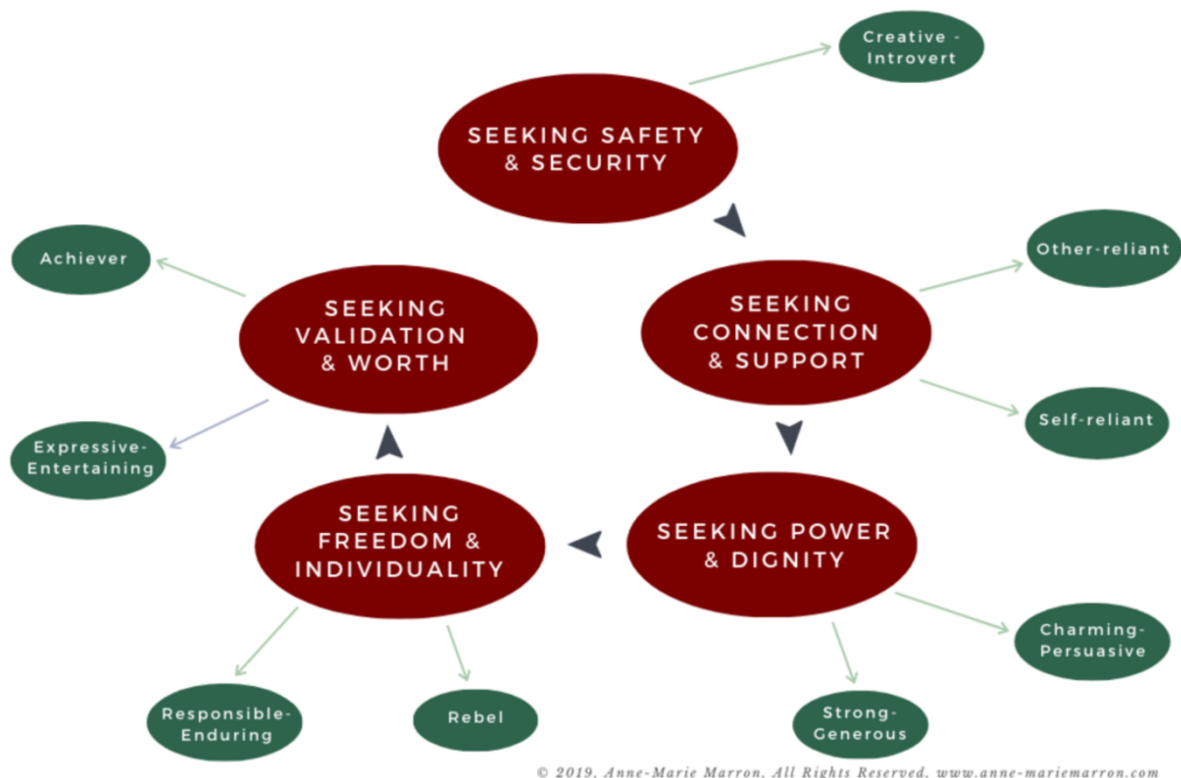


WELCOME TO THE 21 DAYS DATING CHALLENGE!

HI! Welcome to Day 8!

We can all see it, we attract the wrong person but that person comes into your life for a reason. But if you don't notice your patterns, you'll make the same mistakes again. It is about focusing on what you want and stepping away from what you do not want.



TODAYS LESSON - Day 8 – PATTERNS AND HABBITTS

So you need to change what you don't want. Think about what you don't like about that pattern. Change it by thinking what you want, not what you don't want.

Turn your intention away from what you don't want. let it go. Choose your thoughts.

You can have what you want.

Intuition is into you we see

Quantum physics can help your dreams come true.

So let's go forward faster. Bring in your happier you and leave behind those bad habits and patterns.

So let's change your energy to let love in.

Have you heard of the Hertz Vibration Mode?
Step away from the pain and anger end and bring in the love joy happiness.
Match your feeling with your thoughts. Bring on your self-worth.

We are physical matter but also energy and the frequency energy that is connected to our emotion and emotions. So change your patterns and bring on the higher vibe. You'll then attract the same. They will match you.

Change your vibe and more joy will come in. I've clients who come in and they are shocked. "What am I doing here, I never thought I would be here, I can't believe I'm here". By the time they leave and feel and know I'm on their case, it ups their vibe.



- Change your Vibe and let down those barriers.
- Exercise, laughter and meditation, bring it on.
- Line with Love and above. Where do you want to go? Go with the lows and wake up and understand your process but step away from those patterns when you feel the vibe.
- Bring on your Desire. Breathe it in. Shift your energy and bring on your Vibe.
- 4 Surround the people who help you grow. Bring out the best version of you.
- Lean towards what you feel is right and step away from those bad habits where you lean away.
- Know there is a purpose and you are listening to your gut and you are going the right way. Don't give up and believe you are going to have this happy wonderful relationship.

Day 8 - Homework

Pay attention to which way you flow. In or out and bring up your Vibe. Bring back your power.
Bring on that Vibe for love.



SEE YOU TOMORROW!

With Love, Sharon Kenny xx

“I didn’t invent MatchMaking....I PERFECTED it!”

SUPPORT / QUESTIONS ETC

WhatsApp me anytime directly at
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SOCIAL LINKS

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