



A period for creation and celebration. Our GM Action Steps allows you to manifest the life of your dreams. Your Coach will be there to reveal, encourage and support you continue your transformational Gabriel Method journey.

GM ACTION STEPS

- Listen to the Positive Manifestation Visualization every afternoon
- Practice a Daily GM Break “Manifestation Moment”

Continue to live your new GM lifestyle through adding your Action Steps learned so far:

- Improve the quality of your Sleep (Check for Sleep Apnea)
- Listen to a Visualization every morning
- Listen to a Visualization every evening
- Drink more water
- Add the Big 3
- Continue with suggested GM Supplements (as needed)

Jon recommends these GM Programs as they are specific for helping you master this modules GM Action Steps:

