

MODERN MANIFESTING

USING A NEW CHAPTER OF LIFE TO
TRANSFORM YOUR LIFE

DESIGNING AND CO-CREATING YOUR NEXT
CHAPTER

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& CHOOSEYOURFREQUENCY

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Designing and Co-Creating Your Next Chapter



Dedicate to Charles

May you always dream big and trust in the magic of your own path.





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The Beginning

Welcome, friend!

Welcome to your journey of manifesting! Life has a way of throwing curveballs when we least expect them. One day, everything feels stable and secure, and the next, the ground beneath you shifts.

Whether you're newly single, stepping into an empty nest, moving to a new place, retiring after years of work, or navigating a career change, these transitions can feel overwhelming. I've been there. After an unexpected and messy split, I found myself as a full-time single parent, thrust into a reality I never anticipated. It was daunting, lonely, and at times, terrifying.

But I wasn't alone in my journey. I learned that women in transition often face similar struggles. There's confusion, fear, and a sense of losing the person you once were. And yet, this season of life holds the potential for profound growth, transformation, and abundance—if you have the right tools. That's what this course is all about: providing spiritual tools to guide you through these changes and helping you create abundance and success in your next chapter.

What I'm sharing with you isn't just theory. It's the exact step-by-step process I used to pull myself out of uncertainty and into a life of purpose and joy. These practices changed my life, and I believe they can change yours too. Throughout this course, you'll discover how to align yourself with what you truly want, get clear on your goals, and manifest the next exciting chapter of your life—whether it's personal, professional, or spiritual. Let's dive in together, and I'll show you the way.

Throughout this guide, we will explore how to tap into the incredible power you already have to create the life you desire.

Manifesting is about intentionally designing your reality by aligning your thoughts, emotions, and actions with your dreams.

You took the first step to leveling up your life by opening this book.

We have all wondered if there's more to life than what we have experienced. NOW, you are at a beautiful moment in your life where there is A LOT of possibility in front of you.

Are you ready to unlock your full potential and create a life of abundance and purpose?

If you are reading this guide, I am guessing the answer is a resounding, "YES!"

YES, you are ready for a transformation. YES, you are ready for the life upgrade you deserve!

Ready for a renewed sense of purpose and direction in your next chapter! Ready for a new path. Ready for a fresh start. Ready for a GLOW UP!

Introduction

The Manifesting Cycle



Manifesting is a term often used to describe the process of **bringing your thoughts and desires into reality**. It is the belief that your thoughts have **power** and can influence your experiences. Manifesting is co-creation. It is used in conjunction with other practices like meditation, journaling, and gratitude. Manifesting IS NOT a passive wish. The purpose of manifesting is to intentionally create desired outcomes in one's life through positive thinking, visualization, and focused intention. It's based on the belief that our thoughts and beliefs can influence our experiences and shape our reality.

Some common outcomes reported by consistent manifestors are:

- **Goal Achievement:** Manifesting can help individuals set and achieve goals by focusing on positive outcomes and taking inspired action.
- **Positive Thinking:** It encourages positive thinking and visualization, which can improve mental well-being and reduce stress.
- **Personal Growth:** The process of manifesting can lead to personal growth and self-discovery as individuals become more aware of their thoughts, beliefs, and desires.
- **Spiritual Connection:** For some, manifesting can be a spiritual practice that connects them to a higher power or universal energy.
- **Empowerment:** Manifesting can make people feel empowered and in control of their own destiny.

The Manifesting Cycle

Each step plays a vital role in creating the flow of energy that brings your desires to life. We will dive deep into each phase of the cycle and how to implement it.

- 1: Get Clear on What You Want
- 2: Align Your Energy
- 3: Set Your Intention
- 4: Take Aligned Action
- 5: Let Go and Trust the Process
- 6: Receive and Celebrate

Before we begin the hands-on work of manifesting, let's start by clearing up some common misconceptions. This will help you understand the real nature of manifesting and how it works.

Two Types of Manifesting

Surrendered Manifesting and Manufactured Manifesting are two distinct approaches to the practice of manifesting, and understanding the difference between them can help you decide which approach aligns best with your life and goals. Let's dive into each one, break down how they work, and explore how they compare and contrast.

Surrendered Manifesting

Surrendered manifesting is **rooted in the belief that while we have the power to influence our reality, there are greater forces at work**—whether you call it the universe, divine timing, or fate—that are guiding our path. This approach involves trusting those forces and releasing the need to control every detail of the manifestation process.

Key Characteristics

Set your intention: You still get clear on what you desire but do so with a sense of openness. You are clear about the "what," but you let go of the "how" and "when."

Trust the process: Surrendered manifesting emphasizes trust and patience. You trust that the universe will deliver what's meant for you at the right time, even if it's different from what you initially imagined.

Letting go of attachment: There's a key element of detachment in this approach. You don't hold tightly to specific outcomes or timelines. Instead, you surrender control and trust that whatever happens will be for your highest good.

Alignment and faith: This method relies heavily on faith—faith in yourself and the universe. It requires you to stay aligned with your desires energetically, but not obsess or micromanage the process.

Benefits of Surrendered Manifesting

- Reduces stress and anxiety about outcomes.
- Opens you to greater possibilities, including results better than what you imagined.
- Strengthens trust in the universe or a higher power, allowing you to cultivate inner peace.

Beware of what you set
your heart upon...for it
shall surely be yours.
-Ralph Waldo Emerson

You don't have to see the
whole staircase, just take
the first step.
-Dr. Martin Luther King Jr.

Love yourself first and
everything falls into line.
-Lucille Ball

Our frequency is our
currency.
-Regan Hillyer

Manufactured Manifesting

Manufactured manifesting, on the other hand, is a more active, direct, and controlling approach to manifesting. In this model, you are **more focused on taking deliberate actions, controlling variables, and shaping your reality exactly as you want it. It's about creating your desired outcome through intentional focus, effort, and specific strategies.**

Key Characteristics

Set specific, detailed goals: Manufactured manifesting often requires a highly detailed, well-constructed vision of what you want. You plan every aspect of how you expect your desires to come to fruition.

Action-oriented: It's all about taking deliberate action. You create strategies, make plans, and work actively toward achieving your goals.

Focus on control: This approach involves trying to control or direct the exact way your manifestation will unfold. You may have a rigid idea of when and how things should happen, often monitoring progress closely.

Confidence in personal power: Manufactured manifesting relies heavily on your own ability to create and shape your reality through effort and determination.

Benefits of Manufactured Manifesting

- Gives a strong sense of personal empowerment and control over life outcomes.
- Encourages proactive action and the pursuit of goals.
- Can lead to fast results if you're deeply focused and committed to achieving specific outcomes.

Change your thoughts and
you change your world.
-Norman Vincent Peale

If you dream it, you can
do it.
-Walt Disney

Be the energy you want
to attract.
-Unknown

Ask for what you want
and be prepared to get it.
-Maya Angelou

The same light you see in
others is shining within
you, too.
-Morgan Harper Nichols

Thoughts become things. If
you see it in your mind, you
will hold it in your hand.
-Bob Proctor

Comparing, Contrasting, and Choosing Between Surrendered and Manufactured Manifesting

1. Level of Control

Surrendered Manifesting: Emphasizes releasing control. You trust the universe to take care of the details, focusing instead on staying in alignment with your desires.

Manufactured Manifesting: Puts a strong emphasis on control. You direct the process, taking action to shape your reality exactly as you envision it.

2. Attachment to Outcomes

Surrendered Manifesting: Encourages letting go of attachment to specific results. You're open to various possibilities and trust the timing.

Manufactured Manifesting: Is often outcome-oriented. You may hold tightly to specific goals, timelines, and expectations.

3. Mindset

Surrendered Manifesting: Cultivates a mindset of trust, faith, and patience. You believe the universe will deliver the best outcome, and you're willing to go with the flow.

Manufactured Manifesting: Focuses on determination, self-reliance, and certainty. You believe your personal actions are the key to making your goals happen.

4. Energy Alignment

Surrendered Manifesting: Centers around aligning your energy with your desires and maintaining faith that what's meant for you will come.

Manufactured Manifesting: Is often about taking focused action, sometimes without as much emphasis on aligning energy or tuning into intuition.

5. Results

Surrendered Manifesting: May take longer to manifest results, but when they come, they often feel effortless and aligned with your true path.

Manufactured Manifesting: Can lead to faster results, but it may also lead to burnout or frustration if things don't go as planned or if your efforts feel forced.

Contrast

Trust vs. Control: Surrendered manifesting invites you to trust in a higher power and the flow of life, while manufactured manifesting is about controlling the details of your path.

Relaxed vs. Driven: Surrendered manifesting tends to be more relaxed, allowing you to feel at peace with the process. Manufactured manifesting is more goal-driven and with an emphasis on working hard to achieve results.

Which One Should You Choose?

Choosing between surrendered and manufactured manifesting ***depends on your personality, your current life circumstances, and what feels right for you.*** Many people blend the two, using surrendered manifesting when they feel they need to release control and manufactured manifesting when they want to feel more empowered and action-oriented.

For women in transition—like those going through a breakup, an empty nest, or a career shift—surrendered manifesting can be especially powerful. It allows you to heal, let go of past attachments, and trust that the next phase of your life is unfolding perfectly, even if you can't see every detail right now. It encourages openness to new possibilities and opportunities that might be even better than what you originally imagined.

MYTH BUSTING

Myth #1: Manifesting is just wishing.



One of the biggest misconceptions about manifesting is that it's simply wishing for something and waiting for it to magically appear. Many people think that by just thinking positive thoughts or saying affirmations, they can attract whatever they want without putting in any effort. But that's not how manifesting truly works.



Manifesting is not about passive wishing. It's about aligning your mindset, actions, and energy with your desires. It is a complementary tool. **Manifesting is much deeper than wishful thinking. Manifesting is co-creating your reality with clear vision, confidence, and action.**

Yes, having clarity on what you want is crucial, but it's only the first step. The real magic happens when you take inspired action toward your goals, shift limiting beliefs, and stay open to opportunities.

Manifesting requires consistency, trust, and commitment—**it's about creating a partnership with the universe.**

True manifestation involves:

- Visualizing your goals with intention
- Working on your mindset and clearing doubts
- Taking aligned, intentional steps toward what you want
- Being open to receiving in ways you might not expect

Myth#2: Manifesting is pseudoscience.



The myth that "manifesting isn't real" often stems from a misunderstanding of what manifesting truly is. Critics argue that it's just pseudoscience or magical thinking—that wishing for something doesn't make it happen.



Well, we have already busted the myth that manifesting is simply sitting back and hoping the universe delivers something on a silver platter. In reality, manifesting draws from a combination of psychology, neuroscience, and behavioral principles.

The interactions that occur in the brain during manifesting illustrate a complex interplay between thought, emotion, and behavior. By engaging **the prefrontal cortex, limbic system, and RAS (Reticular Activating System)**, and leveraging neuroplasticity, visualization, and positive thinking, you create a powerful environment for personal transformation. This scientific understanding enhances the credibility of manifesting as not just wishful thinking, but as a legitimate process that can lead to meaningful change in your life.

THIS IS IT!



This is what you came here for—the playbook that can transform everything. You didn't buy this guide just to read about possibilities—you're here to create them. You're ready to step into your power, and this is where the magic happens.

These next steps aren't just theory or feel-good advice. They are the actionable, proven steps to manifest the life you've been dreaming of, no matter how far away it feels right now.

Imagine waking up each morning with a sense of purpose, knowing that the life you desire is no longer out of reach. You have clarity. You have direction. You are in control of your future. Whether you're navigating a painful breakup, stepping into the unknown of an empty nest, or standing at the crossroads of a new career, this is your chance to shift everything.

The power to manifest abundance and success lies within you. Right now. Each one of us is born a manifestor. It's been there all along, waiting for you to tap into it. And with these steps, you're about to unlock it. Let's get started—because the next chapter of your life isn't going to wait, and you're more than ready to claim it.

Let's create the life you were always meant to live.

Now let's get into the specific steps that will take you from feeling stuck to living a life full of abundance and clarity. Follow this process, and you'll start seeing shifts almost immediately.



Mission 1: Get Clear on What You Want

There are moments in life that can feel like being caught in a whirlwind, leaving you unsure of what comes next. When life throws you into transition, it's easy to focus on the loss, the unknown, or the fears creeping in. But this is where you turn the page. Whether you are excited, terrified, or both about this, this is a golden opportunity.

In the middle of that chaos, there is a beautiful chance to rewrite your life on your terms. To create abundance and success that is aligned with your deepest desires. Sit down. Take a deep breath. Give yourself permission to dream again. You are no longer bound by the roles or expectations that were tied to your old life. Now, it's time to ask yourself, "What do I truly want moving forward?"

This is your moment.

Your first mission is to get clear on what you truly want. This might seem obvious, but many people skip this part.

Many set vague goals like "I want more money" or focus on what they "don't" want, "I don't want to be alone," both of which only bring more confusion.

Be specific. Here are some questions to spur thinking. Answer some, none, all. There is no wrong answer. The one rule - NO LIMITS.

What does your ideal day look like?

Where are you living?

How are you spending your time?

What kind of success and fulfillment do you crave, and what kind of relationships are you cultivating in this new chapter?

What does your ideal day feel like?

What kind of success do you want?

What relationships are you cultivating?



first draft...

Mission 2: Align Your Energy

Once you're clear on what you want, the next step is aligning your energy with that vision. We will be using **The Law of Attraction**.

The Law of Attraction is a spiritual and metaphysical principle that suggests that **like attracts like**. What you focus on expands. The energy you put out into the universe—through your thoughts, emotions, and beliefs—comes back to you in the form of experiences, opportunities, and outcomes.

Your thoughts are **powerful forces** that can shape your reality, so by focusing on positive thoughts and desires, you can manifest positive outcomes in your life. That energy allows those things to flow more easily into your life. Conversely, if you focus on negative thoughts, fears, or limitations, you may attract more of those into your life as well. This means shifting your mindset from one of lack and doubt to one of abundance and possibility. You **MUST** believe that what you want is possible.

Boosters

When you shift your mindset to abundance, it's crucial to strengthen and maintain that energy daily. The best way to do this is by incorporating **practices that continuously nurture your positive thoughts and emotions, keeping you aligned with your desires**.

Two powerful tools for doing this are gratitude practices and vision boarding. These 'boosters' help anchor your focus, elevate your emotions, and direct your energy toward what you want to attract. Gratitude opens you up to receiving more by recognizing the abundance you already have, while vision boarding keeps your goals top of mind, ensuring you stay clear on what you're calling into your life.

Let's dive into these practices and explore how they can supercharge your manifesting journey.

Gratitude practices will be a critical part of your consistent practice. Being grateful for what you already have and for what you are about to receive is a key principle of the Law of Attraction. Gratitude amplifies positive energy and helps create more of what you appreciate in your life.

The Law of Attraction emphasizes the power of visualization in attracting what you want into your life. A vision board is a dynamic tool designed to help you do just that. It's a tangible expression of your dreams and aspirations, serving as a daily reminder of your goals. Here's what a vision board is and what it can do for you:



What a Vision Board Is and Does:

- Visualizes Your Goals: It provides a clear representation of your dreams, allowing you to see your desires daily.
- Infuses Positive Emotions: By selecting inspiring images and quotes, you align your energy with feelings of excitement and joy.
- Clarifies Your Desires: Gathering images and words helps you become more specific about what you want to attract.
- Promotes Intentional Focus: Creating a vision board requires focused attention on your aspirations, aligning your mindset with the principles of manifesting.
- Reinforces Beliefs: Regularly viewing your vision board strengthens your beliefs about what's possible, enhancing your alignment with your desires.

Let's begin with a **gratitude** exercise specifically designed for this moment of exhilarating possibility.

BOOSTER #1

Gratitude for Transition: Embracing New Beginnings

This exercise articulates the good you already have and the potential for additional new and fulfilling experiences.

Find a quiet space where you can sit comfortably. Take a few deep breaths, and center yourself in the present moment. This time is for you.

Reflect on the Past

Start by acknowledging the transition you're currently going through. Reflect on the purpose that life stage had in your journey. This could be the children that came from a relationship that has now ended, the skills and travels that came from a career, and so on. Everything in our lives—good or bad—teaches us something.

Write down 3-5 things you are grateful for from that experience.

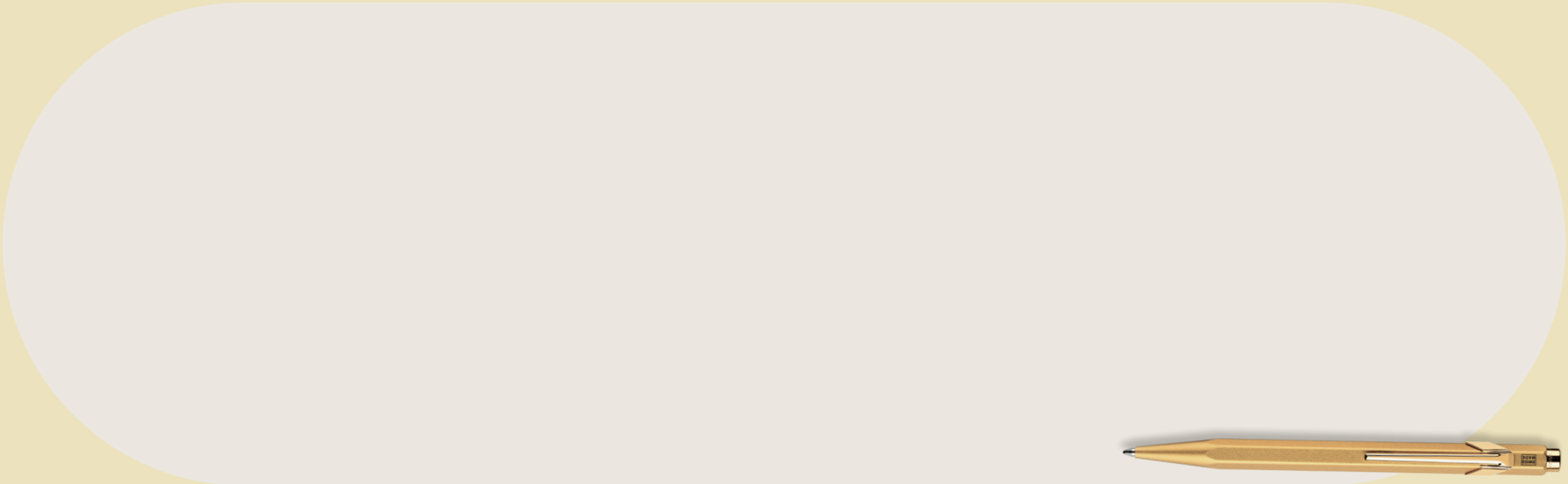
For example, these could be experiences or ways in which that time shape who you are today. What positive moments stand out to you?



Reflect on the Present

Start by acknowledging the transition you're currently going through. Whether it's a breakup, children leaving home, or a career shift, recognize that this change is a part of your journey.

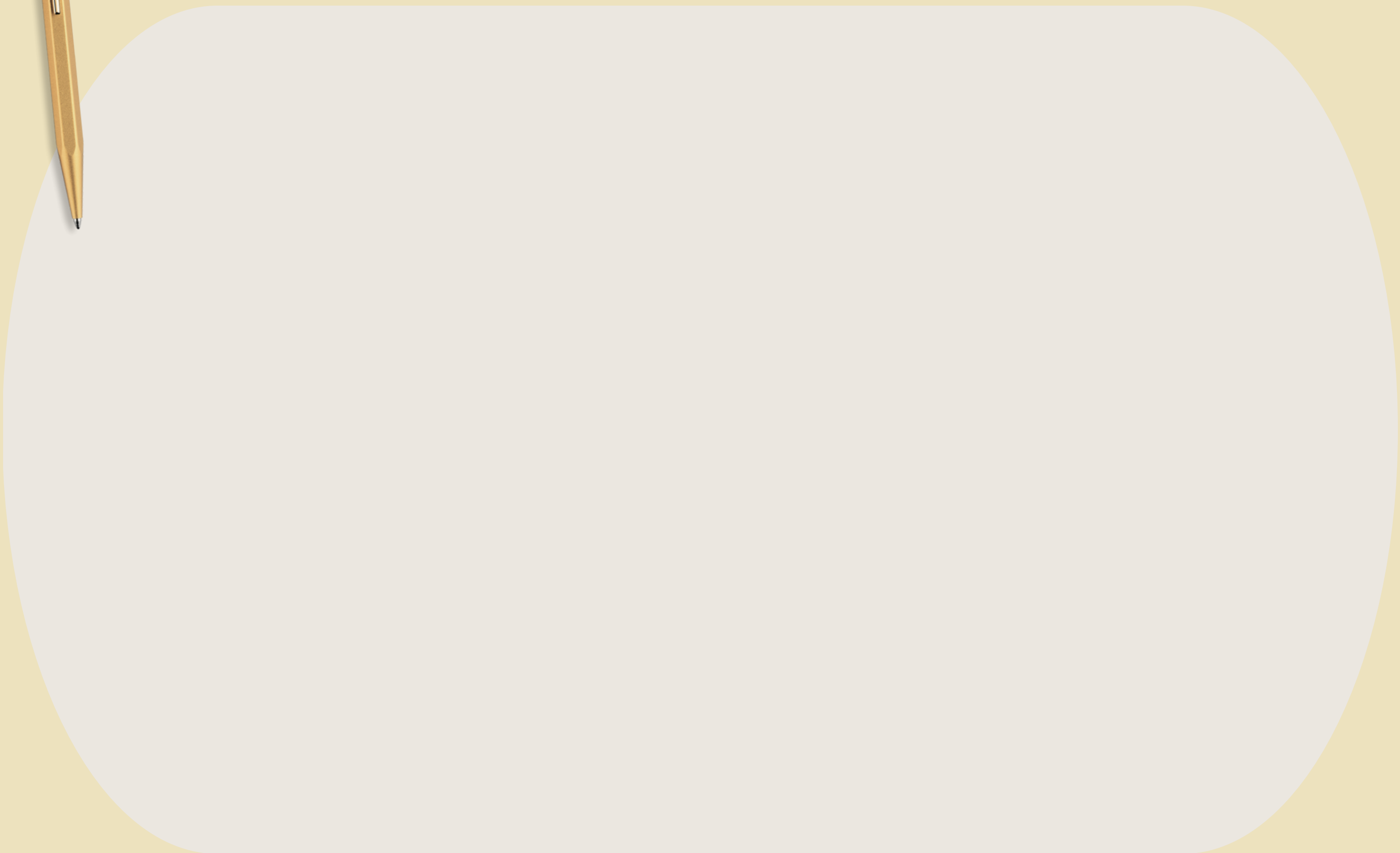
Now, think about the strength, resilience, and wisdom you've gained from this or from past experiences. Write down 3-5 things you've learned from overcoming challenges. This shifts focus from loss to personal growth.



Identify Small Joys in the Present

Next, **reflect on the things you still have and/or things that bring you comfort or joy.** These can be big things like your health or small, everyday details that make your life richer like a morning cup of tea. **Write down AT LEAST 3-5 things** you're grateful for in this moment. There is more space because there are probably plenty more.

- Begin by considering the things that sustain and support you in life. You woke up today. You are here now contemplate your possibilities.
- Look around you right now. What do you see, hear, or feel that brings you comfort or joy? It could be the cozy feeling of your favorite blanket, the warm cup of tea in your hand, the sunlight streaming through your window, or even a favorite song playing in the background.
- Are you safe? Are you learning something new? Is this moment contributing to your future goals?

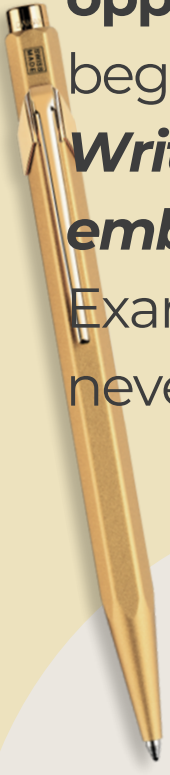


Visualize Your Future Self

Now, envision your future self after navigating this transition. **Who do you see? What new opportunities are unfolding for you?** Imagine the relationships, personal growth, and new beginnings ahead.

Write a note of gratitude as if you've already become this future self, thanking yourself for embracing this transition and thriving through it.

Example: "I'm so grateful for how strong and resilient I've become. This transition opened doors I never imagined, and I'm thankful for the clarity, love, and joy that have entered my life."



Gratitude for the Transition Itself

Finally, thank this transition for the lessons it's bringing into your life. While it may be uncomfortable now, recognize that this phase is helping you become the next, more powerful version of yourself.

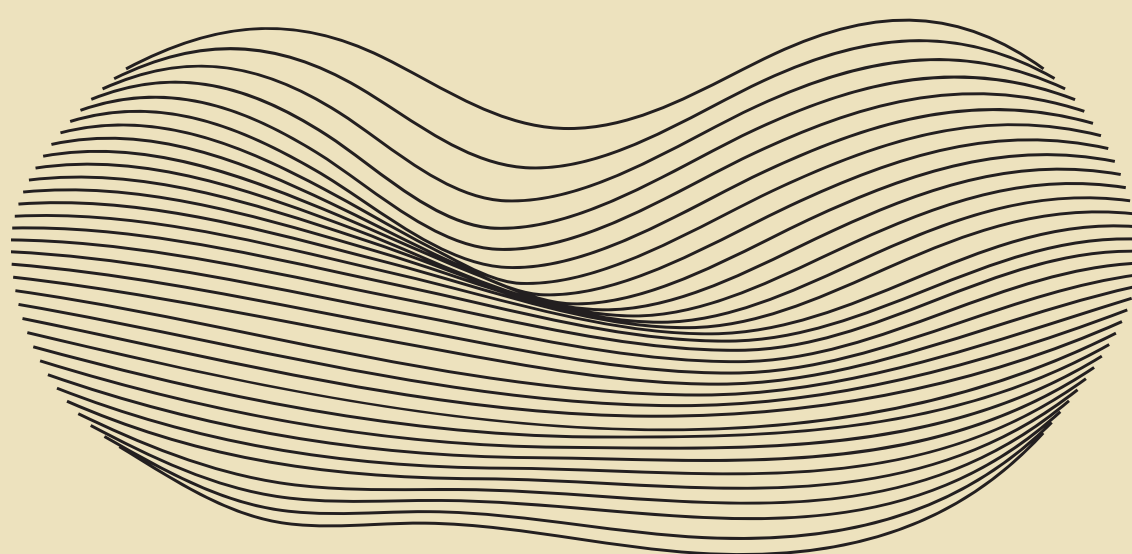
Write this or your own version that resonates: "I'm grateful for this transition, as it's teaching me to trust myself, stay open to new possibilities, and embrace change with grace."



Close by taking a few more deep breaths, feeling the gratitude for where you are, where you've been, and where you're going.

This exercise allows you to see your transition not as a loss, but as ***a gift of growth and potential.*** It aligns your energy with gratitude, helping you welcome new beginnings with an open heart.

You are not just surviving this transition—you are transforming.



Now that you've taken the time to tap into the powerful energy of gratitude, ***you've already started aligning yourself with the abundance that's available to you.*** Gratitude opens your heart, shifts your perspective, and creates a sense of ***expansion***—helping you recognize the good in your life and making room for even more.

Next, we're going to build on this energy by diving into the practice of ***visualization—a key step in manifesting your dreams.*** But instead of just imagining your ideal future, we're going to ***make it tangible*** by creating a vision board. This tool will allow you to see your goals and desires daily, keeping your focus clear and your energy aligned with what you want to attract. Let's take the clarity and gratitude you've cultivated and turn it into something you can see, feel, and experience every day. Ready? Let's create your vision board!

BOOSTER #2

Creating a Vision Board

Gather Materials: Collect items like a poster board, magazines, scissors, glue, and markers. You can also create a digital version using tools like Canva or Pinterest.

Set Your Intentions: Take a moment to reflect on what you want to manifest in your life. Consider your goals related to career, relationships, health, and personal growth. Review the work you did at the start of this guide.

Find Inspiring Images and Quotes: Look through magazines or online sources for images and words that resonate with your intentions. Choose visuals that evoke positive emotions and align with your aspirations.

Arrange Your Board: Begin placing your chosen images and quotes on the board. Arrange them in a way that feels visually appealing and meaningful to you. Don't be afraid to get creative!

Glue Everything Down: Once you're satisfied with the arrangement, glue down each item securely.

Add Personal Touches: Feel free to write your own affirmations or add drawings to personalize your board even further.

Display Your Vision Board: Place your completed vision board somewhere you'll see it daily, such as your bedroom, office, or workspace.

Engage with It Regularly: Take time to reflect on your vision board regularly. Visualize yourself achieving your goals and feel the emotions associated with those accomplishments.

You can ***revise or refine anytime! There is no way to do it wrong.*** By following these steps, you'll create a powerful vision board that enhances your practice of the Law of Attraction and helps you manifest your dreams into reality.

Now that you've created your vision board—a tangible reminder of your goals and desires—you've taken a powerful step in aligning your energy with the life you want to manifest. **Your vision board helps you stay focused on what you want, filling you with positive energy every time you see it.** But here's the thing: staying aligned with that energy isn't just about what you visualize—it's also about what you **believe**.

This brings us to an essential part of manifesting: managing the thoughts and beliefs that are holding you back. Even if your vision is crystal clear, doubt can creep in and weaken your ability to attract what you desire. **When doubt appears, it sends mixed signals to the universe, making it harder for your desires to manifest.** So, the next step in aligning your energy is paying close attention to those inner thoughts and replacing doubt with certainty and belief.

One specific strategy for doing this is called **thought reframing**.

BOOSTER #3

Observe and Reframe

Thought reframing involves catching any negative, limiting thoughts that come up and consciously flipping them into positive, empowering ones. Here's how it works:

1. Notice the doubt: When you catch yourself thinking something like, "I'm not sure this will happen," or "I don't deserve this," stop and acknowledge the thought without judgment. Awareness is the first step to changing your mindset.

2. Question it: Ask yourself, "Is this thought really true?" Often, doubts are rooted in fear, not fact. Challenge those negative thoughts with logic and self-compassion.

3. Flip it: Replace the negative thought with a positive one that aligns with your vision. For example, instead of "I'm not sure I can do this," shift to "I have the power and ability to create the life I want." The more you practice this, the stronger your belief will become, and that belief will fuel your manifestation journey. **Now WRITE THE REFRAMED thought into the note below. Sign the note!**

By consistently reframing your doubts into positive affirmations, you strengthen your belief in yourself and your vision, **sending a clear and confident signal to the universe**—and your subconscious—that you're ready to receive what you desire.

Dear Universe,

With love and gratitude,

Mission 3: Set Your Intention

This is where most people get stuck. They think manifesting is just about visualizing and waiting for things to happen. Well, **you are not just ANYONE**. You have already shown yourself that you are strong, forward-thinking, and ready for more.

True manifesting is about co-creating with the universe. Once you've gotten clear on what you want (check!) and aligned your energy (check!), you need to **set your intention and take inspired action. It is time to look back on your earlier work and select one of those BIG wants.** Then, you will work backward to break that BIG outcome into small steps.

Here's how to do it:



Review "Mission 1: Get Clear on What You Want"

You likely wrote out a list of things you want in different areas of your life, and you even created a vision board to visualize those desires. **Ask yourself these questions:**

What were the major themes or areas of your life that stood out to you? (e.g., career, relationships, financial security, personal growth)

Which desires feel the most exciting or important to you right now?

Which goals do you feel the most emotional connection to? (The more emotionally aligned you are, the stronger the manifesting power.)

Review "Mission 2: Align Your Energy"

You worked on aligning your energy with your desires. You may have visualized your goals through vision boarding and practiced gratitude for what's possible. **Ask yourself:**



Which of my desires was I able to align with the most during this process?

What vision from my vision board or gratitude practice do I keep coming back to? What fills me with joy, excitement, or a sense of peace?




3

Select One BIG Want

You are not abandoning the other goals—you're simply putting concentrated energy into manifesting this one desire first. You'll come back to the others later. **How to choose:**

Emotional Pull: Which goal excites you the most?



Alignment: Which goal feels aligned with where you are in life right now?

Impact: Which goal, if achieved, would make the biggest positive difference in your life?

TRUST YOUR INTUITION HERE.



THE GOAL THAT FEELS RIGHT IS LIKELY THE ONE YOU'RE MEANT TO FOCUS ON FIRST.

4

Write Down Your One Big Want!

Make it clear, specific, and positive. Instead of saying "I want to have a better job," reframe it to "I'm manifesting a fulfilling job where I am appreciated, well-compensated, and growing." This ensures your desire is concrete and carries positive energy.



Mission 4: Take Aligned Action

Take a moment. Pat yourself on the back for the hard work you have done thus far.

It is not easy to look this deeply at yourself and your life. It is not easy to look beyond the wishes and keep going once you realize you will have to put some work in as well. Well done, friend! You and I both knew you could, but it still deserves the celebration.

The Law of Attraction works best when combined with action. The universe responds to your desires, but you have to meet it halfway. It is time to identify and take practical steps that align with your goals and intentions. As we have stated, manifesting isn't just about dreaming—it's about taking aligned, inspired action. Now that you've chosen your one big want, it's time to make a plan.

But I would LOVE to get my BIG outcome RIGHT NOW!

While it's understandable to want immediate and HUGE results, taking small, consistent steps is generally more effective AND (believe it or not) more enjoyable for manifesting your desires.

Why are small steps important?

In essence, small steps are the building blocks of your manifestation journey. **They demonstrate your commitment, align your energy, and help you stay focused** on your goals. By taking consistent action, you're increasing your chances of manifesting your desires.

Here are the top 4 reasons SMALL steps are exponentially more effective:

- **Sustainability:** Big, immediate demands often involve a high level of effort or risk that is not sustainable over time. They lead to burnout, frustration, or even giving up.
- **Realistic Expectations:** Manifesting significant changes often takes **time** and **trust**. Expecting immediate results sets you up for disappointment and hinders your progress.
- **Building Confidence:** Small steps allow you to build confidence and momentum gradually. As mentioned, manifesting significant changes often takes **trust**. This can make it easier to sustain your efforts and believe in your ability to achieve your goals.
- **Alignment with the Law of Attraction:** The Law of Attraction emphasizes the importance of **consistent, aligned action**. Big demands may not always align with your overall goals or be sustainable in the long run.



BOOSTER #4

Your Rise to Abundance

Before we go forward, draw yourself on the steps below. Where are you today? It is going to feel great when you return on a future date and draw in your progress!



BOOSTER #5

Creating Your Dream Blueprint

Break it Down Into Small, Actionable Steps

It's time to make a plan. Here's how to break it down:

Work Backward: Imagine you've already achieved your goal.

What did it take to get there? What steps did you take along the way?

Brain Dump: Take a few moments to write down **everything you can think of related to your big want**. Let it all out on paper or in a digital doc. The key here is not to censor yourself—just get everything out so it's no longer swirling around in your mind.

REMINDER

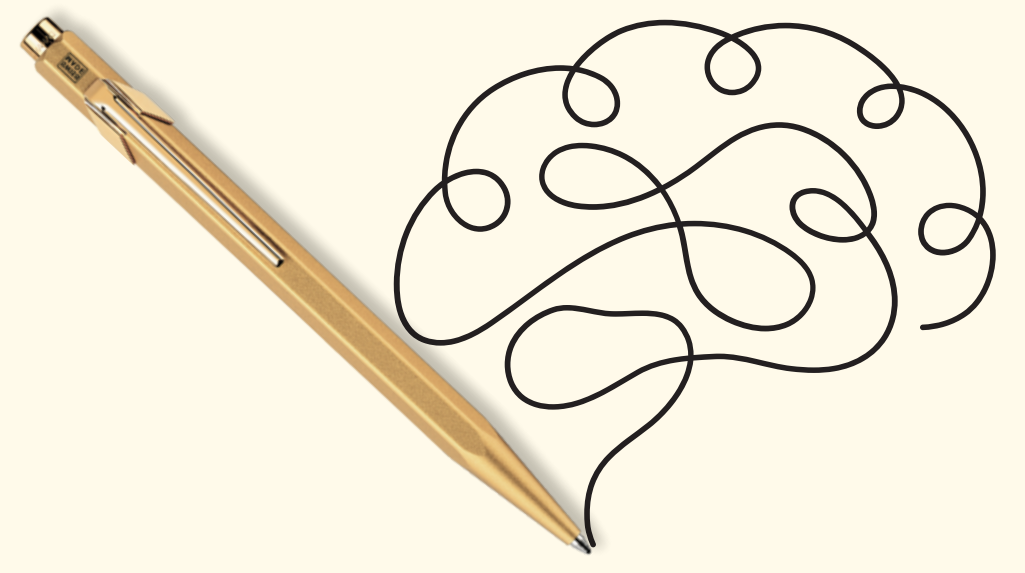
Let it flow and let it go. Manifestation is about energy flow. It is about finding flow, not force. You want to create **an easy, natural rhythm** that helps you take aligned action without feeling overwhelmed. Here are tips for sorting your tasks into manageable groups and creating a working list for daily, weekly, and monthly actions:

Mindset Matters: Flow, Don't Force

Let It Flow: Manifesting is not about pushing or forcing. It's about getting in tune with your energy, releasing your desires to the universe, and allowing the process to unfold. If you find yourself feeling pressured, take a breath, let it go, and remember—you're co-creating with the universe, not doing it all on your own.

Now let's go on to the next page and release everything out onto the paper.

Brain Dump!



Sweep & Sort

Release Perfectionism

THIS IS A MUST! *This list is never set in stone. It is simply a working list, constantly evolving as you do.* There's no "right" or "wrong," and you're not locked into anything. Adjust as needed. Move through at a pace that **feels good**.

Choose a System to Sustain for Clarity and Calm and High Vibration

Once you have your list, group tasks. Use the approach that works for you or for your big want.

Use Categories:

- For example:
- **Research:** Tasks like gathering information or learning a new skill.
 - **Action:** Tangible steps, like sending an email, making a call, or creating content.
 - **Mindset:** Energy-alignment tasks, like journaling, meditating, or using affirmations.
 - **Planning:** Mapping out timelines or setting goals.

Use Daily, Weekly, and Monthly: Assigning actions from your brain dump to each.

Daily items should be small, bite-sized tasks that are easy to accomplish in a single day. Think of them as the building blocks toward your bigger goal.

- For example:
- Spend 10 minutes visualizing your success.
 - Write one page of your book.
 - Make one networking connection.

Weekly items are slightly larger tasks that require more focus. These tasks push you forward on a larger scale but don't feel overwhelming in a week's timeframe.

- For example:
- Complete research for your project.
 - Send a proposal to a potential client.
 - Update your website or social media.

Monthly items are more significant milestones or broader goals. These often represent the completion of smaller tasks from your daily and weekly columns.

- For example:
- Finalize the draft of a book or project.
 - Complete a full vision board.
 - Take a class or attend a workshop.

Don't Get Caught Up In the Details

See the forest through the trees. Pause and reminder yourself of the critical needs:

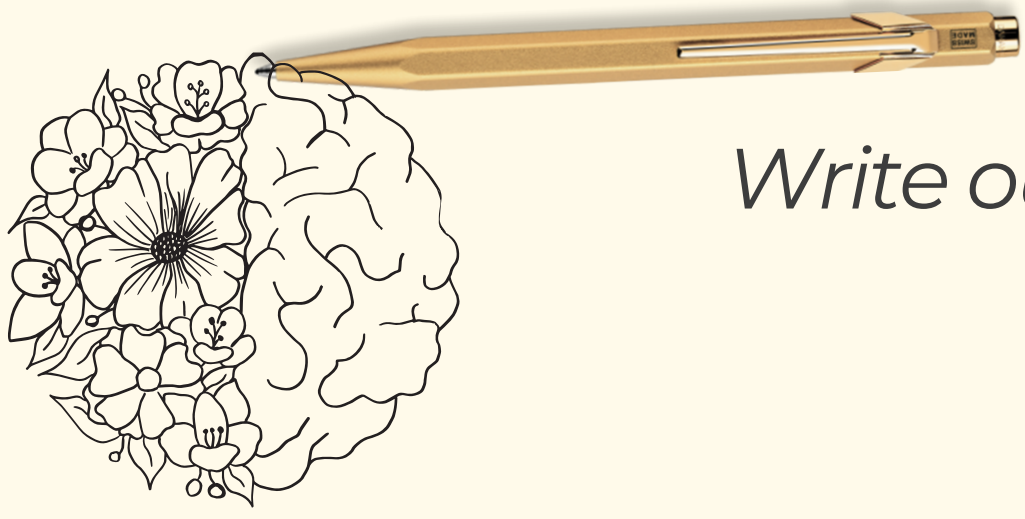
-Be flexible. -Trust yourself. - trust the Universe. T

he purpose is to release the ideas and give them some structure—but not to make them perfect.

Trust that by getting it out on paper, you are aligning your energy.

Simply shift between actions as you need. Trust your energy. **Do what feels right for that moment.** That may be to do a significant task and that may be to rest.

Manifesting is not about rigid timelines. Things can change based on your energy, opportunities that arise, or new insights. Let your list evolve along with your journey.



Write out your first draft of a “Sweep and Sort.”

What small step can you take today to move closer to your goals? Maybe it's sending an email, applying for a job, or learning a new skill. ***Keep moving forward, even when it is one small step at a time.***

Can you feel it? The magic is already happening?



Mission 5: Let Go and Trust the Process

It is time to **detach from the outcome**. After taking action, trust that the universe is working behind the scenes to bring your desires into reality.

It is time to **release control** over how and when your desire will manifest. It is time to **feel at peace, and know that the universe is bringing your desires**, even if it's not on your timeline.

BOOSTER #5

Mark Your Manifesting Milestones

Acknowledge your action.

Give yourself a check, a heart, a star, a grade...whatever feels right to you.



Stay open to divine timing

Sometimes what you want doesn't arrive immediately or in the exact form you expect. **Trust** that it's coming in perfect timing.

Continue to live in alignment

Keep your energy high by staying grateful, positive, and open to new opportunities, even if the manifestation hasn't fully appeared yet.

Mission 6: Receive and Celebrate

You'll know you've manifested something when the outcomes you've been working toward, visualizing, and aligning your energy with begin to show up in your life. ***Sometimes it happens in subtle ways, and other times in big, undeniable moments. Here are some signs that indicate you've successfully manifested something:***

The Desired Outcome Appears

The most obvious sign is when the thing you've been focusing on shows up in your life. Whether it's a new opportunity, a relationship, or a material goal, when it comes to fruition, it's clear you've manifested it.

Synchronicities and Signs

You might start noticing meaningful coincidences, also known as synchronicities, that seem to confirm you're on the right track. For example, you might hear a song, see a number repeatedly, or meet the right person just at the perfect time.

A Feeling of Alignment

You might feel a deep sense of peace or excitement like everything is clicking into place. You feel aligned with your desires, and there's a flow to life where things seem to happen effortlessly.

Unexpected Opportunities

Sometimes the universe brings things to you in unexpected ways. It may not always look exactly like what you envisioned, but it will carry the essence of what you were manifesting, often leading to something even better.

Your Energy and Focus Shift

Once you've manifested something, you may feel less of a need to focus on that specific desire. You feel content and satisfied, and your energy may naturally shift to new goals or desires.

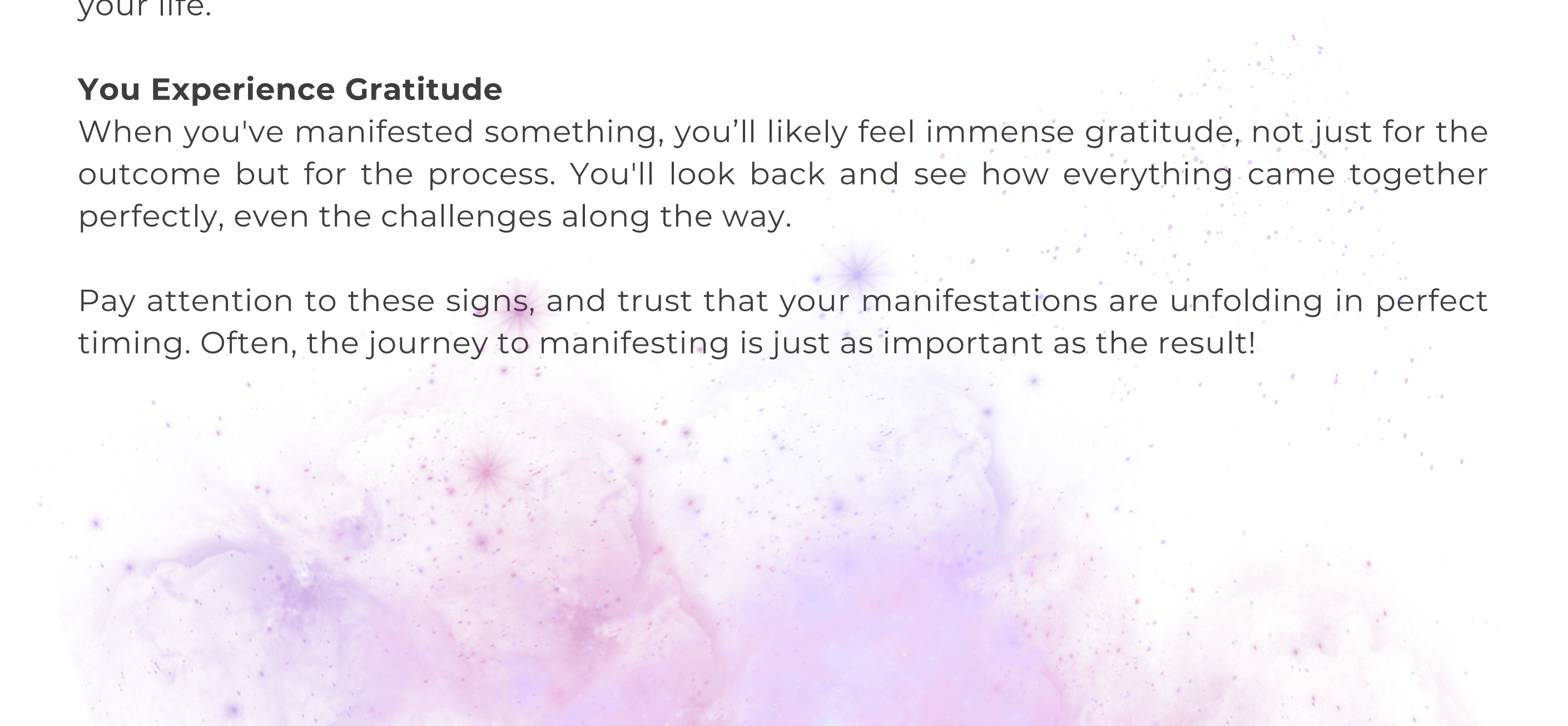
You Experience Growth

Manifesting isn't just about getting things, it's about becoming the person who can receive and hold those things. When you notice personal growth, whether in your mindset, habits, or resilience, it's a sign that you've successfully manifested change in your life.

You Experience Gratitude

When you've manifested something, you'll likely feel immense gratitude, not just for the outcome but for the process. You'll look back and see how everything came together perfectly, even the challenges along the way.

Pay attention to these signs, and trust that your manifestations are unfolding in perfect timing. Often, the journey to manifesting is just as important as the result!



BOOSTER #6

Wins & Wonders

As you experience manifestations, **write them down.**

Writing down your experiences is incredibly powerful for building trust in the manifesting process and in yourself. When you document these moments, you'll start to see patterns, connections, and evidence that the universe—or your subconscious—is responding to your energy and intentions. This builds your confidence and further aligns you with the outcomes you're creating.

The act of reflecting and celebrating each step—even the small ones—reinforces your belief in your ability to manifest your dream life. It shows you that you are in harmony with your goals, and it keeps you connected to the energy of abundance and gratitude.

Keep this guide, your journal, or a notebook nearby, and when you notice these signs, jot them down. You'll be amazed at how much you've accomplished over time! Let it flow, enjoy the process, and trust that everything is unfolding as it should.

This page and the next have quick receptacles for your notes. Check the type of manifestation and describe it. You can reprint the template as many times as needed! Enjoy! This is going to be exhilarating and powerful!

Date:

- Desired Outcome
- Synchronicity/Sign
- Feeling Alignment
- Opportunity
- Energy/Focus
- Growth
- Gratitude
- Other

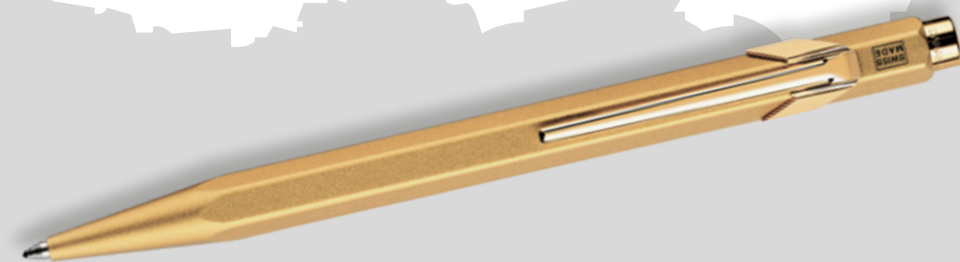
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The Beginning

Manifesting is an evolving journey. As your goals change and grow, so does your manifesting process. You will always cycle back to refine, realign, and manifest new desires, keeping yourself in a state of flow and creation!

As you near the end of this guide, take a moment to reflect on how far you've come! You've set powerful intentions, aligned your energy, taken bold action, and now you're stepping into a beautiful new chapter of your life. You are no longer just wishing for change—you are creating it, one aligned step at a time.

Remember, manifesting is a journey, not a race. ***The power is in you.*** It has always been in you. It lies in your ability to trust the process, knowing that what you desire is already on its way. Every action you've taken has brought you closer to your dreams, and by letting go of any attachment to the outcome, you allow space for the universe to work its magic.

Stay committed to your vision. Keep showing up, keep believing, and continue taking inspired action. ***You have the tools, the knowledge, and the energy to manifest the life you desire and deserve. Whenever doubt creeps in, come back to this guide,*** reflect on your progress, and remember that ***you're capable of incredible things.***

Celebrate each milestone along the way—big or small—and ***trust*** that you're exactly where you need to be.

You are a powerful creator, and the best is yet to come. Keep rising, keep trusting, and most importantly—keep shining. The universe has your back, and your next chapter is going to be extraordinary. ✨

Thanks for being here with me.

Love,
Dottie

