

Manifest The Life You Want

Feelings are energetic vibrations that ripple out into the Universe.

These vibrations attract similar energies into our reality.

My Manifestation Goal: _____

Step 1:

- Check: Are my feelings **in alignment** with my desired goal?
- Cultivate positive feelings (e.g. gratitude) about what you want – as if it already exists.
- Spend 5 minutes/day meditating on these feelings for a week:

Day 1: Day 2: Day 3: Day 4: Day 5: Day 6: Day 7:

Step 2:

- **Imagine** what your desired outcome looks like – use all your senses.
- Continue to cultivate positive feelings.
- Spend 5 minutes/day meditating with imagination **and** feeling for a week:

Day 1: Day 2: Day 3: Day 4: Day 5: Day 6: Day 7:

Step 3:

- Become more **aware** of what is happening in the present moment.
- Affirmation: *I allow myself to engage with the present moment*
- Continue to imagine and feel your goal for 5 minutes/day.

Step 4:

- Continue with Step 3 and **take action** when opportunities arrive.
- Affirmation: *I gratefully receive the courage to open doors of opportunity.*
- Be patient and keep going!