

THE
DIVINE
MESSENGER
GUIDEBOOK

A 30 DAY JOURNEY
TO SHIFT YOUR
AWARENESS &
RECLAIM YOUR
DREAMS



CREATED BY

Libba Phillips
The Intuitive Navigator

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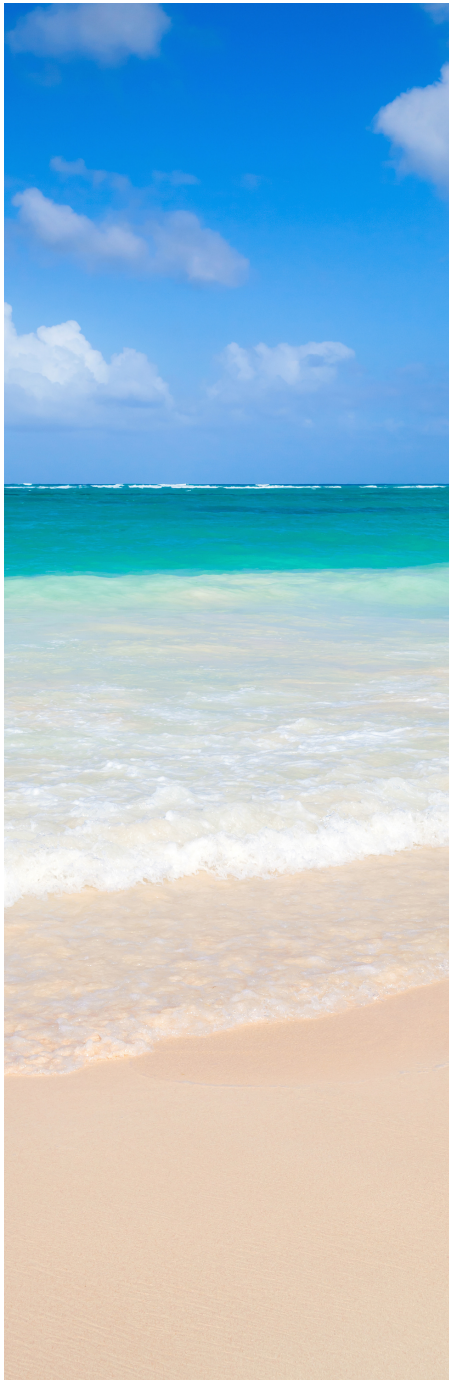


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- Release your Past
- Reclaim your Desires
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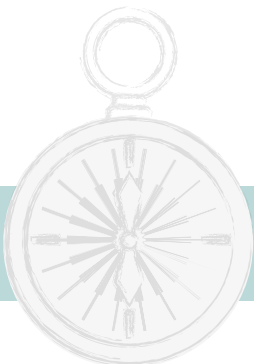


Welcome, beautiful soul



I'm so happy you are here! What an interesting time we are in on the planet! Many people are concerned about what's next and perhaps questioning their life choices and life purpose. Perhaps you've got the same questions and wonder if you can really tap into divine guidance and does the law of attraction even work when things feel so uncertain? I'm here to tell you from personal experience that the answer is YES! Your intentions matter now more than ever because humanity is being called to create a better world for all. And if everyone learned how to listen to their intuition and stepped boldly into their dreams, then I believe it would yield life changing results for the whole planet. Maybe you can't personally change the world in 30 days, but with this 30 Day journey you can re-claim *your* dreams, change *your* mindset, and be well on your way to creating a purposeful life that awakens *your* soul. (and maybe even inspires others to do the same). Let's get started.

Libba



INSTRUCTIONS

How to use this guidebook

I invite you to print out this guidebook and either staple the pages or put them in a binder for easy access to the daily worksheets and journal pages.

Commit to reading Steps 1-6 in the following pages and then reflecting on and completing the worksheets. Then for the next 30 days, every single day, complete the daily intention, gratitude, and journal pages.

Have an open mind and an open heart, plus a tiny bit of courage to re-claim your most heart felt desires. It all begins with putting it in writing.

Remember, this isn't a 'test', and there are no wrong answers.

This is an opportunity to re-connect to your soul and start moving in the direction that is calling you.



STEP ONE

Your dreams and hopes are part of your guidance system from God and the universe. And you already possess the way to receiving those divine messages...your intuition!

Your inner guidance system or intuition is your soul's compass. When you combine your intuition with clear intentions, you have a powerful formula to bring about positive change in your life. Setting an intention, as it relates to fulfilling your dreams, means that you are getting clear about what you want to manifest. A simplified explanation of 'manifesting' is deliberately focusing on bringing something tangible into your life through attraction and belief. It all starts with getting clarity about what you want.

Perhaps you want to make 'more money' or 'find your soul mate' or 'lose 20 pounds'. Perhaps your dreams are more about starting your own business, or being an advocate for a cause, or being a leader in your community. All of your dreams are 'your' dreams for a reason. You have unique life experiences, talents and wisdom to share that will make a difference in your life and in the lives of others. I invite you to think of ONE BIG DREAM that you have right now, whether you believe you can have it or not. We will address 'belief' in a bit, but let's start with what you would do with your life if you could do ANYTHING. What is that big dream you have for yourself? Write about it on the next page.

“Have the courage to follow your heart and intuition. They somehow already know what you want to become.” Steve Jobs



REVEAL YOUR DREAMS

Complete this before you begin this journey, Take some time to write out what your biggest dream(s) are for yourself. What is the vision you want to make a reality?

MY BIGGEST DREAMS

A large, empty rectangular area with a light gray background, intended for writing the user's biggest dreams.

STEP TWO

If you navigate your life using your intuition and intentions as the map, directions for how to achieve your heart's desire will start to show up.

With clear intentions, you can attract the right people, resources, money, guidance, and even what may seem like miraculous outcomes.

Literally everything you need to create the future you dream of is available and it begins with your mindset. The thoughts you think about those desired intentions and the way you feel is a very simplified explanation about how the Law of Attraction works. But often times it is our own limited beliefs and/or a painful past that stand in the way of creating more of the good stuff in our lives. Many of our childhood beliefs about abundance for example, may be rooted in a childhood experience with lack and/or parents who often said "money doesn't grow on trees".

Consider any limited beliefs you might have and/or any painful past situations that may be blocking you from taking action on your dreams or seeing what is possible for you. For example, maybe you have thoughts like "I would really like to attract my soul mate but I don't believe it's possible because all the good guys (or gals) are taken." Or "I would really like to have my own business, but I'm not smart enough."

You ARE worthy of your dreams and it's ok to have some doubt about 'how' they may happen.

Leave the 'how' up to the wisdom of God and the universe....your job is to get clear on what you truly desire, to begin releasing your blocks, and start allowing more good into your life (and into your mind). On the next page I invite you to do that.

"Our intention creates our reality."

Wayne Dyer





RELEASE YOUR PAST

What are you ready to release, before you begin your journey? Take some time to fill in the spaces below with all the things you are ready to release.

MY BIGGEST STRUGGLES & FEARS

Blank space for writing about biggest struggles and fears.

MY LIMITING BELIEFS

Blank space for writing about limiting beliefs.

STEP THREE

Where is your attention going each day? Are you on auto pilot and just reacting to whatever life throw's your way? Or are you aware of what you're aware of!? We might think that life happens TO us and we may not be thinking about how our thoughts or feelings might be directing how our day is going to go. Have you ever woken up on the proverbial 'wrong side of bed'? Then you stubbed your toe on the way to the shower and spilled your coffee on your favorite shirt while rushing to leave your house on time.

Only to find yourself stuck in a traffic jam on the way to work? This is a silly example of how our thoughts can snowball in the wrong direction (and keep us from attracting what we DO want) when we are stuck on what's wrong, or the past, or simply not being conscious of how we want to feel and/or accomplish.

Life does get difficult sometimes but if we are unaware of how much our negative thinking is contributing to that, then we will end up attracting more of the same. In order to make a change in our circumstances, we do have to make a change in our mindset. That means being conscious about how we want to feel and who we want to become, and 'act' from that place. You cannot manifest a positive life by complaining about your current one! On the next page, spend some time thinking about how you do want to feel, what you want to accomplish, and who you want to become.

"The only person you are destined to become, is who you decide to be." Ralph Waldo Emerson





RECLAIM YOUR DESIRES

It's time to reclaim your deepest desires. Fill in the spaces below with what you want to feel, what you want to accomplish and who you want to become...

HOW DO YOU WANT TO **FEEL**?

WHAT DO YOU WANT TO **ACCOMPLISH**?

WHO DO YOU WANT TO **BECOME**?

A close-up photograph of a hand pouring a bright yellow liquid from a clear plastic cup into a shallow, rectangular tray. The tray's surface is covered in a marbled pattern of green, blue, and yellow, suggesting a liquid-based art project or a science experiment. The background is blurred, showing more of the same yellow liquid in other containers.

*“Life isn’t about finding yourself.
Life is about creating yourself.”*

— GEORGE BERNARD SHAW

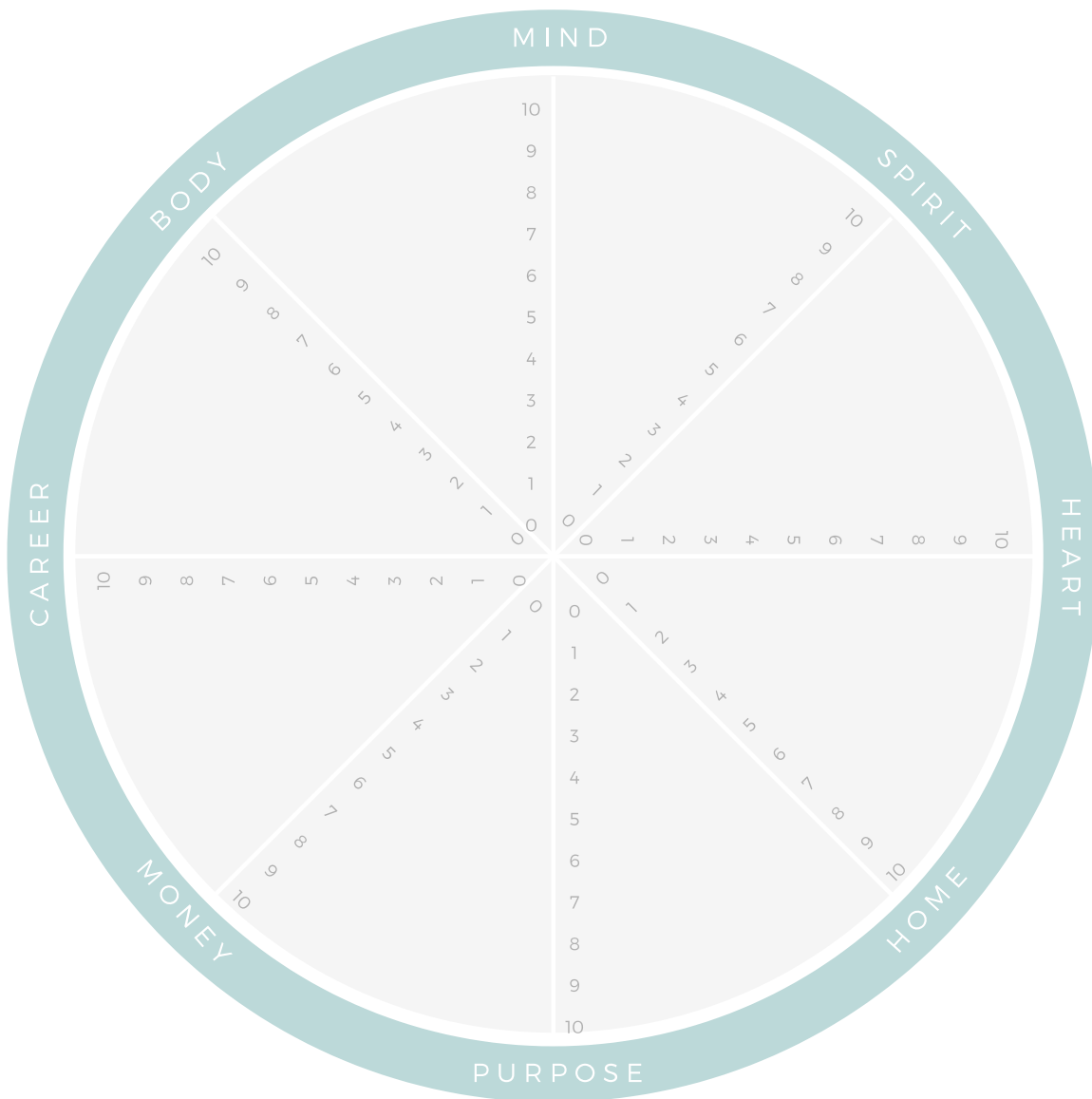
STEP FOUR

Do you feel balanced in your life or is a shift needed in your schedule and/or priorities? Don't worry right now 'how' those changes are going to come. The purpose for the exercise on the next page is to consider how balanced you are in the 8 listed areas of your life. This isn't a test! This is just an opportunity for you to reflect on these areas so you can see where you might look to make room for a new desire or change to occur if needed.

- BODY (Physical)
- MIND (Mental)
- HEART (Emotional)
- SPIRIT (Spiritual)
- HOME (Environmental)
- MONEY (Financial)
- CAREER (Professional)
- PURPOSE (Purposeful)

RATE YOUR CIRCLE

Take a deep breath and rate yourself in each of the areas of your life, on a scale from 1-10. Once you have, combine the dots and see how "balanced" your circle really is. Remember...this is not a test and no harsh self judgement is allowed.



STEP FIVE

On the next page I would like for you to consider creating at least one intention for each area of your life in the boxes provided.

Think of setting intentions as anchoring your thoughts about what you desire so that you can manifest that. An intention should feel in alignment with who you are. So for example, let's say you always wanted to go into business for yourself. You might set an intention that says something like "I am now creating my own business using my creative gifts and talents". At first, it might feel like a stretch but work with crafting the statement until it resonates with what you really desire. If your intention brings up any limiting beliefs...determine if that is a result of negative thinking or if the intention is simply not in alignment with what you really want.

For example, perhaps you always thought it would be cool to be a rock star but you don't have any musical inclinations! That doesn't mean it won't happen but it does help to consider what your gifts and talents are, what you do want to cultivate, and what intentions you could actually visualize coming into being within the next 6 months to a year as a good starting place for a daily intention practice. Maybe taking music lessons would be the first step if it is truly your dream to perform on a stage someday! The more you work with intentions, and the more you listen to your intuition about the actions to take, the more confidence you will have about making your dreams a reality!

"Your future is created by what you do today not tomorrow"





RESET YOUR INTENTIONS

Before we begin, it is crucial that you get clear on what you want each area of your life to look like instead. So take some time to fill in the spaces below. Consider starting each intention statement with the words "I am now (fill in the blank)" or "I am willing to allow (fill in the blank)"

BODY | PHYSICAL

MIND | MENTAL

HEART | EMOTIONAL

SPIRIT | SPIRITUAL

HOME | ENVIRONMENTAL

MONEY | FINANCIAL

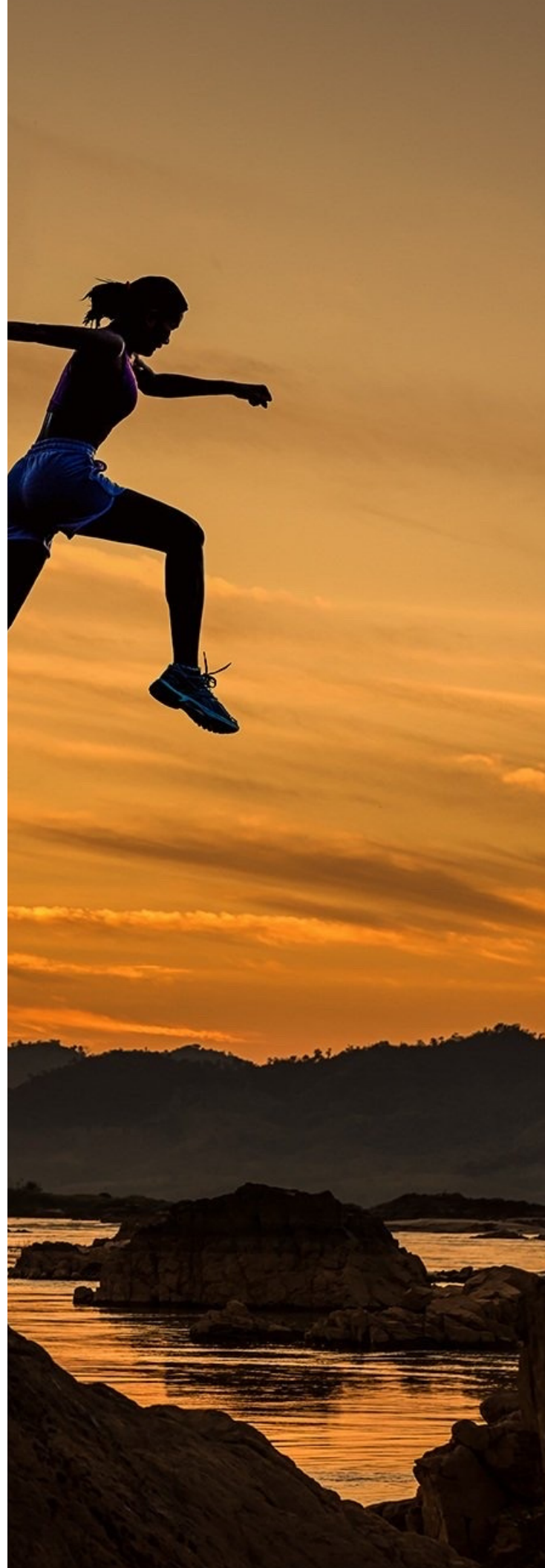
CAREER | PROFESSIONAL

PURPOSE | PURPOSEFUL

STEP SIX

It's almost time to dive into the 30 day journey where you will be working on your daily intentions, gratitudes, and journaling pages. I invite you to set aside focused time each morning and evening to reflect on the pages and the journaling prompts. During this sacred time you may also wish to begin a meditation practice if you don't already have one.

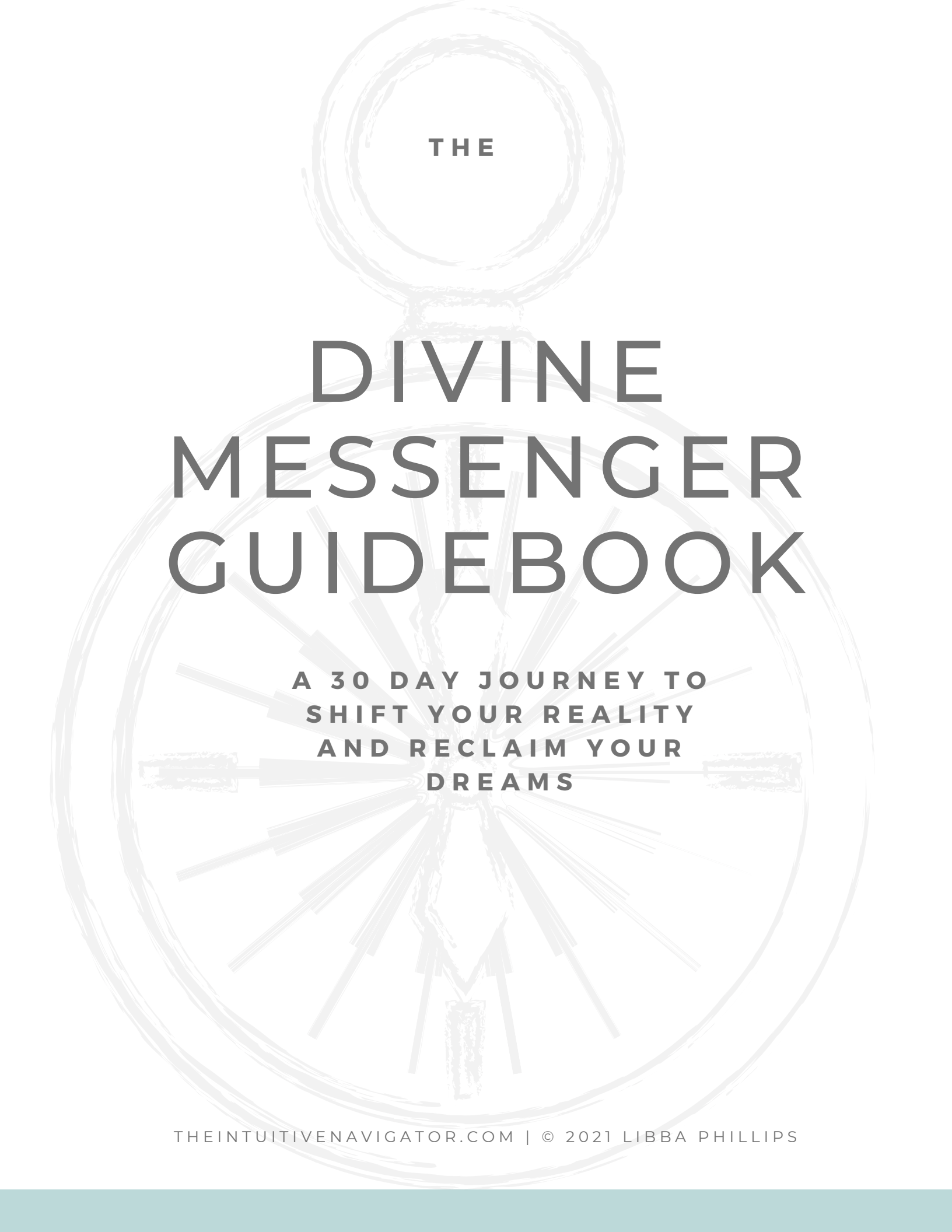
Set a timer for 10-20 minutes and either sit quietly in silence or have soft music on in the background. Focus on a mantra or prayer or even just your breath as you do so. Meditation clears away the static of your mind so that you can hear your intuition and divine guidance better. It also helps to reduce stress and boosts your productivity! Follow the daily page reflections and feel free to add in any other positive activity that supports you in feeling grounded and focused. Be on the look out for any intuitive nudges that you receive, along with any practical and inspired actions you can take during this time. Remember that this experience is about helping you to get in touch with yourself and your dreams. If you actively make time for yourself in this way, I promise that the universe will respond in kind!



HOW IT WORKS

Simply print out the following pages and then fill in the simple-to-use intentions, gratitudes and journaling pages every single day!





THE

**DIVINE
MESSENGER
GUIDEBOOK**

**A 30 DAY JOURNEY TO
SHIFT YOUR REALITY
AND RECLAIM YOUR
DREAMS**

Day 1

Date:

S/M/T/W/T/F/S

Set intentions

Journaling

Meditation

Notice Intuition

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION

Day 2

Date:

S/M/T/W/T/F/S

Set intentions

Journaling

Meditation

Notice Intuition

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION

Day 3

Date:

S/M/T/W/T/F/S

 Set intentions

 Journaling

 Meditation

 Notice Intuition

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

 Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

Day 4

Date:

S/M/T/W/T/F/S

Set intentions

Journaling

Meditation

Notice Intuition

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

Day 5

Date:

S/M/T/W/T/F/S

Set intentions

Journaling

Meditation

Notice Intuition

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION

Day 6

Date:

S/M/T/W/T/F/S

Set intentions

Journaling

Meditation

Notice Intuition

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION

Day 7

Date:

S/M/T/W/T/F/S

Set intentions

Journaling

Meditation

Notice Intuition

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION

Day 8

Date:

S/M/T/W/T/F/S

Set intentions

Journaling

Meditation

Notice Intuition

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION

Day 9

Date:

S/M/T/W/T/F/S

 Set intentions

 Journaling

 Meditation

 Notice Intuition

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

 Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

Day 10

Date:

S/M/T/W/T/F/S

 Set intentions

 Journaling

 Meditation

 Notice Intuition

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

 Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.










3.

REMEMBER

AFFIRMATION

Day 11

Date:
S/M/T/W/T/F/S

-  Set intentions
-  Notice Intuition
-  Moved My Body
-  Journaling
-  Mindful Eating
-  Expressed Gratitude
-  Meditation
-  Went outside
-  Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION

Day 12

Date:

S/M/T/W/T/F/S

 Set intentions

 Notice Intuition

 Moved My Body

 Journaling

 Mindful Eating

 Expressed Gratitude

 Meditation

 Went outside

 Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION

Day 13

Date:

S/M/T/W/T/F/S

 Set intentions

 Notice Intuition

 Moved My Body

 Journaling

 Mindful Eating

 Expressed Gratitude

 Meditation

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 Reflected on the day

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EVENING REFLECTIONS

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What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION

Day 14

Date:

S/M/T/W/T/F/S

 Set intentions

 Journaling

 Meditation

 Notice Intuition

 Mindful Eating

 Went outside

 Moved My Body

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EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

Day 15

Date:

S/M/T/W/T/F/S

 Set intentions

 Notice Intuition

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 Journaling

 Mindful Eating

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How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION

Day 16

Date:

S/M/T/W/T/F/S

 Set intentions

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GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION

Day 17

Date:

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GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION

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S/M/T/W/T/F/S

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GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

Day 19

Date:

S/M/T/W/T/F/S

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- 2.
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REMEMBER

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Day 20

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S/M/T/W/T/F/S

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GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION

Day 21

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S/M/T/W/T/F/S

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What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

Day 22

Date:

S/M/T/W/T/F/S

Set intentions

Journaling

Meditation

Notice Intuition

Mindful Eating

Went outside

Moved My Body

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GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

Day 23

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S/M/T/W/T/F/S

 Set intentions

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GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION

Day 24

Date:

S/M/T/W/T/F/S

Set intentions

Journaling

Meditation

Notice Intuition

Mindful Eating

Went outside

Moved My Body

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EVENING REFLECTIONS

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What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION

Day 25

Date:

S/M/T/W/T/F/S

 Set intentions

 Journaling

 Meditation

 Notice Intuition

 Mindful Eating

 Went outside

 Moved My Body

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 Reflected on the day

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EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

Day 26

Date:

S/M/T/W/T/F/S

Set intentions

Journaling

Meditation

Notice Intuition

Mindful Eating

Went outside

Moved My Body

Expressed Gratitude

Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION

Day 27

Date:

S/M/T/W/T/F/S

 Set intentions

 Notice Intuition

 Moved My Body

 Journaling

 Mindful Eating

 Expressed Gratitude

 Meditation

 Went outside

 Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION

Day 28

Date:

S/M/T/W/T/F/S

 Set intentions

 Journaling

 Meditation

 Notice Intuition

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

 Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

Day 29

Date:

S/M/T/W/T/F/S

 Set intentions

 Notice Intuition

 Moved My Body

 Journaling

 Mindful Eating

 Expressed Gratitude

 Meditation

 Went outside

 Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

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EVENING REFLECTIONS

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How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

- 1.
- 2.
- 3.

REMEMBER

AFFIRMATION

Day 30

Date:

S/M/T/W/T/F/S

 Set intentions

 Journaling

 Meditation

 Notice Intuition

 Mindful Eating

 Went outside

 Moved My Body

 Expressed Gratitude

 Reflected on the day

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

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EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

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GRATITUDE JOURNAL

1.

2.

3.

REMEMBER

AFFIRMATION

FINAL REFLECTIONS



You did it...you took the first steps towards reclaiming your desires and dreams! How was this process for you? What revelations did you have about yourself? Did anything change in your mindset and/or daily habits?

I hope that you feel empowered to take whatever the next right steps are for you that will help you move towards the life you want to live. .

With a daily practice of setting intentions and learning how to tap into your guidance system (your intuition), you will always have access to your soul's compass. I hope you will spend some time reflecting on your journey in the next few pages. Your dreams are waiting....I'll see you there!

Libba



FINAL REFLECTIONS

Complete this after you finish your journaling pages. Fill in the space below with how you feel in your body, your mind and even your soul. Describe the emotions, thoughts and insights you have.

MY EXPERIENCE

FINAL REFLECTIONS

Take some time to reflect on what has changed in the following areas of your life. What has shifted, transformed or improved since you first started your journal.

BODY | PHYSICAL

MIND | MENTAL

HEART | EMOTIONAL

SPIRIT | SPIRITUAL

HOME | ENVIRONMENTAL

MONEY | FINANCIAL

CAREER | PROFESSIONAL

PURPOSE | PURPOSEFUL



MEET LIBBA

Learn more at
www.theintuitivenavigator.com

How would your life change if you knew you had the innate ability to receive divine guidance, manifest a desired goal, and discover your life purpose even in the midst of challenging times? Libba Phillips is an Intuitive Guide, Miracle Mindset Coach, Psychic Kids Mentor, and the creator of the Divine Messenger Method™. She helps people around the world connect to divine guidance - so they can triumph over even the most difficult setbacks and manifest what is in their highest good. Libba helps clients transform their own lives through her mentoring sessions, online courses and workshops. If you want to co-create a life that is even better than you can imagine, visit The Intuitive Navigator to learn more.

JOIN THE

Divine Messenger Community



Consider this your personal invitation to join our private Facebook Divine Messenger Community group. On that page I share tips for connecting with divine guidance, how to tap into your intuition, law of attraction tips, and more. It's a place to connect with like minded others and also be the first to know about special offers and workshops!

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