7 DAYS TO MANIFEST A MIRACLE!

MASTER THE INNER GAME OF MANIFESTATION, ABUNDANCE AND POSITIVE THINKING

www.thegameoflife.co.uk
Big hello...

Congratulations, you’ve taken the first step to creating some exciting changes in your life.

Are you ready to manifest a miracle this week? In this FREE 18-page workbook I walk you through a 7-day miracle masterplan to help you become a more powerful manifestor. Each day will bring new insights and ideas. And most importantly, NEW MIRACLES!

The truth is you are here to play the game of life and attract wonderful things into your world every single day. And I want to show you how to do just that!

Life can be an amazing adventure, but if you want positive change, you have to get off your bum and make it happen, you have to play an active part in your own progress. Are you ready?
Meet Louise...

Louise Presley-Turner, top UK personal growth coach, spiritual teacher, award winner speaker and Hay House author.

Over the last ten years Louise has helped thousands of women all over the world to find their happiest self!

She is an expert in helping people wake up to their full potential, to discover their true calling and live the life they have always dreamed of.

“In short, I am your Fairy Godmother. I help YOU reveal your own inner magic!”

As a prolific writer and vlogger Louise has been featured in many of the top national magazines and newspapers including *Cosmopolitan*, *Glamour*, *Psychologies*, *The Telegraph* and *The Guardian* as well as *BBC radio*. She also blogs for *The Huffington Post*.

Louise is also an award-winning motivational and inspirational speaker and has had the privilege of speaking alongside some of the world’s best thought leaders such as *Dr. Wayne Dyer*, *Louise Hay*, *Cheryl Richardson*, *Robert Holden* and *Sonia Choquette*.

“I adore working with open minded, spiritually-aware people who are ready to make their mark on the world in a big way. If you are ready to change your life, I am ready to share my secrets to successfully playing The Game of Life.”

Meet Louise...

Me and fellow Hay House author Gabby Bernstein.

Me and my idol and publisher Louise Hay.

On the big stage – live at the SECC Glasgow.

Speaking at ‘The Wellbeing Show’ NEC Birmingham.
THE BIG RELEASE

There comes a point in our life when we just know something has to give. Something has to change. You cannot continue doing the same things over and over. A point where we throw our hands heavenward and yell “What’s the point, I give up!”.

The truth is, many of us hold onto people, circumstances, jobs, fears, material things for far longer than we should. They bog us down; they stifle our growth and most importantly they stop the miracles unfolding before us.

Yet when we feel like life is falling apart it’s actually falling together.

Sometime we have to force an ending for a new beginning to start.

When you feel like life is just too hard, when things feel cloudy and overwhelming, when you can’t see the wood through the trees, try repeating this mantra, ‘I LET GO AND LET GOD’. Feel the energy release as you say the words aloud.

When we let go and release the thing that no longer serves us we allow room for miracles to flow into our life.

5 BIG QUESTIONS… (use the following page to complete your answers).

1. What is suffocating you right now?
2. What is holding you back?
3. Who or what is draining your energy?
4. What are you willing to release from your life?
5. What do you know deep down needs to change?

MONDAY’S MANTRA

“I LET GO AND LET GOD”
RAISE YOUR VIBES AND PLUG IN!

Most of us are seeking instant gratification. We want immediate change. Instantaneous results. We want to see the full picture before we take the first step. Yet changing your life starts with taking the first step only.

And the first step is to raise your vibrations and get yourself plugged back into our internal guidance system. You need to get out of your head and connect with your source, as this is where all the answers and solutions reside. This is where miracles manifest!

And when you’re plugged back in you immediately know because you feel lighter, you feel more free, you feel happier!

Raising your vibes and plugging in is the simple most important skill you will master here on planet earth.

**The higher the vibes the more beautiful your life will become.**

So, before you do anything, or make any firm decisions about your future and what you want to manifest, I want to get you connected to your power. Once you’re connected again you can create miracles instantaneously.

**Ask yourself: What is my soul truly yearning for right now?**

When I find myself in a place of disconnection, when I truly feel run over by life, when I can’t find the way forward, my soul always yearns for peace and quiet, time alone, a walk in nature, cut flowers, my meditation pillow and playtime with my children. These things always bring me back home, back to me, and when my vibes are high again I always find the way forward, the fog clears and the next best logical step is presented to me.

**5 BIG QUESTIONS**… *(use the following page to complete your answers)*.

1. If you were to gift yourself just three hours to spend as you please, what would you do?
2. What does your body want today?
3. What makes you feel lighter and more centred?
4. What brings you joy?
5. What is the best next logical step for you today to get connected again?

**TUESDAY’S MANTRA**

“Today I give myself what I need”
WEDNESDAY

THE DAILY PRACTICE

The key to a happy life is to keep your vibrations high. This will ensure your internal guidance system is constantly switched on giving you a continual flow of daily assistance.

Why switch off your internal GPS system when it’s there for you. It’s your birth right. USE IT!

To keep your vibes high and to stay connected you need a daily practice. And ideally this will take the form of meditation. However, you can create a practice of daily yoga, journaling, walking, dancing, singing, painting and so on.

The idea is to do something that gets you out of your monkey mind and connecting to your internal guidance system. You cannot receive guidance from within when your mind is busy.

You must create space.

In my experience, there is nothing better to quieten the mind than meditation.

Just a few minutes of meditation each day can transform your life fast. I promise to you if you commit to a daily practice of meditation for the next 7 days you will start to see and feel big changes manifest in your life.

INSPIRED ACTION TODAY… (use the following page to for any insights or ideas that come through).

1. Start a daily practice TODAY.

2. Download my free ‘Inner Guide’ meditation audio (you’ll find a link to it on my ‘Freebies’ page) or find a guided meditation or piece of music you’d like to use for your meditation practice.

3. Create a cosy space in your home that you can retreat to each day. This could be a corner of your garden a special chair, your bed or how about treating yourself to a meditation pillow?

4. Meditate at the same time each day and if it helps, set a timer to begin with.

WEDNESDAY’S MANTRA

“I am open and I hear the guidance coming to me from within”
THE SIGN!

Your soul is **constantly** trying to communicate with you to help you take the next step. Most of us can’t hear our guidance. **We aren’t plugged in.** But by creating a daily practice you’ll be more attuned to the messages from source.

If you have any doubt whatsoever that your soul is trying to communicate with you then today’s action will put any doubts to rest once and for all.

**INSPRIRED ACTION TODAY… (use the following page to for any insights or ideas that come through).**

1. Ask the Universe/soul for a sign. A sign that is **so clear** that it has to have come from something bigger than you.
2. This sign can be anything. Don’t dictate the exact things you want, but simply ask to be shown a sign that when it comes, you’ll just know it’s a message from above.
3. It might be something someone says to you, it might be an article you spot in a magazine, a post on Facebook, a feather on the ground, a piece of music you hear and so on. You’ll know.
4. Ask for the sign to be presented within the **next 24 hours**.

**THURSDAY’S MANTRA**

“I am open to receive a sign from above”
THE SOUL’S CALLING HOME

I believe we are all on this planet to make our mark. To follow a bigger calling. Most people never answer that call. They never plug in consistently enough to discover their true purpose in life. This pains me greatly because it’s so much closer than most people realise.

Most people are waiting for that day when someone knocks at their door to reveal their big purpose. To give them permission that it’s their time. That day isn’t coming. It’s your job to discover your calling. You have to go look for it!

Your soul knows what you came here for, you just need to stop, listen and let it unfold one baby step, one small inspired action at a time.

You are here for a reason. There is something you’re meant to be doing. Something that makes your heart sing. You are being pulled towards something bigger. Can you feel this? Have you been resisting it?

Let me be clear. I am not talking about a job necessarily, jobs come and go, but a calling is something you choose to do, something you cannot help but want to do. It brings you deep joy, gratification and exhilaration.

I often say to people that if I won the lottery tomorrow, it wouldn’t change much because I’d still choose to write books and do the work I do and this is because it’s not my JOB it’s my CALLING.

Your calling doesn’t have to be a big world-changing thing like inventing a car that flies or even becoming a bestselling author, often it’s about making a difference far closer to home, nurturing your children, a community project, charity work, a creative pursuit, or starting a business. It’s about following your joy. Following your joy will set you free.

YOUR JOY WILL ALWAYS LEAD YOU HOME TO YOUR CALLING.

5 BIG QUESTIONS… (use the following page to complete your answers).

1. What do you love to do in your spare time?
2. What would you do if time, money or education weren’t an issue?
3. What kind of books are on your bookshelf?
4. Who do you most admire in life and why?
5. What is your soul calling you towards right now?

FRIDAY’S MANTRA

“I am ready to follow my heart and live my purpose”
RELEASE THE FEARS

Fear is the number one thing that holds us back from manifesting our dreams. Fears about not being good enough, pretty enough, clever enough, thin enough, spiritual enough, rich enough or whatever enough.

Our mindset plays a big part in how our life unfolds. If you’ve been stuck in a cycle of creating the same reality over and over my guess is that it has something to do with your limiting beliefs.

Beliefs have the potential to create or to destroy. Most of our beliefs good and bad come from our childhood, our parents, schooling, society, friends and we simply accept these beliefs as absolute truth or fact. If you have created a belief that you’re unattractive or that you’re very unlucky, this belief gets hardwired into your brain therefore influencing the outcome of your day-to-day reality. The brain looks for evidence that reinforces your beliefs and dismisses anything that may contradict them. Quite amazing stuff! We simply get what we expect in life. So, it makes sense that if a negative belief or fears are sabotaging us or holding us back in some way, that we make the decision to re-programme ourselves with new, more positive beliefs. Our brain is like an incredible bio-computer; all we need to do is change our software and watch the magic unfold.

5 BIG QUESTIONS… (use the following page to complete your answers).

1. What are the top three limiting beliefs holding you back right now?
2. How are these limiting beliefs manifesting in your life right now?
3. What’s your biggest fear in life?
4. What will happen if you continue to be held back by your limiting beliefs?
5. What three new beliefs do you need to adopt to move your life forward?
INSPIRED ACTION

The fact is this. **We are spiritual beings living a human experience.** But we aren’t here to sit in a meditative trance all day long (just a few minutes a day is enough to change your life), we are here to move physical matter, to manifest our desires.

**We are here to play the game of life.**

Nothing will ultimately change in your life unless you get off your bottom and make a change.

But here is the secret.

Only ever take action that feels right. Plug in and listen to the guidance and then take **INSPIRED ACTION ONLY.**

My favourite quote is this: If the door isn’t open it’s not your door – look for another.

**Only take action that feels right in your gut.**

There is a difference between action where you’re pushing and inspired action where it’s effortless. You need to learn and understand the difference between the two. **This will change your life.**

Remember the universe knows the most efficient, most effective and most effortless route to all the things you desire. You can have them all. You can. But first you have to be plugged in order to know what is the right action to take and what isn’t.

5 BIG QUESTIONS… *(use the following page to complete your answers).*

1. What is the best next step for you today?
2. What is your number 1 priority right now?
3. List ten baby steps you can take that will improve your life in the next 4 weeks?
4. Who do you need to contact, who can help you move forward from here?
5. What is the big leap you know you now need to take – **GO DO IT!**

**SUNDAY’S MANTRA**

“Today I choose thoughts that set me free”
WHAT NEXT?

For more information on how you can work with me check out my latest courses, books and programmes at

www.thegameoflife.co.uk

“$I’m living my dream because of this book!” – EvieD

“$Inspiring, motivational, creative and full of useful, practical tools to help you on your journey.” – Editor, Natural Health Magazine

READ ON...
CHECK OUT LOUISE’S LATEST BOOKS AVAILABLE FROM AMAZON TODAY.

For all my latest courses and programmes visit www.thegameoflife.co.uk