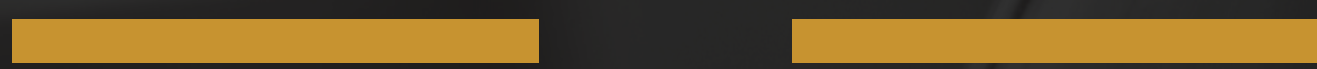




7

DAYS



H O W T O M A N I F E S T

Y O U R

D R E A M S I N 7 D A Y S

C A T H E R I N E E T R O T T E R

TABLE OF CONTENTS

Day #1 - Detox

Day #2 - Creating New Habits

Day #3 - Rediscovering Your WHY

Day #4 - The 12th Round

Day #5 - Give Your Day an Assignment

Day #6 - Dawning of a NEW Day

Day #7 - Execute

Now is the time to be released from anything that is toxic and choking your dreams from manifesting.

As you read 7 days open your mind and enter into a new journey. The next 7 days will transform your life to manifest your dreams.

Day #1 – Detox

....the journey begins

When you choose to get this, you took the first step to “Detox” areas of your life that no longer serve you. On day number one it is time to rid the body and mind of anything that is toxic or unhealthy for you to manifest your dreams.

When you enter into a detox phase of your life it will be a process to abstain from that which has kept you in a toxic box. You are now entering into a period that you will purge your life from unhealthy environments.

One may ask how long can the detox process take? It will vary for person to person.

Understand that your journey is unique unto itself and cannot be compared to anything else.

The removal of toxins from your life will feel like you are being torn apart because you have been so interconnected with the toxin that it has tricked your brain that you need it.

You must enter into a phase that you allow your body to convert into a healthy functioning being.

What is in your space that has an influence over you that is causing you to operate in a toxic mindset?

We must enter into a phase of our life that we learn how to quickly eliminate toxins around us. As a leader you must analyze the symptoms that you are experiencing from the toxins that are in your space.

When you engage on the detox process you will experience common detox symptoms; that will make you want to confirm back to your old habits. Sometimes you might feel irritable and have challenges sleeping because your mind and body is going through changes.

The Formula to Detox

The Detox process requires for you to release weights that are holding you down. This requires clarity of focus and understanding what your personal mission is for your life. For you to be an effective leader or business owner one must eliminate unwanted waste around you that continues to infect your mind with negativity.

What can hinder your Detox process?

Staying in the same environment will slow down the detox process.

Still operating in your old habits which leads to poor functioning can slow down detoxification process.

Just like bacteria can breed in a natural environment, bacteria can also breed in your mind that can have a negative impact on creative thinking.

What steps should you take?

Feed your BODY with healthy food that can stimulate creative thinking.

Feed your MIND by reading at least 30 minutes per day that can enhance your skill set.

Decrease Your Intake of TOXINS around YOU

Get Active and EXECUTE on your GOALS Declutter Your Mind

Cut Out the Toxic People in Your Life.

Be intentional about SURROUNDING yourself with people of POSITIVE influence.

Review your GOALS daily.

Physically get RID of any CLUTTER around YOU.

The background of the image shows two potted aloe vera plants. One is a larger, mature plant in a light-colored, textured pot on the left. The other is a smaller, younger plant in a clear glass tumbler on the right. The scene is dimly lit, with a window blind visible in the background.

Detox

Yes, this is your season to no longer be held in a box that continues to infect your very core with toxins that stifles your creative nature from blossoming into your authentic self.

Day #2 - Creating New Habits

Congratulations you have now advanced to Day #2!

Today, keep an open mind and embrace new possibilities for you. It is time for you to create from an unfiltered space in your life that calls forth those dormant talents and skills imbedded in you to manifest.

It is time to create and bring into existence all those dreams you have seen since childhood for yourself. The only way to manifest those dreams is to create new habits that will put you into a constant state of manifestation of your dreams.

Call to Action.....

What have you been putting off for years that you need to get done? Yeah, that thing is what I want you to start working on today and creating an execution plan.

For so long you have played a character in a role that does not fit you. To play a role of a character just to appease others has caused you to form habits that has prevented your dreams to manifest.

It is time to write down on paper your ideas that will produce your dream. Yes, it is time to build and assemble the picture that have been playing like a trailer to a movie in your mind. Now, the act of creating your dream into a reality will require creative and innovative thinking. Throw away the old habits that have quenched creative expression in your life.

That unique idea that you have been sitting on got caught up in the web of your old habits. It is now time to evolve.

It is time to manifest that new thing that the world is waiting to see. What you possess on the inside of you no one has introduced it to society yet. It is time for that unique thing to be uncovered and discovered by your target audience that is waiting for it.

What you are about to release does not currently exist and you can help someone else chart a new course in life.

What you are about to release will be state of the art and relevant for this present day to help advance the next person to create new habits in their life. When you create new habits for yourself and manifest your dreams you will feel like a newborn all over again emerging into life for the first time.

It is time to produce!

In life we have formed habits that have been a normal practice in our life that we have practiced repeatedly till it has become a natural process to how we react to situations in life.

Some may call habits rituals that have either been taught to you or through modeled behavior you have picked up traits. At different points in your life triggers

will attempt to revert you back to old habits. I suggest that you get into a rhythm of working on your goals and executing on your goals every 7 days, which will create new habits.

It is time to create a new routine that will manifest your dreams. A habit can either be healthy, unhealthy, or neutral not serving a purpose at all. Yes, it is true that our habits are the basis to living a productive life or the downfall.

What residue from your past will continue to impact your life from manifesting your dreams if you do not create new habits?

Think about your.....

Motor habits: how you physically react to situations Intellectual habits: how you mentally react to situations Habits of character: how you emotionally react to situations

To be successful, you must develop regular daily and weekly healthy habits. For the habits to stick it must be reinforced by consistency. Stay focused and do not allow anything throw you off course.

Creating New Habits

As you read this book you have officially started to create your new habit that will chart a new course for you. As you chart your new course know that not only will your life change, but it will change the lives to whom is attached to your life.

GOOD HABITS

Day #3 - Rediscovering Your WHY

Congratulations you have now advanced to Day #3!

Today we will rediscover your WHY. It is time to unearth that which has been hidden for a long time. Challenges in life unfortunately breed paralysis which causes people to ignore or completely forget their why.

It is time to restore, retrieve, rescue, resume, recoup, salvage, reclaim, retake, repossess, redeem, recapture, and reoccupy your WHY!

It is time to "uncover" your WHY again and EXECUTE!

A lot of time we do not execute on our why because we are out of balance. Yes, my job in this book is to provoke you to awaken to your authentic self and evoke your why.

Stop trying to belong to associations and circles that have nothing to do with your why. Our associations are vital and interconnected with the execution of our dream.

It is now time to create!

Stop right now and write down your why and describe how your why will impact lives.

Your why is the cause, the reason and purpose for which will have an impact in your life and millions.

It is now time to take ownership of your why and watch the things needed to manifest your why will be attracted to you.

Your WHY will evoke emotion in yourself and others which will cause a ripple effect to occur which will bring forward everyone to manifesting their dreams.

MY WHY IS.....

Write to the hidden part of you that you forgot about because life got in the way!

As you begin to write do not allow doubt to creep up in your mind.

Do not allow self-consciousness to hinder forward movement.

Do not allow the naysayers stop you. Do not allow your past to stop you. Do not allow inadequacy to stop you.

Do not say I do not have all the resources so I cannot manifest my dream.

Do not live in the abyss of excuses.

Start living a new normal that express who you truly are.

YOU ARE MADE FOR THIS JOURNEY!



MY WHY

Even when it hurts to keep pushing forward when you do not see your WHY turning into a reality it is important to reflect on why you got started and then fall back in love with your mission.

Day #4 - The 12th Round

Congratulations you have now advanced to Day #4!

You the real MVP!!! You have been in the boxing ring of your life and when someone wanted to count you out you got back up strong.

Now, you are about to enter the 12th round that will manifest your destiny. I want you to think about the past 11 years of your life and now think about the present year you are in.

What challenges did you face the past 11 years?

What did you try to manifest in the past 11 years, but it did not turn into reality?

Well today is the start to the 12th round and the bell has been rung. Can you hear your purpose calling you?

Can you see the people that is attached to your dream?

As you enter your 12th round to manifesting your dreams know that you have the tools to go the distance. Know that even when the blows come your way that you will not get knocked down because you are a champion.

Champions always arise to the occasion! Yes, people in audience of your life thought that last punch was about to take you out but the warrior in you stood up.

The dream that you see must go past the pain that you feel in the 12th round. Know that what lies ahead is about to reveal yourself to yourself of what you thought you could not do.

The question you must ask yourself now is do you believe in you? It does not matter what other people think of you because they do not intimately know what you have been through and how you have mustard up the strength to hold on.

Yeah, it's time to take give that last punch. See your opponent and knock out everything trying to hinder you from manifesting your dreams.

The next several days I want you to reflect on the number 12 and what that symbolizes in your life as you reflect on the past 11 years and this current year.

AFFIRMATIONS

One

I am Chosen for this Battle

Two

I will make an "Agreement" with MYSELF not to QUIT

Three

Every Morning, Noon and Night, I see my DREAMS manifesting

Four

My season is about to CHANGE!

Five

I see MYSELF for the first time

Six

I am Born to Lead

Seven

I am a Gift

Eight

I am walking into New Beginnings

Nine

Yes, I got 9 lives and I am not done yet!!

Ten

Do not Count Me Out

Eleven

The Final Frontier...I see my DREAMS turning into a reality.

Twelve

I see a Shift happening in my LIFE

.....12

Yeah....they counted you out....Yeah....no one thought that you would even make it this far....Yeah at times you even doubted yourself! But today you are charting a NEW course for your life.

Day #5 - Give Your Day an Assignment

Congratulations you have now advanced to Day #5!

So why does it matter any way to be intentional about having a structured day?

Well, your day will get away from you....the week will get away from you....the month will get away from you....the quarter will get away from you and then December arrives and you will look at yourself in the mirror and say where did the year go?

Do not allow your time to get away from you to the point that you think it is beyond the point of no return.

We all have twenty-four hours in a day. Every day a unit of time is set aside for you to manifest your dreams. Sometimes we feel that our dream is stuck between midnight and daybreak and the thing that will set it apart is giving your day an assignment that will help bring your dream to a reality.

You have entered a particular period of time for you to execute on your dream. During your midnight season before your dream manifest you will see sparks of light throughout the night reminding you that you are close. I want you to hold on to that because the dawning of a new day is near.

The time between sunrise and sunset is a unique opportunity for you to create action steps that will help you manifest your dreams.

When you give your day an assignment it is important to create intervals of steps that you will execute every 7 days.

When you give your day an assignment you fuel your dream. When you give your day an assignment you will have no lack.

Give yourself a task today that will connect to your overall dream. Become a student of your dream and dissect every aspect of it. Do not wait for anyone to give you an assignment you assigned yourself and become the authority leader over your dream.

Whatever you are called to is directly connected to your daily action steps.

Types of Assignments to Manifest Your DREAM

Daily participation is required to invest into yourself. Start to create a list of daily action steps for you to complete over the next 7 days and 7 months. It is important to be very descriptive about your assignment....remember the more details the clearer your execution will be. When you write out your action steps create a check box that can be checked off as each task is completed. Create a 7-month project that will help propel your dream forward and take the next 7 days to map it out. As you execute on your assignment it will increase your capabilities. The more you can stay consistent on each assignment the more your dream will start to develop.

The 7 Day Process (Infrastructure)

Step 1: The Planning Phase.

Step 2: Analyze the Task that Lies Ahead.

Step 3: Write up a Draft of your Ideas. Step 4: Research Potential Partners.

Step 5: Write out your 7-month action step.

Assignment

My Assignment is going to propel me into my place of destiny...!

I will no longer put off what I need to do because I understand the importance of each day!

Day #6 - Dawning of a NEW Day

Congratulations you have now advanced to Day #6!

Your dawning experience has begun. You are now waking up to the dawning of a new day. It is the beginning phase of seeing your dreams manifest. You have the front row seat to see it appear before your eyes.

Your dawn is your "become day". Becoming into what? Your DREAM! The dream that you have been waiting on is finally at reach. You are entering the twilight zone just before daybreak and the sun is about to rise on your dream. Look to the horizon that is in the direction of your dreams and follow it.

At What Time Does your Dawn Start?

Are you paying attention to the clues in your life that signal the season has shifted?

Dawn starts in the eve of the beginning of your dream when it is still just a fuzzy picture in your mind and then time pass and the sunset starts to clear up your vision and you see the horizon of your dreams.

What is the hour before dawn called? "oh-dark hundred" or sometimes "zero-dark hundred". Are you in your "zero-dark hundred" hour?

YOUR NEW DAY IS UPON YOU.....

BREATHE IN....BREATHE OUT....WALK INTO IT....

Dawn Affirmation

I see you peaking through the night skies waiting for me to accept who I am.

Day #7 - Execute

Congratulations you have now advanced to Day #7!

GOOD MORNING 2 THE LEADER IN YOU

You have now identified new habits that you can execute on to manifest your dreams.

On this day execute on your assignment for today. This day carry out and put your strategy into action.

Chart your course that will have an impact on you, your family and your business for years to come.

Chart the order for your day that is based in knowledge and strategy. Know that your dream carries weight and it is about to be released.

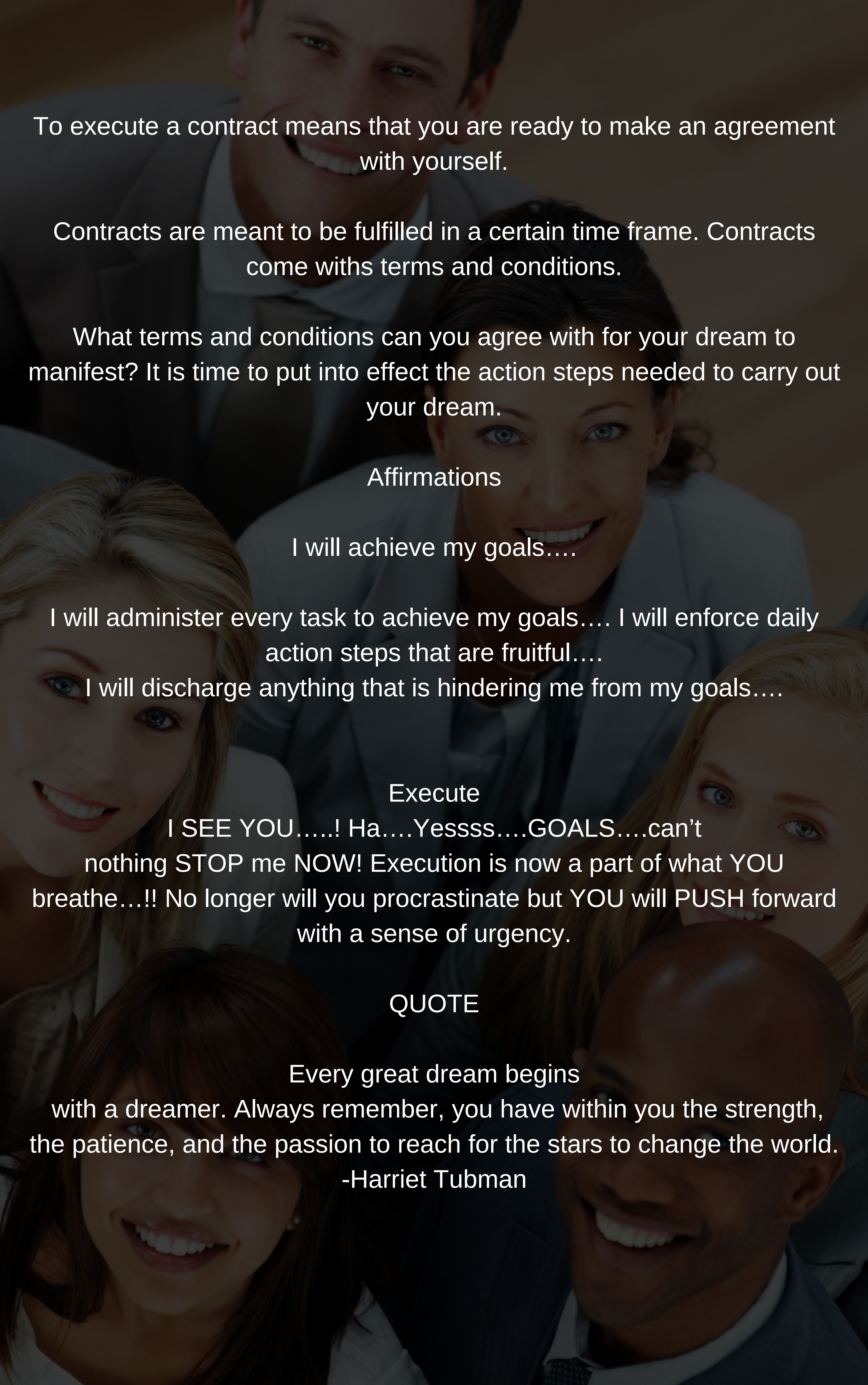
There are a series of task you need to execute to stay on course.

What is it that you specifically need to carry out today?

Seven

months down the road what will you say you was able to accomplish? This is the time to perform at optimal level in your life. No more playing it small because you are worried that it might offend someone else.

It is time to execute a contract on your dreams and sign off that you are ready to begin your journey.



To execute a contract means that you are ready to make an agreement with yourself.

Contracts are meant to be fulfilled in a certain time frame. Contracts come with terms and conditions.

What terms and conditions can you agree with for your dream to manifest? It is time to put into effect the action steps needed to carry out your dream.

Affirmations

I will achieve my goals....

I will administer every task to achieve my goals.... I will enforce daily action steps that are fruitful....

I will discharge anything that is hindering me from my goals....

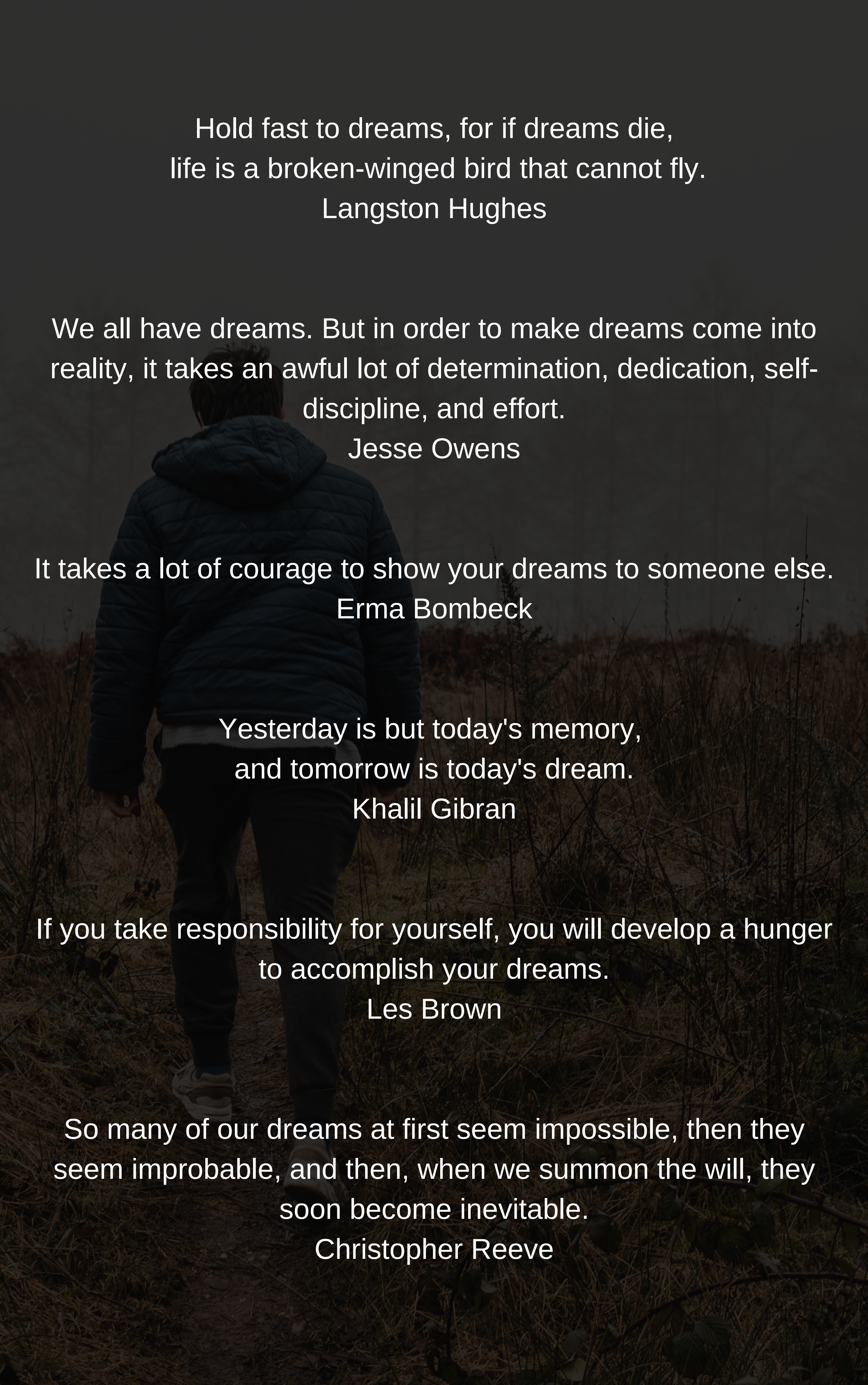
Execute

I SEE YOU.....! Ha....Yessss....GOALS....can't nothing STOP me NOW! Execution is now a part of what YOU breathe...!! No longer will you procrastinate but YOU will PUSH forward with a sense of urgency.

QUOTE

Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world.

-Harriet Tubman

A person wearing a dark, quilted jacket and dark pants is walking away from the camera through a field of tall, dry grass. The person is centered in the frame, and their back is to the viewer. The lighting is dim, suggesting a dusk or dawn setting.

Hold fast to dreams, for if dreams die,
life is a broken-winged bird that cannot fly.

Langston Hughes

We all have dreams. But in order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline, and effort.

Jesse Owens

It takes a lot of courage to show your dreams to someone else.

Erma Bombeck

Yesterday is but today's memory,
and tomorrow is today's dream.

Khalil Gibran

If you take responsibility for yourself, you will develop a hunger to accomplish your dreams.

Les Brown

So many of our dreams at first seem impossible, then they seem improbable, and then, when we summon the will, they soon become inevitable.

Christopher Reeve

ABOUT THE AUTHOR

Catherine E Trotter is an accomplished author, transformational speaker, and business consultant. She is a sought-after speaker for conferences and strategic planning for growing businesses. She is the Founder of House of New Beginnings, Inc., and visionary for the Speak Life Tour. She authored “Community Engagement from Concept to Implementation, 8 Steps to Unlocking Your Creative Ideas” in 2014 and “Metamorphosis Shadow” in 2018. In 2022 Ms. Trotter released her 3rd book ‘Journey Back 2 Me’. Ms. Trotter is the CEO of Strategic Collaboration Network, LLC and NB Diversity Enrichment Academy, LLC.

BOOKING INFORMATION

Catherine E Trotter

443.799.6529

ct@catherinetrotter.com

www.catherinetrotter.com

