

ELEVATED
EXISTENCE

Tammy's
30 Day
Spiritual Reboot
Course

Workbook

Week 1:

Strengthen Your Connection to Spirit/Universe



LIVE Class Exercise:

1. List all the people causing you stress/anxiety right now.

2. List all the situations causing you stress/anxiety right now.

Homework for the Week

1. Every day listen to the **Reconnection Meditation** (preferably in the morning) in the membership site.
2. Every day — Set an alarm on your phone to go off **at the top of every hour** for at least 10 hours of the time you are awake. When the alarm goes off take 2 minutes to do the following:
 - a. Close your eyes and take 60 seconds to reconnect with Spirit.
 - b. Repeat the mantra during the 60 seconds: “I am connected. I am love. All is well. I am safe.” OR any other mantra you would like to use.
 - c. Take another 60 seconds to surrender each item on the list you made during class — and anything else that has come up since then causing stress/anxiety.
3. Clear Your Space — At some point this week (the sooner the better) take at least 1 hour to walk around your home and clear the energy using Sage, a cleansing spray, Palo Santo, frankincense, etc. **NOTE:** You can also diffuse oil into each room of the home to cleanse the space.
 - a. As you clear the space, repeat: “I am cleansing any negative energy, negative emotions, negative memories, stressful situations and anything that is not beneficial to the people living in this space. And I’m replacing it with only love and light.

Week 2:

Uncover Signs & Synchronicity



LIVE Class Exercise:

1. Who would you like to receive a sign from this week?

2. What sign would you like him or her to use to communicate with you?

Homework for the Week

1. Every morning this week, listen to the Morning Prayer Meditation audio in the membership site.

2. Every day — Set an alarm on your phone to go **3 TIMES** during the day. When the alarm goes off take 2 minutes to do the following:
 - a. Close your eyes and take 60 seconds to reconnect with Spirit.

 - b. Repeat the mantra during the 60 seconds: “I am connected. I am love. All is well. I am safe.” OR any other mantra you would like to use.

 - c. Take another 60 seconds to surrender each item on the list you made during last week’s class — and anything else that has come up since then causing stress/anxiety.

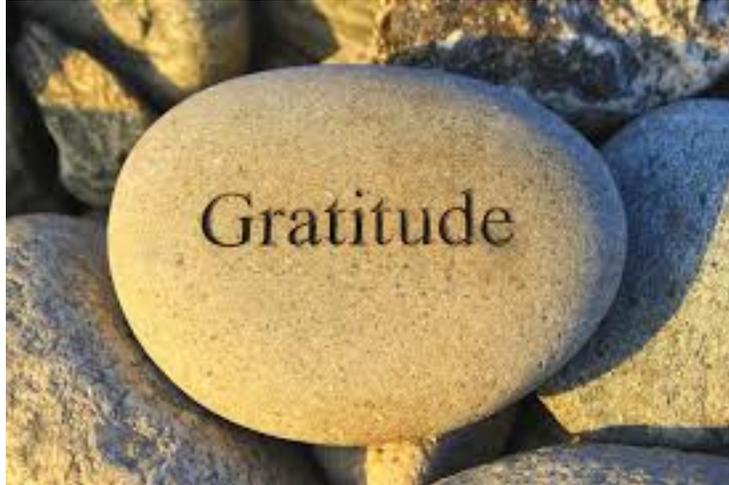
3. Either as they occur or each night before bed, make a list of all the signs you receive — when and where — and bring it to the next class to share with everyone.

OPTIONAL:

If you have an oracle card deck, pull one card each morning, asking: “What do I need to know, understand or be aware of today?” Then see how that shows up for you throughout your day.

Week 3:

Tapping Into Gratitude



LIVE Class Exercise:

Make a list of 10 things you are grateful for right now:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Homework for the Week

1. **Every day** — Set an alarm on your phone to go **3 TIMES** during the day. When the alarm goes off take 2 minutes to do the following:
 - a. Close your eyes and take 60 seconds to reconnect with Spirit.
 - b. Repeat the mantra during the 60 seconds: “I am connected. I am love. All is well. I am safe.” OR any other mantra you would like to use.
 - c. Take another 60 seconds to think of **3 things you are grateful for that happened today** (make them different each time). NOTE: You can tailor this to one category you are trying to manifest in, such as your relationship, career, money)
2. **Nighttime Gratitude Journal** — If you are not already, end each night by writing 5 things you’re grateful for that happened that day. Read each one and **FEEL** the gratitude for it within your heart.
3. **Pick 1 day** this week to practice **24-Hours of Gratitude**.
 - a. Every hour (set an alarm) take 60 seconds to think of what happened in the last hour that you are grateful for, ie. no traffic on the way to work/the store; no line to checkout; something exciting in the mail; an email offering something you need; a phone call from a friend; saving money on something you purchased; listening to your favorite podcast, etc.

Week 4:

Navigating the Unexpected (While Staying Aligned w/ Spirit)



“Hardships often prepare ordinary people for extraordinary destiny.” ~ British Novelist, C.S. Lewis

**“Every adversity has a seed of an equivalent or greater benefit.”
~ Napoleon Hill**

LIVE Class Exercise:

- 1. Make a list of unexpected/stressful events and what good came from them.**

Homework for the Week

1. Each day (preferably in the morning) listen to the **Melting Fear & Anxiety Meditation** in the membership site.

2. Every day — Set an alarm on your phone to go **3 TIMES** during the day. When the alarm goes off take 2 minutes to do the following:
 - a. Close your eyes and take 60 seconds to reconnect with Spirit.

 - b. Repeat the mantra during the 60 seconds:
“Everything is happening for my highest good. All is well.”

 - c. Take another 60 seconds to feel grateful for the events you listed during class that led to something good.

3. **Nighttime Gratitude Journal** — End each night by writing 5 things you’re grateful for that happened that day. Read each one and **FEEL** the gratitude for it within your heart.