

QUANTUM TRANSFORMATION COURSE

PROGRESS TRACKER



Progress Tracker: Initial Assessment

Today's Date: _____

Course Start Date: _____

I.

I. List the following in the order of their importance to you:

Wealth, Health, Relationship, Business, Spirituality

Enter the most important beside number 1, the second beside number two, and so on.

1. _____

2. _____

3. _____

4. _____

5. _____

0-1-2-3-4-5-6-7-8-9-10

0-1-2-3-4-5-6-7-8-9-10

0-1-2-3-4-5-6-7-8-9-10

0-1-2-3-4-5-6-7-8-9-10

0-1-2-3-4-5-6-7-8-9-10

II. Use the scale provided to score your current satisfaction with that area of your life.

Beside each area, circle a number from 0 – 10 where 0 means "It could not be worse" and 10 means "Could not imagine anything better."

Use these scores as your baseline or "starting point." In the coming weeks, you'll be able to track the changes to your satisfaction levels and determine on which area to focus in the coming week.

For the biggest impact, focus on the most important areas that you gave a score below 8.

II.

***Decide in advance how long you would like to track your progress on this course. We recommend a minimum of 30-days to create the new neural networks your brain needs to wire in new positive habits.**



Progress Tracker: Action Steps

Today's Date: _____

Course Start Date: _____

III.

Manifesto Study

Use this area to keep track of the # of times your read or listened to the Manifestos.

of times this week:

The Power of Meditation

The Power of Affirmations

The Power of Visualization

Reading

Listening

Affirm-A-Vision(s) chosen for this week (circle all that apply):

Financial

Stability Success

Attract/SoulMate

Men's Vitality

Women's Vitality

Meditation

Note: On the back of this page, record any additional exercises you added (like meditations or visualization exercises from the education material)

of times / day:

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Affirm-A-Vision

Accelerator

***We recommend that you use this Action Step Guide to stay on track with your daily practice. Yes, we did say daily practice 😊 Print out as many as you need, one for each week that you will be tracking your progress on the course. We lovingly encourage you to make progress tracking and daily practice a way of life.**



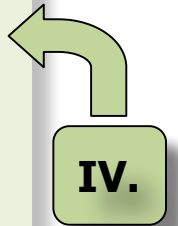
Weekly Declaration of Transformation

At the end of each week use a notebook or journal to record any positive insights, revelations or transformations that you have noticed.

- It could be subtle changes: you notice a change in the way you are thinking about something; you feel a renewed feeling of energy throughout the day; you feel more creative; you feel stronger and less overwhelmed or stressed out.
- It could be more profound changes: something physical you attracted; you suddenly and easily met a goal that has previously eluded you; your sense of despair lifts and you feel more alive than ever before; an overwhelming life situation suddenly shifts for no apparent reason; people respond to you more positively or tell you that something seems different about you (even if they can't identify what it is).

Whatever changes or shifts you notice, write them down here. **AFFIRM IT! DECLARE IT! CLAIM IT!**

This is how you let the universe know that you acknowledge (and are grateful for) what you have received – and that you are ready for more!





This image shows a full page of blank white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for writing or drawing. There are no margins, text, or other markings present.



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This image shows a full page of blank, lined paper. It features approximately 20 evenly spaced horizontal black lines across its entire width, typical of notebook or composition paper. The background is a solid off-white color, and there are no margins, text, or other markings present.

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