

GOING ANNAWHERE

A 7-DAY STARTER JOURNEY

The *Transformation* Toolkit

Seven days of journaling, breath, movement, meditation and manifesting practice. Built to move you out of chasing and into attracting.

BEFORE YOU BEGIN

You don't need to *try harder.*

Most people chase money, love and opportunity from a body that feels unsafe and a mind that won't go quiet. The effort itself becomes the signal: something is missing.

This toolkit works on the conditions underneath. A calmer nervous system, clearer desires and steadier attention change how you act, what you notice and what you allow in. That is what attracting looks like in practice.

Over seven days you'll use five tools: journaling prompts, a weekly challenge, a guided meditation, manifesting practices, and breathwork with somatic movement. Each day takes 15 to 20 minutes.

HOW TO USE IT

Print it or keep a notebook alongside. Do one day at a time, in order, ideally at the same time each day. If you miss a day, continue where you left off.

A MESSAGE BEFORE YOU BEGIN

Start *here*

Watch this short welcome before Day 1. It walks through how to approach the next seven days.



Tap the video to play · [Watch on YouTube](#)

From chasing *to attracting*

Chasing

Urgency. Scanning for proof it isn't working.
Over-giving, over-planning, over-thinking.
Acting to relieve anxiety.

Attracting

Steadiness. Noticing what is already working.
Clear asks, clean boundaries. Acting from a
settled body and a clear decision.

01	Peace	Breathwork · Journal
02	Gratitude	Weekly challenge begins · Journal
03	Clarity	Manifesting · Journal
04	Calm body	Somatic movement · Journal
05	Quiet mind	Guided meditation · Journal
06	Love	Manifesting · Journal
07	Magnetize	Scripting · Reflection



DAY 02 · GRATITUDE

Train attention toward *what is already here*

Chasing runs on a sense of lack. Gratitude is the practical counterweight: it teaches the brain to register evidence of enough, which is the state that attracts more.

WEEKLY CHALLENGE · DAYS 2 TO 7

Each night, write three specific things that went well and why they happened. Specific means "a stranger held the door and I felt seen," not "my family." Keep going through Day 7.

JOURNAL

What do I have today that I once asked for?

Name what you want, *precisely*

Vague desires produce vague action. Clarity gives your attention something to recognize when it arrives.

MANIFESTING · 10 MINUTES · THE CLARITY LIST

1. Write one clear want for each area: money, love, work, home.
2. Beside each, write the feeling you expect it to give you.
3. Circle the feeling that repeats. That feeling is your real target.

Money

Love

Work

Home

JOURNAL

*If I trusted this was on its way, what would I stop doing?
What would I start?*

Release what the *mind can't reach*

Stress is stored as physical tension. Moving it through the body tells the nervous system the threat has passed, so you can stop bracing and start receiving.

SOMATIC MOVEMENT · 7 MINUTES

1. **Shake, 2 min.** Feet hip-width. Shake hands, arms, then legs. Keep it loose.
2. **Pause, 1 min.** Stand still. Notice tingling, heat or heaviness.
3. **Hold, 2 min.** One hand on the chest, one on the belly. Exhale longer than you inhale.
4. **Ground, 2 min.** Press your feet into the floor. Name five things you can see.

JOURNAL

Where do I hold tension when I want something badly?
What did I feel after shaking it out?

You are the one *noticing the thoughts*

Freedom from the mind isn't the absence of thoughts. It's the distance between you and them. Read this through once, then practise it with eyes closed, or record it slowly in your own voice.

GUIDED MEDITATION · 10 MINUTES

Sit comfortably. Let your eyes close. Take three breaths, each exhale a little longer.

Notice the next thought that arrives. Don't follow it. Just label it: *thinking*.

Picture the thought as smoke. It rises, shifts shape, thins out. You stay where you are.

Each time you get pulled in, notice that you were pulled, and return to the breath. That return is the practice.

Before you open your eyes, say quietly: *I am not my thoughts. I am the one who notices.*

JOURNAL

Which thought kept returning? Is it a fact, or a habit?

DAY 06 · LOVE

Receive from a
place of worth

We tend to accept the love, money and opportunities we believe we deserve. Today you gather evidence that you are worth receiving.

MANIFESTING • 10 MINUTES • EVIDENCE OF WORTH

1. List three moments you were chosen, supported or cared for.
2. Look in a mirror and say: *I am allowed to receive*. Notice any resistance without arguing with it.
3. Do one deliberate act of care for yourself before the day ends.

JOURNAL

If I already believed I was worth receiving, what would I ask for? What would I no longer accept?



DAY 07 · MAGNETIZE

Write from the life *that's already here*

MANIFESTING · 15 MINUTES · SCRIPTING

Date the entry one year from today. Write in the present tense, as if it has happened. Describe an ordinary morning, your work, your relationships, your money, and how your body feels. Use the feeling you circled on Day 3. Stay with the details.

Today is _____

This is the *starting line*

You've now used every tool once. The shifts that last come from repeating them, adjusting them to your patterns, and having support when old habits return. Take stock before you go further.

What shifted this week, in my body, my mind or my days?

Where did I meet resistance?

What do I want more guidance with?

BOOK COACHING

TRY THE GPT

JOIN A RETREAT

YOUR NEXT STEP

You're ready. *Keep going with support.*

The fear of starting is behind you. What comes next is consistency, and a guide who can see the patterns you can't. Choose the format that suits you.

ANYTIME, ON YOUR
OWN

The Goinggannawhere GPT

A custom guide built on this method. Daily prompts, meditations and next steps tailored to what you're working through.

RESERVE YOUR
CUSTOM GPT

ONE TO ONE

Private coaching

Personal guidance to clear the specific blocks between you and the money, love and opportunities you want.

BOOK COACHING

IN PERSON

The retreat

Days away to practise these tools in depth, with guidance, in a setting built for rest and reset.

EXPLORE
RETREATS

VISIT GOINGANNAWHERE.COM