

THE **effectology**[™]
M E T H O D

TRANSFORM INTO THE MOST
PROSPEROUS & ABUNDANT
VERSION OF YOU

Miriam Castilla

LIFE ON PURPOSE

Module 1

Strong Foundations

THE effectology™

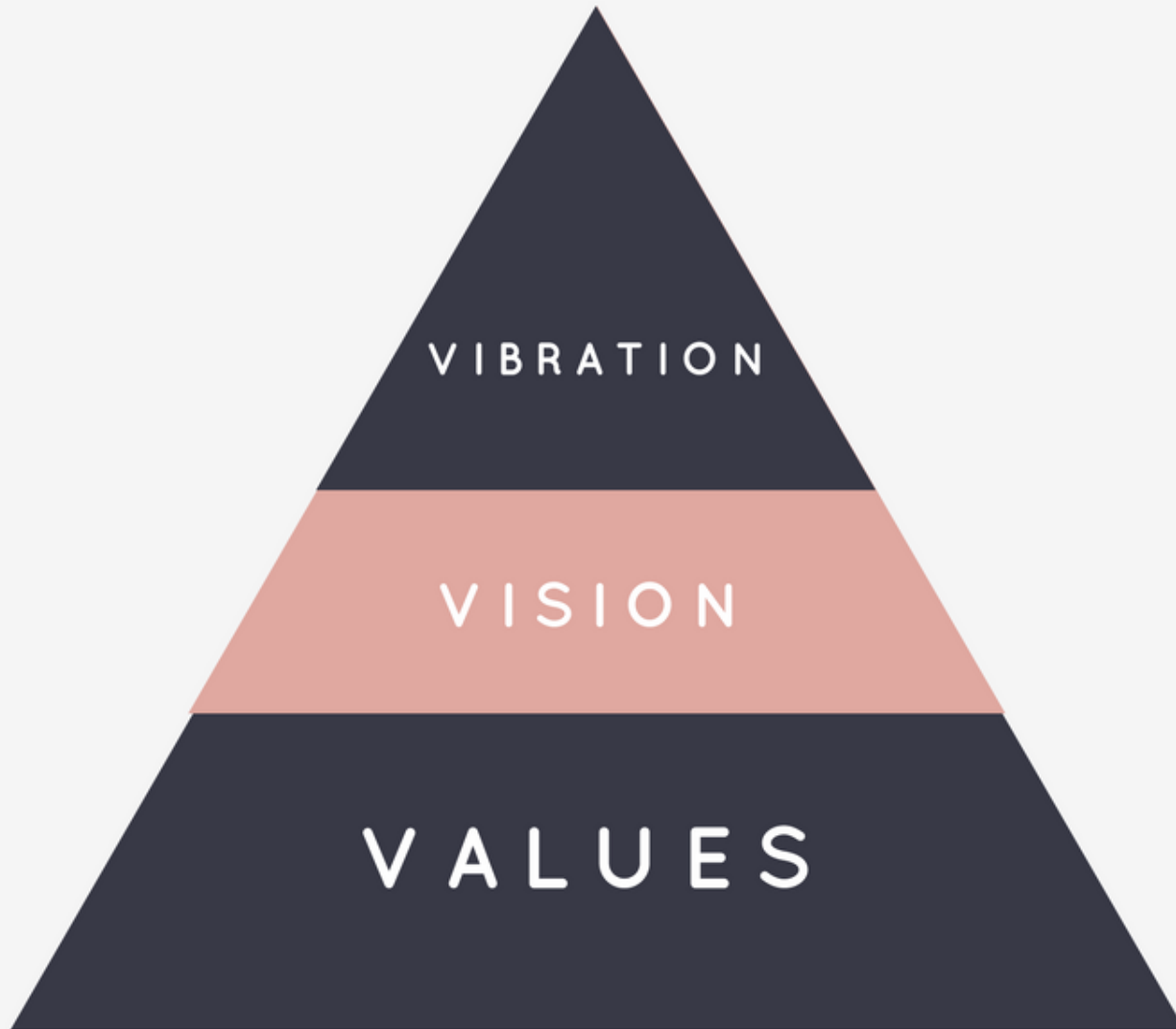
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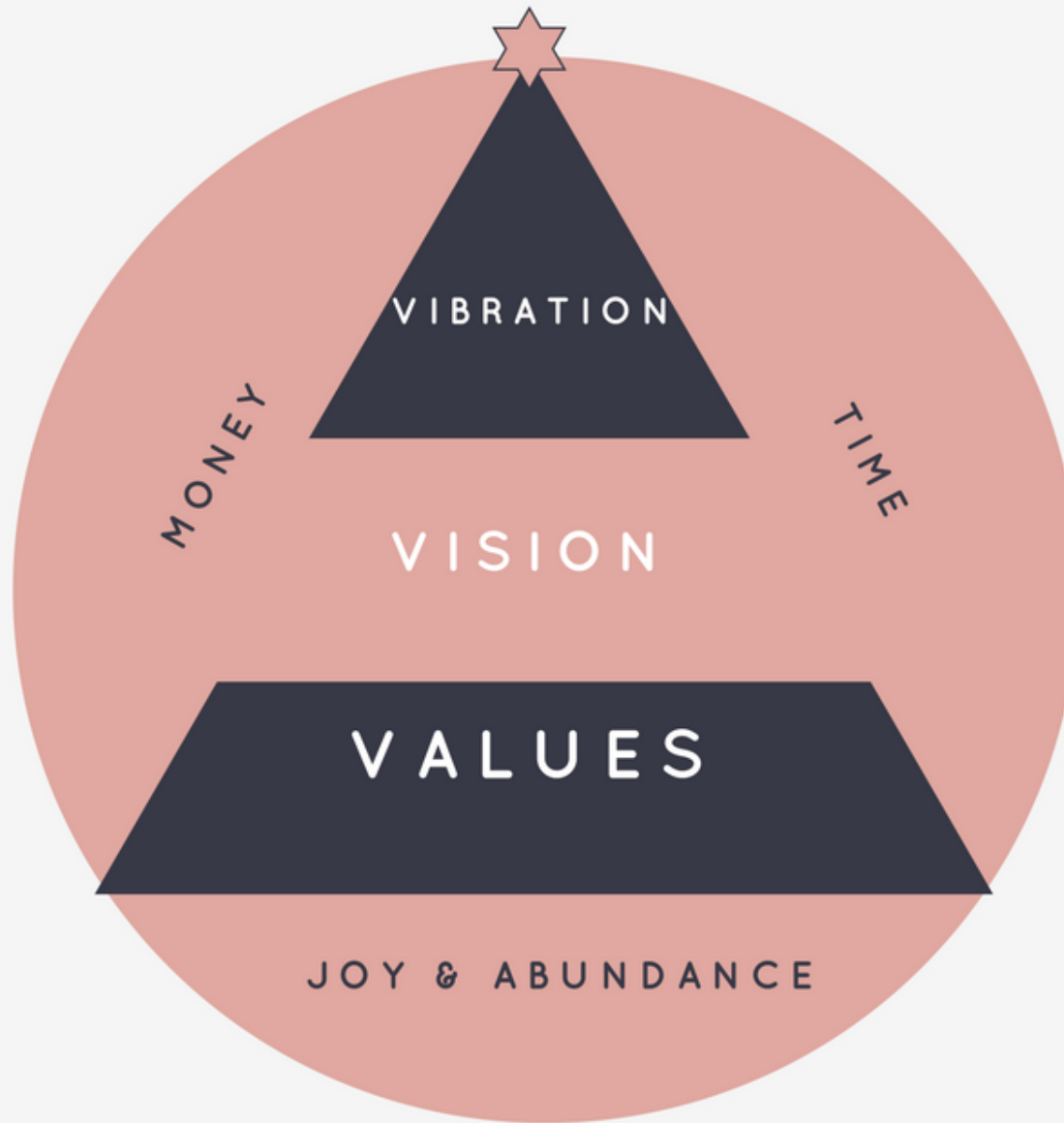


VALUES

THE effectology™

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THE **effectology**[™]
METHOD

1.1

CORE VALUES

what makes you tick



1.2

DEFINE SUCCESS

what does it really mean
for you

”

*Only you can truly
create and enjoy
your own special
flavour of success*

MIRIAM CASTILLA

what do you actually want?

what does it look like?

what does it feel like?

Whose dream are you
chasing?

”

*Chasing someone
else's dream is like
borrowing their
underwear.
It just feels wrong.*

MIRIAM CASTILLA

The Process:

- fast forward 2 years
- write out your ideal average working day
- make it about your feelings, your thoughts & your attitude - not the 'stuff'
- how much do you work? where? who with?
in what capacity? what do you love about it?
who supports you?

The Process:

- spend some time really sitting with this - imagine yourself living it. make it powerful & real.
- now notice what the overarching feeling or attitude is - beyond the details.
- come up with your own personal definition of success that best sums it all up.

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*Success is doing
all you love &
loving all you do*

MIRIAM CASTILLA

Share in group:

- Your personal definition of success

Live Call:

- Bring your success statement or we can help you refine it.
- Bring your manifesting questions!
- Ask me anything