

THE **effectology**[™]
M E T H O D

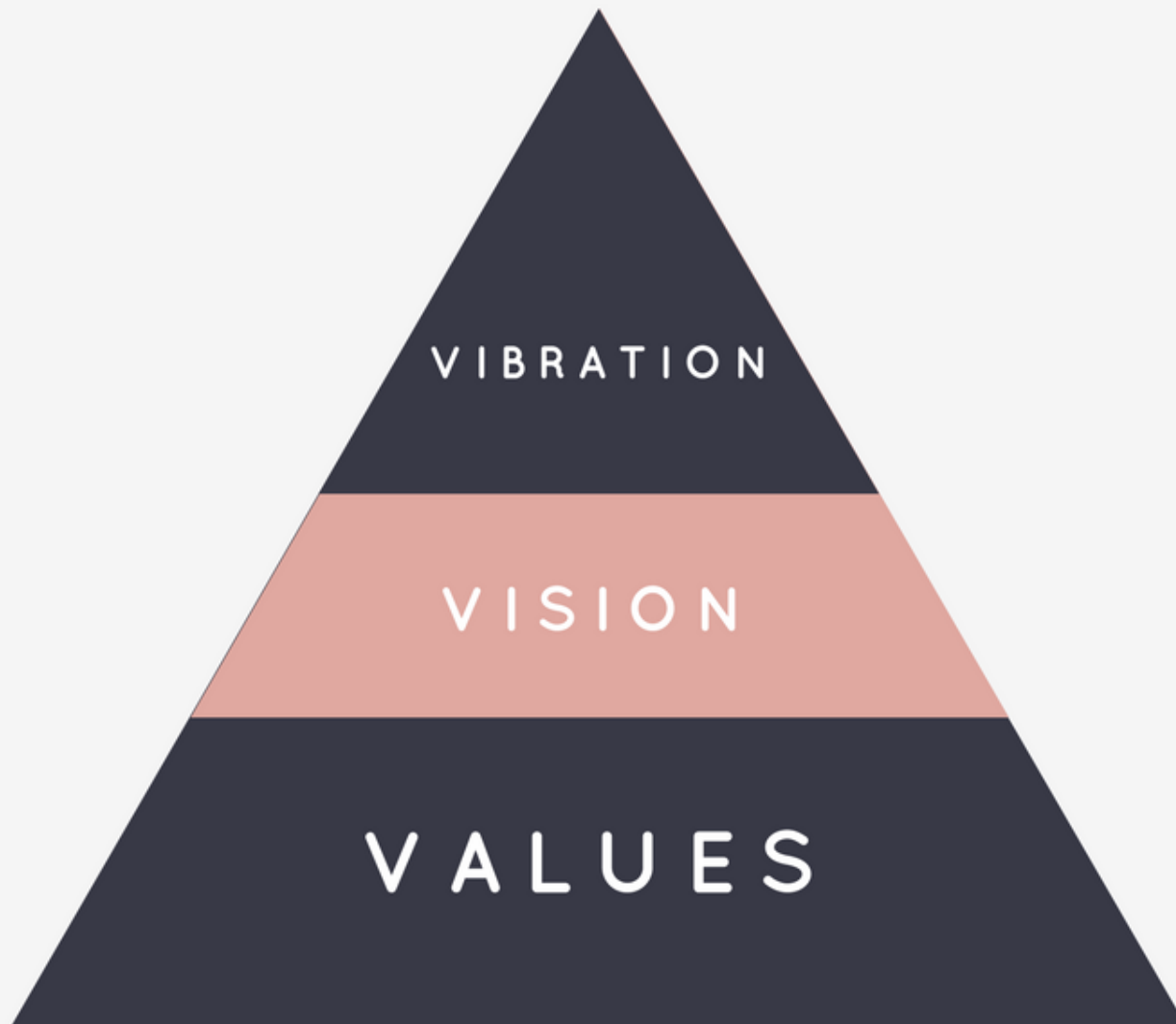
TRANSFORM INTO THE MOST
PROSPEROUS & ABUNDANT
VERSION OF YOU

Miriam Castilla

LIFE ON PURPOSE

THE effectology™

M E T H O D



THE effectology™

M E T H O D



VALUES

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

”

*Your Personality
Determines Your
Personal Reality*

DR. JOE DISPENZA

You have a unique
electromagnetic signature

The Universe responds to
who you are Being

”

The me I see
is the me I'll be

What do I want?

Who do I have to be?

The Process:

- write a list of things you want to HAVE, both tangible & intangible

The Process:

- write a list of things you want to HAVE,
both tangible & intangible
- now write a list of things you want to DO

The Process:

- write a list of things you want to HAVE, both tangible & intangible
- now write a list of things you want to DO
- finally, write a list of who you have to BE in order to have and do those things

Your Conscious Evolution

The best version of you

The best version of you,
gets the best that life
has waiting for you

The Process:

- now that you know who you have to BE, write out the action steps that will help you achieve that.
- what is the very first baby step you can take towards some of those things?

Share in group:

- The description of your evolved self.
- How do you feel about it?
- Baby steps you can take THIS WEEK.

Live Call:

- Help & discussion.
- Brainstorm action steps.
- Bring your manifesting questions!