

The Key to Appreciation is in the Present Moment, so Practice Noticing, Being in a Constant State of Awareness.

MANNY'S APPRECIATION FORMULA




NOTICING

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FOCUSING ON THE POSITIVE

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APPRECIATION

 By plugging into appreciation, by noticing and focusing on the positive as often as you can, you will be vibrating in harmony with appreciation and attracting more and more of the things that you want into your life.

Complete the manifesting cycle by feeling gratitude for all that you already have and all that you intend to manifest.

H♥artivations™ Mini-Poster - "Words and Art that Speak to the Heart"

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