

Manifest Like a Mother™

WEEK TWO

DARE TO DREAM

The exercises in this workbook are going to help you expand your vision of success and make it more specific. Throughout the exercises stay aware of any fears, resistance or limiting beliefs that pop up and go back through the process from Week One to dismantle them

Revisiting Your Vision of Success

Look back at the notes you started making in the last workbook. Ask yourself:

Is my vision of success big enough? Is it bold enough?

Have I been limiting or restricting my vision of success for myself at all or settling for “just enough”?

Write down anything that you notice and want to change about your vision of success so far.

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WEEK TWO

Revisiting Your Vision of Success

Notes continued...

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WEEK TWO

Dare to Dream

Time to go bigger. Time to go bolder!

Use the space below to freely conjure up a vision of success for yourself which is without bounds, without limits. Include as much detail as you can imagine. The crazier and more grand, the better!

Dare to dream!

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WEEK TWO

Dare to Dream

Using some elements from your bold dreams, complete the following as many times and in as many ways as you like:

Of *course* I could...

Why on earth shouldn't I...

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WEEK TWO

Setting Scary Goals

Now, looking at your big dreams, see if you can set yourself at least one scary goal. Some kind of milestone or marker on the path to your big dream but far enough away for it to seem scary and practically unattainable.

Try to ask yourself: “if I was the sort of person who was not limited by fear (which I am working on!), what goal would I set?”.

My Scary Goal:

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WEEK TWO

Setting Scary Goals

Now use the space below to pinpoint what exactly feels scary about the goal. What resistance comes up? What limiting beliefs appear? Write it all in the space below and then bust those blocks!

NOTE: We will be working with your dreams and goals in more detail as we progress through the course.

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WEEK TWO

Ideal Life

Use the space below to describe a day or week in your Ideal Life. What would you do? What would you have? How would you feel? Refer to your “Like List” from the last workbook to fill in some detail.

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WEEK TWO

Ideal Life

Now also note down a list of things you would like to feature in your Ideal Year.

Now place a monetary value next to each of the items and total it all up so that you know exactly (more or less!) how much a year in your ideal life would cost, how much you would need to earn.

My Ideal Life Will Cost:

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WEEK TWO

Ideal Life

Use the space below to describe any feelings that you notice when you look at and think about that figure. You know the drill for any limiting beliefs!

NOTE: As mentioned in the video, you might like to repeat this exercise: once for your ideal year one year from now and a bigger, more grand ideal year.

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WEEK TWO

Vision Board

Now you have fleshed out what success means to you and have started designing your dream life, you might find it fun to create a vision board. A vision board can be a useful tool in provoking in you all those positive feelings which will, in turn, help you to attract those things into your life.

You could make a physical board using poster board, glue etc. You could create a virtual board on Canva, or start a secret Pinterest board. It's up to you!

Just make sure that you ONLY include things that provoke a positive feeling in you. Things which genuinely excite you.

Happy vision boarding!