

7 STEP FORMULA TO CREATE YOUR "NOW IS WOW"

**First before you begin,
you must breathe and LET GO of the old beliefs you carry.**

Step 1: Awareness =

Get clarity and Set Intention. Meditation.

Step 2: Release control and Fear =

Everything already IS! VISUALIZE WHAT IS!

Step 3: Authentic =

Authentically BEING YOU!

Step 4: Feeling= *LOVE, Gratitude, JOY, Trust.

***Feeling & being to self "I am Loved, I am Safe, I Belong"**

**These feelings are the superfood of creating your
NOW IS WOW soul comfort food.**

Step 5: Allowing:

**Allow all experiences to provide needed contrast for
clarity and growing in further gratitude for where
you are & where you desire/dream to be.**

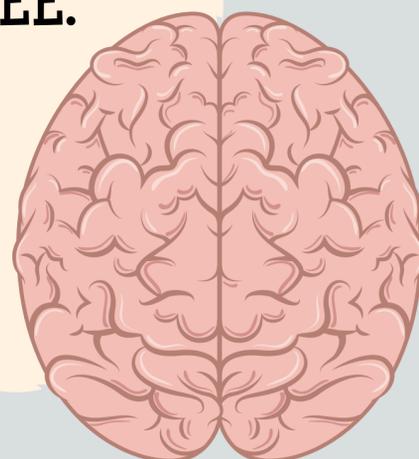
Step 6: Connect to Self.

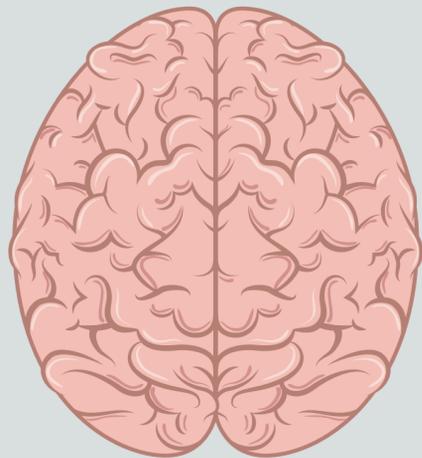
Through Self-love and self-care. Be fully present.

Engage ALL 5 Senses TOUCH>TASTE> SMELL> HEAR>SEE.

Step 7: Get grounded, yet also: MOVE.

Energy needs to flow so you can grow.





PUTTING IT ALL TOGETHER:

**Now that you have the all the steps to the formula,
you must stir
this creation with the Spoon of Trust.**

Your Order of desire and
intention has been placed.

**The speed of the Delivery
is determined by your focus on belief:**
that everything is possible, and you are
solid on your why!

**Doubt kinks the hoses.
Trust equal it flows.**

**THIS 7 STEP FORMULA USES DOUBT AS FUEL.
WHEN YOU FEEL DOUBT, ASK IT OUT!**
It is truly there to keep you safe from the
unknown.

As you gain awareness of
the reason you are feeling fear and doubt, you now have alchemized
those lower
energy emotions into ones that will bring you back into alignment.
**In alignment, you are now back to being one with all that is
and BOOM!**

THE NOW IS WOW!

**LET GO,
STEP IN AND
CREATE YOUR
WOW IS NOW**



Candice J. Frazier

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WWW.CANDICEJFRAZIER.COM

