

Manifest Like a Mother™

WEEK FIVE

ATTRACTION IN ACTION

The purpose of this week's workbook is really just a space for you to reflect on where you have been more successful with manifestation in your life so far and to see which of the tools in the toolkit are most enjoyable or most effective for you.

Your Manifestation Success

Find at least one area in your life which just comes easily to you. Something that you don't give a huge amount of thought to, but are just good at. It could be staying healthy. It could be doing creative projects. It could be taking care of your children... doesn't matter what it is. Hone in on which areas of your life are easy and then use the space below to observe why that is easy for you.

Is it because you just decided that's how things are? Do you have an unshakable belief that that's just how things go for you? Why is there no resistance in that area? Do you unintentionally rehearse success for that thing? See what you can notice and think about how you can apply that to other areas of your life.

Manifest Like a Mother™

WEEK FIVE

Notes continued...

The Manifestation Process

Just to recap it for you, here are the stages of the manifestation process:

- 1 // Tune into your desires / connect to your inner being
- 2 // Decide
- 3 // Believe
- 4 // Feel
- 5 // Appreciate
- 6 // Stay Open & Act

Manifest Like a Mother™

WEEK FIVE

Journaling

Some suggested journaling practices:

- > Asking for inner guidance
- > Getting clear on / adding detail to what you want or your vision of success
- > Stating things as though already done to affirm new beliefs, feel new feelings
- > Written visions / scenes of success
- > Appreciation

Your notes on how journaling is helping you to manifest the things you want:

Manifest Like a Mother™

WEEK FIVE

Meditating

Some suggested meditation practices:

- > Meditate to create mental space and invite in guidance
- > Meditate to change vibrational frequency from anxious/fearful/negative to calm/appreciative/loving
- > Guided meditation to reprogramme the subconscious with new beliefs

Your notes on how meditating is helping you to manifest the things you want:

Manifest Like a Mother™

WEEK FIVE

Affirmations

Some suggested affirmation practices:

- > Turn an affirmation into a mantra to use to flip the switch on negativity
- > Say them to yourself in a mirror or journal them daily
- > Add them as reminders to your phone, around your home, as screensavers, as your password etc

Your notes on how affirmations are helping you to manifest the things you want:

Manifest Like a Mother™

WEEK FIVE

Visual Cues

Some suggested ways of integrating visual cues to prime your mind for success:

- > Upgrade / improve your environment in some way
- > Declutter physically to declutter mentally
- > Surround yourself with objects/images that invoke positive feelings

Your notes on how visual cues are helping you to manifest the things you want:

Manifest Like a Mother™

WEEK FIVE

Verbal Intentions

Some suggested ways of using verbal intentions:

- > Watch what you say about yourself, your goals, money etc
- > Speak of your goals as if already done, definitely happening. "I'm going to..." and "When I ..."
- > Tell your goals to people who are supportive
- > Make verbal requests/state intentions verbally to the Universe

Your notes on how verbal intentions are helping you to manifest the things you want:

Manifest Like a Mother™

WEEK FIVE

Visualisation

Some suggested visualisation practices:

- > Mentally rehearse for success by visualising things going well / exactly as you want
- > Visualise scenes from your dream life to spark those feelings now
- > Day dream about your vision of success or a particular goal and specifically its purpose and what it will mean for you
- > Spend 5 minutes, no more!

Your notes on how visualisation is helping you to manifest the things you want:

Manifest Like a Mother™

WEEK FIVE

Feel Good!

Some suggested feel-good practices:

- > Start making notes of anything and everything that gets you buzzing!
- > Listen to your inner being to determine what is going to make you feel good in any given moment
- > Do something to feel good EVERY SINGLE DAY
- > Get moving
- > Listen to something inspiring/uplifting
- > Rest and recuperate
- > Laugh

Your notes on the things you have been doing to feel good and what you want to do more of. When you start the day dedicating some time to feeling good, note below how it impacts the rest of your day and the things you do:

Manifest Like a Mother™

WEEK FIVE

Feel Good!

Extra feel-good notes...

Manifest Like a Mother™

WEEK FIVE

Set A Goal

> Look at your vision of success. Chunk it down into stages or manageable pieces (without fixating on the HOWS!). Pick your first goal, the first step towards your vision of success.

> State your goal here:

I am going to _____ because it will mean that I
can _____
and it will make me feel _____

> Go and share your goal with the group!

> Start working the manifestation process for this goal and see what happens!

MOST IMPORTANT NOTE: Have fun with these tools! It isn't meant to be too serious. Fix on a goal and try out different tools until you get into a groove and start doing some of them naturally. Get ready for some magical results!!