Clear Path to Mindful Manifestation

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Use the CLEAR framework to combine mindfulness with deliberate goal-setting.

What this guide covers

- Center attention and identify intentions.
- Align everyday actions with goals.
- Practice releasing attachment to a particular outcome.

Who this is for

For readers exploring this topic.

Putting the ideas to use

Choose a relevant exercise and adapt it to your circumstances.

Book details

Format: Guide. Pages: 15. Words: 1092.

Download availability: After payment, download the complete ZIP package or the included PDF separately.