



think out of the box

(A Manifestation
Workbook)

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This book contains information to guide you on
the journey of manifesting your desires.

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OUTLINE

Introduction to Manifestation

Step 1: Clarify Your Vision and Desire

Step 2: Visualize Your Goals

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Introduction to Manifestation

Manifestation is the process of bringing your vision, goals, and dreams into reality through focused intention, aligned action, and unwavering belief.

This workbook is designed to guide you step-by-step in harnessing the power of your thoughts and emotions to attract what you desire into your life.

What is a Vision

A vision is a clear and compelling picture of what you desire to achieve or become, acting as a guiding force toward your goals. It aligns with your values, ignites passion, and inspires action, serving as a long-term, purpose-driven goal like creating a meaningful life.

However, desires are short-term, emotion-driven, and focus on specific outcomes. They fuel progress by providing motivation and steps toward the vision.

Without a vision, desires can evolve and grow in random directions, potentially lacking cohesion or alignment with long-term goals. In essence, desires are the building blocks, while a vision is the blueprint that gives those blocks purpose and structure.

In manifestation, a vision goes beyond imagining—it's about feeling, believing, and embodying it as though it has already come true, turning aspirations into reality.

Step 1: Clarify Your Vision

Exercise 1: Define Your Vision

Could you take a moment to reflect on your deepest desires?

What do you truly want in your life?

Could you write them down in specific and vivid details?

What do you want to experience?

What do you want to have?

Who do you want to become?

Example:

- I want a thriving career where I feel fulfilled and financially free.
- I want to travel to three new countries this year.

Your Turn:

[illegible]

Exercise 2: Vision Board

Create a visual representation of your desires. Use magazine clippings, drawings, or digital tools to compile images and words that represent your goals.

Prompt: What images come to mind when you think of achieving your dreams?

Exercise 3: Guided Visualization

Close your eyes and imagine yourself living your dream life. How does it feel? What do you see, hear, smell, taste and touch?

Write down the emotions and sensations you experience.

Your Visualization Notes:

Exercise 4: Objectivity

Prompt: Based on your visualization, what specific actions, would you like to take to ensure your meet your goal?

Here are actionable steps to guide you:

Reflect on Your Visualization

- Write down what success looks and feels like based on your visualization.
- Identify the resources, skills, or habits necessary to bring that vision to life.

Define Your Action Steps

- Break your goals into manageable, actionable steps.

Examples include:

- Enroll in an online course or workshop to gain expertise in your desired field.
- Create a timeline to leave your current job, including milestones like networking, applying for jobs, or starting a side hustle.

- Track expenses set up a savings plan, or consult a financial planner to align your finances with your goal.

Stay Accountable by revisiting your visualization regularly to stay motivated and aligned with your actions.

Write down your top 3 goals and the actions needed to achieve them.

Goal

Action Step

Goal

Action Step

Goal

Action Step

Step 3: Align Your Emotions

Exercise 5: Gratitude Practice

List five things you are grateful for today.

Remember, gratitude shifts your vibration to match the energy of fulfillment of your desires.

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Exercise 6: Affirmations

Write down affirmations that align with your desires. Speak them aloud daily.

Examples:

- ‘I am worthy of all the good things life has to offer’.
- ‘Money flows to me easily and effortlessly’.
- ‘I am surrounded by love and positivity’.

Your Affirmation(s):

Step 4: Take Inspired Action

Exercise 7: Action Plan

What steps can you take to move closer to your desires?

Break down your goals into actionable tasks.

Example Goal: Start a business.

Actions:

- Research business ideas
- Create a business plan
- Register the business

Your Goals and Actions

Step 5: Trust the Process

Exercise 8: Release Doubts

What fears or doubts are holding you back?

Write them down and counter each with a positive belief.

Example:

Doubt: "What if I fail?"

Positive Belief: "Every step I take leads me to success."

Your Turn:

Reflection and Celebration

Exercise 9: Celebrate Wins

Track your progress and celebrate every milestone, no matter how small.

Reflect on what you've accomplished and how it makes you feel.

Your Wins:

[illegible]

Conclusion

Manifestation is a journey that combines clarity, belief, emotion, and action.

Use this workbook as a daily or weekly guide to keep your focus and energy aligned with your desires.

Remember, you are the creator of your reality, and God is always working in your favor.

Affirmation to End:

"I am grateful for everything I have and everything is on its way to me."

Let's Stay Connected!

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If you enjoyed this and know of someone who could be served by it, please feel free to share the Freebies link but this copy is just for you, my friend.

With Love, Eka



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