

TAMMYHAWKSWORTH.CA

# Achieving Your

# GOALS

# with Ease

1.

2.

3.



# playsheet

by

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Certified Aroma Freedom Technique Practitioner  
Masterful Student of Sacred Body Language Translations  
Intuitive Faith Based Mentor  
Raindrop Technique Specialist

# How It Works

## 01 PICK YOUR GOAL

Choose a goal that interests you. It can be anything, however be sure it is your desire and not someone else's for you.

## 02 CREATE A DECREE FOR YOUR GOAL

Create a statement that embodies you with your goal already achieved.

## 03 WRITE YOUR NEW STORY

This is a paragraph about your life now that you have your goal.

## 04 READ YOUR NEW STORY DAILY

An old program is simple a story you repeatedly told yourself over and over again.

This just happens to be how you get a new story inside your head.



### QUESTIONS

#### CONTACT DETAILS

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#### BOOK A SESSION

Tues & Thurs. 10:00am - 5:00pm,  
7:00pm-9:00pm AST  
Fri 1:00am - 4:00pm aST

#### WEBSITE

tammyhawksworth.ca

#### SOCIAL MEDIA

IG @WellOiledLifeWithTammy  
Clubhouse @welloiledlife  
FB Tammy Hawksworth

