

Manifest Monday's

Design the Life you Deserve



Welcome to Manifest Monday's!

Hello!

My name is Tara Brunet- Personal Trainer + Nutritionist turned all things manifesting, mindset, and law of attraction obsessed! I've put together this 4 Week Course to inspire you to create the best dream life you can imagine, and show you how easy and possible it truly is. Ever since I discovered the Secret and created my first Vision Board- and watched everything come to fruition- I've wondering why EVERYONE isn't utilizing this? I suppose it can be a little bit out there for some people, but I'm here to show you that is can be fun, easy, and inspiring to practice manifesting to create your dream life! I want to keep it super practical, and keep it grounded in science for my logical thinkers. Once you see your first "manifestation" come to life, I promise you, you will be hooked!



How this course works...

This is a completely online course, and all you need is this workbook and if you are on Facebook, join in on the Facebook Group! (Manifest Monday's, link is in the Welcome E-mail).

There will be a live lesson every Monday Evening at 6-7pm- where you can answer questions and watch that weeks topic! No need to be present for the lives though- I will e-mail out everything the minute we are done recording; so you don't need to have Facebook either!

The lessons will be on:

January 21st 6pm #1

January 28th 6pm #2

February 4th 6pm #3

February 11th 6pm #4

I recommend watching that weeks video, and then following along in the workbook and completing the homework week to week. I will keep it simple and actionable so as not to overwhelm you! Please don't hesitate to e-mail tara.a.brunet@gmail.com if you have any questions at all!

Now, let's get MANIFESTING!



Here's the breakdown...

Week 1 - Jan 21

- Manifesting Basics
- Law of Attraction Basics + Important Universal Laws
- Vibration and Frequency Basics- High Vibes!
- Goal Setting + Dreaming
- Stepping into your Power
- Your Temperature + Self-Sabotage
- Manifestation Tracker Tool
- Guided Audio #1: Creating your Dream Life

Week 2 - Jan 28

- Getting into Alignment - Feelings are everything
- I AM - Creating Your Personalized Mantra's
- Creating Space: The Law of the Vacuum
- The Power of the Mind- Subconscious, Neural Pathways, Placebo Effect
- The NO FAIL Steps of Manifesting
- Master your Money Mindset- Show me the Money!
- Guided Audio #2: Increase your Vibration Instantly

Week 3 - Feb 4

- Timing and the Higher Good
- Beliefs + Changing Identity- Reframe
- Gratitude Vibes
- What are you available for? Raise the Bar
- Daily Journaling Practice- Scripting
- Acting as If
- Create your own Manifesting Routine
- Inspired Action + Getting into Flow
- Guided Audio #2: 5 Minute Daily Meditation to CRUSH your day!

Week 4 - Feb 11

- Manifesting Weight Loss
- Inspiration + High Vibe List
- Don't even think about the HOW
- Vision Boards that WORK!
- Surrendering and Letting GO
- The Universe has your Back
- Dealing with People that don't get it
- The Future is Limitless
- Guided Audio #4: Dream Body Meditation

A little background on my manifesting journey...

So, just to give you a bit of background on my history and how I fell into this I wanted to share a bit of my story!

I grew up struggling with body image and weight as of Grade 7. I quickly developed Anorexia, which turned into Bulimia and Binge Eating fairly fast. I unfortunately was a major Binge Eater and Bulimic for approximately 16 years of my life! (Which at age 29, is a big chunk!). This was my biggest challenge to overcome alone with a serious back injury later on.

Now that I'm on the other side- I firmly believe I went through that experience in order to learn how to help others- and to eventually lead me to the self-development and spiritual realm that I am so excited about now. I know that every negative experience we have only leads us towards the most amazing things- such as helping others through the other side.

I learned about Intuitive Eating and quickly became very passionate about spreading the body positive and anti-dieting message. Along the way I became a personal trainer and opened my own studio that I currently run classes and personal training out of! Although fitness will always be a passion of mine- I KNEW that something was missing.

I realized early on, that mindset was the BIGGEST piece of success for myself and my clients. I noticed the differentiating mindsets of my clients that met their goals, and the ones that always fell off the radar. I started becoming obsessed with reading about self-development, mindset, and the brain. I knew that in order to help my clients actually reach their goals- a meal plan and workout routine was not going to cut it long term. I needed to help them shift their mindset! After attending a Tony Robbins seminar in 2018- I felt like I would never be the same! I hired a coach and continue to work on mindset but I still felt like there was a piece missing.

All along this journey I had been creating vision boards, and seeing them come true- but I hadn't really been thinking much about manifesting or the law of attraction. I knew it was out there- but when I fell back into it recently I KNEW this was the missing link. After pushing myself so hard to reach all these goals and bringing myself to burn out- I knew there had to be an easier way!

As soon as I started tapping into the manifesting mindset, listening to my intuition and keeping a dedicated meditation and journaling practice- AMAZING things started happening. Free flights, first class upgrades, free trips, dream engagement ring + proposal, completing a marathon way under my goal time, 30lb weight loss, hitting 6 figures in my business, finding our dream rental, increasing my happiness tenfold, a retreat to Bali worth way more than I could afford, money and more money.. the list is endless! And I DEFINITELY feel like I'm only getting started- because the more you start to see what's possible- the more you believe what's possible- and you just start up-leveling higher and higher.

As soon as I start talking about mindset, manifesting and creating your dream life- I get SO EXCITED. I realized that this was what I NEEDED to be talking about and sharing with the world. I hope I can inspire you over the course of these 4 Weeks to see what is possible!

So, whether you are a stay-at home Mom, a business owner, a teen, or a Grandma- Manifesting will get you what you want! Some people are looking to make more money for material things or beautiful experiences, or perhaps you want to manifest weight loss and a healthy body. Some people may want to manifest their soul-mate or a beautiful friendship or a stronger connection with their spouse. WHATEVER it is that you want- we are going to get you there. Get ready for a life-changing month!

I want you to keep in mind... You can have, do, or be absolutely anything you desire.

When we get into the goal setting, I don't want you to get bogged down by the how, or the when. I just want you to dream as big as you possibly can! When I put a personal training studio on my vision board before I was even a trainer- I NEVER could have anticipated how it happened or that it was even a real possibility! When I started Intuitive Eating and then manifesting my dream body- I never could have anticipated that I would be the weight I always wanted while EATING EVERYTHING and working out when I felt like it. I'm telling you guys, this shit WORKS.

So I want you to put aside your skepticism for FOUR WEEKS and just do everything I say. Give it your all, because what do you have to lose?

Are you ready? LETS DO THIS!