

Manifest Your Dream Body

Checklist for 19 Exercises

One-time Exercise

Exercises	
E2- Find your inner resistance	
E3- Listen to your self-talk	
E4- Analyze the delimitations of yourself	
E5- Rewrite your definitions	
E8- Identify your limiting beliefs	
E9- Prepare to let go of your limiting beliefs	
E11- Build your own affirmations	

Regular Exercises for 21 Days

Exercises	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	
E1- Encourage yourself																						
E6- Send love to your body																						
E7- You can do it																						
E10- All foods are love																						
E12- Rewrite affirmations																						
E13- Listening to affirmations																						
E14- Visualize your new self																						
E15- Pure thought																						
E16- Synchronize emotions																						
E17- Connect to morphic field																						
E18- Self-Love																						
E19- Let go																						

In

<https://www.manifestationwithsami.com/lose-weight-with-law-of-attraction-part1/>

and

<https://www.manifestationwithsami.com/lose-weight-with-law-of-attraction-part2/>

I show you 16 steps and 19 exercises to manifest your dream body.

Here, I provide two tables for you. For some exercise, you need to do them one time. Once you did it, **mark done** in the 1st table.

For the other regular exercises, every day that you did them, **mark ✓** in the 2nd table. Please contact me if you need more support to manifest your dream body.

 **I believe you can do it because you deserve the best happiness in life.** 

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