

# Subconscious Narrative Rewriting For Productivity, Goal-Setting: Guide Update

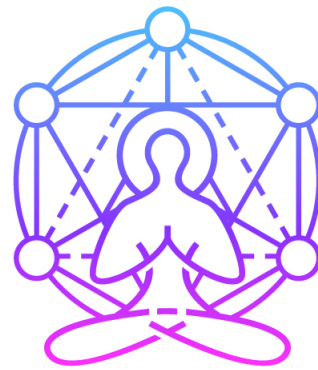
*Meditating Human has updated their manifestation guide for professionals who want to learn goal-setting.*

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-- The recently updated manifestation guide is designed for professionals who want to set goals effectively and consistently motivate themselves to be productive. It uses scientifically proven techniques like creating subconscious narratives to keep their minds focused on achieving their goals.

For more information, visit <https://meditatinghuman.com>

[Meditating Human](#)'s manifestation guide helps professionals who feel burned out or stuck in their career progression. By allowing the individual to reset their neural pathways, they can shift gears and create a renewed sense of purpose at work. This helps them to either set new goals or have the courage to look for other opportunities that are better suited to their skills. Whichever path they choose, the manifestation guide allows them to tune into the universe, which will ultimately lead them to the job that will give them fulfillment and happiness.



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Meditating Human



Project Manage Your Manifestations Course

The online manifestation program is divided into five modules, and each module teaches students how to integrate manifestation and meditation into their daily life. It is designed with the modern professional in mind, so it is flexible and can easily fit into the student's daily routine even if they only have a few minutes to spare. The program is practical and accessible, and while it does delve into the metaphysical, it offers students realistic suggestions on how they can integrate manifestation and meditation into their lives.

One of the most important lessons that Meditating Human offers is the use of subconscious narratives. These are ideologies or goals that students have set for themselves. To stay motivated, students must fill their space with things that will constantly remind them of their goals. Some students use vision boards for this purpose, while others like to put words or images all around their space. Either way, the creation of subconscious narratives is a

scientifically proven way to trick the mind into becoming productive and avoiding burnout.

Meditating Human's manifestation and meditation guide is rooted in traditional Buddhist practices. These two mindfulness techniques have been practiced by Buddhist monks for

millennia, and they have been proven by countless studies to be effective in calming down the brain and helping the individual focus on the task at hand. It also helps improve mental health by minimizing anxiety and stress.

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*Tiffany Antoine*

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