

The Abundant Mystic: 21-Days to TRUE Prosperity

www.abundantmystic.com

Marc Allen – Toolbox

Here are two of the key tools and techniques that Marc Allen mentioned in his interview.

1. **The Core Belief Process:**

1. What is the problem?
2. What emotions are you feeling?
3. What physical sensations are you feeling?
4. What are you thinking about?
5. What is the worst that could happen in this situation?
6. What is the best thing that could happen?
7. What fear or limiting belief is keeping you from creating what you want? State your fear in as simple words as possible: Words a 5 year old could understand because then our subconscious mind really grabs hold of it.
8. What affirmation completely contradicts that negative or limiting belief and counteracts it?

2. **Marc's "Secret" to manifesting his ideal life:**

- Write down your ***Ideal Scene*** of what your life will look like in 5 years.
- Write down your ***Goals*** to reach that Ideal Scene
- Rewrite each ***Goal*** as an ***Affirmation***
- ***Write it*** as if it is presently happening and include in an easy and relaxed manner and a healthy and positive way. "In an easy and relaxed manner and a healthy and positive way I am now..."
- Write a 1-page ***Plan*** that lists the steps to reach your ***Ideal Scene***.