

How to Make Your Resolutions Stick: 4 Secrets to Manifesting the Best Year Ever in 2019

With Tammy Mastroberte

What We Will Cover:

- * Why your manifesting (or resolutions) are not working
- * My manifestation story
- * 4 Secrets to Manifesting the Best Year Ever in 2019
- * How I can help manifest all you want next year over the next 30 days!

You are in the right place IF:



- * Tired of manifesting what you DON'T want instead of what you do
- * You are longing for change and a better year in 2019 than 2018
- * You make resolutions only to break them shortly after the new year
- * You stopped making resolutions because they don't work for you

Wanted 2018 to Be BETTER!



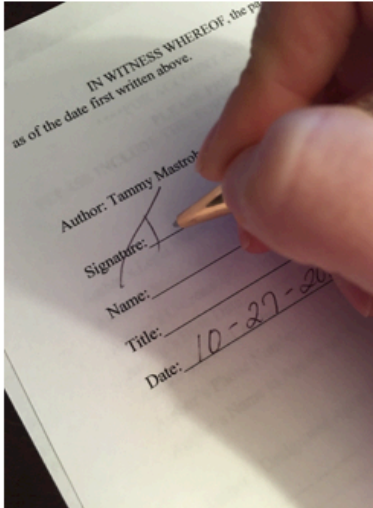
My Manifestation Story



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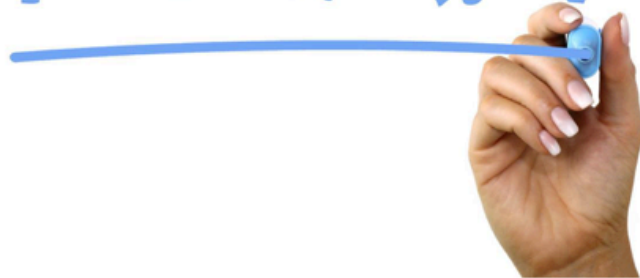


4 Secrets to Manifesting the Best & Most Elevated 2019 EVER!



1. Plan & Prepare

PLAN



2. Get Clear



Do You Know?

- * What you need to let go of in 2019?
- * What you would like to STOP doing in 2019?
- * What brings you JOY?
- * What does NOT bring you JOY?
- * What you would like to create in the different areas of your life?
- * What your life will look like when you have those things?
- * How you will FEEL when you have those things?

3. Consistent Action



Celebrate the Results!



4. Staying Elevated



4. Staying Elevated

- * Is your vibration up more than it's down?
 - * Do you have tools to manage your vibration?
 - * Do you check in throughout the day to see where you are vibrating?
 - * Is gratitude part of your daily life?
- * The more Elevated your vibes, the more you attract what you desire!

Do You Want a BETTER 2019
Than Your 2018?

You Can Do It On Your Own... OR



Join me for the next 30 Days!

How to Create an Elevated 2019:

A Step-by-Step Course to
Manifest the **Best Year Ever!**

This will help you if you want to:

How to Create an Elevated 2019:

A Step-by-Step Course to
Manifest the **Best Year Ever!**

- * Get REALLY clear on what you want to create next year (LIVE Meditations & Visualizations)
- * Have a vision board READY to go in January
- * Have a full toolbox ready to use in 2019 to manifest & elevate yourself
- * Create your Best Year Ever in 2019

Starts Monday, Dec. 10th!

How to Create an Elevated 2019:

A Step-by-Step Course to
Manifest the **Best Year Ever!**

- * I will hold your hand over the next 30 days step-by-step
- * Happening INSIDE the Elevated Existence Membership!

Starts Monday, Dec. 10th!

How to Create an Elevated 2019:

A Step-by-Step Course to
Manifest the Best Year Ever!

Join Membership **ONLY \$29!**

NO Contracts

Cancel Anytime

Over the Next 30 Days:

- * 3 LIVE classes with me (Monday, Dec. 10, 17 & Jan. 8)
- * LIVE guided meditations/visualizations
- * Get VERY clear on exactly what you want to manifest in 2019
- * Get VERY clear on what you need to let go of in 2019 (and how you can bring it to what you would like to, but can't)
- * A workbook that lays it ALL out Step-by-Step through each process and exercise
- * You will create a vision board by the end of class!
- * Discover how to supercharge your visualizations
- * Discover tools to keep your vibration high
- * Unlimited access to Tammy and other members in a private Facebook Group

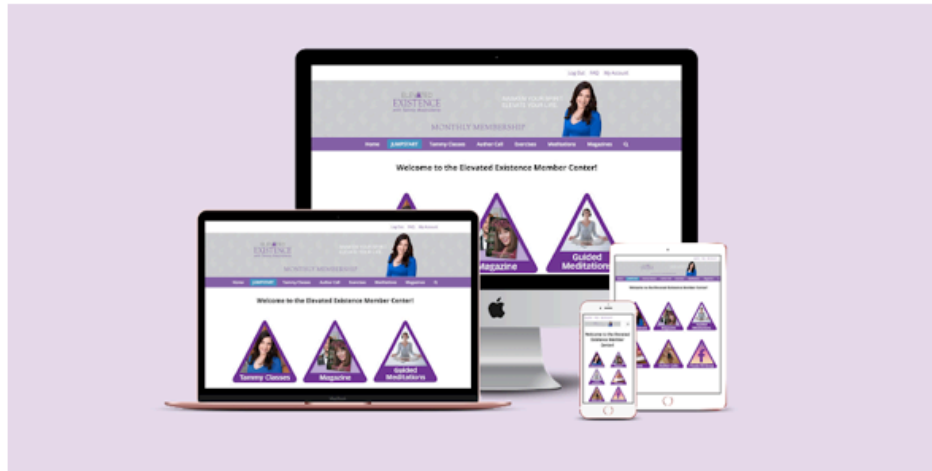
Over the Next 30 Days:

- * Retail Value: \$297
- * 85% OFF ---- Only \$29

[www.elevatedexistence.com/](http://www.elevatedexistence.com/membership)
membership

LIMITED TIME:

All Content & Classes in 2018!



Week 1:

Taking Inventory & Setting Intentions



- * Take inventory of what you need to let go of in ALL areas of life, and how to find joy in what you can't
- * Uncover what you REALLY want to create
- * A LIVE Meditation/Visualization to get clear on what you truly want in 2019

Week 2: Creating the Visuals & Clearing the Blocks



- * Build on Week 1 and create visual representations of what we want to create in 2019
- * A LIVE Meditation/Visualization to get you started
- * A LIVE EFT (Emotional Freedom Technique) to clear some blocks or limiting beliefs you have about manifesting

Week 3: Creating a Spiritual New Year (and Saying in Flow)



- * Learn easy tools to keep your vibration high throughout the day
- * A LIVE Meditation/Visualization to reinforce your desires (we will include YOUR specific intentions in this as a group)

BONUS:
Facebook Live Q&A & Group Reading – Jan 6th!



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membership](http://www.elevatedexistence.com/membership)