

My True Heart's Desires List

My True Heart's Desires List is a very powerful and yet very simple technique to help you align with the energy of what it is that you truly desire.

And that's what it takes. You have to *feel* into what you want and this little gem helps you do it.

The key to successfully using this technique is twofold:

1. Simplicity
2. *Consistency*

1. Simplicity

Your list should be short, three desires is ample, no more than five max. If you're focusing on too many desires at the one time there will likely be things on your list you don't believe you can have. This will dilute the power of your manifesting energy and you'll sabotage creating the required amount of momentum to bring your list into reality.

Action: Write the name of your list at the top of the page and then list each desire must be written as a simple sentence that describes the desire from the perspective that you already have it.

Example:

My Hearts Desires List:

1. "I work and live in a safe, spacious, comfortable, clean, feel good environment in the perfect location."

**Btw, this was the exact 'heart's desire' I used when I was house hunting. And it worked a charm!*

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2. Consistency:

It's the concise repetition that creates the required momentum and commitment that the subconscious needs to bring the desires into fruition.

This is a crucial key to manifesting that we often fall short on. Consistency and commitment amp up belief. Often, we give up before our desires arrive. This slows the process right down, or blocks it altogether.

Action: Each sentence must be kept the **EXACT same**, and your list must be written **EVERY SINGLE DAY, until.**

Being consistent with your list, **until**, is a powerful way to keep your belief alive every single day, no matter what!!

One of things you'll love about this technique is that it's so easy to do and it takes literally just 2 minutes of your time. Which is perfect, especially if you struggle to keep up with your practice, (and it's a common problem, you're not alone!)

There's truly no excuse to not keep up with this very powerful manifesting tool. Everybody, including you, has two minutes, right!

So to recap: three to five desires, exact same sentence, every single day, until.

Good luck and let me know the successes you have with your list!

Love & gratitude,

The logo for Dawn features the word "Dawn" in a teal, cursive font. A yellow heart is positioned above the letter 'n', with its top point touching the top of the letter.