

Steps to Lifestyle Manifestation

The purpose of this self-test is to help you to begin to achieve and maintain conscious, healthful eating habits by exploring your existing habits. The steps outlined below will guide you in 1.) Identifying your intention in changing, 2.) Identifying habits or areas for improvement, 3.) Using affirmations and setting realistic and achievable goals, and 4.) Developing an achievable plan of action and a system for learning from inevitable setbacks.

Setting intention. “Intention is the thread that forms a necklace on which the pearls of life experience are strung.” – Marcia Goldberg (Shantipriya)¹ An intention may be inspired by the yamas and niyamas of yoga philosophy.

What is your intention for this process? What are you interested in bringing in or developing? What is your body, your mind, your soul seeking through this experience?

Identifying areas for improvement. Use information from your most recent self-monitoring and/or past experience to identify areas for dietary improvement. List the three areas that are most important to you personally.

1. _____
2. _____
3. _____

Setting a goal. Select one area for improvement from the list above. Your goal must be specific, measurable, and realistic. Answer all the questions that apply to the area that you have selected for modification.

Area to modify: _____

What will you do differently so that you know (or someone else observing you knows) that you are making progress toward your goal?

Specify a time period (eg. Week, month, vacation) _____

Specify how often (eg. Daily, once a week) _____

Specify how much (eg. ½ cup, 1 oz, 30 min) _____

Specify where (eg. Home, restaurant, work) _____

Specify with whom (eg. Family member, friends, co-workers) _____

You can develop an **affirmation or series of affirmations** - clear, statements of what you want to create, which can support your goal.

Affirmations are:

- Written down
- Succinct
- Specific
- Stated in the present tense
- Stated in the positive
- Strongly evocative for you personally
- Include you
- Addressed to yourself, not about changing others

Affirmations to support my goal:

Visualization: The mental images we most frequently hold are what we also manifest. The visualization will:

- Give you a strong positive feeling when you hold it
- Include you in the picture, doing your vision with fulfillment
- Can be either literal, or metaphoric
- Be written down and/or drawn as a picture

Visualize yourself practicing a behavior that will help you reach your goal.

Developing a plan of action. List the three challenges that you are most likely to encounter in your effort to reach your goal.

Challenge #1: _____

Challenge #2: _____

Challenge #3: _____

What will you do to manage your challenges in order to prevent them from affecting your ability to attain your goal?

To manage challenge #1, I will:

To manage challenge #2, I will:

To manage challenge #3, I will:

How confident are you, on a scale of 0% to 100%, that you can achieve this goal?

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

(If you are not at least 75% confident, modify your goal to increase the likelihood that you will be successful.)

Live now what you intend to manifest. You create what you confidently expect to create. To germinate the mental seed, create a feeling of expectation and assumption that it is already manifesting for you, in you. What supports this feeling of certainty is:

- a.) Daily repetition: as often as you can remember to
- b.) Walking your talk: move, speak and carry yourself as one who is this vision, and has already achieved it.
- c.) Ongoing clearing: of the self to keep your thoughts supportive of the vision
- d.) Alignment with inner attunement: your higher purpose for existing as a spiritual/human being.

I will begin working on the following goal and supporting affirmations:

on (date) _____ . I will self-monitor or journal to evaluate my success in reaching my goal, adopt a yoga or meditation practice including _____ and discuss successes and challenges with _____ on (date) _____ .

Signature: _____ Date: _____

Additional Thoughts or Notes

Source: Modified from Rosal, M. Facilitating Dietary Change: The patient-centered counseling model. J Am Diet Assoc. 2001;101:332-338, 341., and Kripalu Center for Yoga and Health.