your habits become your values  
Your values become your destiny.

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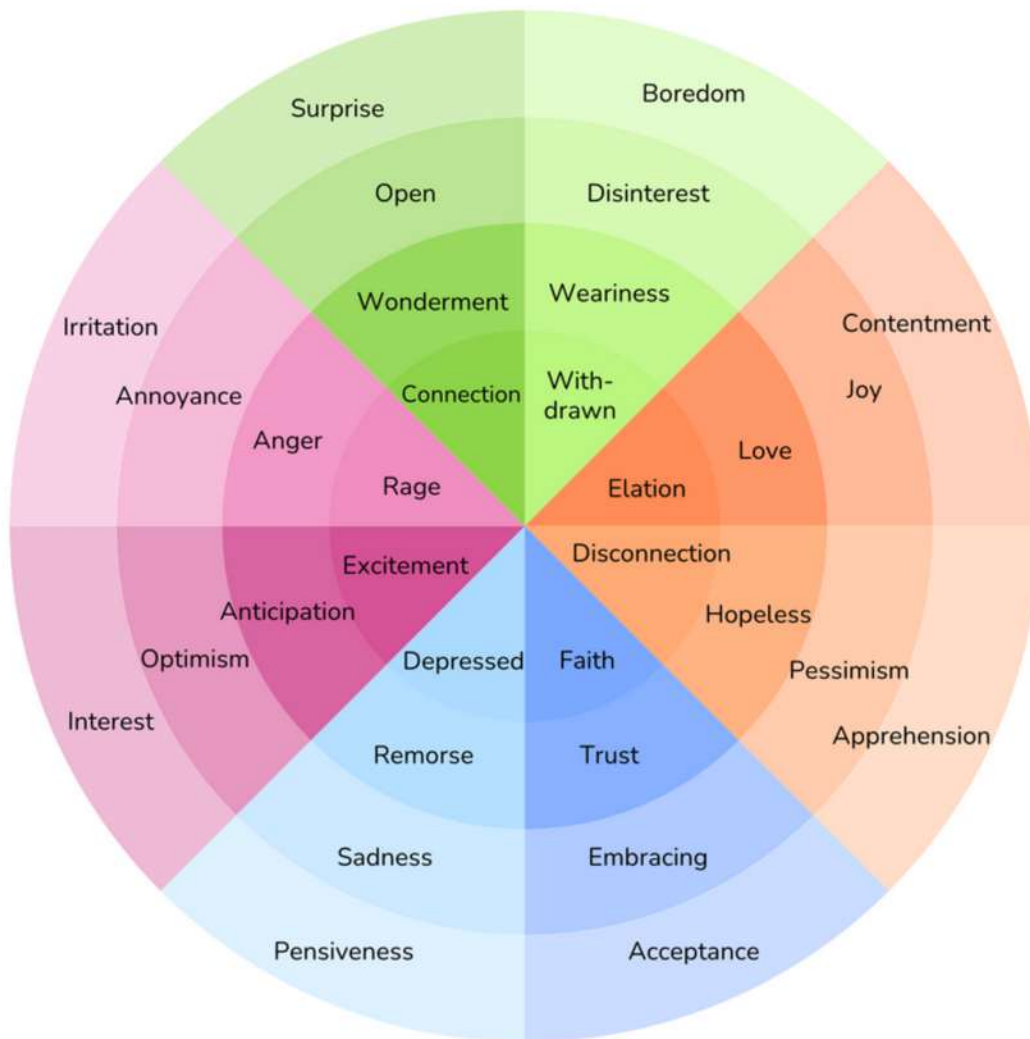
# My Stories

Think of a significant time that contributed to a major story in your life. Write it briefly below:

What could be the core belief from this story that may be running in the background for you?

You can do this exercise the other way around!

# Wheel of Emotions



The **red** segments represent our more fiery emotions ranging from irritation to rage. The positive aspect of the red emotions can also be felt in the form of surprise through to wonderment.

The **green** segments represent more supportive emotions we may experience such as feeling connected. The opposite of this could be to feel disinterested and withdrawn about life.

The **orange** segments represent emotions that enable us to feel elated or even euphoric. The negative aspect of this can be feeling disconnected.

The **blue** segments are emotions that leave us feeling peaceful. Negative aspects of blue can be sadness or depression.

# Wheel of Emotions

## HOME EXERCISE

We all experience a variety of emotions on a regular basis. Take a few minutes each day to list those that you experience.

There may, of course, be other emotions that come up which are not listed in the circle. Add these in and decide which colour you would attribute them to.

After 4-5 days notice the feelings/emotions you have experienced more frequently. Choose 3 main ones and list them in order of most to least below:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Write down any reflections that come to you from this exercise:

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# 5 Skills of Emotional Intelligence

- R** recognising
- U** understanding
- L** labelling
- E** expressing
- R** regulating

'RULER' is an evidence based approach to social and emotional learning developed by Dr. Marc Brackett at the Yale centre for Emotional Intelligence.

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# Building Emotional Resilience

## GESTURE OF LETTING GO



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## GESTURE OF COURAGE



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## GESTURE OF ANCHORING




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A close-up photograph of a pair of hands, likely belonging to a woman, gently cradling a purple lotus flower. The hands are positioned in the center of the frame, with the fingers slightly curled to support the flower. The lotus flower is in full bloom, with its petals showing a gradient from light purple to white. The background is a soft, out-of-focus green, suggesting an outdoor setting. The overall mood is serene and delicate.

Human beings all change. Not  
what they are but who they are.  
We have the power to change  
what we do with our life and turn  
it into our destiny.

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PART 3

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# Manifest Success

# The MAP Overview



# Your Life Areas



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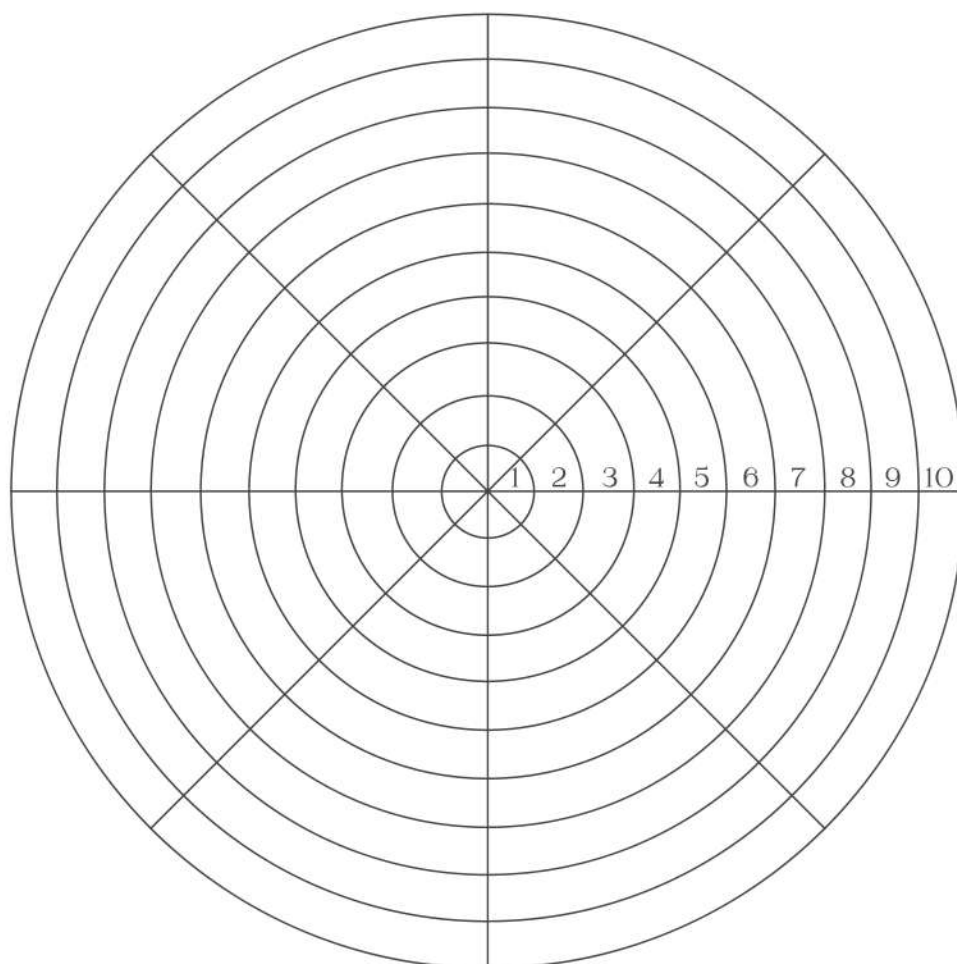
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# Life Area Analysis



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# What is Success?

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# What does success look and feel like for you?

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A person with blonde hair in a bun, wearing a red, white, and blue plaid shirt and a tan canvas backpack, stands on a dirt path overlooking a valley. The background features steep, rocky mountains with patches of green vegetation under a hazy sky. The person's back is to the camera, and they are looking towards the mountains.

Go confidently in the  
direction of your dreams.  
Live the life you've imagined.

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HENRY DAVID  
THOREAU



# To manifest my vision I will...

KEEP DOING

DO LESS OF

STOP DOING

DO MORE OF

START DOING

# I am someone who...

When you decide to become someone who loves to walk, then your life choices will fit around that. Likewise, if you're someone who has made a decision to turn the lights off at 10pm, imagine the cascade of positive habits that will follow.

I AM SOMEONE WHO...



# Keys to Manifestation

1

**SMART goals** are a powerful way to help us formulate our goals into realistic and manageable time frames.

2

A **statement of intent** for a specific action is one of the most powerful ways for you to start and maintain a new habit.

3

**Consistent actions** really do add up! Imagine 100 x 1% changes in your life! Manifest your dreams in no time!

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# Positive Influences

Everything we take in through our senses impacts our thoughts and emotions. In today's world, we have to make strong decisions about what we want to influence us.



## PEOPLE & ROLE MODELS

Choose carefully who you associate with. If you hang out with negative or highly stressed people, there's evidence this will rub off on you!



## HOME & WORK ENVIRONMENT

Create a clean and harmonious space that you love to be in. This means you're much more likely to create and stick to positive habits.



## NEWS & SOCIAL MEDIA

These are great sources of information but they can sometimes be biased (or simply untrue!). Be judicious about what you watch and when.

# My MAP Summary

Write some of the main action steps you are going to take to begin your manifestation process.

# Thank-you!

We hope you have thoroughly enjoyed the day, exploring aspects of your life that has brought you new insights. Remember that much of what we have presented blend yogic practices, self-development, life-enhancing principles and universal laws that remain unchanged through time.

We are never static at any given moment but are living, evolving beings learning to appreciate and understand life. Please connect with us if you have further questions – we are here to support you as best we can.

There is more on the horizon with the upcoming Empowerment Blueprint course. This will explore further universal laws, inner powers and how to express our authentic contribution to the world.

Thank you for joining us and we look forward to seeing you soon.


*Chandra and Anouschka*



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*online course*  
the **EMPOWERMENT  
BLUEPRINT**

A yogic approach to living your best life.  
**STARTS EARLY 2025**

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