

# MANIFESTATION

# THE IMPORTANCE

Manifestation is my single greatest tool in life and in business – it is the conscious act of making your dreams/goals/vision a reality by willing them into existence.

I have been manifesting for years; first with a vision board and some light journaling. Once I realized that the things I was manifesting were actually coming to fruition, I got serious about my practices.

Over the last few years, I have tried and tested different methods of manifestation and have had the most success with a combination of three practices: visual, written & verbal.

# PRACTICES

## **VISUALIZATION**

- VISUALIZING YOUR FUTURE IN DETAIL ALLOWS YOU TO HAVE SOMETHING VIVID TO CONSTANTLY LOOK/WORK TOWARDS
- + HAVING PHYSICAL IMAGERY THAT AIDES SAID VISUALIZATION

## **WRITTEN**

- WRITING YOUR MANIFESTATIONS/GOALS DOWN INGRAINS THEM IN YOUR BRAIN

## **VERBAL**

- SAYING MANIFESTATIONS OUT LOUD MAKES IT ALL MORE TANGIBLE

# VISUAL MANIFESTATION

## VISUAL

*"if you can see it, you can achieve it"*

visualization: a meditative, detailed exploration of your future

vision board: a collage of photos/words/objects that serve as a physical representation

# VISUALIZATION

## **GET QUIET**

Get in a comfortable position, sitting or lying down with your eyes closed, making sure you will be uninterrupted. Take 5 cleansing deep breaths and clear your mind.

## **LOSE YOURSELF**

Get into your own mental world, allow the physical to fade away, taking yourself into the future and picture yourself at your happiest state.

## **LOOK AROUND**

*\*keep your eyes closed\**

Take notice of everything that is going on around you in your vision – where are you, who are you with, what does it smell like, are you laughing? The more detailed the better. The purpose of seeing your highest self in the future is so that you can reverse engineer your life from there. If you know that your highest self is a world traveler who can work from anywhere and homeschools your 3 future children while on safari, you can figure out how to get there (if you know they why and the what, the how will come).

**NO DREAM IS TOO BIG – IF YOU CAN SEE IT, IT MEANS THAT IT IS ATTAINABLE!**

*\*I do this exercise at least once a week\**

# VISION BOARD

## **MAKE A LIST**

Make a list of all of the things you picture having in your world – for some is a white picket fenced house with 2 kids and a dog, for others it's a vacation home in Hawaii and a private plane. There is no wrong list, it's just about realizing everything you've ever dreamed of.

## **GET CREATIVE**

You can make digital or physical vision board, it's just about finding images, objects, words, etc. that evoke a sense of your dream life – i.e. pictures of lush Hawaii and the exact interior for your private jet, or the kitchen in your dream home a your future dog's name. Whatever your vision is, find online pictures or magazine cutouts and get to making your board.

## **KEEP IT CLOSE**

This vision board serves as a visual reminder of all the things that are possible for you, so keep it close (I know some people who even make it the background of their phone). When you look at your board, picture yourself in the images – cooking in the dream kitchen, ordering a glass of champagne on the private jet, petting the dog, playing with your kids in your suburban backyard...it's all yours.

# WRITTEN MANIFESTATION

## WRITTEN

*“people who write down their goals are more likely to achieve them”*

written: repetitive affirmations from pen to paper

# LIST OF 10

## **EVERY MORNING**

Every morning I drink my lemon water (with pink Himalayan salt) and write a list of 10 things I am manifesting in 'I AM ' OR 'I HAVE' statements. While your list of 10 is important, the most important thing is the language you use to write them.

Your list can be really specific like, "I own a house in Italy" or a bit more day-to-day like, "I wake up every morning feeling clear-headed and energized".

There is a huge difference between, "I want" and "I have" – the universe hears *want* as needy, the universe hears *have* as confident. Writing a list of 10 things as if you already have them signals to the universe that you believe they are yours and you are ready to receive them. As you evolve, you will reach goals and your list of 10 will change, allow it to, but write them in the same order, with the same language every morning.

The daily repetition and the act of writing on paper makes a longer-lasting, more memorable imprint on your brain – this sets you up to believe that these are all things you actually have.



# VERBAL MANIFESTATION

## VERBAL

*“people who write down their goals are more likely to achieve them”*

verbal: daily affirmations spoken out loud

# VERBAL AFFIRMATIONS

## **MAKE A LIST**

Make a list of all 5 qualities that you would like to improve on. Now, write out the opposite of that quality i.e. “I am bad with money” becomes “I love money & money loves me”. Those are your 5 affirmations.

## **MIRROR MIRROR**

Take your list and tape it to your bathroom mirror. In order to shift your mindset, you have to believe what you're saying; looking yourself in the eye when you say your affirmations, you'll see your reaction to when you say something you're uncomfortable with & realize which limiting beliefs you need to work hardest on to overcome.

## **REPETITION**

Say each of these affirmations, out loud, while looking at yourself in the mirror when you wake up in the morning. I like to make it a part of my morning face-washing routine so I can get two things done at once.

*SAY EACH AFFIRMATION 5X EACH*