

BY ERYKA STANTON

MAKE MAGIC HAPPEN

2016

GOAL PLANNING + MANIFESTATION  
+ ACTIVATION PLAYBOOK

*Make Magic  
2016 is your year!*



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*Dreamer + Doer*



Hello you!

LIFE IS TOO SHORT TO LIVE HALF-ASSED + HALF-HEARTED.  
SO I HAVE DESIGNED THIS PLAYBOOK BECAUSE I WANT TO  
HELP YOU MAKE SURE YOU LIVE A 'HELL YEAH' KINDA LIFE.  
THIS PLAYBOOK WILL INSPIRE YOU TAKE DELIBERATE +  
PURPOSEFUL ACTION. SHIT'S ABOUT TO GET REAL...  
ARE YOU READY?

2016: Design it, manifest it, plan it, get excited by it, but above all ACTION IT!

I know what it is like watching one year roll into the next and only dreaming about living a passionate and purposeful life. This guide will help you bring out your inner legend and make sure you have an incredible 2016.

This playbook is designed to get you moving out of your dusty comfort zone in a creative + supercharged way. You will finally become successful in the areas of your life you want to focus on, whether that's relationships, health, money or career etc.

You will reflect, ponder, set goals, break barriers, let go of fears, create mottos and decide on replacing old habits with new ones.

I hope a downpour of blessing and abundance shower you in 2016 and beyond.  
May the force be with you!

*Dive in amigo,*

*Gryka Stanton xo*

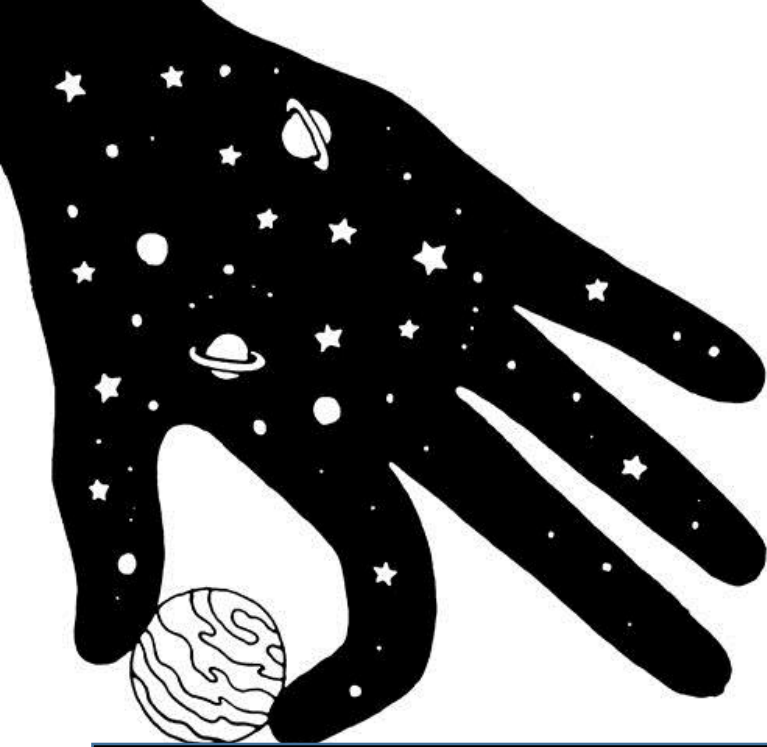
*you deserve a  
life that makes your  
soul fucking dance*

Celebrate the fact that you have decided to take  
the time to create a phenomenal 2016.

Amazing lives don't just happen. You gotta get  
CLEAR, GET INTO GEAR AND DROP THE FEAR  
so you can take inspired action to truly

*Make Shit Happen*

- ERYKA STANTON -



*it's a big bad  
world out there  
dive in and  
live it*

- ERYKA STANTON -



SIMPLE AS SUCCESS FORMULA:

*Focus + Action = Results*

SIMPLE AS HAPPINESS FORMULA

*Gratitude + Presence = Happiness*







# *Celebrate, Salute + Release 2015*

- PART ONE -

# REVIEWING + CLOSING CHAPTER 2015

List 5 amazing experiences you had over the last  
12 months

- 1.
- 2.
- 3.
- 4.
- 5.

What were the biggest life lessons of 2015?

3 things that were not so great about 2015

- 1.
- 2.
- 3.

# REVIEWING + CLOSING CHAPTER 2015

What could you do to make sure this doesn't  
reoccur in future?

What have you had to release and let go of in 2015?

5 things that seriously rocked in 2015

- 1.
- 2.
- 3.
- 4.
- 5.



What 5 things are you deeply grateful for right now?

1.

2.

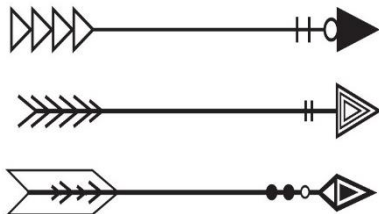
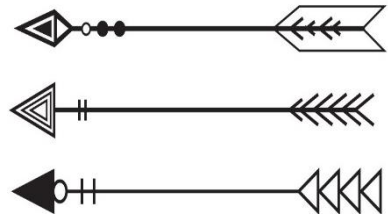
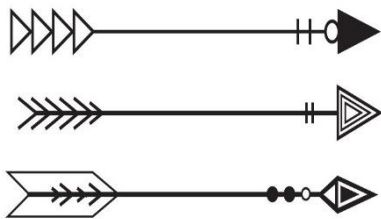
3.

4.

5.

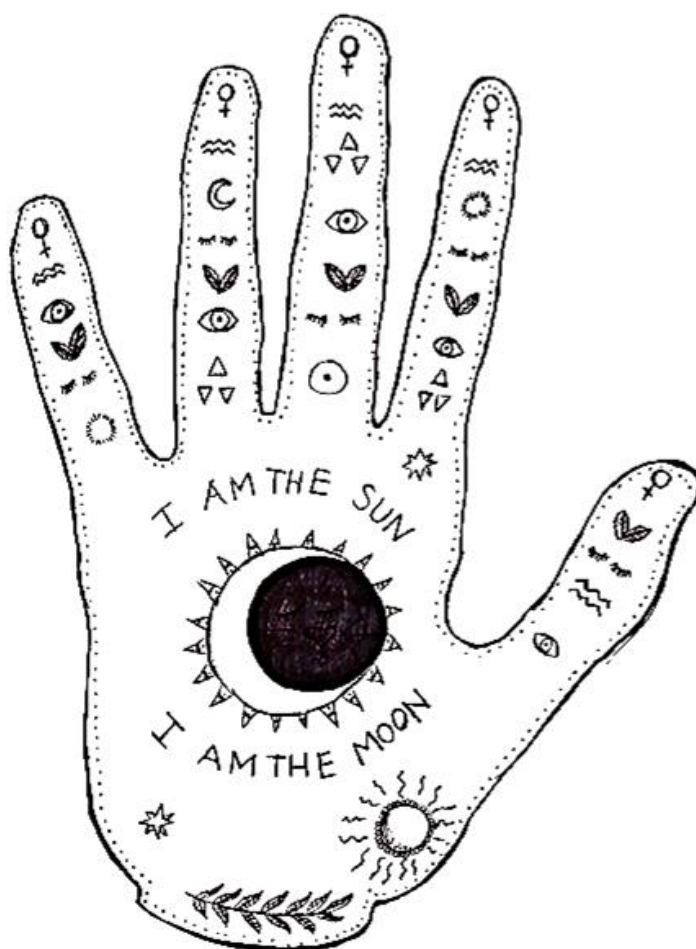
# Heck Yes - I Friggen Rock!!

9 things I deserve to celebrate myself for



# Shit Happens - Let it Go

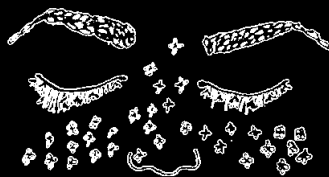
Is there anything you are holding onto that you need to release in order to REALLY feel ok about closing chapter 2015? List them on the fingers below.



# release it

This letting go quantum meditation works a treat. Find some me time and lie down in a quiet space. You may like to light a candle or light some incense. You can also practice this day to day with any energy you feel needs to be released. Remember giving it away will be more empowering than keeping that heaviness stagnant in your body.

1. Choose an issue that weighs heavy on you + notice where it is sitting in your body.
2. Place your hand there + gently breathe into this part.
3. Notice if this part is a certain colour.
4. As you keep gently and lovingly breathing into this part invite a white Divine healing light to come in from the top of your head and down into this part of you.
5. Breathe this white light ray into this part and see the colour dissolving that colour in your body.
6. Hold an intention as you do this to let whatever needs releasing to be surrendered to the Divine.
7. Keep bringing in more of the healing white ray until you see the colour eventually completely dissolve.



A decorative border surrounds the central purple rectangle. The top border features a row of black dots. The left and right borders consist of a repeating pattern of black geometric shapes, including diamonds and triangles. The bottom border features a row of black chevrons.

# Invoking Magic + Awesomeness

- PART TWO -

*you have the right to  
grow wings and fucking fly  
make no apologies*

- ERYKA STANTON -

# GETTING CLEAR THEN INTO GEAR

2014 WAS PRACTICE // 2015 WAS A WARM UP  
2016 IS GAME TIME BABY

What do you most want to experience in 2016?

What kind of person do you want to be in 2016?

What I want to do more of in 2016 is:

What I want to have or create in 2016 is:

This year I will surrender or release:

This year I will give myself permission to:



# walk your talk

When life is no longer acceptable in its current condition, the first place you need to look at is your core values and whether you are living in congruence with them. They determine your beliefs, your habits, and actions and ultimately the results you get in life.

In the next page you are going to select the values that align with who you want to be. To succeed you must embrace your true values and create a life that is in synch with them. Living your life in accordance with your new values means discarding old beliefs, and ways of being that seriously no longer serve you.

Now is the time to decide that enough is enough and that it is time for a change. By living congruently with your new values, life will become easier because you will have, at that moment, exerted a new force on your life and begun the process of changing its course. Your new values will bring you freedom, balance, and happiness. Let your soul guide you...



your head and ego and go with the gut! It should be less about what YOU THINK they should be and more about what your heart and soul are pulling you towards.

Acceptance	Achievement	Intuitiveness
Enthusiasm	Devotion	Kindness
Openness	Mastery	Contentment
Bravery	Playfulness	Optimism
Confidence	Energy	Perseverance
Loyalty	Simplicity	Moderation
Excellence	Adventure	Resilience
Ambition	Love	Modesty
Well being	Presence	Success
Courage	Balance	Motivation
Being-ness	Strength	Connection
Compassion	Boldness	Originality
Excitement	Brilliance	Silliness
Mindfulness	Wealth	Vitality
Connection	Calmness	Wisdom
Open-mindedness	Spirituality	Structure
Respect	Congruency	Collaboration
Faith	Teamwork	Flexibility
Abundance	Creativity	Service
Tranquillity	Fearlessness	Fun
Leadership	Flow	Spontaneity
Honesty	Gratitude	Growth
Authenticity	Humility	Health
Serenity	Curiosity	Integrity
Gratitude	Grace	Love
Independence	Freedom	Relationships
Change	Personal Power	Self-Love

Why are these values important to you?

List 5 ways you will integrate these new values  
into your life

- 1.
- 2.
- 3.
- 4.
- 5.

List 5 habits or behaviours that no longer resonate or  
support these new values

- 1.
- 2.
- 3.
- 4.
- 5.



## 1. INK IT

By writing out your goals you are giving your dreams their first tangible form in the Earth plane!

## 2. DREAM IT

Activate your imagination and let yourself dream. Allow your spirit to roam the realm of possibility!

## 3. EXPAND IT

Now blow your dream up to be BIGGER and SEXIER! We usually only dream within our limited parameters. Now it is time to scrap the boundaries and bust through limited thinking.

## 4. FEEL IT

Your creative power is linked to your emotional energy. The more you feel it in your body, the more you are anchoring into this reality and attracting that vibration! Feel as though you already have that which you desire.

# Write out Your Goals!

This section is dedicated to you getting clear on what you want to create, achieve and enjoy in life. You will be taking a journey through all aspects of your life.

For each section take a moment to rate how satisfied you are right now. You may like to re-rate each aspect of life at the same time next year to assess how far you have come.

For each section ensure you write your goals out as I AM statements as though you ALREADY have that which you desire- i.e. *I am in a loving and committed relationship with the man of my dreams and planning our wedding! I am feeling over the moon with excitement and passion.*

Use emotive words- the more emotion you have in your goals the more you will feel and the more power there will be in your goal activation. Don't forget to note when you want this by. Be realistic in this and don't set yourself up to fail!

Lastly, let it rip with the action items but do not overdo it. The idea is to list practical and pragmatic things you can do now to take you one step closer to creating this reality.

**Bring it!**

*get clear on what you want  
write that shit down  
and work on it every single day*

- ERYKA STANTON -



How content are you right now (1-10):

*my ultimate gorgeous body and awesome  
health goal is*

I want this by.....

*what i am going to do to make shit happen*

How content are you right now (1-10):

*my ultimate financial goal is*

I want this by.....

*what i am going to do to make shit happen*



How content are you right now (1-10):

*my ultimate self improvement goal is*

I want this by.....

*what i am going to do to make it happen*

How content are you right now (1-10):

*my ultimate social and good times goal is*

I want this by.....

*what i am going to do to make shit happen*

How content are you right now (1-10):

*my ultimate family goal is*

I want this by.....

*what i am going to do to make shit happen*

How content are you right now (1-10):

*my ultimate friendship goal is*

I want this by.....

*what i am going to do to make shit happen*

How content are you right now (1-10):

*my ultimate personal growth goal is*

I want this by.....

*what i am going to do to make shit happen*

How content are you right now (1-10):

*my ultimate self esteem goal is*

I want this by.....

*what i am going to do to make shit happen*

How content are you right now (1-10):

*my ultimate business or career goal is*

I want this by.....

*what i am going to do to make shit happen*

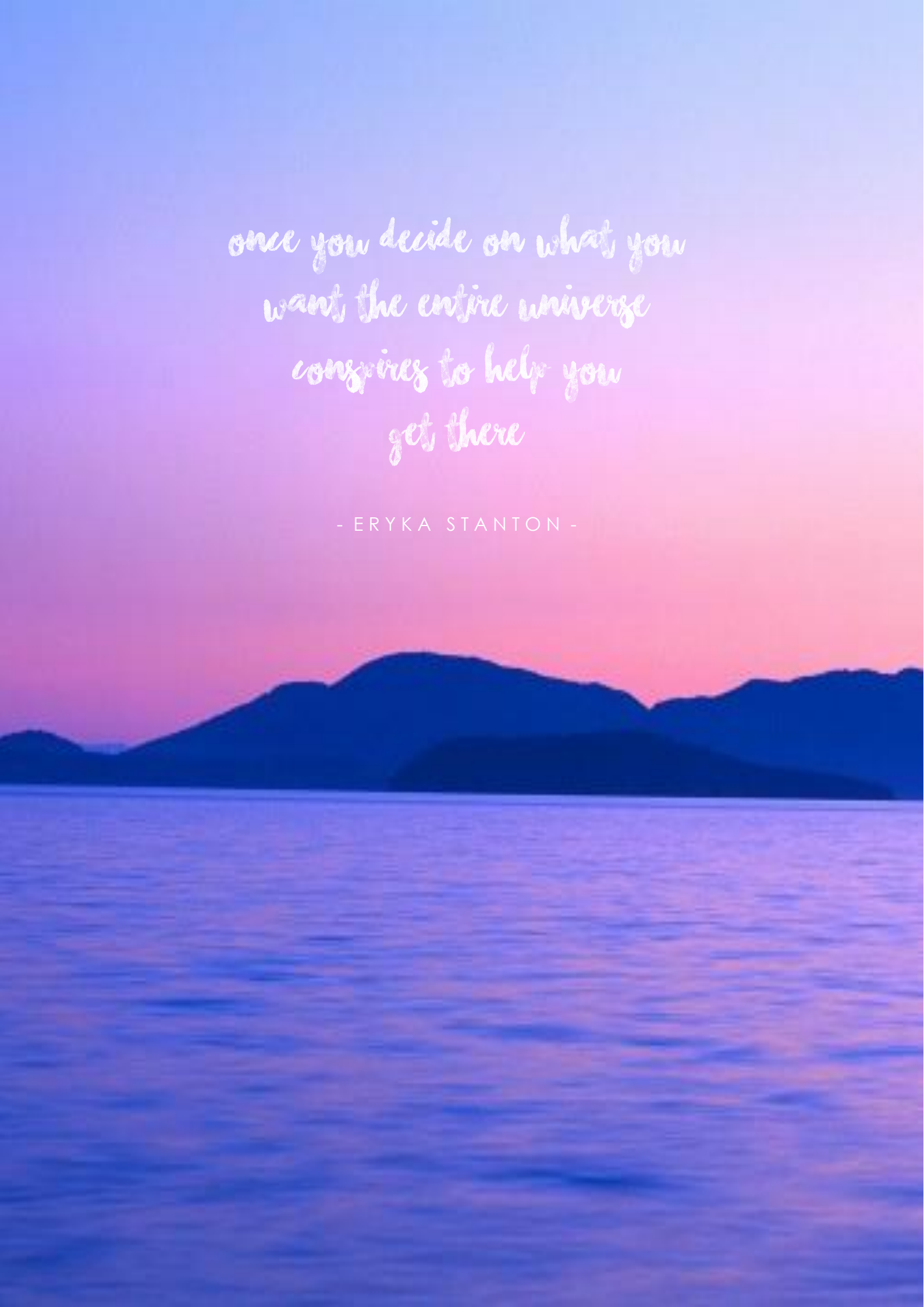


How content are you right now (1-10):

*my ultimate relationship goal is*

I want this by.....

*what i am going to do to make shit happen*



*once you decide on what you  
want the entire universe  
conspires to help you  
get there*

- ERYKA STANTON -

# Inner Reboot + Renewal

- PART THREE -

*your negative beliefs are  
your kryptonite  
but your unshakable  
faith is your superpower*

- ERYKA STANTON -

# LET'S LOOK AT YOUR INNER MEMES



So you want unconditional love, perfect health,  
buckets full of cashola and endless joy to rain down on  
you ...YEAH?

Of course you do- you're only human!  
For that to happen we need to clean out the

*junky*

Thoughts

Habits

Behaviours

that you have on replay that are sabotaging you from  
moving forward.

*But not anymore... So long suckers!!*

BE BRUTALLY HONEST. DOES YOUR INNER VOICE SOUND  
MAINLY LIKE A KICK ASS LIFE COACH OR A FEARFUL  
DISCOURAGING BULLY?

> In the space provided on the next page, take a moment to write out all the negative dialogue that goes on in your mind. What negative things does your ego spit out at you? Finish up by writing out all the wonderfully encouraging things your inner coach says to empower you! Write the positives as I AM statements. These will become your affirmations. (By the way the REAL you is your empowered self)

My SABOTAGING  
INNER BULLY says:

My EMPOWERING  
INNER COACH says:

I am not enough

I AM enough

•

# hand over the microphone to your inner coach

1. Inner Coach always knows best
2. Notice who is ACTUALLY doing the talking
3. Turn down the volume when the bully yapps on
4. Don't automatically BELIEVE Bully's BS
5. Stand up to THE BULLY. Challenge and debate the belief
6. Consider YOUR INNER COACH'S opinion always
7. Crank up the volume on INNER COACH'S  
awesome voice!
8. Look for proof to validate INNER COACH

## PICK A MAJOR GOAL + LET'S BREAK BARRIERS

These questions are designed to help bring into your conscious awareness any hidden reasons why you may be standing in your own way of achieving your goals. In order to manifest all parts of you need to be in alignment and working towards creating that which you wish.

Take the time to pick a long standing goal and work through these questions. Once completed, reflect back on what you have revealed may be standing in your way on a subconscious level.

Challenge your thinking regarding what was revealed. For example you may reveal that finding a perfect partner and having a relationship may mean a sacrifice in independence. This negative way of thinking and belief will definitely get in the way of you ACTUALLY attracting this so release that belief and replace it with something more empowering.

### GOAL

.....

*Explore all the known barriers preventing  
you from having this NOW:*

What do you believe is preventing you from  
having this now?



Why don't you have this already?

Is there a chance you may be a little afraid or nervous  
to have this? Why might this be?

What are the benefits of having this?

What might be the negative side about achieving this?

What are you afraid would happen if you achieve this?

What are the costs, sacrifices or changes that you would have to make in order to achieve this?

What negative perceptions or beliefs have been revealed to be standing in the way of you achieving your goal?

List 3 new more empowering beliefs you will live from that will empower you towards achieving your goal:

- 1.
- 2.
- 3.

YOUR WORD IS YOUR POWER  
SAY IT OUT ALOUD:

*i release all the words  
irrational fears and stories that  
are in my way*



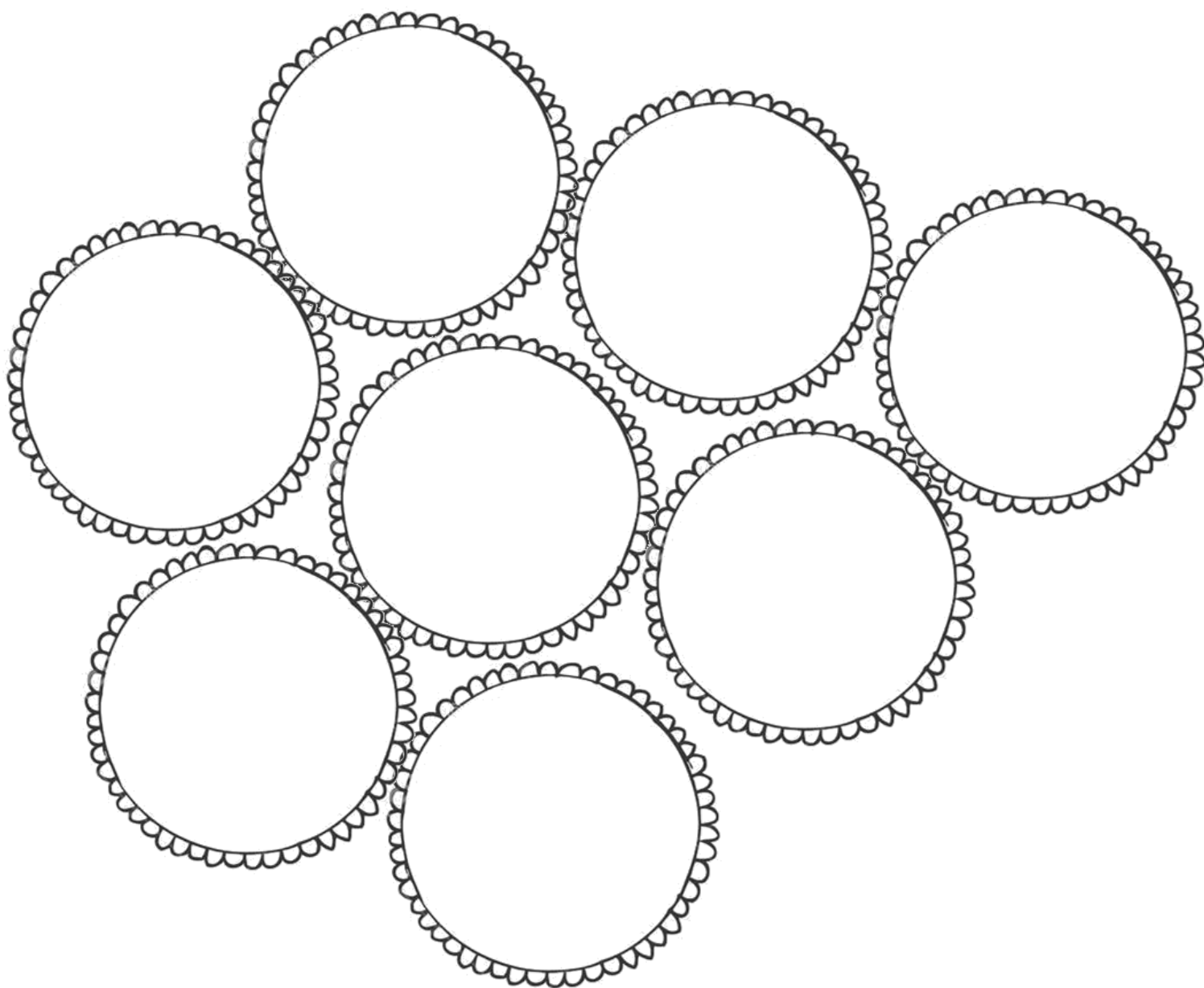
I trust the universe + surrender  
my fears to Divine will



FLY

# sabotage stuff to stop

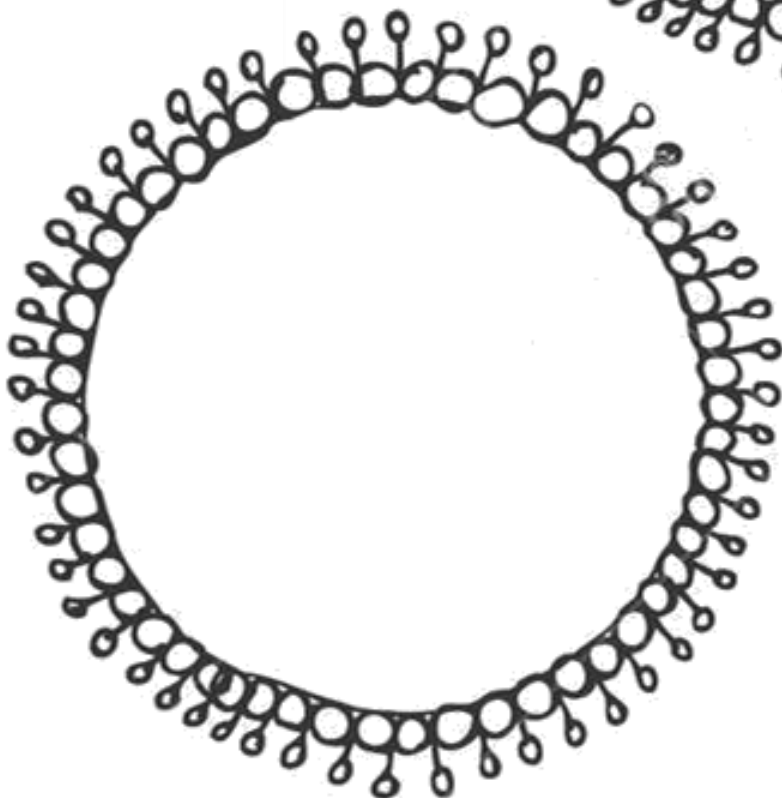
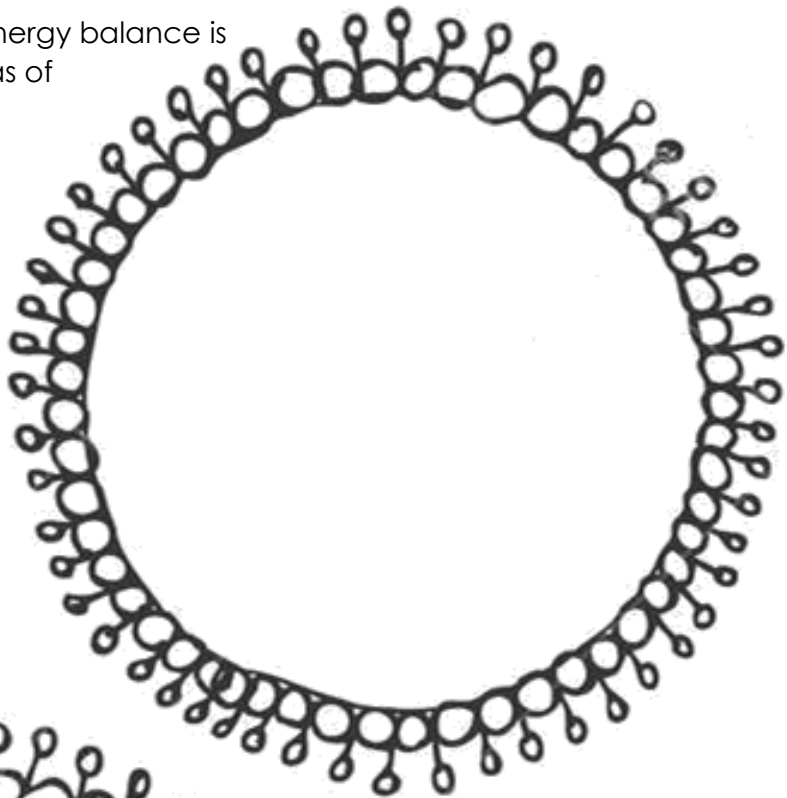
What do you need to quit in order to get to where you want to be? Write out what you will do instead below it in each bubble.



# LET'S GET YOUR ENERGY SORTED!!

*how do you currently spend your energy?*

Create a pie chart of how your energy balance is currently allocated across all areas of your life.



*how will you be using your energy?*

Create a pie chart of how you will create energy and life balance in all areas of your life. Remember this should support you in achieving your goals and be aligned to your new values!

# THE POWER OF *boundaries*

What 5 boundaries do you need to put into place to get to where you want to be?

1.

2.

3.

4.

5.

Tip: This could include having ritual days, setting working hours and sticking to them, scheduling digital detox time etc.

## *your cheer squad*

Think about who is on your team. Who will help you achieve your goals this year? Think outside the square. This could be family, friends, Life Coach, Personal trainer, Cleaner, Accountant, Designer. Naturopath etc.



# Making Magic Happen

- PART FOUR -

*raise your standards and the  
universe  
will meet you there*

- ERYKA STANTON -

# THE MAGIC OF *manifestation*

The secret is there is NO secret! It's just about cultivating a co-creative positive relationship with the universe.



If you want to create a brilliant life you must simply:

1. BE VERY CLEAR ABOUT WHAT YOU WANT
2. ASK GOD/SOURCE/UNIVERSE OUT ALOUD FOR IT
3. TRUST THE MESSAGE /ORDER IS RECEIVED
4. INTENSELY FEEL AS THOUGH YOU HAVE IT NOW
5. MAKE A PLAN ON HOW TO CREATE IT
6. ACTION THE PLAN
7. MAKE SPACE IN YOUR LIFE TO ALLOW IT
8. FOCUS ON ABUNDANCE NOT LACK
9. VISUALISE AND IMAGINE OFTEN

*supercharge it by*

**REMAINING SUPER DUPER THANKFUL AT ALL TIMES**  
SURRENDER IT WITH FAITH + TRUST  
BELIEVE WHATEVER IS TO BE YOURS WILL BE  
LIVE IN THE NOW

# imagine

This is where you allow your imagination to run wild. The more you allow yourself to have a full on sensory experience of the new reality you wish to create, the more you are anchoring the spiritual energy into a physical plane through your body. So take a moment now to choose a goal and visualise what you want. The trick is to really FEEL what it would feel like as though it is happening in this moment. Feel how this NEW REALITY feels on all levels of your being. Allow it to be real. Imagine. Relax into these new sensations and allow yourself to enjoy what it brings. Put this into words below.

What will you be feeling?

What will you be seeing?

What will you be tasting?

What will you be sensing?

What will you be hearing?

## USE THE POWER OF CREATIVE VIUALISATION

Just before you sleep your brain wave activity is in what is known as Theta State. As you feel yourself dozing off, take even just 60 sec to allow yourself to be teleported into a future time where you have what you want. Activate all your senses and see, hear, smell, taste, touch all that will be part of this new reality. Doing this before you sleep is a powerful time to manifest! Dedicate yourself to doing this as often as possible. The clearer and more emotional the experience, the more power behind your manifestation.

# ACHTUNG BABY

Remember not to make bratty demands that are not aligned with your HIGHER SELF otherwise you are cruising for bruising.

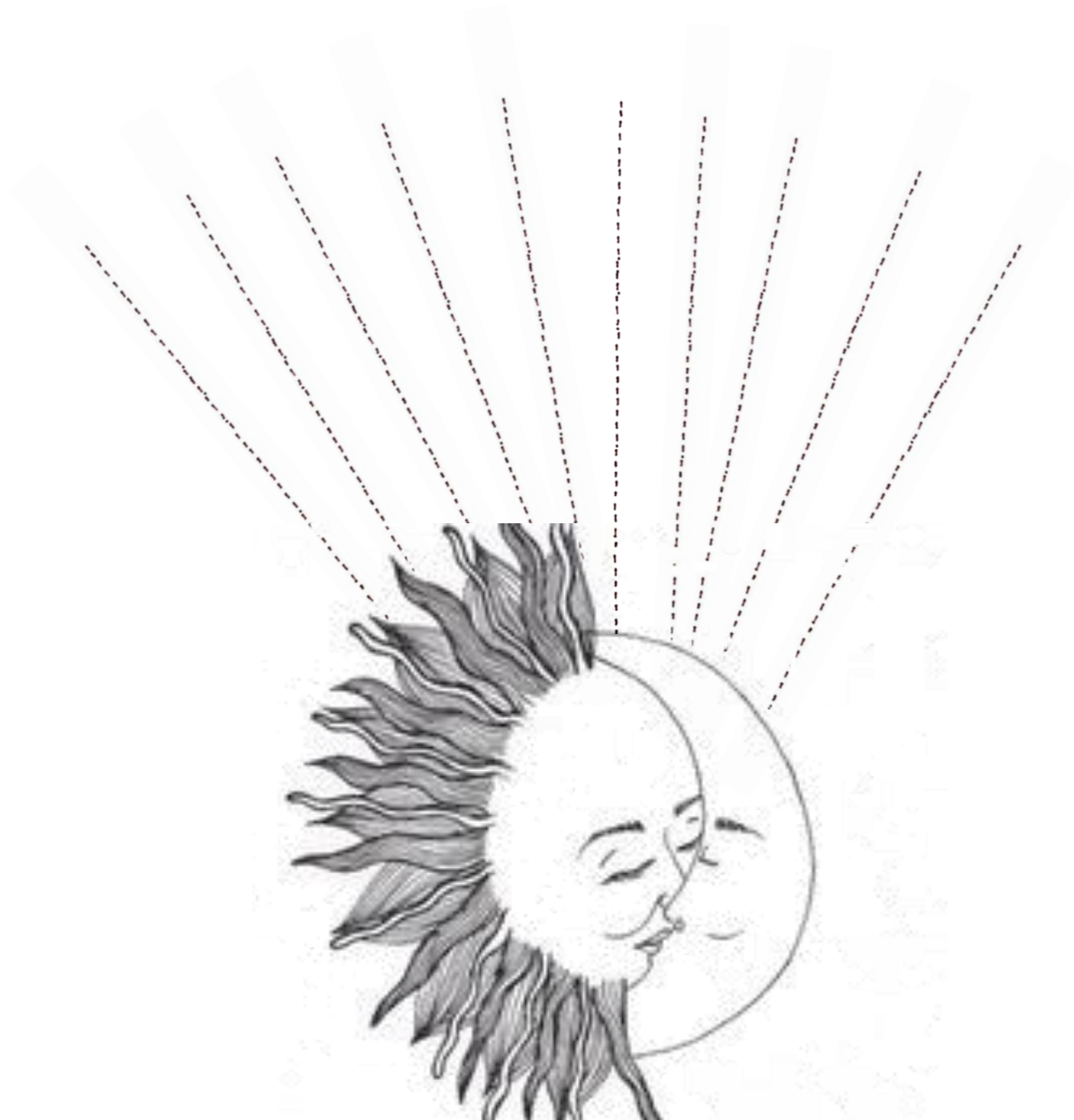
## IN CASE OF EMERGENCY


*de-stuckify yourself*

1. Go outside + smell the roses
2. Stare at your inspoboard
3. Take a breather and go for a walk
4. Sun-breathe
5. Have a shower- WASH OFF THE BAD JUJU
6. Eat chocolate or maybe something green actually
7. Sniff some Bergamot
8. Do some aum meditation
9. Change your posture

# magical vibes and goodies

What or who can you turn to for a good vibe hit when things get a little sucky or you feel low energy, stuck or running dry on creative juice?



The background of the image is a photograph of a sunset or sunrise. The sky is a gradient of colors, from a deep blue at the top to a bright orange and yellow near the horizon. The water in the foreground is a deep blue with gentle ripples. In the distance, there is a silhouette of a mountain range with several peaks. The overall mood is peaceful and contemplative.

*having faith in the future  
unlocks the power  
in the present*

- ERYKA STANTON -

# affirmations

## AWESOME STATEMENTS THAT COURSE CORRECT YOU

The 3 motto/affirmations I will live by in 2016 are:

- 1.
- 2.
- 3.

My empowering role model in 2016 is:

Teachers and mentors I would like to invite into my life:

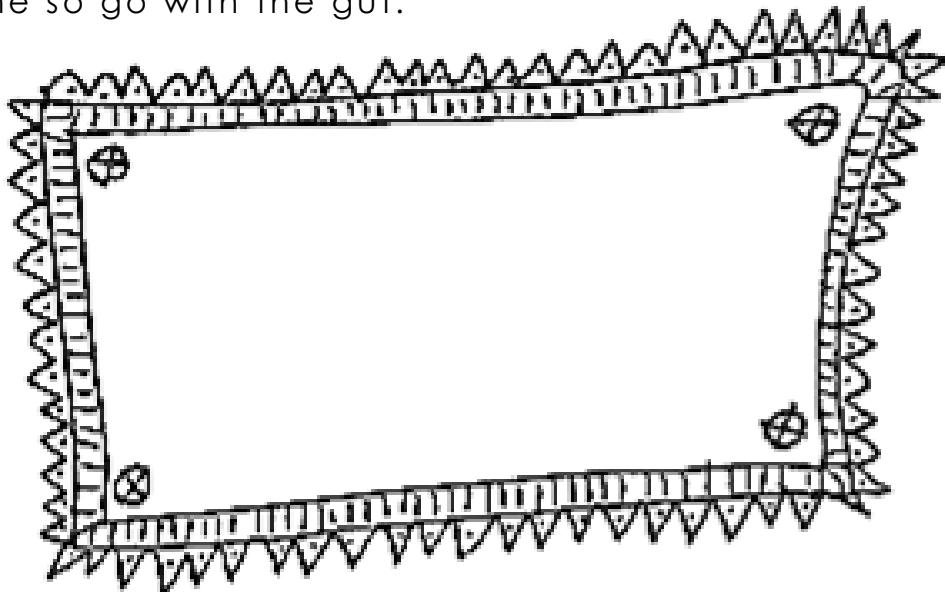
Books I will read in 2016:



# sacred

## POWER WORD

Words have power! Decide on a power word that will guide you and be a mantra in 2016. Your first thought is usually the best one so go with the gut.



**List 5 ways you will incorporate your power word into your life:**

- 1.
- 2.
- 3.
- 4.
- 5.





Meditation Mondays

Creative Tuesdays

Chill out Wednesdays

Yoga Thursdays

Healing Fridays

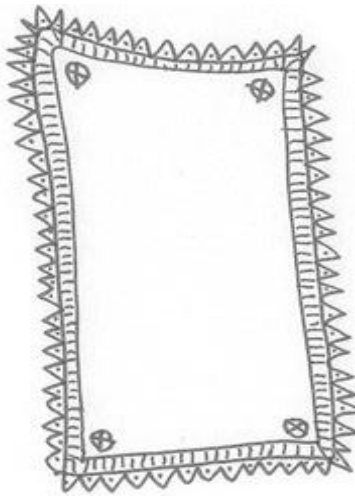
Social Saturdays

Spiritual Sundays

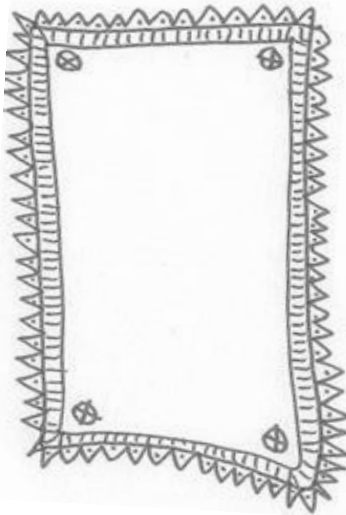
*My ritual days in 2016 will be...*

# 2016 oracle card guidance

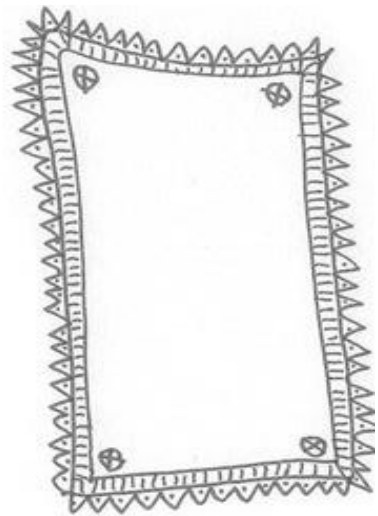
It's kinda fun to pick an oracle card for each month (any deck will do) and write in a prophetic message to guide your path. Take your time meditating to channel an accurate message for each month.



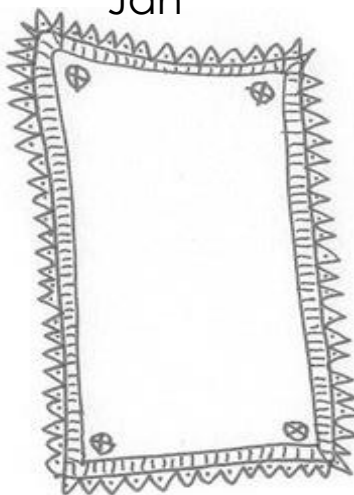
Jan



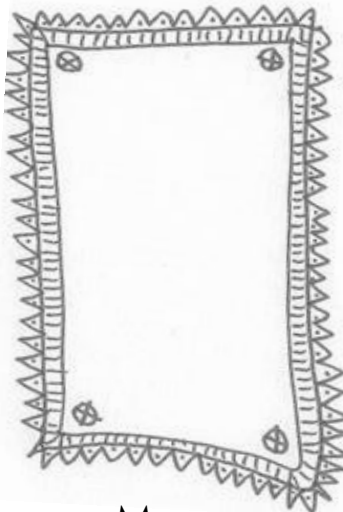
Feb



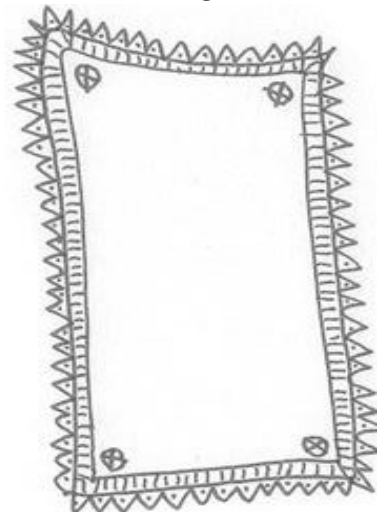
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Apr

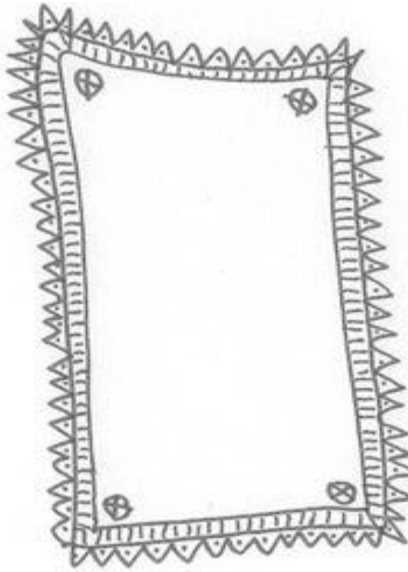


May

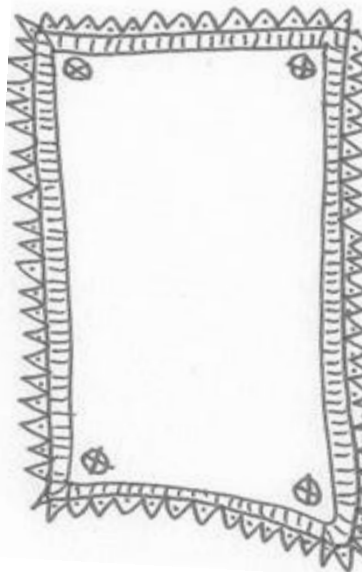


Jun

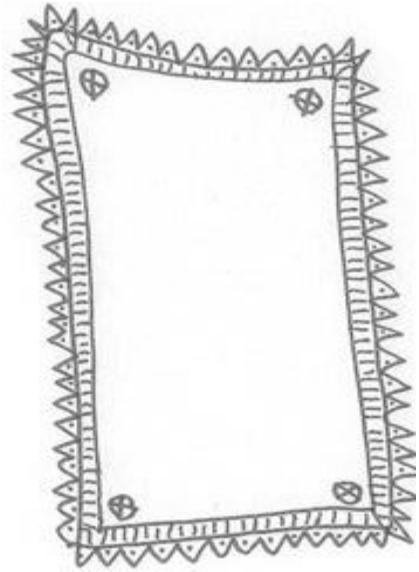
# 2016 oracle card guidance



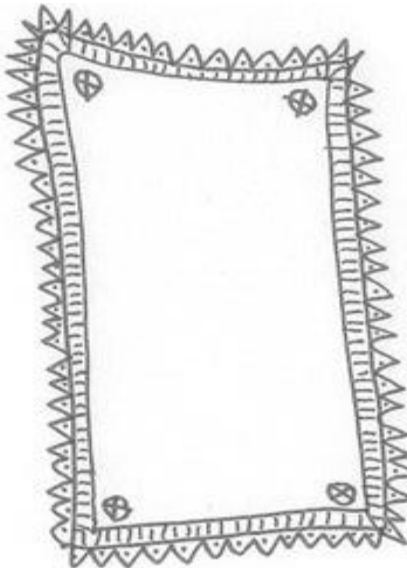
Jul



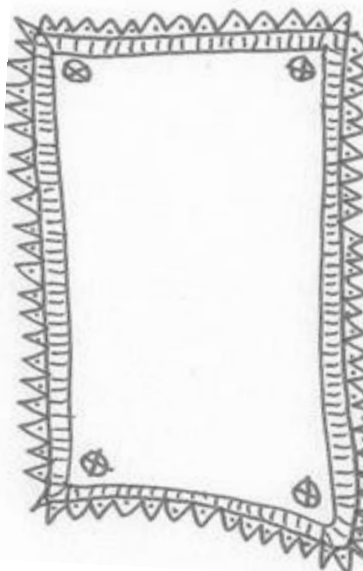
Aug



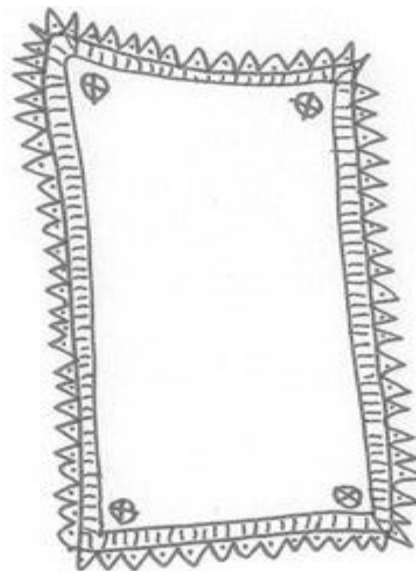
Sep



Oct



Nov



Dec

# inspo board

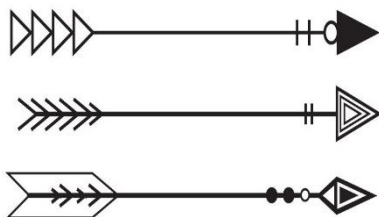
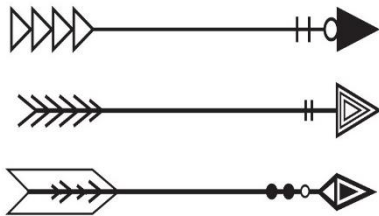
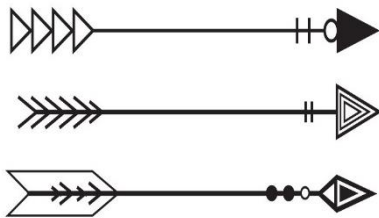
Did you know your unconscious mind is empowered mainly by images, symbols and pictures? It's not only fun to attach images to your dreams and goals, it's also really powerful! Looking at your 'dreamboard' regularly feeds your conscious and unconscious mind with instant inspiration that will drive you towards creating your ideal life. Play with images, photos, quotes, words or any other crafty things that speak to you. As you flick through things go with the gut. Cut stuff out that makes you feel something! They should also be directly related to your big badass dream. So get crafty and if you're more into digi-boards then go nuts on Pinterest, Instagram or any other online platform. Get creative- get wild!

## what you need



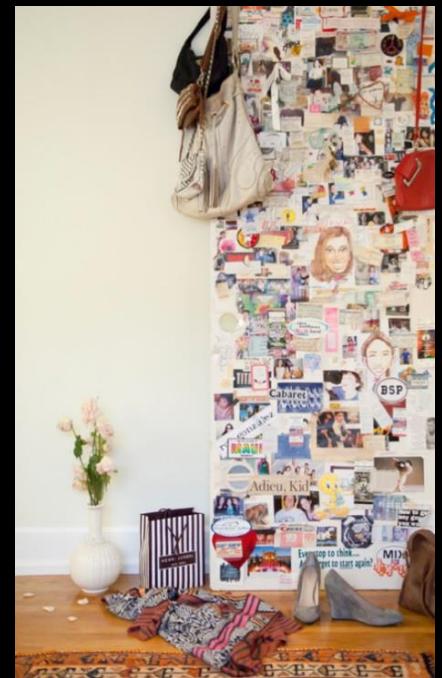
# things that i love

Write out at least 9 things you love. These could include colours, motifs, logos, shapes, patterns, symbols, images, magazines, plants, cars...basically anything you really love. By listing them below you can start brainstorming what kind of items you wish to place on your inspoboard that will really excite you.





# inspo board examples



# Now Go Kick Some Ass

You've set the wheels in motion for your goals to come true, your miracles to be made, your dreams to be born. The year is already off to a good start because you put in the time, energy & soul space to dream, create, cultivate, manifest & plan an amazing life.

Magic, goodness, love & abundance are on their way to you! Just remember, the more you revisit this workbook, the more you become intimate with these goals of yours, the faster they will happen. Now schedule your goals into your calendar and start NOW.

Even small progress is progress. By following this workbook, you're setting yourself up for increased productivity, prosperity & soul purpose. I believe in you & your dreams. You are so needed in this world, & you are a gift to all so get out there and MAKE MAGIC HAPPEN!

- ERYKA STANTON -  
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