

THE **effectology**[™]
M E T H O D

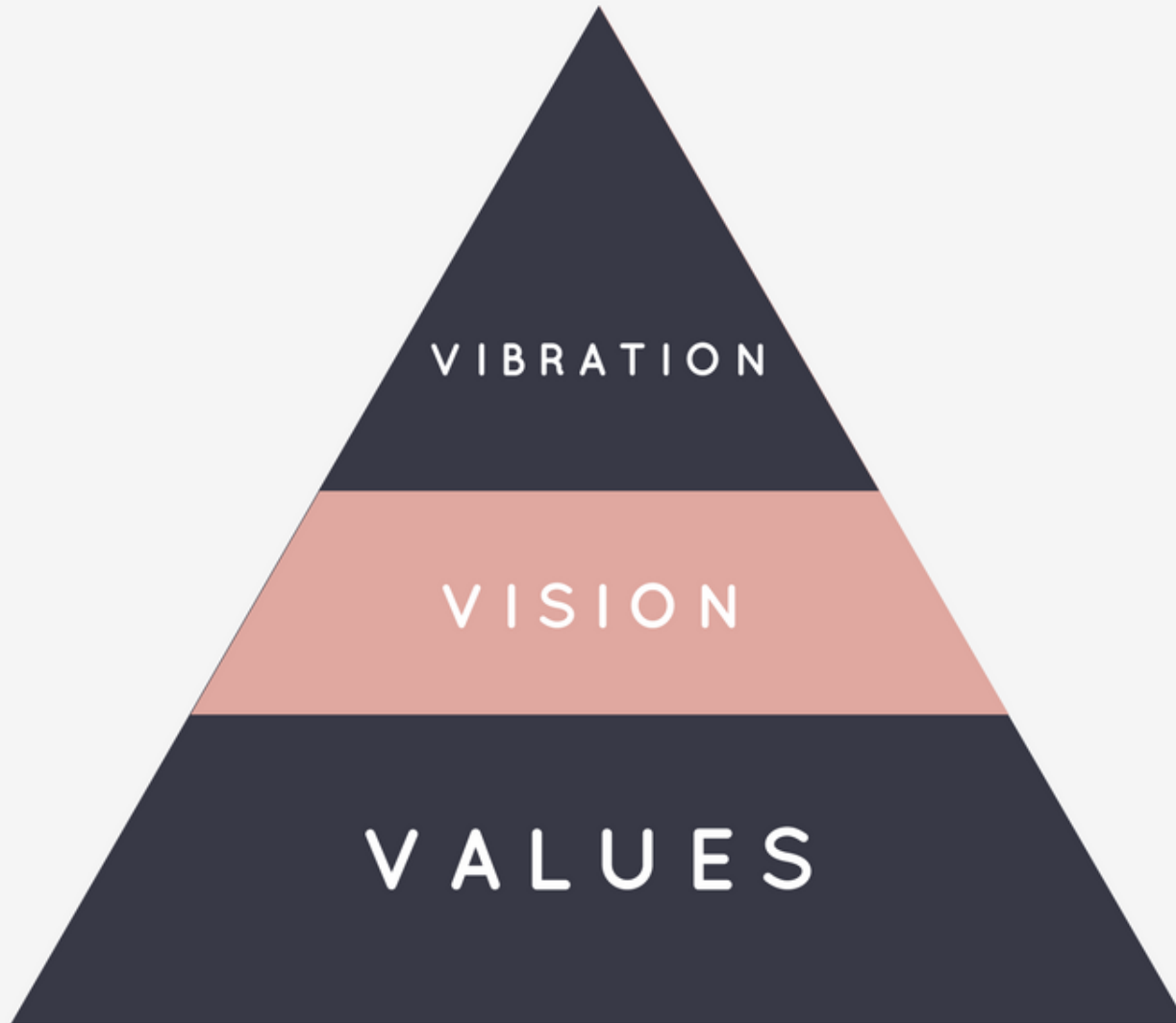
TRANSFORM INTO THE MOST
PROSPEROUS & ABUNDANT
VERSION OF YOU

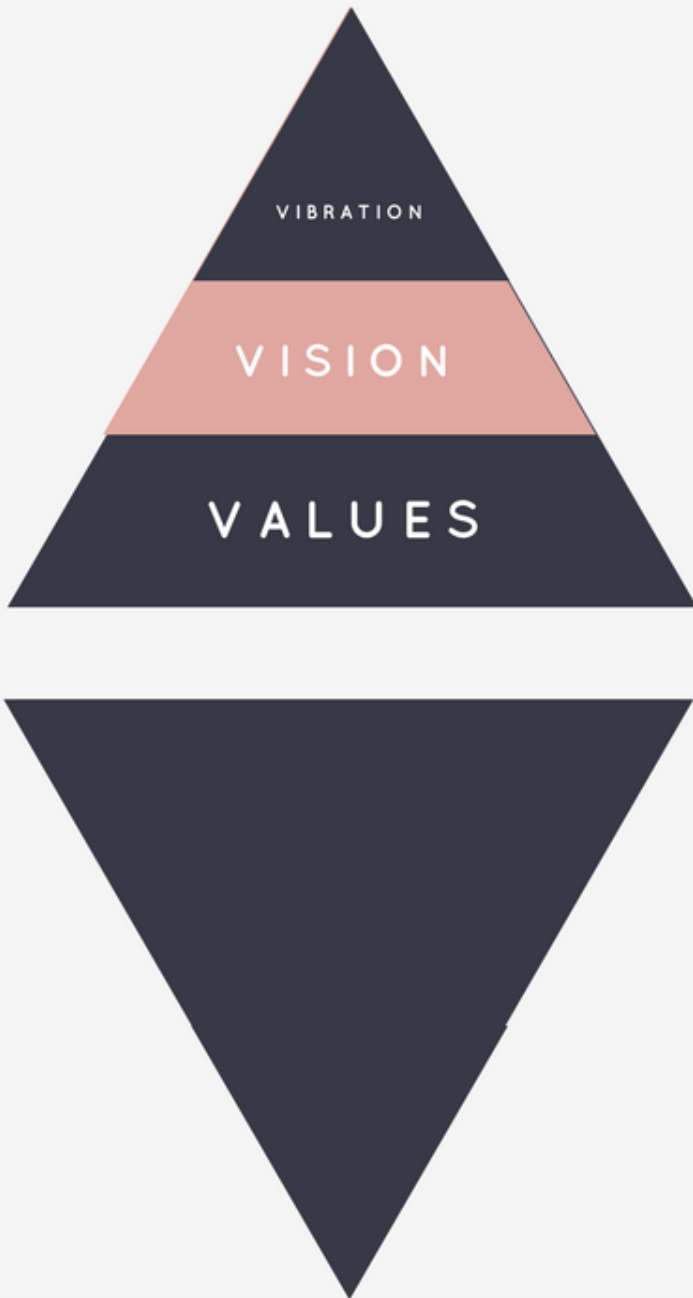
Miriam Castilla

LIFE ON PURPOSE

THE effectology™

M E T H O D

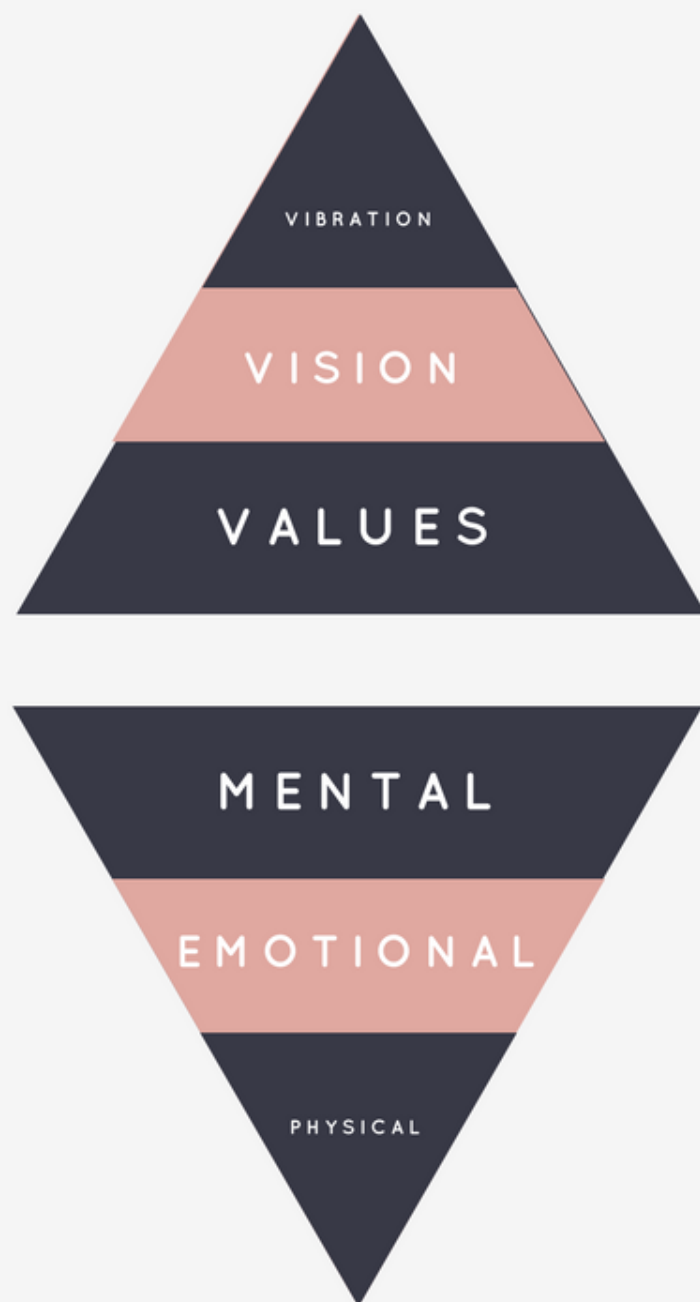




VIBRATION

VISION

VALUES



Higher Self



VIBRATION

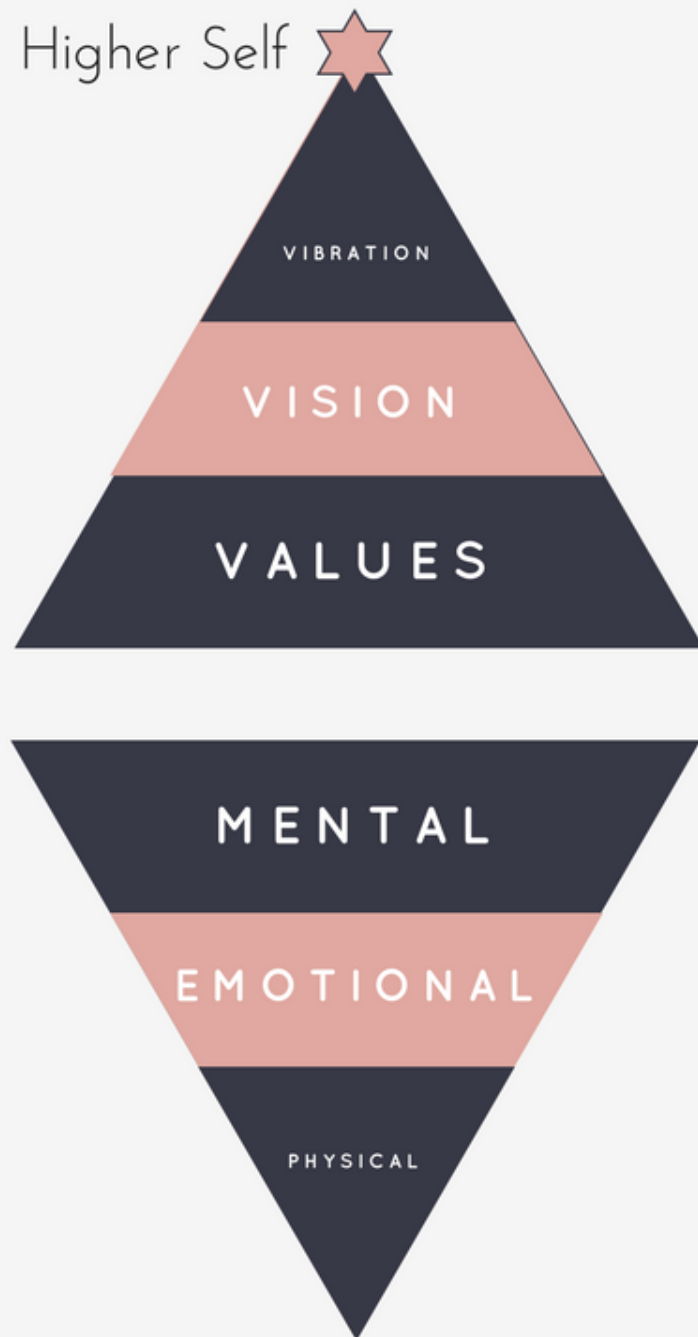
VISION

VALUES

MENTAL

EMOTIONAL

PHYSICAL



Higher Self



VIBRATION

VISION

VALUES

True Self

MENTAL

EMOTIONAL

PHYSICAL

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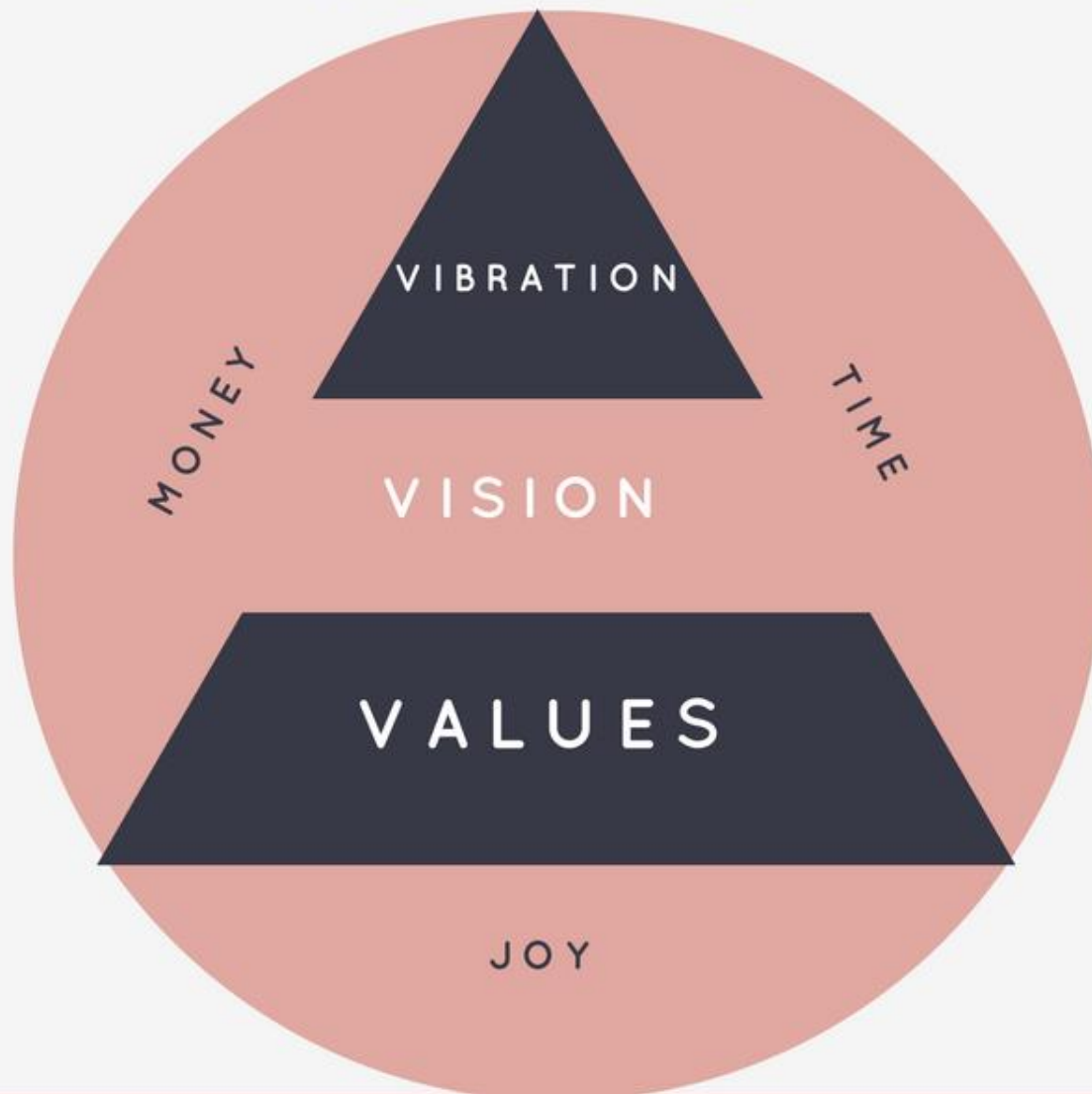
VIBRATION

VISION

VALUES

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M E T H O D



Module 1

Strong Foundations



THE **effectology**[™]
METHOD

1.1

CORE VALUES

what makes you tick



1.2

DEFINE SUCCESS

what does it really mean
for you



1.3

THE BEST VERSION OF YOU

the me I see...

THE effectology
METHOD



THE **effectology**[™]
METHOD

1.1

CORE VALUES

what makes you tick

”

*When you live in
alignment with your
Core Values,
everything flows...*

MIRIAM CASTILLA

why do values matter?

yours or others' ?

go deeper!

not set in stone

powerful clues...

The Process:

- go deeper: use the meditation
- brain dump: work fast!
- convert to values, look for themes
- merge & delete duplicates
- refine further
- rank them to get your 3 core values
- commemorate them

Share in group:

- Your 3 Core Values
- How do you feel about them?
- Bonus: How you commemorated them

Live Call:

- Live demo on ranking your values
- Bring your manifesting questions!