

**THE  
WONDER  
WORKS  
WORKBOOK**  
FOR AGES 9 AND UP

noelle federico  
with toni stone

# **The Wonder Works Workbook**

## **SECOND EDITION**

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## Introduction

If you are new to my work, welcome. If you have been following me through time, welcome back. On August 26<sup>th</sup>, 2020 at approx. 2am my Mother exited this world...

I decided to use her work and my own to make the biggest impact given the platforms that I have at my disposal---by creating additional content suitable for all ages—if I can help people see that they have everything to do with how their lives turn out then I will have used my life wisely.

Wonder Works Studio has been teaching transformational & prosperity principles for over 40 years and we will continue the tradition of teaching and publishing material that helps people of all ages to improve the quality of their lives.

The brand 'Wonder Works Studio' is so named because my Mom always said that "wondering" works---when you wonder about things it helps you learn and be open to new possibilities.

This workbook is designed to be **simple** enough for everyone to use...I have included quotes written in my Mother's original hand (she was also a graphic artist) as well as collections of her affirmations that you may find helpful.

My intention is to add value to everyone that I come in contact with—I want you to understand that in your

lives the power lies with you--- when you learn to focus and manage your mind ALL things are possible.  
I wish for you every good and wonderful thing.

Much Love to you all,

Noelle

Fairfax, VT

September 2024

# Wonder:

won·der

*as a noun*

a feeling of surprise mingled with admiration, caused by something beautiful, unexpected, unfamiliar, or inexplicable.

*as a verb*

desire or be curious to know something.

I GET  
JUST WHAT  
I EXPECT

... i believe  
it's possible  
That's how come  
i get it...

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Welcome to The Wonder Works Workbook—I hope you have as much fun filling it out as I did creating it for you!

Please use this workbook to help you understand that you have the ability and power to change anything in your life that you don't like. Which means that you have the power to end 3<sup>rd</sup> Q of 2024 in miraculous ways and create the BEST 2025!!!

Sometimes changing things means to change the way that we LOOK at things---for example if you don't like your school or your job and you complain about it all the time instead you could start to find small things that you DO like and talk about those instead. Train yourself to FOCUS on what IS working vs. what is not. What you focus your attention on you will bring about.

When we complain about things and are in a bad mood all the time we are like that character 'Pig Pen' from Charlie Brown who always has a dirt cloud around his head---that dirty cloud follows him wherever he goes.

When we focus on what is wrong and what we don't like we make a cloud around us that brings everything down...it's almost like we are spreading dirt everywhere we go.

Doing this makes it REALLY hard for good things and good ideas to find you. Focusing on what IS going right and being kind to people, helping people and looking for the GOOD are all things that make a cloud of light around us and then we naturally attract amazing things right TO US.

People think it's a miracle---the truth is that YOU can make your own miracles by learning to train your mind to focus. I am going to give you some tools to help you do just that.

Let's start by looking at the past year as we approach 3<sup>rd</sup> Q, this has been an interesting year so far and it will be good for us to take a

closer look at it...start to think about what happened in the first 3 quarters of 2024 ---what should be celebrated, what you want to leave behind, what needs to be healed or forgiven, the blessings, the things you learned...there is a lot of power in evaluating something and labeling it as 'complete' which means you are finished with it and have the space to move ahead.

Lots of times we are so busy just trying to just 'get through it' that we forget to really LOOK at what happened...so take some time and let's help you to be complete with this year so far...



- **What were you happy about so far in 2024?**

- **What has made you sad or uncomfortable this year?**

- **What did you do that you were proud of this year?**

"CHANGE  
IN ATTITUDE  
doesn't  
happen  
overnight."  
-tristone

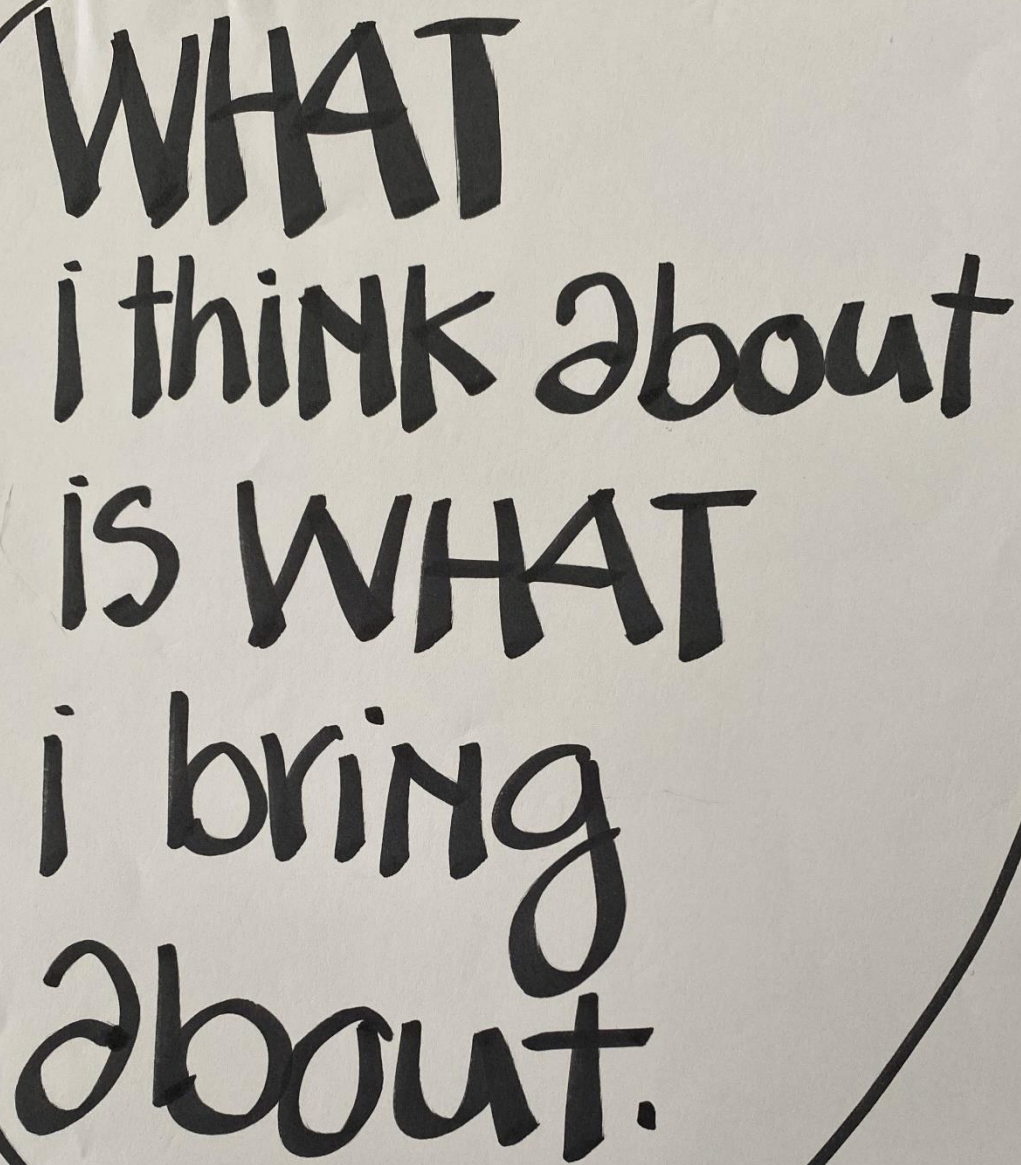
- **What did you wish you had done this year that did not get done yet? (do you want to make it happen before Dec?)**

- **What were the BEST things that happened to you so far this year?**

- **What were some BIG things you learned this year?**





A hand-drawn speech bubble with a thick black outline. Inside the bubble, the text is written in a bold, black, hand-drawn font. The text is arranged in five lines: 'WHAT', 'i think about', 'IS WHAT', 'i bring', and 'about.'. The bubble has a small stem at the bottom with a decorative knot.

WHAT  
i think about  
IS WHAT  
i bring  
about.

- **What habits or behaviors do you want to leave behind as you enter the last part of this year?**

- **As you think about the New Year, what attitudes do you want to leave behind you in 2024?**

- **What are the 5 MOST important things that happened so far this year? How did they make you feel?**

- **What is worth celebrating  
RIGHT NOW from 2024?**

- **In what areas do you require support right now?**
  - How will you get it?



Okay, good work!!!! ...take another look over your evaluation of 2024 so far and then let's bless it ALL...the lessons, the hard stuff, the celebrations...all of it.

Now declare yourself complete with the months that have passed already, forgiving yourself for all the things that you think you could have done better.

Accept that you did the best you could, and it was all perfect. Now time to move on to what's next... creating a WONDERFUL rest of the year and a spectacular 2025!!!



"Getting  
People  
to like  
YOU...  
is ONLY the  
OTHER side of  
LIKING  
THEM"

- NORMAN VINCENT PEALE

Here are TWO things that are going to help you create future that you want:

## 1. Affirmation Flash Cards

If you are an adult you will remember flash cards from when you were a kid and if you are younger than an adult maybe you have used flash cards in school to learn something. When I was in school, we used them to train ourselves to learn information such as multiplication tables or the periodic table of elements...

Now we are going to use them to alter the way that you think about your life. Start by getting 10 index cards and on each card write an affirmation or statement of how you want your life to be.

### - Examples:

- I do well in school.
- I have many good friends.
- I am healthy and happy.
- I am well paid with plenty of money to spare and share.
- I workout daily and eat only foods that serve me.
- My relationships contribute to my life.
- My children are happy and healthy.
- I have plenty of energy to do what needs to be done by me.

\*\*\*at the end of this book there are lots of affirmations that you may find helpful as you begin using this tool.

You get the idea...once you have your 10 statements then use the cards twice a day, flipping through them until the statements on them become part of the way that you think about your life. Change/update the cards as needed.

## 2. Choose Your Words Wisely

Your words have a LOT more power than you think they do...stop complaining, stop talking about what you don't want more of, speak about things based on how you want them to be and not on the way that they look in the moment.

Remember the example I gave earlier about the dirt cloud—if you cannot find something good or positive to say just be quiet for a while. Complaining, whining and being nasty or negative only makes the day worse for everyone.

You will create what you speak about—so make sure that you are speaking about the good and about what you want to see happen. Do not use your words to spread doom and gloom.

●What do you want?

- **What are some NEW habits that you want to start NOW?**

- **What do you want to accomplish with the rest of 2024?**

- **What do you want to accomplish in 2025?**

● **What are some NEW things that you want to learn in 2025?**

●

●

●

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●

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●



- **How about something  
NEW that you want to try?**

- **What are you going to do during 4<sup>th</sup> Q to take care of yourself?** (ex. eat healthier, drink more water, do yoga, ride your bike more, get outside for walks, roller skate)

- How will you make your well-being, self-care and your health a **PRIORITY** in 2025?

- **What can you do to be a better HELPER? Where can you make a difference by helping others?**

● **How can you be a better friend?**

- **What is the ABSOLUTE best thing about you?**

- **What do you want to change about yourself?**

- **What are 5 ACTIONS that you can take this month to start that process?**



"  
TO  
FEAR  
IS TO BELIEVE  
SOMETHING  
THAT YOU  
DO NOT  
WISH (INTEND)  
TO BELIEVE"  
-helen wilmans-

- **What would you do if you could not fail?**

- **If you were a Superhero  
what would your name be?  
What would your  
superpower be??**

- Are you happy every day and if not—why?  
What must change in order for you to choose happy daily—life is short—start NOW.

- **Who would you like to spend more time with this year?**

● **What is your legacy?**

"FOR  
everything  
you missed,  
you gained  
something  
else."

- Ralph Waldo Emerson

● Who do you want to be  
when you grow up?

Why?

How can you be more like  
that NOW?



- My biggest fear is
  
- What I really want to do is
  
- If I could make a living doing whatever I wanted, I would
  
- I like people who
  
- My favorite thing in the world is

- Do you let being afraid of something stop you from doing it?
  
- What if you did it anyway---what if you felt afraid and did it anyway? What do you think would happen?

it's NOT  
What we have  
IN OUR LIFE,  
but **WHO**  
We have IN OUR LIFE  
**THAT**  
**COUNTS.**

-J.M. Lawrence

wonderworks studio buck hollow rd. fairfax, Vermont

- **What are the 5 things that you appreciate MOST about yourself?**

- **What is your WORD for 2025?**



● **What are you grateful for  
RIGHT NOW?**

## Goal Setting/ Manifestation List

When you want to create something or when you have a goal that you want to bring into being it is a good idea to get into the habit of writing down what you want to manifest.

Writing these things down on a consistent basis and reviewing them frequently helps your mind to bring them into your life.

When you write something down in your own handwriting it helps you to OWN it—meaning that it helps you to imagine it and that helps make it real for you.

After you write down the things that you want, look at the list regularly and every month cross off the things that happened and list out new things that you want to happen.

Use the monthly sheets to keep track of your lists and at this time next year you will be surprised at all the progress you have made!

Here are some definitions to help you understand the words manifest and goal.

***Goal:*** a result that you want to achieve

ex. to be on the Honor Roll at school

***Manifest:*** to prove, to show plainly, to bring into being

## October 2024

**My Goals for this Month:**

**Action Steps that I need to take:**

**What I want to manifest this month:**



## November 2024

My Goals for this Month:

Action Steps that I need to take:

What I want to manifest this month:

## December 2024

My Goals for this Month:

Action Steps that I need to take:

What I want to manifest this month:

## January 2025

My Goals for this Month:

Action Steps that I need to take:

What I want to manifest this month:

## February 2025

My Goals for this Month:

Action Steps that I need to take:

What I want to manifest this month:

## March 2025

My Goals for this Month:

Action Steps that I need to take:

What I want to manifest this month:

## April 2025

My Goals for this Month:

Action Steps that I need to take:

What I want to manifest this month:

May 2025

My Goals for this Month:

Action Steps that I need to take:

What I want to manifest this month:

## June 2025

**My Goals for this Month:**

**Action Steps that I need to take:**

**What I want to manifest this month:**



## July 2025

**My Goals for this Month:**

**Action Steps that I need to take:**

**What I want to manifest this month:**

## August 2025

My Goals for this Month:

Action Steps that I need to take:

What I want to manifest this month:

## September 2025

My Goals for this Month:

Action Steps that I need to take:

What I want to manifest this month:

## October 2025

My Goals for this Month:

Action Steps that I need to take:

What I want to manifest this month:

November 2025

My Goals for this Month:

Action Steps that I need to take:

What I want to manifest this month:

December 2025

My Goals for this Month:

Action Steps that I need to take:

What I want to manifest this month:

WHAT  
IS required  
is always  
PRESENT  
COUNT ON  
THIS

..... principles 16 to 20

14.

## Creating a Vision Board

Using your imagination is a powerful tool—being able to picture the things that you want to create for your future helps you to bring them into your life. Making a vision board is a fun and creative way to do that. Below are the materials needed and some simple guidelines to get you started. Have fun!

**MATERIALS** that you will need:

- Poster board
  - Magazines
  - Other images and text from artwork, old books, computer printouts, etc. (optional)
  - Scissors
  - Glue sticks or rubber cement glue
  - Paper and pen
  - Sharpies or other permanent markers (optional)
- 
- The first thing to do is to make a list of the areas that you might want to cover on your board—things like income/money, health, relationships, family, school, work, skills, travel, creativity etc. Once you have an idea of the areas that you want to cover you will know what kinds of pictures and words you are looking for.
- 
- Find images and words for the vision board. Search for and cut out images and words that represent your goals and/or the things that you want to manifest for your future. Go through stacks of magazines and clip everything you like—colors, words, interesting images—that relate to your goals and intentions.



- Next, sort and arrange the images and words that you feel best represent the goals and intentions that you have in mind for yourself. Once you are happy with the arrangement you can glue the words and pictures onto the poster board. You can add your own words if you wish either in your handwriting or by typing things out on the computer and printing them out. Save the pictures and words that you don't use (start a folder) because you may use them next time. This vision board process is one that you will want to repeat every few months as your intentions and goals will change and you will want to keep it fresh.
- Display your board on the wall in your bedroom where you will be able to look at it several times a day---every time you look at it say to yourself, "every day in every way things are getting better and better"

## End Note...

To create a future unlike the past takes work, you need to put in the effort to have the kind of life that you want. **ANYTHING** is possible if you are willing to do the work.

Use the index cards, pay attention to how you are using your words, write down your goals and the things you want to manifest and create your vision boards. Look at them several times a day. Go over your goals/ manifestation list daily and make new lists monthly---change out your index cards when needed. These things are **TOOLS**—tools are meant to be used.

The only person that can say how your life turns out is you, no matter what your circumstances are you still have power over your own words, thoughts and actions. In order to change your life you have to be able to control yourself and stay focused on your intentions.

The world will constantly be trying to draw your attention to what is wrong and what isn't working--- you must be able to **FOCUS** on what is important to you.

No matter how old you are you **CAN** change your life, you only need to do the work and it **IS** work. Every day you must remember to be happy and grateful, you have to leave complaining and whining at the door. Use the tools, do the work and email me to tell me how you are doing.

You can reach me at [noelle@applyhappiness.com](mailto:noelle@applyhappiness.com) (and I actually read my own emails:) and I respond.

I know the world seems crazy right now, however it is only what it looks like in the moment. This too shall pass and the more you can stay focused on the good and the life that you want to have the better off you will be. Everything turns out. I promise.

When I was 11, my Mom taught me to constantly repeat to myself, “every day in every way things are getting better and better” you can do that too.

You can do this. I know it.

XOXOXO

## Affirmations that you may find helpful for the Index Card Assignment...

\*\*\*all of these affirmations have been taken from various books written by my Mom, Toni Stone. In some cases, they have been edited for use here.

- Today I am doubtless and sure.
- Today I do what I said I would do.
- Today I am capable of great things.
- I give up creating obstacles.
- I perfect new skills.
- I am avoiding what doesn't work.
- I rejoice in the company of good friends.
- I have happy holidays with my family.
- There is plenty to spare and share.
- Friends encourage me to achieve and I am grateful for them.
- Gratitude grows.
- Blessings are bountiful.
- Correct solutions are put into action.
- Divine ideas inspire action.
- I am a helper.
- Everybody helps someone else today.
- Families are grateful for each other.
- Forgiveness continues.
- Gladness is expressed.
- Miracles abound today.
- Good humor prevails.
- Great opportunities open up.
- Grief turns to gratitude.
- Happy actions happen.
- Inner wisdom grows.
- Kindness continues to occur.
- Laughter is let out.
- Life is lived joyfully.
- Limited thinking dissolves.

- Loving people occurs more often.
- Mistakes are cleaned up.
- Money multiplies.
- Motives are made pure.
- Negotiation brings solution.
- New goals are generated.
- Old makes way for new.
- Partnerships are based on truth.
- People listen and learn.
- People teach what they are learning.
- Praise prevails.
- Refreshing solutions become clear.
- Safety prevails.
- Skills bring benefit.
- Sparkling spirit shines forth.
- Teachings guide more good.
- Divine ideas are seen.
- Thinking differently enables much.
- Transformation continues.
- What matters is clear.
- What is false falls apart.
- What is hidden is revealed.
- Willingness to cooperate escalates.
- Wisdom is shared.
- I am fortunate, successful, and grateful.
- I know what to do and I do it.
- I know where to go and I go there.
- I know what to remember and I think of it.
- I know that giving causes getting...the more I give the more I get.
- I see what I decide to see.
- I change the way that I think about things.
- I only speak about the good.

- I have a future unlike the past.
- I always have what is necessary in each moment.
- I look to my future happily knowing that only the best comes to me.
- I have an attitude of gratitude.
- I produce what is new now.
- I expect only good.
- I remember only the good.
- Good is flowing in ever increasing amounts.
- What is required is always present.
- I am grateful that daily supply is abundant.
- I recognize the goodness and plenty of life.
- Today, I give up talking about problems.
- I am glad to see the highest good in all situations.
- I remember that whatever I talk about, I get more of.
- I change my speaking to reflect only what I want more of.
- I am learning new habits and behaviors now.
- I understand how everything can be used to bring about more good...I have that power...I use it.
- I know how to achieve intended outcomes.
- I easily manifest my goals.
- Seeming problems are diffused.
- Workable patterns emerge now.
- My good appears all over the place now.
- I am filled with JOY.
- I am happy, healthy and have plenty of energy to do what needs doing today.
- I spread joy.
- I accomplish great things with ease.
- I am glad to be cheerful and certain.
- I move beyond where I thought I was stuck.
- I identify with good ideas.
- I stop complaining.
- Good is abundant.

- I pay attention.
- My success is progressive.
- I open up pathways to new futures unlike the past.
- I am safe and protected wherever I go.
- I say goodbye to fear.
- I wake up alive and alert each morning.
- I am open and receptive to miracles in my day.
- I greet the day with optimism.
- I declare that fear has no power over me.
- Good is assured.

## About the Author:



**Noelle Federico is a strategist, catalyst, consultant, trainer, speaker and coach.**

**She founded her boutique firm, Fortunato Partners Inc., in 2007 for the purpose of helping people and companies change the game—moving themselves from fixed perspectives to growth possibilities.**

**Her professional career encompasses over 35 years of management and executive leadership across diverse industries which include public relations, national radio, media, marketing, nutritional supplements, stock photography, retail, political, and seminar trainings. Noelle's areas of**



**expertise are leadership, strategy development & execution, team building & training, operations, and communication.**

**Since 2014, Noelle has been a social media influencer and the engaging host of THE ROUND TABLE. Her online brands include 'The Working Happy Mom' and 'Apply Happiness' which reach over 1.7 million people a month.**

**Noelle's credentials are a testament to her commitment to excellence and lifelong learning. She is a Certified member of The John Maxwell Team, a John Maxwell Corporate Facilitator, certified Master Professional Coach, a Dale Carnegie Training graduate, a Certified Wiley Everything DiSC and 5 Behaviors Practitioner, 'Dare to Lead' trained and a multifaceted graduate of Landmark Worldwide programs. Her academic journey includes a degree from Fisher College, Boston, MA, further education at Suffolk University, six certificates from Harvard Business School Online with specializations in Leadership & Management, and Entrepreneurship & Innovation, complemented by a certificate in Human Capital Strategy from Yale School of Management Executive Education.**

**In 2009, Noelle founded A Generous Heart, Inc., a Tennessee and Vermont-based non-profit organization dedicated to fostering young literacy programs in collaboration with local community libraries.**

**She is a former member of the FORBES Human Resource Council and has written several books all directed toward inspiring people to see that possibility exists and that anything IS possible if you are willing to do the work...**

**Currently residing in the peaceful Green Mountains of Vermont with her husband John and their two cats, Noelle can often be found with a book and cup of coffee in hand...**

and you can find her here:

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