

Goddess Workbook



5 Goddess Habits to Transform Your Life

Mana Haute Couture Life

This workbook is a personal gift 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 workbook itself is for your personal use only.

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

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

Thank you for cherishing this special content!

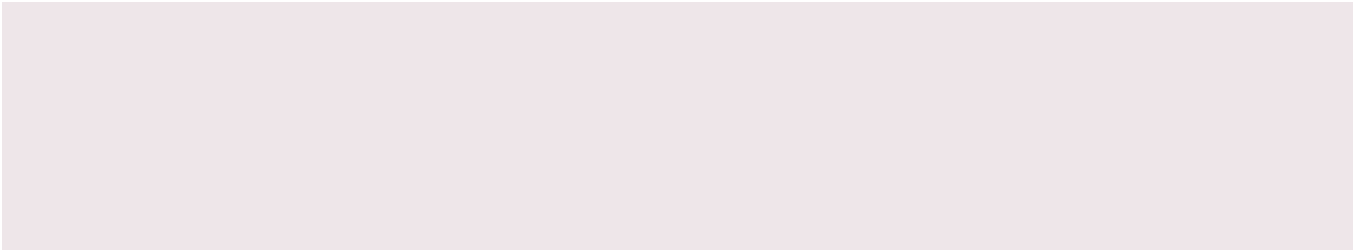
For more inspiration you can always visit [here](#)!

With Love & Beauty, Mana

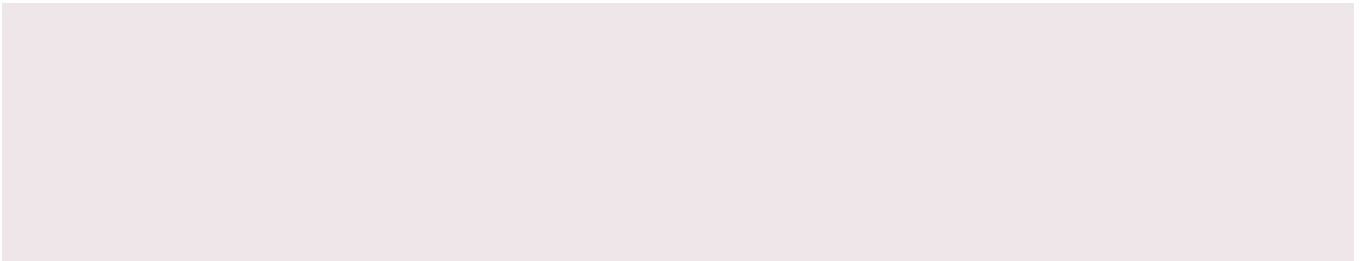
Mana Haute Couture Life

Your Current Emotion

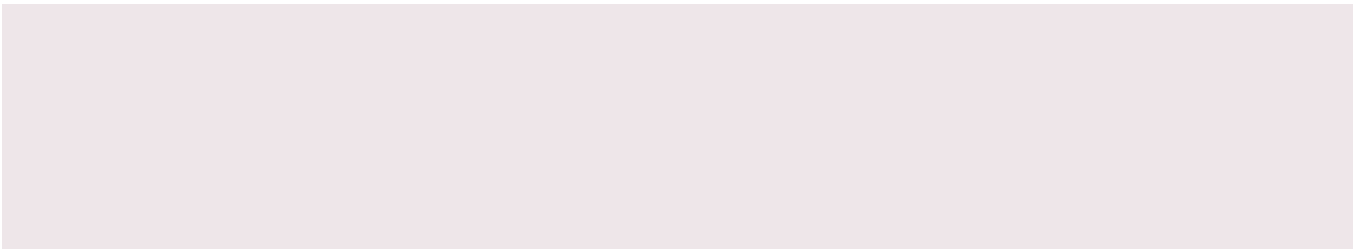
What's the first thought or emotion that comes to you when you wake up in the morning?



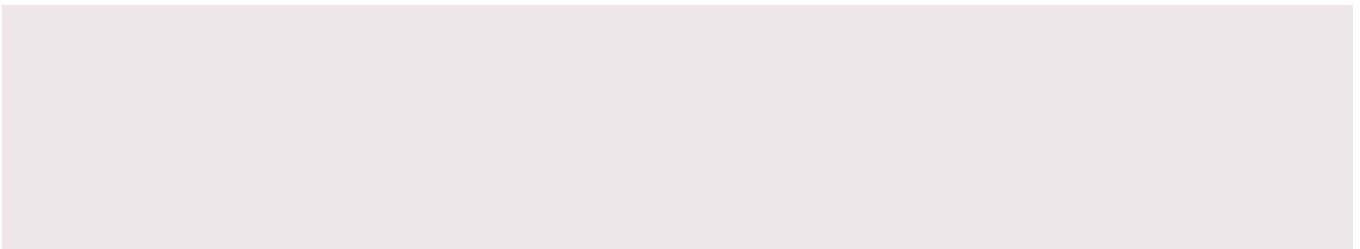
What are the top 3 emotions you always feel throughout the day?



Describe 3 emotions you feel especially in the morning and during the day.

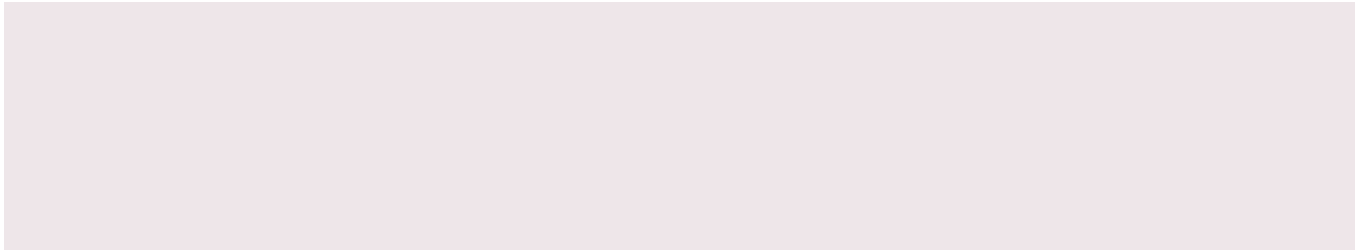


What are your frequently used emoji? What do they reveal about your emotions?



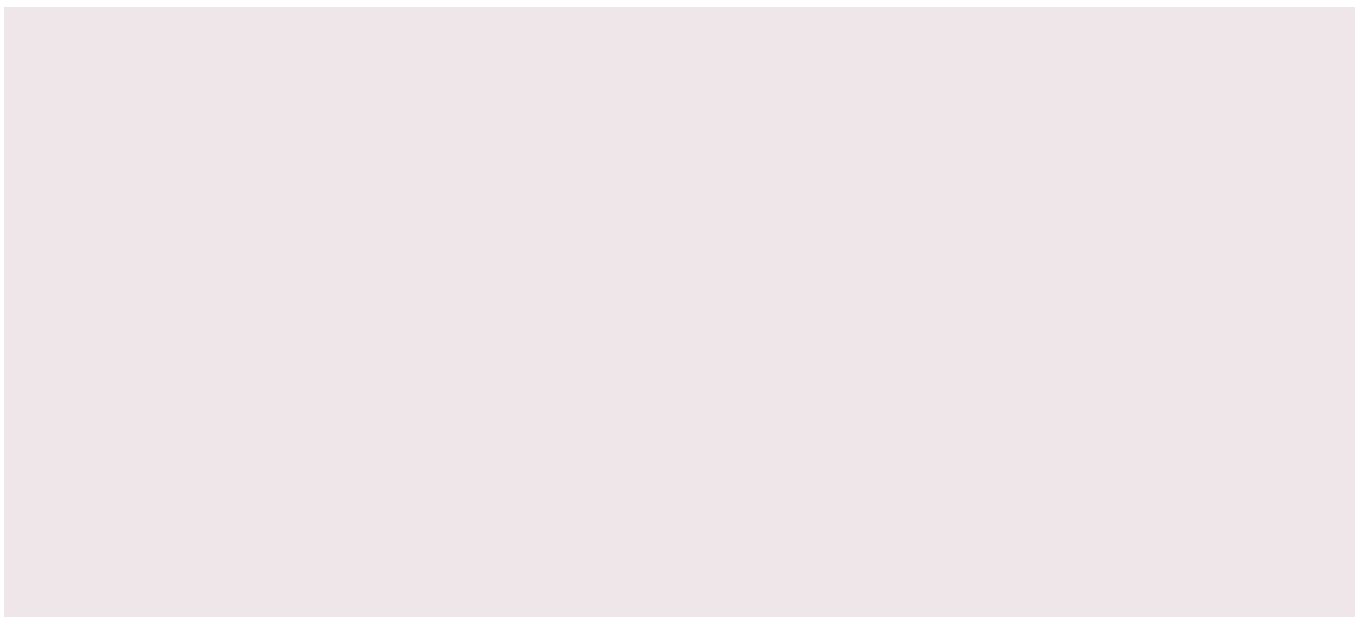
Your Future Goddess Emotion

Write down emotions you want to feel daily!



N°1 Look for Beauty

What kind of beauty do you notice around you? List as many as you can.



N°2 Ask Empowering Questions

What makes me happy?

What do I really love?

What makes me energized and uplifted?

What makes me excited?

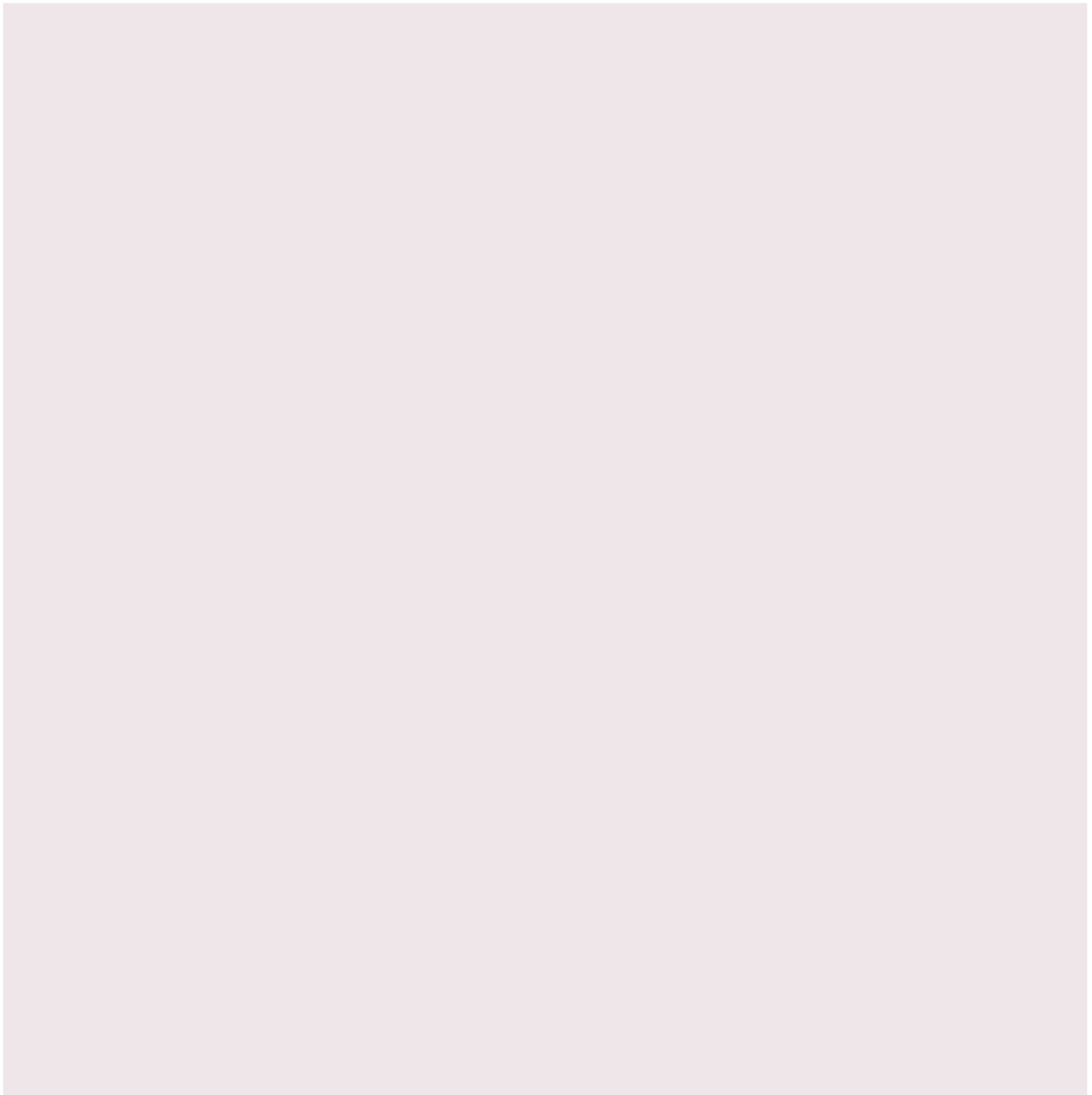
Nº3 Create A High-Vibration List

Write down everything that makes you feel so good and the best.

A large, empty rectangular area with a light beige background, intended for the user to write down their high-vibration list.

N°4 Collect Beautiful, Blessings, Miracles and Gifts

List all the beautiful moments, the blessings, the miracles, the magic that happened today!



N°5 Send Love & Gratitude

I am so blessed and grateful for

