



Funny  
Shares same interests

# The Man Plan

YOUR *Soulmate* BLUEPRINT TO *Love*

Generous  
Loving

FORMULA FOR  
SUCCESS

Adventurous

ASCENSION TOOLS TO MAP OUT YOUR YEAR  
TO ATTRACT YOUR SOULMATE

Trustworthy

Big Heart  
Supportive

MAN PLAN FORMULA FOR SUCCESS

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# MAN PLAN FORMULA FOR SUCCESS

Loving

Big Heart

ASCENSION TOOLS TO MAP OUT  
YOUR YEAR TO ATTRACT YOUR  
SOULMATE

*Ascension:*

The act of rising to an important  
position or a higher level.

Generous

Adventurous

Supportive

This is your year! By being here you've sent a powerful message to the universe that you are ready to rise up and get what you want!

Loves me for me

Step one to getting what you want is *knowing* what you want! And then, taking it a step further and breaking your core desires into manageable

Trustworthy

## MAN PLAN FORMULA FOR SUCCESS

goals and action steps. We want you to be able to look back a year from now and see and celebrate the tangible results you've manifested in your new life!

There is no perfect number of projects, but I recommend only choosing two big projects for the year and doing them well. We're all different regarding capacity, our current circumstances, and our ambitions. Use your judgment and trust your instincts. Less is more.

Make your list of projects and goals and begin to transfer items into each month. (Or months for longer term projects.) Make your Self Mastery the primary goal because that will include attracting your ideal man.

Start by adding projects or events you know must take place in a particular month that will help you to ascend towards your intention of meeting your ideal man. For example, if you know you're going to redo your profile and take photos in August, add that to your calendar. Include other important projects or events that are required in your business and personal life during certain months (i.e. tax time, travel, and dating, etc.)

Next, go back to your To-Do List and Task/Goals project list and add one major item to each month in your calendar. If you know a goal or project will span several months, add it to as many months as needed. Keep adding your projects to the calendar until you have all of your yearly goals and projects accounted for.

Be aggressive but realistic. Remember, new projects always take longer than initially expected. Like launching a profile!

When you're done with this planning exercise, you'll have a clear map of the most important projects and activities to accomplish during each month this year in a concise calendar format. Then use the Ascension image to write down your goals for a visual image that you can connect and refer to over the course of the year to stay on track and not chase shiny pennies!

## MAN PLAN FORMULA FOR SUCCESS

Having a simple, broad overview of your most important projects, goals, and events over the next 12 months will radically increase your ability to stay on track. This tool helps you make better, wiser decisions when conflicts arise. It can also help you avoid derailing your own projects and spinning into overwhelm by blindly saying yes to additional projects that, as is, you don't have the bandwidth for.

Most importantly, this tool can help you stay focused on what's most important in each individual month instead of having a million random goals roaming around in your head — scattering your focus from what you've already said is most important for your life.

Once you feel confident about how your year is mapped out, transfer that information into any device, planner or digital calendar tool that supports your daily work.

Here's to a fantastic year!



Jaki Sabourin  
CEO Engaged at Any Age®





# MAN PLAN – FORMULA FOR SUCCESS

Identify your strengths and weaknesses or your frequency you are sending out that may not be in alignment with what you want in a partner and change that without changing the core of who you are.

**Secret one:** Identify and change your frequency.

What you send out is what you get back by the law of attraction. *Ascension Plan (what you want).*

Figure out your blocks: Dog Doo Document. Know your strengths and weaknesses. Be clear on your vision.

**Secret Two:** Determine your **VALUE and WORTH** and make an internal shift and change your vibrational frequency at the right time, so you attract the right man to you.

How fast do you want to attract your soulmate?

**Secret Three:** Uncover your **TRUE authentic Self** to feel confident in who you are and NOT repeat past mistake that held you back, and YOU WILL manifest your soulmate.

**CERTAINTY** creates your **BELIEF**, which is the **FORMULA** for your success!

## VISION---BELIEF---ACTION---RESULTS

You get results in your mind first, and visualization is the KEY!

MAN PLAN FORMULA FOR SUCCESS

Answer these questions with Sentence Completions:

*What is unique about you?*

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*What are your strengths and weaknesses? Weaknesses are where you need to focus on the most.*

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*What triggers you the most?*

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# NOTES

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# TO-DO LIST

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## Step 1-Top 10 Most Important Tasks/Goals

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

## Step 2-Top 5 Most Important Tasks/Goals

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## Step 3-Top 3 Most Important Tasks/Goals

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



MAN PLAN FORMULA FOR SUCCESS

JANUARY	FEBRUARY	MARCH
APRIL	MAY	JUNE
JULY	AUGUST	SEPTEMBER
OCTOBER	NOVEMBER	DECEMBER



# SOULMATE VISION

## Visualization Technique to Affirm Your Desired Outcome: A Step-by-Step Guide.

Visualization techniques have been used by successful people to visualize their desired outcomes for ages. The practice has even given some high achievers what seems like super-powers, helping them create their dream lives by accomplishing one goal or task at a time with hyper focus and complete confidence.



In fact, we all have this awesome power, but most of us have never been taught to use it effectively. Elite athletes use it. The super rich use it. And peak performers in all fields now use it. **That power is called visualization.**

The daily practice of visualizing your dreams as already complete can rapidly accelerate your achievement of those dreams, goals and ambitions.

Using visualization techniques to focus on your Soulmate Vision and desires accomplishes **four very important things**. Using visualization techniques to focus on your goals and desires accomplishes **four very important things**.

## MAN PLAN FORMULA FOR SUCCESS

- 1.) It **activates your creative subconscious**, which will start generating creative ideas to achieve your goal of attracting your soulmate.
- 2.) It **programs your brain** to more readily perceive and recognize the resources you will need to achieve your dreams.
- 3.) It **activates the law of attraction**, thereby drawing into your life **the people, resources, and circumstances you will need to achieve your goals**.
- 4.) It **builds your internal motivation** to take the necessary actions to achieve your dreams.







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MAN PLAN FORMULA FOR SUCCESS

WHY:

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