



REALIZE IT

Transformative Affirmative Contemplation

(21 days of evolutionary thought and affirmations)

An unexamined life is not worth living-Socrates

“You are lost because you have not been being honest with yourself, and your life is largely unexamined and unexerted.”

— *Bryant McGill*, Simple Reminders: Inspiration for Living Your Best Life

First things first... (Day 1)

This is an invitation to examine the beliefs that drive your behavior and determine your life experience up to this moment. Why are you reading this book? Take a moment to contemplate your own answer to this question. I wrote this book after realizing that I held some core beliefs that were not aligned with manifesting the life I envisioned for myself. These beliefs were limiting/impeding me from realizing certain things I wanted for my life. I asked myself....I know what I want, I am capable of achieving it, why have I not realized it? This self-examination revealed certain core beliefs embedded deep in my psyche that were impeding ability to “realize it” in certain aspects of my life. I have organized this book to address essential aspects of life, Love, Faith, Wellbeing and Abundance. This journey is very personal and I hope the thoughts/experiences I am sharing in this book will lead to your own

personal self-examination of your core beliefs. Each daily dose is intended to be read in 1 day to delve deeper into the sections that resonate, take the time you need with each section, make it your own journey, on your own terms. It may be helpful to share this journey with a small intimate group of friends/family that you are comfortable discussing deep life issues with.

Begin with setting some intentions for your own life reflection. Think through the definition of the word realize. The manifestation of a transformed life happens in phases. Primarily, realize relates to the mind, as in to become fully aware of (something/it) as a fact; understand clearly (definition 1 of the word realize). Whatever it is for you that you want to “realize”, it begins with a clear understanding psychologically. The next phase to “realize it” is to act upon your clarified vision and understanding...cause to happen, achieve or fulfill (definition 2 of the word realize). The final phase to “realize it” is the actual physical manifestation of your clarified vision...give actual or physical form to (definition 3 of the word realize). I am Dr. Annah Kamugizire Amani, here to journey with you as we realize it and evolve.

Day1: Thought for contemplation on intention...

Intention is one with cause and effect. Intention determines outcome...and if you are stuck and not moving forward, you have to check the thought and the action that created the circumstance- Oprah Winfrey

Realize it book topics outline

Be-live

Spirit of Faith

Act of Faith

Unlearn

Sankofa

Energy

Love

Divine love

Love is

The love directive

Owontu/Ubuntu

Family

Wellbeing

Unlearn (again)

Engage

Meditate

Nourish

Move

Abundance

Money

Purpose

Service

Vision

Sleep*Fast*Sabbath