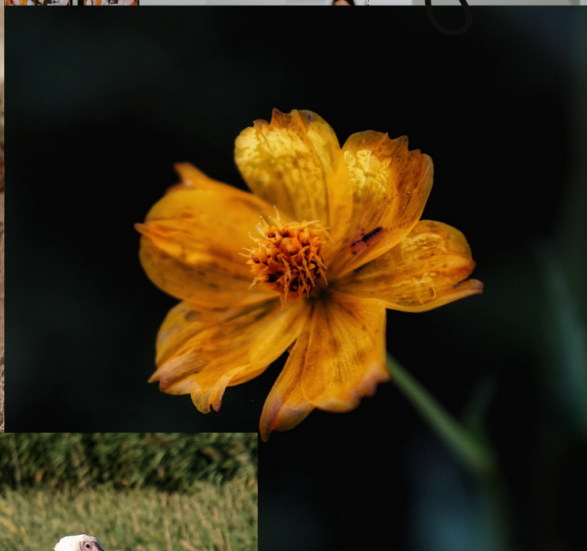


7 Days to Deliberate Creation



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7 Days to Deliberate Creation

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Tips for Taking the Quest

Way to go!! I just want to tell you that you are headed in the right direction. Once you learn how to think and focus your intention, you are going to be able to take control of the life you live.

This 7 day quest is going to explain how to wake up and start living deliberately and on purpose.

This quest should be taken after the [7 Days to Manifestation Quest](#). Many of the concepts talked about in this quest are a little advanced and not easy to understand without first learning the concepts from the Manifestation Quest.

If you are ready...

Just take this quest one day at a time. Focus on each day for the entire day to get the best benefit from this PDF.

It is best to create a journal or print out this workbook. If you print it out, you can use the notes and commitment statement sections without copying them into your notebook or journal.

You can also use the back sides of each of the printed pages for more notes or even creating your quest journal.

Again, way to go on learning how to make your life more fun and enjoyable. Pat yourself on the back, you deserve it.

Now, let's get started...

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Day 1 of the 7 Days to Deliberate Creation Quest



Hello Everyone and welcome to the 7 Days to Deliberate Creation Quest

This is going to be the perfect thing to learn after you take the 7 Days to Manifestation Quest. If you have not done that yet, then

please stop taking this quest and use this link to find out more about the [7 Days to Manifestation Quest](#).

I have a goal in life to teach as many people as I can to become deliberate creators. The truth is, we are all born creators. If you are alive and a human, then there is no way you are anything but a creator.

See, we are creating all the time. You are creating the life that you live. You create what friends you hang out with. You create what you eat, when you sleep, where you live, and so on.

I know...I know. I can hear you now... You think you decided all those things like, choosing who your friends are and what you want to eat. You are right. You did choose them and from there, you proceeded to manifest them so they could be a part of your life.

If you think about it, you will understand where I am coming from. We were given a freewill when we were born and through the use of our freewill, we get to choose the life we create and everything in it.

You are choosing with every breath you take, even if you are not aware of it. Every thought you have, every decision you make, every fork in the road, yes, everything you do in life is how you create your life.

I hope you are really understanding what I am saying. I am saying that you are always creating. You have been since day one and most of the time you have been doing it on autopilot.

Now you are learning how to focus your intention and to learn how to create in your life with deliberate purpose.

I truly do want you to become a deliberate creator. There are a few things you must learn in order to create with intention: to create on purpose.

This is what we are going to learn over the next 7 days. We are going to uncover what it takes to become a deliberate creator.

How are we going to do this?

Well, the first thing we will need is a notebook or some type of journal that you can write in. You could print out this ebook and use the blank back of each page to create a diary for this quest.

Then you will need to dedicate at least 10 minutes to this quest each day for the duration of the quest.

What is expected of you?

All that is expected of you is to read each post everyday, try what is offered, and do it all with a true intention to become a deliberate creator. Does this sound easy to you? Great!!

Ok... so today, get ready to start learning how to become a deliberate creator. Go get your notebook or print this Ebook and figure out what time each day you can dedicate to living for the better and making life more fun and enjoyable.

Notes _____

Commitment Statement

Please print (or write out), sign and date the commitment statement below. This is just a symbol of your commitment to yourself to learn how to become a deliberate creator. Please answer the question today and then come back to this page on the last day of the 7 day quest and answer the question again.

I, _____, promise to keep an open mind and a strong intent to learn how to become a Deliberate Creator. I will fully participate in all exercises challenged in the 7 Days to Deliberate Creation Quest.

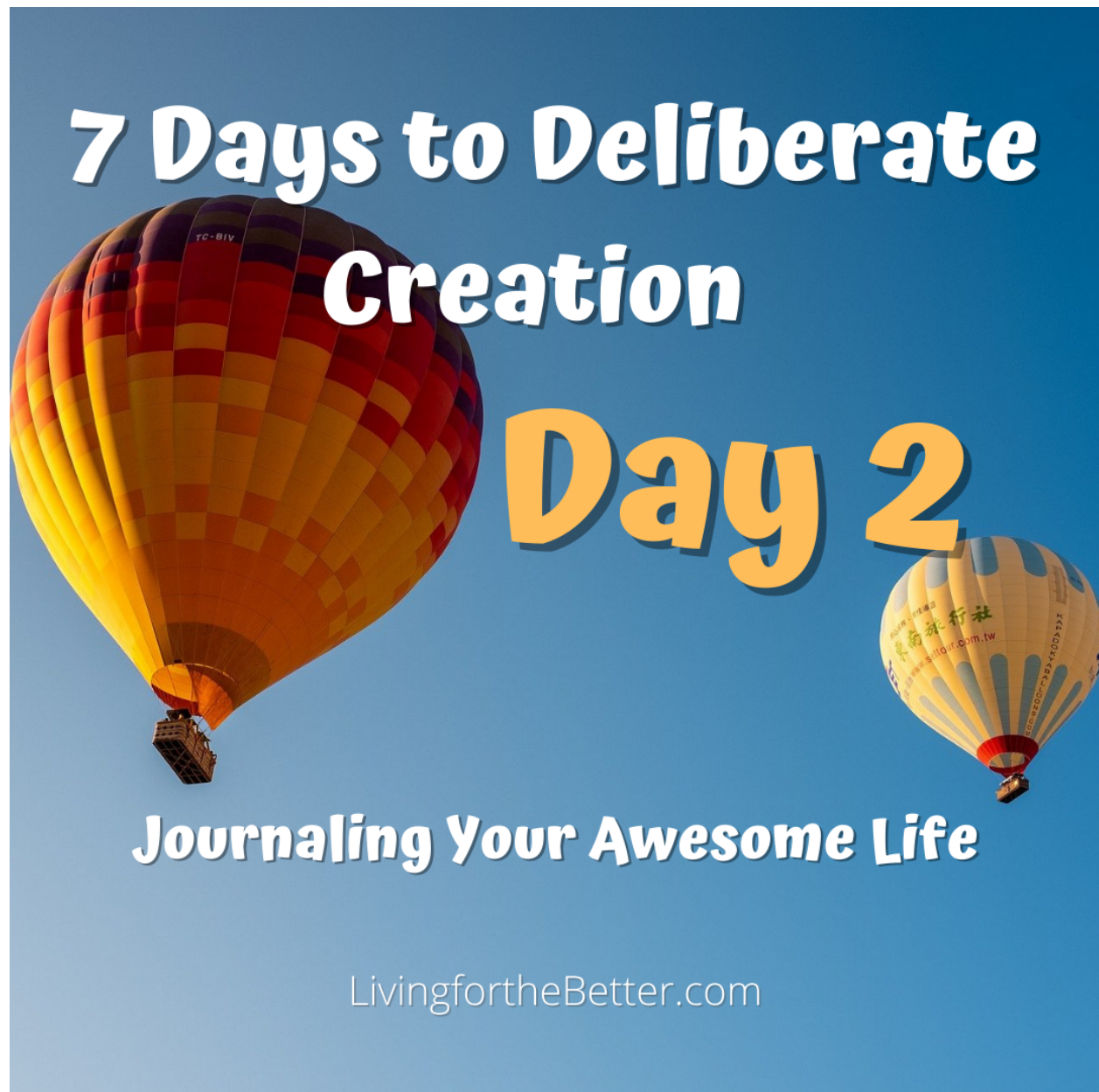
Date ___/___/___ X _____

How comfortable are you with your intentional creating ability?

1st Answer Date ___/___/___:

2nd Answer Date ___/___/___:

Day 2 of the 7 Days to Deliberate Creation Quest



**7 Days to Deliberate
Creation**

Day 2

Journaling Your Awesome Life

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Hello everyone and welcome back to the 7 Days to Deliberate Creation Quest.

Today I would like to talk about the power of journaling. There are many people out there who truly understand how great journaling can be.

Are you one of them? I definitely am one of those people. Let me tell you why journaling is so great for deliberate creation.

See, journaling has many benefits. When you journal you can write out things that are bothering you. It helps you see things from a different perspective when you write them out. Being able to read your thoughts on paper allows you to look at them from the perspective of a third person.

Journaling also helps you get your creative juices flowing. It is easier to brainstorm and come up with new ideas when you write down your plans, goals, and actions.

Another thing journaling helps with is manifesting and creating. You can fine tune what you want when you journal. Journaling allows you go into more detail about you want, can help you come up with better plans, and can help you see your options.

See, you cannot create with intention if you do not know what you want to create. If your ideas are vague, then there is more of a chance that you will create something close, but not exactly to what you want.

Imagine, you are wanting to make a cake. You know you want to make a cake but you are not sure what kind of cake you want to make. What would your next step be?

Would you just start throwing ingredients into a bowl or a pan and hope you make a cake just like you want?

OK, maybe you would. But, I think most people would start to research what kinds of cakes they can make, figure out what kind

of cake they want, and where to get the ingredients to make the cake they choose.

Is this how you would do it?

OK, this is what I would like you to do today. Today, I would like you to come up with what you would like to create during this seven day quest.

But, before we go on much further, I need you to follow the Creation Recipe and write down these steps to creation in your notebook or in your notes and then do the following worksheet.

Step 1) Use thought to come up with something you desire.

Step 2) Manifest what you need to make or obtain to create what you desire.

Step 3) Begin creating what you desire.

Once you write down these 3 steps, then declare what you want to create by copying this worksheet into your notebook and taking 10 minutes to fill in the blanks.

What do you want to create?

Write down why you want it. What about it is going to make your life more fun and enjoyable?

Can you get more descriptive of what you want? Can you list the color of it, the smell of it, or how it sounds?

Put as much detail into what you desire to create as you can... and then add a little more.

To become a deliberate creator, one that creates what he or she intends, you need to use journaling to help you truly figure out what it is that you want to create.

Your journal will help you pinpoint what you truly want. It will help you go from creating with vague ideas to creating with sharpened fine-tuned skills that help you create exactly what you want.

Through your practice of journaling, you will no longer create something on accident or create something not as good as you intended.

Talk with you again tomorrow.

Notes _____

Day 3 of the 7 Days to Deliberate Creation Quest



7 Days to
Deliberate
Creation

Day 3

Following the Advice
of Your **RAS**

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Hello everyone and welcome to day 3 of the 7 Days to Deliberate Creation Quest.

Have you figured out what you would like to create? Do you want to create something new or are you looking forward to obtaining something already created like money or things?

It doesn't matter what you want to create. You will be able to create it with the right intention. Now, this next part is going to be the hardest for most people.

I would like you to not worry about how you are going to create what you desire. It is not your job to figure out how to create it. Your job is to decide that you want to create it and then hand it over to the universe to show you how.

Can you believe you are going to start creating something without knowing how you will create it?

Once the universe goes into action for you, you will be given ideas you can use to create what you desire, but right now... Just ask and allow it into your life.

Let me share something with you... (This is the greatest part about being a natural born creator.)

You have been creating all your life already without knowing how you were going to create anything... See, you have already been doing this your entire life and you were probably not even aware of it.

So, the only thing that is going to change after these 7 days is your awareness. You are now going to be aware that you are creating. So now, you can create on purpose instead of on autopilot.

So, how are you going to create on purpose without knowing how you are going to create? This is the easy part.

Now that you have wrote down what you want to create, the universe will start manifesting the steps you need to take. Your RAS is going to go into action and it will start showing you ways to create what you desire.

Once this starts happening, this is what you will be doing.

Instead of creating, you need to write down all the things your RAS points out to you.

Do you remember what your RAS is? If you are not sure what it is and how it works for you, then please read this [free PDF about your RAS](#).

What the Law of Attraction and your RAS is going to start doing for you is: help you become aware of things in your environment that will help you create what you desire.

You might overhear someone talking about what your desire or something that could lead to what you desire.

You might see something on a billboard or on television.

You might get an email or see an advertisement on social media. There are so many ways that the LOA and your RAS could deliver information that can help you create what you desire.

This is another great reason to carry your journal. You will really want to carry your notebook with you so you can write down any ideas that the universe, your RAS, and the LOA give you.

You really are going to want to write them down. You may be able to remember each idea at first, but eventually you will be given so many ideas that it will be hard to keep up with them.

Alright, I cannot stress enough that you need to remember that we are not going to start creating yet. We will start that later this week. Right now, just focus on writing down all the ideas that life gives you.

Don't worry about getting too many or not enough ideas. That is not going to happen. You have four more days this week to keep getting information and ideas from your helpers: the universe, the LOA, and your RAS.

I will talk with you again tomorrow.

Notes _____

Day 4 of the 7 Days to Deliberate Creation Quest



Hello everyone and welcome to day 4 of the 7 Days to Deliberate Creation Quest.

Has your RAS helped you come up with any ideas? Have you been writing them down?

It's OK if you have missed a few of the ideas that the universe has thrown your way. Don't beat yourself up. Just do yourself a favor and don't let the next ones slip by.

Don't trust yourself to remember. How many times has that worked for you in the past? I mean, you try to remember to get eggs at the store and you come home with half the store and you still forgot the eggs, right?

OK, maybe it is not eggs, but something like this has happened before because you trusted yourself to remember and you didn't write it down, correct?

I ask you this as your friend. I am not judging you. Don't judge yourself. We all have done it.

I have done it plenty of times. This is why I can relate so easy, because yes... I have done it too. Not joking.

Today, just keep up the good work on not trying to create your desire. Just keep collecting information about what you are trying to create and Write It Down.

I know you might not understand where i am going with all of this, but please just hear me out and keep playing along. Keep expecting to find out more information about what you want to create and write it down when you do.

Remember, Just like you, I do want you to become a deliberate creator and as we go through this process, you will have an "ah-ha" moment that lets you manifest how easy it is to create with deliberate intention.

I hope you are as excited for you as I am!

Alright, this is it for today. Just keep on your toes and be diligent with your note taking. Before you know it, you will be creating what you desire with less effort than ever before.

I will talk with you again tomorrow.

NOTES: _____

Day 5 of the 7 Days to Deliberate Creation Quest

7 Days to Deliberate Creation

Revisit Your Creation Description

Day 5

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Hello everyone and welcome to day 5 of the 7 Days to Deliberate Creation Quest.

Alright, Way To Go!!! You have made it far into this quest. Many people would have given up already, but not you. Pat yourself on the back and share this virtual hug with me. You are doing great.

So, for the past two days we have been writing down ideas as they come to us about what we want to create. Has anything you have wrote down over the past couple of days helped you fine-tune what you want to create?

Go back and read what you wrote on day 1. Remember, I asked you to be as descriptive as you could about your desire? How has that changed now?

I am sure that you have a better idea of what you truly want to create. You can probably visualize your idea with more clarity than you could before.

This is great!! This means you are even closer to creating what you desire.

Today is goin to be an easy day. There are only two things to do. First, all you need to do is to continue filling in the details of what you desire in your notebook. Get as clear as you can about what you want.

Revisit the questions we answered on day 1 and day 2 and answer them again with the clarity you have gained over the past few days.

Second, keep paying attention to clues given to you by your RAS, the universe, and the Law of Attraction.

Write all of these things down in your notebook and give yourself a smile. You are doing great. You are a success. Be proud of yourself. What you desire is right down the road and around the corner.

I will talk with you again tomorrow.

Day 6 of the 7 Days to Deliberate Creation Quest



Hello and welcome to day 6 of the 7 Days to Deliberate Creation Quest. This has been an exciting week so far. How are things going for you? Have you been getting any signs or being lead in the right direction yet?

Does it seem like magical things are happening to you?

Today is the day when I normally begin to get the most inspired. It seems like starting on the 6th day, the amount of inspired action doubles in quantity.

It's like my RAS is fine-tuned to what I am looking for and I can almost see it in everything I look at.

Sometimes it happens sooner, but normally, right around the 6th or 7th day, I find a lot of inspiration throughout my day. But, I have had a lot practice at this.

Don't get upset with yourself if it seems like your RAS is not working this fast for you. Remember, we are creating a new skill. Sometimes you need to practice doing it a few times before it becomes easy: like riding a bike or learning to walk.

If you need to learn how to manifest, then please take the Quest: 7 days to Manifestation and then come back to creation.

Today is a fun day of the quest. Today is the day you get to start thinking about creating what you desire.

Before you go there, are there any more details about what you want to create that you need to write down? Write down all of the ideas and points of inspiration that come to mind in your notebook.

Brainstorm what you want to create and write down anything that comes to mind.

Maybe these questions can help you brainstorm:

Can you picture it in your mind? Can you draw it? Can you describe it? Do what ever you can in your notebook to represent your desire: draw it, write it out, build it... whatever creative way you can model the idea.

Now that you have done this exercise, you can probably pinpoint everything about what you want to create. You probably know if it has a color, what that color is, how big the item is, what it smells like, and what the item is for.

Today, look at all the information you have about what you desire.

Now, ask yourself, "What is a step you can take to create what you desire?" Be honest and it doesn't matter if it seems silly. What do you believe is one step you can do that will help you get momentum on your creation?

Write that step down in your notebook once you figure it out. Then commit to doing the step by using the worksheet below.

Commit to accomplish this step within the next 2 days by writing out this commitment statement in your notebook and then signing and dating it.

I, _____, Commit to Accomplishing

By this Date ___/___/_____

X _____ **Today's' Date** ___/___/_____



Alright, that's all for day 6. Have fun with this step. Today is the first day we actually put in some action towards creating the thing we desire. Yay!!

I am looking forward to hearing from you tomorrow.

Notes _____

Day 7 of the 7 Days to Deliberate Creation Quest



Hello everyone and welcome to day 7 of the Deliberate Creation Quest.

Well, how has this last week been for you? Have you accomplished your first step?

If not, then don't quit. Don't worry, you cannot fall behind. This quest is all at your own pace.

If there is something you are having trouble with, then please ask by emailing me at asdabbi@yahoo.com or go back to that part and try to figure it out again.

Now that you have accomplished the first step to creation, it's time to repeat the process on the next step and the next, and keep doing this practice until you finally do create what you desire.

Just take it one step at a time.

It can take as many steps as you think it will, or may learn an easier way to do it. Remember, you are the one creating it as you go along. You cannot help but create.

What Do You Do Now?

Since you must create, then create on purpose. Don't leave what you create up to chance all the time. Practice creating with intention.

From this day forward, every time you accomplish one of the steps you believe you need to take to create your intention, celebrate the success, choose the next step and set the intention into action with another commitment statement.

You now know you can truly create whatever you desire. Just let your RAS, the universe and the law of attraction know what you want and allow it to manifest into your life.

Thank you for taking the time to learn how to become a deliberate thinker. It is important that we all learn how to think on purpose and to learn how to intentionally think something into existence.

I hope you have enjoyed this class. I will talk to you again soon.

Notes _____

