

These worksheets are personal gifts for your own journey of growth and elegance.
You are welcome to share the video link with friends who may benefit from it, however,
the worksheets are for your personal use only.

Please honor this intention by not duplicating or redistributing the worksheets.

I hope it brings beauty and value to your life as you use it.

Thank you for cherishing this special content!

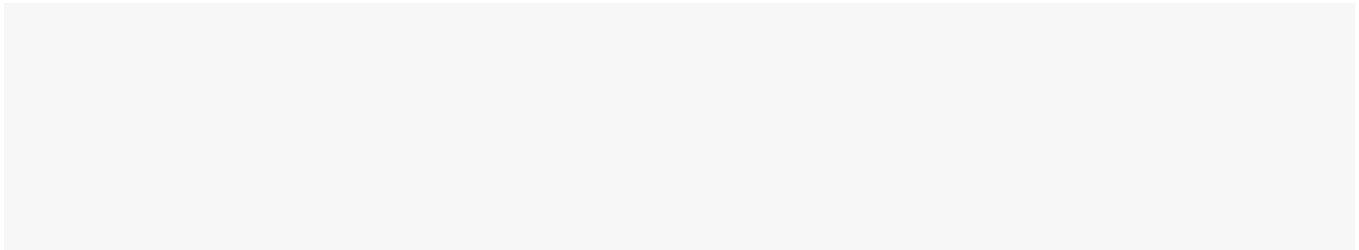
For more inspiration you can always visit [here!](#)

With Love & Beauty, Mana

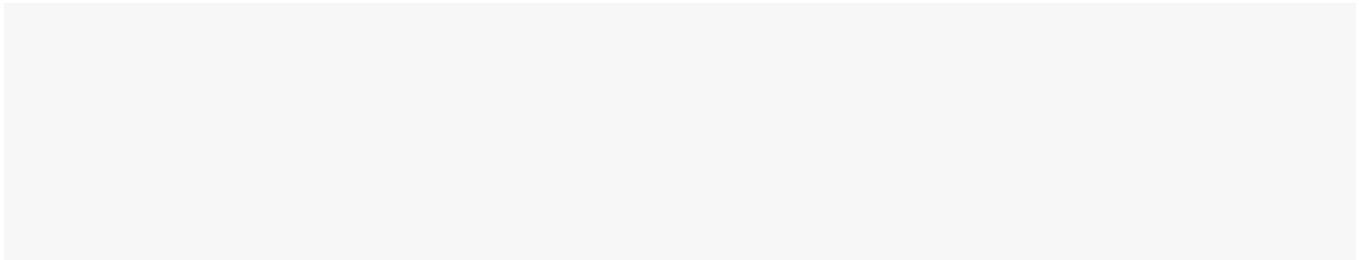
Mana Haute Couture Life

How to Reduce or Stop Digital Time Elegantly and Effectively

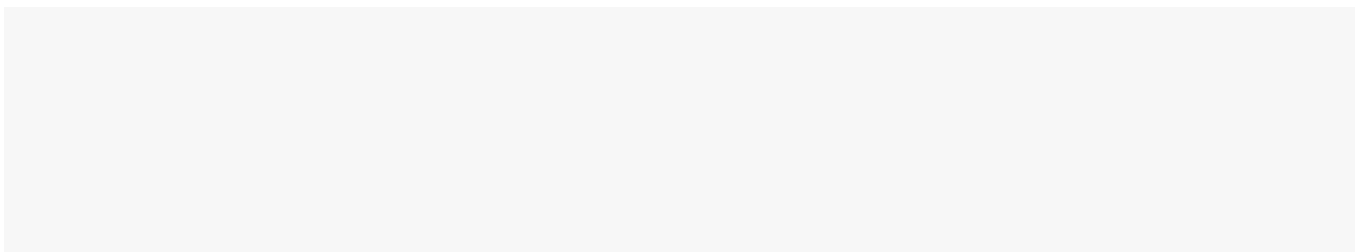
What does your current screen time look like? How does it make you feel?



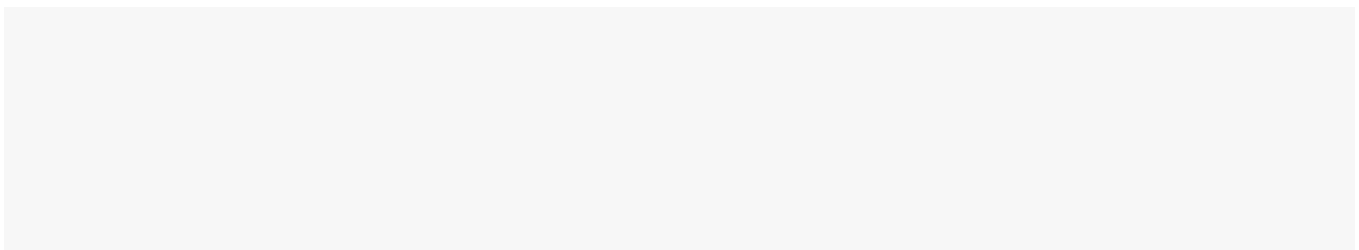
How do you feel after spending time on social media?
What changes can you notice in your body and emotions?



What would you do with an extra hour in your day if you weren't using your phone?



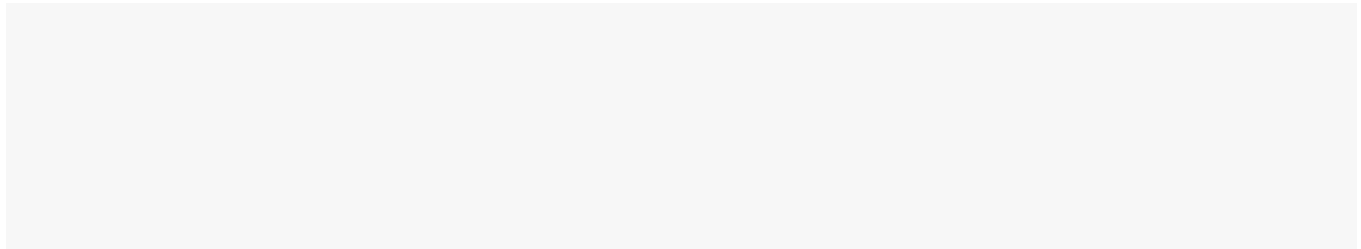
What specific outcome are you looking for?
Does this information serve you in becoming my most beautiful self?
Is this aligned with your dreams and your vision?



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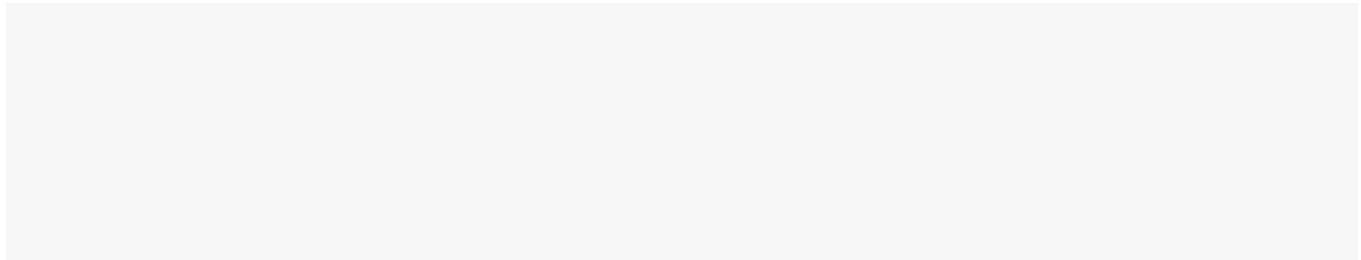
Which notifications or apps are the most disturbing?

Which ones can you turn off today to bring more serenity to your life?

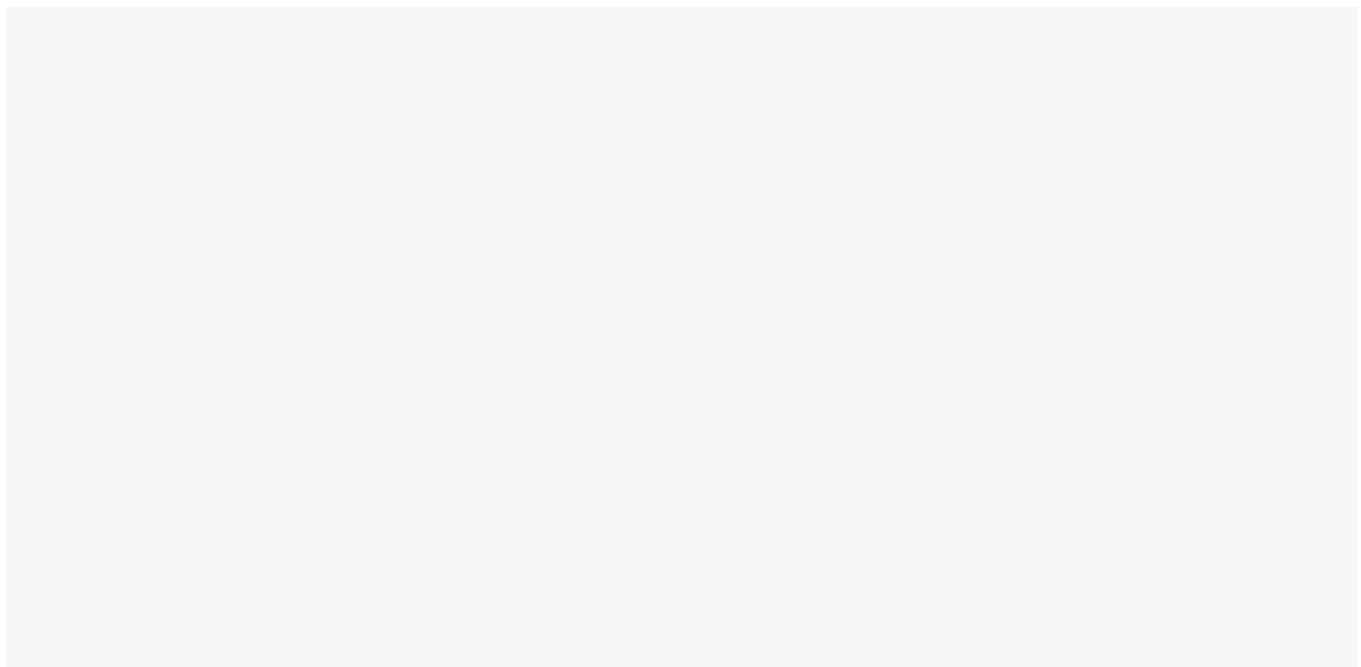


What do you usually feel when reaching for your phone?

Can you replace this action with something that brings you closer to your dreams?

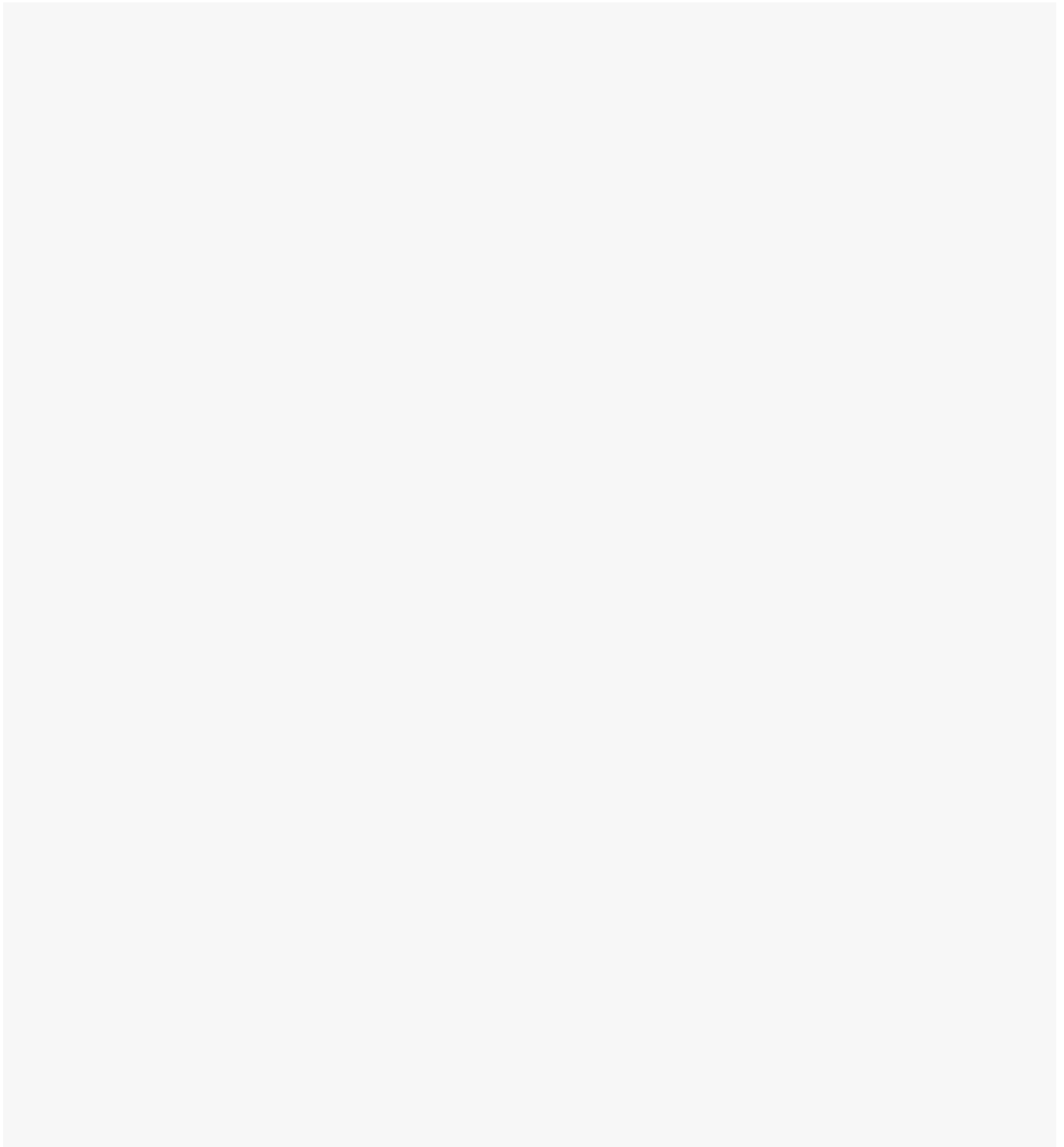


Note



My Dream List

Make a list of everything you want to create and experience in your life.

A large, empty rectangular box with a light gray background, intended for writing a list of dreams and aspirations.