



YOUR MODERN MYSTIC

MINDFUL MANIFESTING MAP



ELEVATE YOUR LIFE BY CLARIFYING YOUR PERSONAL & PROFESSIONAL GOALS

Successful and soulful people often find themselves overwhelmed and pulled in all directions by responsibilities galore with less time than they would like to live life with intentionality, self care and pursuits that nourish their spirits not to mention their bodies & psyches. Yes, I'm addressing you!

Often we can get caught up in the allure of novel goals and aspirations that quickly fade without an actionable game plan. Does this situation sound familiar to you?

To achieve an exceptional life without succumbing to overwhelm and burnout, consider utilizing my Mindful Manifesting Map. This personal approach that I use, helps me maintain concentration on my paramount projects throughout the year and tend to my body, mind and spirit too. Now is the moment to start concentrating sharply on what genuinely matters to you for the upcoming 12 months as a way to effectively bring it to fruition to create a more mindful & successful life.



-Kilkenny

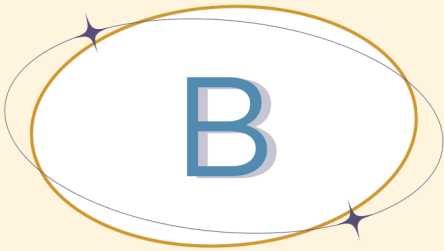


ABC's

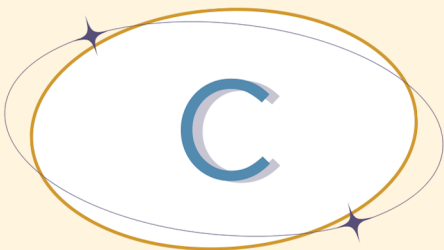
This pithy & powerful process will clarify your most important goals on the inside and out — in 3 simple steps I call the ABC's:



Allow. Allow every and all ideas of what you want to flow out of you.



Breathe into the ones that excite you.



Craft & Calendar a game plan with actionable steps to realize these aspirations.





Step A: Allow. Allow every and all ideas of what you want to flow out of you.

Detail each and every extraordinary aspiration, objective, and dream from your mind onto the page! In this stage, jot down all that you aim to achieve, realize, or undergo in the upcoming 12 months. Refrain from editing or restraining yourself. Don't pause to contemplate, "How can I possibly accomplish all of this?" Just record it without hesitation. When engaging in this brainstorming exercise, consider categorizing your thoughts into three arenas: personal, relational, and professional aspects.

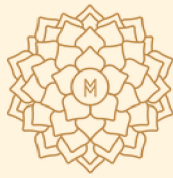


FOR PERSONAL ASPIRATIONS:

Further reflect on specific accomplishments in areas such as health, fitness, self-care, finances, and personal development. Contemplate what you want to learn, practice, create, or contribute. Additionally, ponder the changes you desire for your home, surroundings, or personal self.

Intentions to support my body:





Intentions to support my mind:

Intentions to support my spirit:

Intentions to support my home:



FOR INTERPERSONAL ASPIRATIONS:

Which relationships do I want to develop, refine or put energy into? Which relationships do I want to put less energy into? What visits, trips, or adventures do you want to plan with friends, family, or a significant other over the next 12 months? What specific experiences, shifts or developments do you want to have in your relationships?

I want to pour more energy into these relationships and in these ways:

I want to pour less energy into these relationships and in these ways:

I want to do these activities to enhance my relationships:



FOR CAREER / BUSINESS / SERVICE ASPIRATIONS:

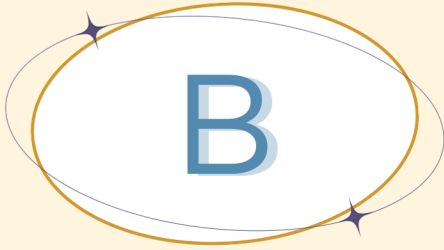
What goals or projects do you want to hone in on in your professional / service life? Do you want to create a podcast, start a new business, become your own boss, network more or do some new volunteer work and give back in some way?



My two main professional goals for the next 12 months are:

The two action steps that will move the needle forward with these goals are:





Step B: Breathe into the ones that excite you.

Now review the list of all of your goals and read them one-by-one aloud or to yourself. Try not to judge them ahead of time or as you are reading, but have a “beginner's mind” and read them as if you have never seen them before. As you do this, which ones cause you to feel the most feelings? A spark of excitement or maybe a little twinge of fear? Highlight these as you go and make note of them. Now you will have weeded some out. Then contemplate the goals and ideas you have left and ask yourself:

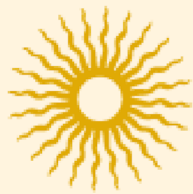


Which of these will give me the most meaningful and profound results in my life?

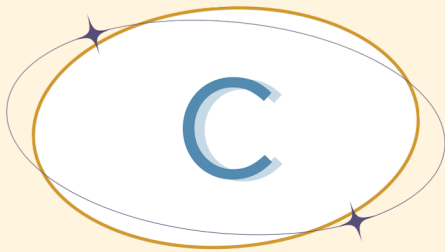
What aspects of myself will need to grow and to stretch to make the above goals happen?



Often the dreams that really make us feel that spark...and also that require us to push ourselves a bit out of our comfort zone are worth keeping. Also, successful and ambitious people often have an extreme amount going on, so know the ones you leave behind are not gone forever, just not a focus for right now! So challenge yourself to really hone in and thin your list out.



Write down these goals that seem the most potent and important to you in this moment of your life:



Step C: Craft & Calendar a game plan with actionable steps to realize these aspirations.

If it's not scheduled, there is a more likely than not chance it won't happen or that you won't consistently follow through.

Take your curated list of goals, actionable steps and visions and enter into this twelve-month sheet below.

First add things that take place in a particular timeframe i.e. a trip or preparing for a holiday where you would launch something for a business. Then add the rest of the items to a respective month and if one requires several months, put them there. Some habits you might want to have added each month. Rearrange them until they are all accounted for.

Then consider how you can add these actually into your work and personal life calendars. If it isn't scheduled, it isn't real. Maybe set a time or day to go rock climbing each week/month or a designated time to write 30 min. of your book. Perhaps make a scheduled time to meditate each day for 1-3 minutes. Whatever your personal and professional goals are, treat their actionable steps like valuable appointments that you would not miss!




MINDFUL MANIFESTING MAP


MONTH 1



MONTH 2



MONTH 3




MINDFUL MANIFESTING MAP


MONTH 4



MONTH 5



MONTH 6



MINDFUL MANIFESTING MAP

MONTH 7



MONTH 8



MONTH 9



MINDFUL MANIFESTING MAP

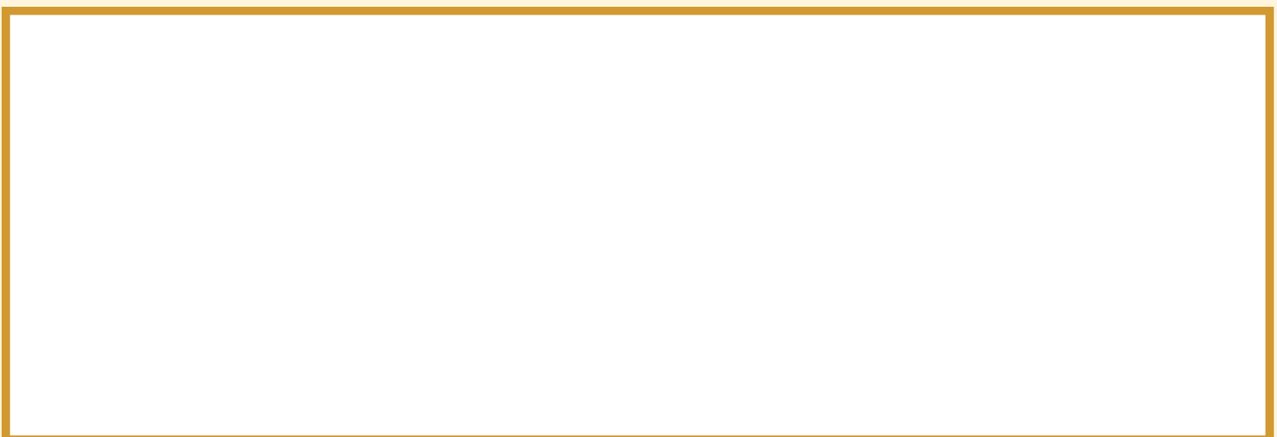
MONTH 10



MONTH 11



MONTH 12



Consider printing the above sheet out and taping it to your office wall or refrigerator, somewhere you can see it daily.

What we focus on daily creates our reality, so now you have a map to the destination of where you want your life, use it!

Wishing you much inner and outer abundance and success!



VIBRANT VENUS ELITE COACHING FOR SUCCESSFUL & SOULFUL WOMEN

ELITE COACHING

Are you yearning to take your life, practices, career, business, intuition and/or understanding of Self to the NEXT level of abundance? Ready for a thoughtful game plan & wise support curated just for you? Join me on a journey of insight & inspiration as you unlock stuck places within & without. I have a client base of executives, doctors, teachers, professional artists, lawyers, entrepreneurs & seekers of all walks of life!

Your life is your masterpiece and getting the guidance and support of a seasoned spiritual savvy life mentor can make all the difference.

Elevate the art of living your life. Discover your complete sovereignty as you fully embody your highest Self & come into alignment with your life's complete potential.



In each session, I will curate tools and practices specific to your goals and temperament, and help you cultivate your known and unknown gifts. Using tools from the Celtic & Tantric yoga traditions, intuitive & psychic development worlds, I will guide you skillfully towards your seen and unseen power. We will unearth unconscious belief systems & patterns at their roots as well as dismantle your blocks and limiting belief systems.

Each customized intuitive coaching session will be specifically designed to support you with your personal, spiritual and/or professional aspirations. They can include:

Business Strategizing
Astrological Insights (from your natal chart)
Mindfulness
Shadow Work (including Ancestral Healing)
Inner Child Work
Journeying & Meditation
Developing Psychic Abilities
Energy Management
Creating Ritual
Breathwork
Tarot Cards
Meditation
Connecting with your Guides & Spirit Team

I have spent over a decade and a half showing people how to embody and access their higher Self & intuitive gifts in order to create their life and work in this world from a space of magic & excitement instead of from a place of burnout and exhaustion.

For more information:
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