



THE HOW

EMBODYING YOUR NEW IDENTITY

LIVE EVENT
HOMEWORK



THE HOW

WELCOME TO THE HOW!

Welcome to The How Event Homework, where you will dive deep into the essence of who you are and how you can embody your true identity to manifest your dreams. These homework assignments will focus on daily embodiment practices across three planes – spiritual, intellectual, and physical – to help you integrate your new elevated identity into every aspect of your being.

EMBARK ON AN EXTRAORDINARY JOURNEY & MAXIMIZE YOUR LEARNING AND PERSONAL GROWTH!

- Reserve Your Time: Secure your participation in this immersive experience taking place from March 25th, 26th, and 27th, from 11:00 AM - 1:00 PM Eastern. Find a quiet, distraction-free space to participate on Zoom.
- Delve into Your Homework: This valuable resource, available in print or digital format, guides unlocking and channeling your inherent capacity for abundance. Explore thought-provoking questions designed to illuminate your unique path to prosperity.
- Partner for Success: Collaborate with your manifestation mentor to find support and clarity. Together, you will discuss your goals, aspirations, and the immediate manifestations you desire to bring into your life.
- Engage with the Community: Join the exclusive [Facebook Group – Manifested with Kathleen Cameron](#) and activate your notifications to stay connected. This dynamic space allows you to receive personalized guidance from your dedicated Manifestation Mentor and fellow like-minded individuals ready for an amplifying learning experience. !
- Stay Informed: Double-check your email for your Zoom access link and event replays. Don't miss out on any of the invaluable insights and strategies shared throughout the event.

THE HOW

UNVEILING YOUR GRANDEST SELF: A WORKBOOK FOR MANIFESTING YOUR TRUE IDENTITY

Close your eyes and take a deep breath. Allow yourself to truly envision your greatest self, a radiant being overflowing with potential. This isn't simply a dream; this is who you were born to become.

Ask yourself these questions and let the answers flow freely:

- Confidence: How does confidence feel in my body? How do I carry myself? What kind of energy do I radiate that attracts success?
- Belief: What unshakeable belief fuels my every move? How do I feel about myself and my ability to achieve my dreams?
- Abundance: What does a life overflowing with abundance look like for me? How does it feel to experience joy, fulfillment, and prosperity?

Now, take your vision a step further:

- Where do I live? Describe your dream home in vivid detail. Imagine the location, the architecture, the feeling of walking through the door.
- Where do I vacation? Picture yourself in your ideal getaway destination. What sights do you see? What activities do you enjoy?
- What car do I drive? See yourself cruising in style. What kind of car reflects your personality and success?
- Where do I shop? Imagine your favorite stores and boutiques. What clothes do you wear that makes you feel confident and empowered?

Don't be afraid to dream big! As you answer these questions, feel the energy of your greatest self course through you. Allow their confidence to fill your spirit, unwavering belief to inspire you, and abundance to energize you.

This is your moment. This is your journey. Let's begin!

THE HOW

THE HOW

THE HOW

Day 1: Identity Exploration Journal Questions

Spiritual Plane:

1. How can I align my spiritual practices with my newfound understanding of identity?
2. What spiritual rituals can I incorporate into my daily routine to embody my true essence?
3. How can I connect with my inner self on a deeper level through meditation or prayer?

Intellectual Plane:

1. What books or resources can I engage with to expand my understanding of identity?
2. How can I challenge my existing beliefs and thought patterns to align with my authentic self?
3. How can I engage in intellectual conversations or activities supporting my journey of self-discovery?

Physical 3D Plane:

1. What physical activities or exercises can I incorporate into my daily routine to strengthen my connection with my body?
2. How can I nourish my body with healthy foods that support my overall well-being and sense of identity?
3. What self-care practices can I implement to honor and respect my physical vessel as a manifestation of my true self?

THE HOW

THE HOW

THE HOW

Day 2: Embodying Your New Identity Journal Questions

Spiritual Plane:

1. How can I deepen my spiritual connection through mindfulness practices throughout the day?
2. What affirmations or mantras can I repeat to reinforce my spiritual embodiment of my new identity?
3. How can I integrate moments of gratitude and reverence into my daily life to embody my spiritual essence?

Intellectual Plane:

1. What opportunities for learning and growth can I seek out to expand my intellectual understanding of my identity?
2. How can I reflect critically and journal to integrate intellectual insights into my daily life?
3. In what ways can I challenge myself to think outside the box and embrace new perspectives that align with my authentic self?

Physical 3D Plane:

1. What movement practices, such as yoga or dance, can I incorporate to embody my new identity physically?
2. How can I practice mindful eating to nourish my body and honor its role in expressing my true self?
3. What daily rituals or habits can I establish to prioritize self-care and physical well-being as part of my embodiment journey?

THE HOW

THE HOW

THE HOW

Day 3: Integration and Reflection Journal Questions

Spiritual Plane:

1. How has my spiritual practice evolved throughout The How Event, and how can I continue to deepen my connection with my inner self?
2. What spiritual insights or revelations have I gained during this journey, and how can I integrate them into my daily life from now on?
3. How can I cultivate a sense of spiritual abundance and gratitude for the blessings in my life, amplifying my manifestation power?

Intellectual Plane:

1. What intellectual breakthroughs or realizations have I experienced during The How Event, and how can I apply these insights to my personal and professional growth?
2. What strategies can I implement to integrate intellectual curiosity and open-mindedness into my daily routine, fostering ongoing learning and growth?
3. How can I leverage my newfound intellectual clarity and understanding to navigate challenges and obstacles on my manifestation journey with confidence and resilience?

Physical 3D Plane:

1. How has my relationship with my physical body evolved throughout The How Event, and what practices can I adopt to nurture and honor my body as a manifestation of my true self?
2. How can I cultivate a deeper sense of physical well-being and vitality, aligning my actions with my true identity and manifestation intentions?
3. How can I prioritize self-love and self-care daily, recognizing the importance of physical health and vitality in manifesting my dreams and desires?

THE HOW

THE HOW
