

PRACTICAL MANIFESTING

THE LAW OF ATTRACTION IN EVERYDAY LIFE

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For my wonderful children, the perfect manifestations of love and light.

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ABOUT SARA RAE

PART ONE:

FROM SCARCITY TO AN ABUNDANCE MINDSET

What Do Abundance and Scarcity Mean?

Abundance is everything. It comes in so many different forms. It is every good thing the Universe sends us to meet our needs as well as fulfill our desires. Scarcity is the opposite of abundance. It is a hindrance to these blessings.

These are conflicting ideologies. Most people heavily lean towards one or the other, with some blurring of the lines. In this section, we're going to talk about an abundance mindset versus a scarcity mindset, and how you can shift between the two to manifest more miracles for yourself!

Only you can really know where you sit on the scarcity/abundance spectrum. There's no shame in meeting yourself where you are right now. You're reading this book, which means you're willing to self reflect in this way, which also means you're ready to grow as a person by transforming your mindset.

This will definitely take some practice—we didn't adopt a scarcity mindset overnight. Give yourself grace and the best chance at overcoming these scarcity-based obstacles.

Abundance Mindset

We must maintain a healthy amount of faith and trust when manifesting with the Law of Attraction (LOA). Without these two things, we risk being stuck in a scarcity mindset. You'll notice that this book references "trusting" the Universe.

This is important when you're first working to shift from a scarcity to an abundance mindset. Living in scarcity gives us a false sense of security and control. And when we *need* control, we lack trust.

Organization and planning are important too, because there are some things we can influence and control immediately. It only becomes a problem when we obsess over the *amount* of actual control we have.

Ask yourself, “How do I react when my plans don’t go exactly as I wanted? What is my motivation for planning in the first place?”

Scarcity Mindset

Most of us need to plan to a certain extent. Knowing our general direction can ease anxiety and prepare us for different outcomes. In the most practical way!

But staying so rigid in our planning does not give the Universe enough wiggle room to send us our fair share of abundance.

Now let’s work through some of the simplest mindset shifts we can make to begin adopting an abundant state of being instead of living in scarcity!

Thinking Big vs. Thinking Small

When we’re abundant, we believe the stars are the limit. And reaching the stars is *easy*! Limitations and obstacles don’t matter because we can easily overcome anything.

We tend not to focus too much on the minuscule details of things because we trust they will fall into place. Instead, we embrace the biggest picture. We know in our hearts there is a greater destiny.

Dreaming big is the secret to living a full, beautiful, abundant life.

When we’re scarce, we focus way too much on tiny details. We believe these details can make or break our plans. And when our plans don’t work out, when we lose control, we give up.

Not being able to control every little thing gives us great anxiety because we feel control is the only path to happiness. Faith and trust seem so hard. Thinking small doesn’t require us to have faith because we have honed in our focus, and we’re *only* working on the details we can actually control.

We see only what’s right in front of us, but then can’t figure out why we’re unfulfilled or not achieving our goals at all.

To make this mindset shift, zoom out your lens and focus on the overall big picture of your goals. Trust that you *will* get there, know what it is you have to do to get there, and believe all the details will fall into place on their own (thanks to the Universe).

Plenty vs. Lack

When we're abundant, we have plenty to go around. More than we need sometimes. We believe there is plenty, and so there is. We know we will always meet our needs, so long as we do our fair share of work. We have plenty of food, water, clothing, money, love, ambition, opportunities, or whatever else we can dream of.

Our reality reflects this truth, allowing us to recognize and embrace all forms of abundance.

When we're lacking, we constantly worry about not having enough, especially money. We scramble to make ends meet, to figure out solutions, to achieve our goals. Living in lack will always mean perpetual struggles in all areas of life.

We can lack anything and everything, just like we can have plenty of anything and everything. No matter how the core belief of "lack" came to be, understand there is really no such thing. It's just our perception towards certain things that make them either lacking or plentiful.

Money is a splendid example—there isn't a lack of money in the world by any means. It just *appears* to be lacking because of greed, hoarding, wage limitations, and things of that nature.

To make this mindset shift, follow your intuition. It will take you where there is plenty to go around for you, your family, and everyone else. Be careful not to count every single penny. Be careful not to be wasteful and ungrateful. See how you already have all you need right in front of you, and trust it will stay that way regardless of what happens.

Happiness vs. Resentment

The search for happiness is short because happiness is an internal feeling towards our external worlds. Most people search for happiness in their external world before they can feel it in their internal world. Gratitude makes all the difference in our happiness levels.

If we're not grateful with what we have now, we'll never be grateful for anything we'll have in the future. Happiness is not circumstantial. Happiness is a choice we all can make. We can also be happy for other people, even our enemies, when they achieve great things.

Their success does not affect our success in the slightest. Our happiness for them does not take away from our happiness for ourselves.

Resentment is a cancer. It eats away at us until there is nothing left but bitterness. When we refuse to express forgiveness (to ourselves or others), we deny ourselves inner peace more than anything else.

This is where resentment festers. If we want lasting happiness, we have to learn to forgive and let go. Forgiveness is not about justifying behavior, it is about not allowing past events to affect our emotions today.

Forgiveness is about our own inner freedom and happiness. Clinging to resentment creates a solid brick wall around ourselves, preventing the flow of abundance.

To make this mindset shift, please, for the sake of yourself and your family, learn to forgive. Let go of past pain and be careful to not allow that hurt to shape your future. Don't make the mistake of waiting for conditions to be just perfect before you finally allow yourself to feel happiness.

Embracing Change vs. Fear of Change

One of my all-time favorite proverbs is, "Change is the only constant." There are two different ways of looking at this universal truth. One is optimistic, one is pessimistic. I bet you can guess which one is more likely to lead to abundance?

Being afraid of change stems from hardcore resistance, fearing the unknown and needing excessive control. To reject change is to reject growth and cycles.

What if Mother Earth rejected the changes of the seasons? She wouldn't be able to flourish at all. If we reject our natural life cycles, we will only live up to a fraction of our true potential. This is true on a personal and collective level.

Resenting generational changes in society only makes it harder for society to grow and improve.

"Change" has a stigma of being a bad thing. It sometimes seems like we are at the zenith of our success, so there's nowhere else to go but down. So any change will surely result in something lesser than what we have now.

But this is a myth! These labels of "good" and "bad" are all a matter of opinion. And even if our opinion of the change is "bad," there is still something "good" in the change that we can be grateful for—I guarantee it.

Being grateful in this current moment makes embracing change *so much easier*. Being able to recognize the amazing things we have right now will help us to not miss them so much, if they were to go away.

We still might miss the "good ole days," or we might look back on our lives and notice peaks in our happiness levels. But that doesn't mean the changes that occurred were evil. Or intended to take our happiness from us. Change is natural, it happens to everyone, it's constant, and it's not something to be afraid of.

Embracing change helps open doors for abundance to flow. Perhaps we've outgrown a certain aspect of our lives, so the Universe helps dissolve that aspect, so there's room for something new to arrive.

And when we've cultivated an abundance mindset, that hole in our lives fills up with abundance. Isn't that magical?

To make this mindset shift, make expressing gratitude a part of your daily life. If you're eager for things to change, slow down and take a moment to appreciate where you are now. If you're afraid of change, start small.

Take an alternative route to work, try some new recipes, watch a different channel. Break those routines so you can become comfortable with change—and with all the possibilities that await outside your comfort zone.

Learning vs. Knowing Everything

The Universe *loves* to learn. That's the reason so many life forms exist—so the Universe can express Itself in infinite ways and experience infinite experiences. There's always something new to learn, even in just one lifetime.

An abundant mindset will most definitely include a love of learning. And not just in the form of school or books (even though these things are excellent tools).

Everything we experience in life teaches us things, shapes our perceptions and values, and ultimately helps us become who we are. We are always learning, even if we're not consciously doing it.

A love of learning new things in any form will keep our eyes, our minds, and our hearts open to all the possibilities.

We will never know everything, even if we dedicate ourselves to one particular topic of study for decades. And if we ever truly believe we've "mastered" a topic, then we haven't dug deep enough.

We haven't talked to enough people, asked enough questions, or explored enough angles. Believe it or not, a desire to "know everything" comes from a scarcity mindset because of the notion that there's a finite amount of information to consume. Once we've consumed it all, we know it all.

But the information and the experiences never cease in a good way! This goes hand-in-hand with being afraid of change. Discovering new things requires us to explore change, even if we resist it.

To make this mindset shift, approach new discoveries and experiences with an attitude of, “What am I going to learn from this?” Actively pursue topics that interest you, even if it’s just a hobby (for now). Value quality education and mind expansion. You’re never too old to learn new tricks!

Abundance and Guilt

Do you feel ashamed for accepting your abundance? Do you feel guilty climbing into your warm, cozy bed at night with a belly full of food and enough cash to pay all your bills, because you know there are plenty of people out there who aren’t as fortunate? This is a matter of self worth, not a matter of “wanting to help others.” Abundance and guilt cannot coexist together, and there are a few reasons.

It’s imperative to remember that abundance is abundant! There is *no limit* to the amount of abundance available for everyone in the Universe. There is more than enough wealth, success, love, food, water, happiness, opportunity, peace, and everything else to go around. That’s why we refer to these blessings as “abundance.”

Feeling guilty for what you have because other people don’t have it is a toxic mindset. In the long run, that mindset will only hurt you and your family, while all the other people who have less than you will *still* have less. If you feel guilty for accepting your abundance, the Universe will take notice. It will be as if you’re telling the Universe, “I have too much, please don’t give me all these blessings.” And then the blessings will stop coming. Is that really what you want?

Having a cozy bed, cash in the bank, and plenty of food does not mean someone else goes without. It means you have welcomed these blessings into your life while other people have not. That is not your fault. Nor is it your responsibility to ensure other people accept their abundance.

You can give them advice, you can give them cash, and you can give them food or shelter. But you cannot give them abundance. The Universe itself cannot give them abundance, either. It merely sets abundance down at their feet, and it is their choice to pick it up or not. It is up to them to receive their gifts. Just like it is up to you to receive *your* gifts.

You can live comfortably and do what you love. If you don’t truly believe this, you can never live abundantly. This applies to every single human being on the planet. I can write book after book about how you are worthy of abundance, but it won’t make a difference if you don’t allow yourself to believe it. The only thing stopping you from living abundantly is you. That can be a tough pill to swallow, so don’t blame yourself if it doesn’t come easily at first.

Most of us want to help others and to be of service, but we cannot make changes for other people. All we can do is share our thoughts, give our support, and perhaps share our

abundance with them. But it is up to each individual to make their own ends meet. Don't blame yourself if other people are not ready or able to receive abundance, prosperity, and success in their lives yet.

Now, that doesn't mean we should place ourselves above those less fortunate than us. Rather, we should aim to recognize that they are still learning to accept abundance. It's an opportunity for us to lead by example, to trust in Divine Timing, and to share our abundance with those who are happy to accept it (without taking advantage of us). In this way, those people *are* accepting abundance through us!

Along these same lines, we cannot shame wealthy people who don't appear to be sharing their abundance in the way we think they should. That is still placing ourselves above others, which will stop the flow of abundance. Again, their abundance is not taking away someone else's abundance. They are free to make their own choices, just as you are. We never truly know what their situation is, how they utilize their fortune behind closed doors, and it's not worth holding a grudge towards them for it.

You do not have to want to help others to accept your abundance, or to be worthy of it. The desire to assist others in need *is not* a prerequisite for manifesting wealth and prosperity. Regardless of what you intend to do with your wealth, you are worthy of it. If you want to donate to charities, fantastic. If you just want you and your family to live comfortably for many generations, fantastic. Again, there is more than enough abundance to go around. What you do with your abundance is up to you. And frankly, it's no one else's business but your own.

We're All Worthy of Abundance

If you feel more comfortable manifesting abundance intending to help others, then so be it. Karma will thank you! Just know your manifesting efforts will go unheeded if you still don't believe you are worthy of the abundance, regardless of your humble intentions.

We all can acknowledge the systemic limitations deliberately placed on marginalized groups of people. Oppression and privilege are very real. But I need you to trust that the Universe is stronger than these human-made systems. They will *not* be a barrier to your abundance (or anyone else's) if you truly trust the Universe and shift your energy to align with abundance.

Money isn't the most important thing, however it is important to the functionality of our society. Having money doesn't automatically make anyone a bad person, and we shouldn't judge people who seem to have a lot of money. The problems arise when people are greedy towards money. Greed often stems from a scarcity mindset as well as an inner belief that they are more important than others. However, that doesn't mean these sorts of people are not worthy of abundance. They are simply working through their own internal struggles, just as much as anyone else.

As a living embodiment of Universal energy, you are worthy. As are all the other living embodiments of Universal energy. That doesn't mean we shouldn't strive to be good and loving, it just means all life is valuable and important. All living beings are worthy of love and abundance, regardless of their karma. You'll hurt your own karma if you believe someone else is not worthy of the abundance you think they have. Don't do that. Their karma is their own business. You worry about your own karma, and how you want to impact the world. You can only control your own actions.

Seeing other people being "careless" with their money can infuriate us. We may think, "I can't believe they have all this money and I don't. I would be smart with it while they are being stupid with it. How come they get the money and I don't? I am way more deserving! They could save the world many times over with that amount of abundance."

But guess what? That is still putting yourself above someone else morally, therefore you will *not* receive your abundance if you think this way. There's no need to be bitter, you're only hurting yourself. Instead, why not look at them and think, "Wow! Good for them for being so abundant in that way!" Compassion will always take you further than competition. Love will *always* trump hate. And the Universe will reward you greatly for your loving attitude.

The Many Forms of Abundance

A very common question I get asked regarding manifesting is this: "What is abundance?" The answer is simple: abundance is everything. Many people don't realize that abundance comes in so many different forms. It often doesn't occur to them that there's more abundance beyond money.

Believing that abundance is only money and nothing else is a huge limiting belief. Abundance energy comes in many forms. Money is probably the most common form of abundance—at the very least, it's what people seem to seek the most with their manifesting efforts.

But if you're only focused on manifesting cash and nothing else, you'll truly miss out on the many blessings the Universe has to offer you! In this section, I'm going to share some of the ways the Universe can send you abundance besides cash money.

Gifts From Others

Accepting the generous gifts of others does many wonderful things to boost our abundance mindsets. For starters, it makes the person giving the gift feel appreciated. They would be happy to know we've graciously accepted their help, and it made a difference.

Also, accepting their gifts tells the Universe we will welcome help from outside forces. We understand the importance of community and how much further we can go with the help of other people. We may be capable of doing everything, but that doesn't mean we should.

Do you feel guilty or ashamed when you accept help from others? Do you refuse things from others, or feel very uncomfortable receiving anything from anyone else? That could be compliments, money, hand me downs, gifts, or anything someone tries to give you.

This state of mind usually has nothing to do with the other people, and everything to do with our self worth (like discussed in the previous section). If someone offers us their help out of the goodness of their hearts, refusing to take it is quite insulting to them. But it's also insulting to us because we're denying ourselves the opportunity to receive abundance.

This act tells the Universe we think we don't need or want anyone else's help. Placing so much of our own value on our ability to do everything for ourselves puts so many unnecessary roadblocks on our paths.

Humans are not meant to be solitary creatures—we are meant to be part of a collective team that works together.

So graciously accept gifts and help when they are generously offered to you! The Universe is using other people as conduits of abundance. Be open to receiving!

Minimalist Lifestyle Choices

The term “minimalist” is often associated with extremists who live in all white homes and only have one dinner plate and nothing else. But that's not what I mean when I say minimalist—I'm not advocating that we all go without the things we love or want.

What I really mean is making lifestyle choices that don't revolve around impulse or unnecessary buying, excessive stuff or clutter no one wants or uses, and being mindful about which items we own and bring into the home.

These sorts of choices raise our self-awareness, ease the tension on our wallets, and allow us the time and energy to focus on things that really matter most. Not to mention the positive environmental impacts of consuming less overall.

Always use what you have first. Even if you think you don't have something that will work for what you need, just get creative. A lot of us have houses filled with things, so it really makes the most sense to examine the things we already have to see if they serve the purpose we need.

In this way, we are already quite abundant. We just need to re-frame our thinking to realize it.

If we truly don't have the physical item we need, we could always ask to borrow it from someone else. We probably aren't the only ones in our family or friend group with a house filled with useful things. If you treat the items with respect and always ask nicely, I'm positive no one will have any issue with you borrowing some things you need.

And don't forget to reciprocate. Maybe eventually we can buy our own, but if we only need it once or twice, why not ask to borrow? Abundance!

We all could work a little harder at putting a stop to our collective habit of only using things once and being done with them. Not just from an environmentally conscious standpoint, but in relation to everything we could ever own.

Always try to use your items to their fullest extent before moving onto a newer version. Cars are a good example, as are clothing. If we take good care of our things, they will last for such a long time and save us money, space, and pollution.

Up-cycling is taking an old item and repurposing it into something more useful. This is so fun to do, especially with children. You'll likely end up with a unique item no one else has, save yourself some cash, and get to exercise your creative muscles.

All these things and more contribute to a minimalist lifestyle approach. Doing these sorts of things will help us realize we don't need to spend money to be abundant—we likely already have access to all the things we would ever possibly need for anything we could ever possibly want.

The Universe is always providing for us, we just have to keep an open mind and look around at our lives to see the potential.

With material items and the Law of Attraction, less is always more. Finding alternative ways to gain the material items you need or want (rather than always buying new, cheaply made things the second you think of them) will give the Universe more time to send them to you, in ways you probably weren't expecting.

Minimalist lifestyle choices really help us be more mindful of the physical items we own, and question what physical items we truly need to own. No need to live without the things you love to have a minimalist lifestyle approach—just be more deliberate in your choice of items and how you get the items.

When our physical space is less cluttered, the Universe has more energetic space to work with. Decluttering and conscious consumerism literally makes room in our lives for the things we want or need the most. The Law of Attraction operates best when there's some wiggle room—physically, mentally, and spiritually.

Volunteering and Sharing

Like already mentioned, borrowing, sharing, and gifting things to other people is a great way to tell the Universe we're abundant. When we have enough to spare for others, the Universe takes notice and will continue to send us more blessings.

That way, we're always in a position where we could share more. It's a wonderful cycle! This could be in the form of volunteering our time for a cause we're passionate about, or donating money to that cause.

We could also share our food, clothes, knowledge, or anything else we have with others. In this way, they are receiving abundance, while we are also getting more abundance.

It's best not to share or volunteer with the expectation of getting anything in return. However, we almost always will get more blessings in return for our generosity.

As long as our gifts come from a place of love and selflessness, we'll continue the cycle of abundance. The more gifts we give, the more abundant we'll be. And not just in material items, but in love. Our heart will be so full, and it will feel so amazing to know we've helped others in need.

Opportunities and Possibilities

This is a very broad category because the Universe is most likely to send us abundance in the form of opportunities. The opportunities always match your unique circumstances, so it would be impossible to list all the specific opportunities. It is up to us as individual masters of our own reality to recognize and seize the opportunities when they arrive.

The opportunities could be opportunities to share, borrow, gift, receive, or volunteer! Like we already talked about. But they could come in so many other ways that are specific to you, your desires, and how you interact with the Universe.

I remember my Sunday School teacher told us a story once of a man whose town had flooded. His entire house was almost completely underwater when a rescue team came up and offered him a spot on their boat.

His response was, "No thank you, God will save me." The water continued to rise as two more rescue teams came and tried to bring him to safety. Each time, his response was, "No thank you, God will save me."

The man ended up drowning in the flood, and when he met God in Heaven, he asked Him why He didn't save him from the flood. God responded, "I sent you three opportunities to escape the flood, and you refused each one."

This little fable always stuck with me. It taught me to always be looking for opportunities from the Universe, rather than simple solutions from the Universe.

The Universe is very parental in this way. It always provides opportunities whenever possible rather than just handing the solution to you. That doesn't mean a solution won't show up, but there's less of a lesson to be learned by you if you're just given the answer straight away. So opportunities are preferable!

Epiphanies and Breakthroughs

Few people realize this, but a strong epiphany is a fantastic form of abundance from the Universe. Having a breakthrough could cause a shift in perception or a change in direction.

It could be the single thing that makes the biggest difference. These sorts of realizations allow doors to open and other doors to close, which will ultimately present us with several more opportunities to take advantage of.

When things just “click,” it becomes impossible to go back to the old way of thinking. Part of manifesting something new is changing our mindset to fit what it is we want to manifest.

Having an epiphany or a breakthrough could be the key to accomplishing this shift in mindset. They are catalysts for growth and expansion. They help us change the energy we radiate outward, which will change the way the Law of Attraction will respond to us.

We may not be able to force or predict epiphanies, but they are still signals from the Universe that our manifestation is coming and it would be wise to prepare for it—mentally and energetically.

Heightened Intuition and Spiritual Awareness

Similar to getting an epiphany, increasing our levels of spiritual self-awareness will probably lead us down a different path—a path that can take us to bigger and better places.

Our intuition is the little voice inside speaking on behalf of our soul. It sees and knows more than our ego does. It speaks to us when it has something important to say. A heightened connection to our intuition is a reminder from the Universe that we already are everything we ever hope to be—that we already have everything we could ever possibly need.

This deep inner knowing is very comforting and will always bring us closer to the Universe. The stronger our connection to the Universal source of love energy, the more easily we can manifest abundance and experience all the wonderful things life has to offer.

Relationships and Connections

So much of our legacy and impact comes from the richness of our relationships. They aren't always easy, fulfilling, or even healthy.

But relationships always teach us something (in most cases, they teach us lots of things). We cannot put a monetary price on our relationships, even the bad ones. The successful, loving relationships we have are the most valuable.

There's no limit to the amount of abundance we can receive from our favorite relationships—with people or with animals.

Beyond relationships, abundance can come to us in the form of networking connections. Building powerful connections with influencers and other industry leaders can help propel us deeper into our chosen careers. This might result in plenty of new opportunities, a.k.a. abundance!

And likewise with building strong connections with friends, acquaintances and families. You never know who knows whom and when that might provide the Universe a chance to send abundance our way. And you never know when you'll know just the right person for someone else.

Mental and Physical Health

If your heart is beating, and your lungs are breathing, you are blessed. There are probably going to be times where your physical and mental health aren't at their peak (to put it lightly), but you're still alive.

At the very least, isn't that something to be grateful for? Isn't that an act of abundance right there?

Abundance can come to us in the form of good physical health, even if we aren't athletes or nutritionists. We can be mentally healthy, with positive mindsets, even if we are experiencing anxiety and/or depression right now. These hardships mean we're living a true human experience—a pure form of abundance courtesy of a loving Universe.

During those times where you're not struggling with mental or physical health and you're feeling great, it's easy to take your health for granted. But a working body and a supportive mindset are truly abundant resources because they are the catalyst for manifesting even more abundance in other forms.

And during those times where you are struggling with your mental and/or physical health, we are still being offered an opportunity to receive abundance. Our symptoms are highlighting roadblocks in our minds, bodies, and overall lifestyle that are preventing more forms of abundance to come.

In a way, the Universe uses our health as a communication tool to tell us exactly what we need to focus on to manifest more easily.

PART TWO:

WHAT'S YOUR MONEY MINDSET?

Money Story

Now that we have thoroughly established the importance of recognizing abundance in its many forms, we can move onto changing our money mindset. Money, after all, is a major abundance currency used by the Universe.

This is typically where most people start their manifesting journey: attempting to manifest a ton of money for themselves. No shame in that! We need money to survive in our world.

Transforming our relationship with money can open so many doors we didn't even realize were closed. Exploring our core beliefs about money, scarcity/abundance, and security can be extremely healing on a spiritual level. When we feel secure in our financial situation, it's so much easier to feel secure everywhere else in our lives.

Change Mindset About Money

There is nothing selfish or evil about needing, wanting, or working for money. Money and spirituality are not mutually exclusive.

The first step to changing our relationship with money is understanding what our personal "money story" currently is. The story we tell ourselves continuously and reinforce with our actions. Earlier in this book we talked about abundance mindsets versus scarcity mindsets. Did one of these resonate more with you than the other? That's an excellent place to start. From there, consider these questions:

- How do I talk about money to myself, my family, and other people (if at all)?
- Does money seem to disappear quickly?
- Where does my money go every month?
- How often does money come into my life, and in what quantity?
- Do topics in the realm of personal finance bore me? Why?
- Do topics in the realm of personal finance give me anxiety? Why?
- How do I feel when I get paid? Blessed, stressed, relieved, or anything else?
- How do I feel when I spend money? Excited, guilty, ashamed or anything else?

- How do I feel when I save money? Bored, impatient, accomplished, or anything else?
- When I think about money, what is the first and strongest emotion I feel?
- How often do I look at my bank account or my wallet and why?
- Am I more excited to spend money, or save money? Why?
- What is the ratio of money leaving my bank account to the money coming into it each month and why?
- If I were to lose my stream(s) of income, how long would I be able to survive on what I have now?
- How much debt do I have, and how do I feel about it?
- How do my parents, grandparents, and siblings feel about money?
- How does my spouse or partner feel about money?

All of these questions are important for learning what your current money story is.

Change Your Mindset About Money

Our answers to these questions will help paint a picture of our current attitude towards money. Personal finance may not be the most glamorous or interesting thing in the world, but it's imperative to understand in order to become a functional adult who lives in abundance.

How we verbally speak about money is the primary indicator of our money attitude. If we catch ourselves always bringing money up, even in conversations that have nothing to do with money, we are likely living in a scarcity mindset. We cannot direct so much attention to cash because it is not worth more than a fraction of our attention. Remember, money is a form of energy.

When we are in this head space, always thinking about money, we are taking focus away from other things that are much more important. Over thinking about our cash situation will not make the situation change—only our actions can. If the Universe sees us constantly thinking about our lack of money, or constantly worrying about how we are going to make ends meet, It will only send us more of that same energy.

Avidly avoiding money is another indicator of a scarcity mindset. Refusing to acknowledge the important role money plays in our lives will probably cause more financial strain. Maybe you feel extremely anxious when you think about money—therefore you do everything in your power to ignore it. But does that help ease the anxiety you feel, or does it only exasperate it? The best way to ease the tension is to work through it slowly and deliberately. That's part of being an adult and taking charge of your own life, even if it's painful in the moment.

No matter what our money story is, we cannot blame ourselves for it. It's a natural reaction we have developed over the course of our lives based on our experiences. You have the power to change your money mindset at any point in time, regardless of your age or your current

financial situation, or even your past financial situations. If we shame ourselves for our current money mindset, we are not setting ourselves up for success.

Rather than being angry with where we let ourselves end up, we can forgive ourselves and vow to make changes as best we can. The alternative is staying stuck wherever you are now, which is probably not where you want to be if you're learning about manifesting abundance. Recognize where you stand, accept it lovingly, extend yourself forgiveness, and prepare to do the work it will take to transform your life.

Mindset and Money

The time has come to change your money story! This part is super exciting and filled with nothing but potential. We don't have to hate money, and we don't have to love it either. All we have to do to manifest abundance is understand that money is one of the many tools we can use to create our reality-but it's not the only thing that will make us abundant. Not even close.

Now that we understand what our current money story looks like, it's time to write ourselves a new money story. It would be very helpful to write it out in a notebook, letting it sink into the subconscious mind. To write yourself a new money story, consider these questions:

- How do I want to feel about money?
- What would my ideal income be each month?
- What sort of lifestyle choices are most important to me?
- What does financial security mean to me as a concept?
- What does financial security mean to me in terms of dollars and assets?
- How do I want to feel when I spend money?
- How do I want to feel when I save money?
- Do I have a plan to pay off my debt?
- Is there unnecessary spending happening I am already aware of?
- What are my necessary expenses each month? Think rent, groceries, utilities, debt, insurance, childcare, transportation, savings, etc.
- What are my optional expenses each month? Think any form of entertainment (especially streaming, cable, and phones), eating out, vices, excessive transportation, new household items, memberships, subscriptions, children's activities, services, etc.
- What are my long term financial dreams? Think retirement, college funds, home ownership, home upgrades, traveling, debt free living, stock investment, etc.
- What am I willing to trade away for living my financial dreams?
- How can I diversify the streams of income in my household so we aren't so reliant on one source of money?
- What makes me feel most secure and safe regarding my finances?
- How do I want my children and/or partner to feel about money?

All of these questions are important for writing a new money story.

Change Money Mindset

After we establish all this, it's time to embody it. Creating financial plans, developing budgets, and earning more money are brilliant starts to manifest abundance. Following through on these plans is imperative, too. What good does a plan do if you don't stick to it? However, we must also embrace who we want to become right now in order to become that person. If you want to be abundant, you must embody the energy of being abundant right now, just as you are. This is where the "belief" aspect of the Law of Attraction comes in. This is the part where we are thinking our way to transformation.

We first took stock of our situation, then we asked the Universe to assist us (by deciding where we want to go), and now it's time to believe that we are already there. We are worth it, we deserve it, and our family deserves it, too. By believing we are already there, we will be open to receive the gifts that will bring us there. This isn't a linear concept, it is a continuous circle of asking, believing, taking action, and receiving.

Your Money Mindset

Money is just another form of energy that flows in and out of our lives. As long as we are working to manifest money from an abundant mindset instead of a scarcity mindset, we will still raise our vibration.

The Law of Attraction is useless if you don't do your fair share of work. We co-create our realities with the Universe. We do not sit around waiting for abundance to come knocking. There is an important role for us to play on our manifesting journeys, and only when we fulfill that role will abundance arrive for us to receive.

We've already planted seeds for shifting our money mindset by exploring our current money story. Now we can let go of other money mindsets that don't serve us and replace them with ones that will. Below I've listed common, hurtful money mindsets and how we can transform them into mindsets that align with abundance:

Money Makes Me More or Less Worthy

So many people directly attribute their worth to the amount of money they have. And a capitalist society perpetuates this false belief. Just because we can "afford" certain luxuries (that we don't even need) doesn't mean we are better than anyone else. The reverse is also true. Just because we can't afford certain luxuries doesn't mean we are any less of a person than anyone else.

Big companies don't want us to feel this way. They want us to want everything, so they can continue to make money and sell new products to us. That's why they have massive

marketing divisions with obscene budgets. Their goal is to create advertisements that evoke feelings of “Oh my god I need that right now,” despite whether you actually need it (or can afford it).

Not all companies are evil of course. Not all marketing has slimy intentions. There are plenty of trustworthy businesses who use similar marketing techniques to stand out from all the noise. Just don't let these advertisements get to you. Don't let them dictate your level of self worth and confidence. You may experience a brief spurt of dopamine in your brain (the feel-good happy chemical) when you buy something fancy, but in the long run it's not going to make you happy or abundant.

To transform this limiting belief of our self worth being tied to money and material items, we have to learn to tune out the excessive advertisements. We know what we need, what we want, and what we can afford. Having “nice things” doesn't necessarily mean we have a pleasant life, nor should we be ashamed if we save up and manifest a pleasant thing for ourselves.

Every Penny Counts

This scarcity mindset can be just as toxic as believing you're not worthy of riches. When we obsess over every single cent we spend (or don't spend), we are clinging to the belief that once that cent is gone, we can never get it back. That's the opposite of abundance.

While budgeting is important, at some point we will be financially secure enough to loosen the purse strings a bit. Even if we only have our day jobs as income right now. Doing this tells the Universe we believe we are well off, and always will be. We are financially secure because we take responsibility for our spending habits. While also enjoying our money and view it as a tool to live our best lives. Rather than an end-all evil entity that controls our lives.

To transform this habit based on scarcity, change the way you view your money. Look at your wallet or bank account and be grateful for what you see, no matter what. Remind yourself your budget is important and you have to stick to it, but you're also free to enjoy the fruits of your labor. You could do this by budgeting some cash each month to spend on anything you'd like—that way you still can indulge yourself while staying within your means. Then let the Universe do the rest.

Working for Money is Unavoidable

Working is unavoidable to some extent, but it is not the only way we can collect money. This limiting belief can be very demotivating and soul-crushing in a capitalistic society.

No one really sits around and gets paid to do nothing. Working is always going to be part of our lives. But it shouldn't be the only thing we do with our lives. Abundance can flow to us in so many forms, beyond our paychecks.

To transform the mindset of your job being your sole source of money, trust there is always going to be a way to make more money. And perhaps more importantly, begin to understand the diverse streams of *abundance* you can open up to, beyond money. Follow a path that excites you, and the Universe will surely help you every step of the way.

PART THREE:

MANIFESTING AND MENTAL HEALTH

What's Manifestation?

Manifesting isn't necessarily hard because we are constantly doing it whether or not we are intentional about it. The tricky part comes from embodying what you want to manifest as if you already are that person who has it. And if your mental health is plummeting, it will probably be difficult for you to imagine your life any other way than it is right now.

So if this happens to you-you're trying your hardest to manifest positive changes but you're not getting the results you wanted-it's likely a sign from the Universe saying it's time to take charge of your mental health.

How Do I Manifest?

Sometimes, the Law of Attraction can ruin your mental health. If this happens, there are probably a few reasons, and they have nothing to do with manifesting or the LOA. Rather, they have everything to do with the current state of your mental health, and your motivation behind wanting to manifest.

People with poor mental health and mental health habits are often desperate to try anything to improve their situation. But what they don't yet realize is that acting out of fear and desperation will only make the situation worse. Especially if they continue to associate their self worth with tangible material items.

It can be pretty demotivating if you're working to manifest something positive for yourself, and it doesn't seem to work. But that doesn't mean you have failed. It means you need to change your approach and your mindset.

In my research for this book, I realized the people who say the LOA ruined their mental health, or that it heightened their anxiety/depression, went into it believing all they had to do was "think positively" and their life would transform overnight.

And because they weren't able to change their thought patterns immediately, they ended up experiencing shame, guilt, and feelings of extreme inadequacy. They most likely thought to

themselves, “I cannot think positively therefore I can never manifest positive things for myself, so my life will always be horrible.” Of course, we now know that there is so much more to the LOA than just thinking positively.

Managing our mental health can be painful sometimes. It’s tempting to punish ourselves for thinking and feeling the way we do. But how is that going to change anything? When has beating ourselves up ever resulted in anything positive?

When we’re in this mental space, all we can do is meet ourselves where we are. Accept where we stand now and continue to express gratitude towards the many blessings we already have. And getting help when needed. If we refuse to see what blessings we have, or if we refuse to be happy with the blessings we have, our mental health will never improve.

Positive Manifestation

Positive thinking is the “secret” to a genuinely happy life. Optimism is a powerful influence. However, the biggest myth surrounding the LOA is you must always be positive no matter what. "All negative feelings are bad and will attract bad things, therefore you must only ever have positive or happy feelings and thoughts in order to attract good things." This is called toxic positivity and it cannot be any further from the truth.

If you find yourself feeling very sad, the worst thing you can do is not allow yourself to really be sad.

It may seem counterintuitive because we have been conditioned to repress unpleasantness and replace it with positive thinking. But sadness is there for a good reason. If we invalidate our own feelings by not allowing ourselves to really feel them, it will be next to impossible to manifest abundance.

While positive thinking is vital to manifesting abundance, it’s not realistic to only ever be positive. There is a major difference between feeling your feelings so you can move on from them and completely replacing them with “positive” feelings so they can be ignored.

Everyone feels bad sometimes, and everyone reacts differently to bad feelings. All emotions are totally natural and deserve to be felt.

How boring would life be if we never experienced a full range of emotions? Why would we even have the ability to feel all these different feelings if they didn’t mean something to us? These “low vibration” emotions get such a bad rap. People often mistakenly believe that if they are feeling low vibes, then they will attract only more low vibes. However, this is not how the LOA works.

The LOA reacts to your core beliefs more than your emotions. How you're feeling today doesn't necessarily represent how you feel about your entire life. Core beliefs are not the same as emotions, even though emotions often arise from core beliefs. I call this your "energy blueprint."

Allowing yourself to feel low vibe emotions will not put a damper on your deliberate manifesting efforts. Even master manifesters do not manifest instantaneously. It takes a buildup of energy in order for the Universe to respond. So feel your feelings and get to know yourself better.

In fact, allowing your low vibe emotions to exist will ultimately make you a happier, more well-rounded person. You'll likely be even more grateful for all the good things in your life if you're aware of the not-so-good things. You'll be able to move on from those low vibes sooner. You'll be a stronger, healthier, and better person for it.

If you carry a core belief that there are no good people in the world (for example), you'll only ever attract "bad" people to you because the LOA can feel this belief in your soul. This may make you feel very sad and defeated, which piles onto your existing core beliefs. This energy then builds up, and the Universe will respond to it.

The reverse of this example is also true. If you are inherently optimistic, you're much more likely to have positive manifestations coming your way. And when the "negative" experiences do come, you'll be much better equipped to handle them. The Universe never sends you anything you're not capable of dealing with. It only ever sends you what you're a vibrational match for.

Manifesting Mindset

Our human brains have evolved to focus mostly on the negative things, purely in terms of survival. And there's a tendency to blow the negative way out of proportion. If we are afraid, we are less likely to put ourselves in a situation that could kill us. This primal belief continues to bleed into our modern society, and some people are committed to embracing it.

People committed to being miserable are likely stuck in a coping mechanism (or several) that makes them feel safe. They rationalize with themselves that it's better to stay in a negative, familiar mental space than to step out of their comfort zone into the unknown—no matter how great the rewards might be.

If someone lives in a toxic negative mindset and they don't know how to break free, they might benefit from "faking" positivity in the short term. Here, breaking the habit of perpetual negativity is crucial to moving past it. This could be done by quickly replacing negative

thoughts with positive ones. This could do wonders for someone who hasn't had a positive thought in a long time.

Eventually, they will have to work through all that underlying unpleasantness in order to make real, lasting progress. This "thought replacing" technique is only meant to help open doors to new ways of thinking and being. It's a very thin line, but it can work for some people. As long as they are not committed to being miserable.

Think of your low vibe emotions as a long, underground tunnel. You enter the tunnel, either on purpose or you find yourself there somehow. You look back down the tunnel where you came from, and you can easily obsess over the path you already took that brought you here.

You can sit down on the ground, swallowed up by the darkness, wishing you could go straight up through the ceiling to escape, but you know can't. Or, you can also glance backward and acknowledge where you came from, and when you face forward again, you can clearly see the way out of the tunnel.

You have to keep walking through the darkness for a bit, but you will get to the light soon. You know if you keep walking, you will be free.

This is the difference between a negative mindset and a positive mindset. A negative mindset leaves you stuck, refusing to see all the distinct possibilities in the outcomes. A positive mindset acknowledges what brought you here and helps you see the light at the end of the tunnel. There are possibilities in positivity!

What Are Positive Affirmations?

Affirmations are phrases spoken aloud, or within your head, over and over again. Positive affirmations specifically are phrases we deliberately choose to repeat so we can transform our mindset.

Whatever that little voice in your head is saying is an affirmation. Have you ever considered changing what it's saying?

Because if you aren't mindful about the words you repeat to yourself constantly, they're going to default to something negative. Our human brains are hardwired to focus on the negative.

It's within your power to choose the words you say to yourself. And the effects of doing so are profound! It will literally change your brain, thus changing your entire life.

Every time we repeat a positive affirmation, the words sink into our subconscious mind a little bit more. The more we repeat it, the more we believe it, and the more our reality reflects it.

In this section, we're going to talk about what affirmations are and how they work from a scientific perspective, how to use them properly, and how to create them for yourself.

How do Affirmations Work?

Consider your internal monologue and the landscape of your mentality. What is it like inside your head? If it were a city or a village, what would its atmosphere be like? What kind of community would it have? Would people like visiting there, or would they avoid it?

Because we're the only ones living inside our head, it should be a place we want to be. We have the power to create the atmosphere in our mind. Nothing is permanent in the brain—we can literally mold and shape it to our liking. We can choose to support ourselves with our own thoughts.

Affirmations, whether they be positive or negative, work because of neuroscience. Each time we think a thought, an electrical neuron moves along a neural pathway along the surface of the brain.

Neurons are also sparked when we partake in actions. Affirmations coupled with action create a bonded pair of neurons, reinforcing that particular belief/habit combination.

The more those neural pathways are used and evoked, the deeper they get. They physically change the shape of our brain because of neuroplasticity.

You may have been taught in school that your brain is “fully formed” by the time you reach your mid-twenties. That the brain is “done” developing at that point.

This may be true from a biological standpoint (consider the differences between a teenage brain and an adult brain), but from a psychological standpoint, our brain is ever developing.

With the development of brain scanning, scientists were able to observe brains of all ages morphing, creating new and more neurological connections. Depending on what thoughts and activities the people partook in, the brain would respond by forming its shape around the neural pathways being carved out by those thought/habit combinations.

Our brains can grow, stretch, reform, and change shapes at any time. And indeed, it's already happening constantly whether we're doing it mindfully or not.

This is empowering! Because the nature of the brain is to change and mold itself, we are already in a perfect position to take control of what neural pathways and combinations are created.

We don't have to live on default. It would be wrong of us to believe that our thoughts and our minds are stuck in one perpetual state of being. This is where writing our own affirmations and reinforcing them comes into play.

How to Use Affirmations

Affirmations aren't just about rewiring your brain. There's also a lot of heart, love, and faith that goes into the practice of reciting them. I want to talk to you a little more about how to use affirmations effectively, especially when it feels like an impossible thing to believe in.

I guarantee you're already using a plethora of affirmations. But most of them are negative, keeping you stuck in limiting beliefs and repeating old stories that don't have to be true anymore.

I want you to pause for a moment, and consider your inner monologue again. What words are constantly running through your mind? What events are being replayed? How are you sabotaging yourself?

Now is the perfect time to emphasize that blaming yourself for having these negative thoughts is counterproductive. Every single human being does this. It's part of being human. Every person you've ever known and will ever know is naturally inclined to negativity over positivity.

The people who don't appear to be negative are the ones who have done the work to keep a positive mindset. Below is a basic outline of how to do this work for yourself:

Trust the Process

The question of how to successfully use affirmations can be answered with a single word: trust. Trust that these positive words will eventually replace the negative ones. Trust that these positive words will become truths in your world.

That's the first step to using affirmations successfully. You must trust in them and believe in them. And this brings me to another dilemma my clients often face.

"How can I believe an affirmation is true when it simply isn't?"

Here's an example. To manifest more abundance, you decide to adopt the affirmation: "My bank account grows every month." Or, "I end the month with more money than I began the month."

That's all well and good, but that's literally not what's happening in your life right now. Or at the very least, that's not what's been happening. Your bank account is dwindling, not growing. There's less money there every month, not more. Now what?

It's time to trust the process and have faith in the Universe. And to also be mindful of the thought gap, which we will discuss more in a moment.

Repeat Consistently

To use affirmations, even if they don't appear to be entirely truthful yet, you must repeat them consistently in some way.

And you have options. You can write them out, read over them, or state them internally or aloud. Personally, I believe a combination of all four of these will be the most effective.

Once you've selected your affirmations, which we'll go over in a moment, write them all out. Pick no more than a dozen to work with at a time. Even that is quite a lot.

You can write them out in your journal, on your phone, on sticky notes, across your bathroom mirror, wherever you can easily access them multiple times a day.

Next, you want to make it a point to repeat these affirmations consistently. I suggest having at least two 5 minute slots a day where you focus only on repeating them. Take those meditative 5 minutes and really sit in the feeling of the words.

Doing this activates our brain's selective attention. We are reminded of something specific, or we tell ourselves something, and our brain is now paying extra attention to that specific thing. Like when you suddenly notice everyone is driving the exact same car you just bought.

Another strategy I highly suggest is catching yourself mid thought and turning it around. Once you realize you're repeating your old, negative affirmations, stop yourself right then and there. Repeat your positive affirmation in that very moment. The more you do this, the less you'll have to.

Reinforce with Action

Once you get the hang of repeating your selected affirmations, you must reinforce your words with your actions. If you want to believe that your bank account has more money at the end of the month than the start of the month, what do you need to do to make that happen?

The thing about affirmations and the neural pathways they create: they will fade away if your brain doesn't see any outside reason to believe they're true.

Be careful not to turn your affirmations into "wishes." Simply wishing to have more money in your bank account will do absolutely nothing. You know this.

But reciting abundance affirmations, coupled with careful budgeting and a higher paying job, will signal to the Universe and your brain that your affirmation is completely truthful. Thus, you'll experience more opportunities to reinforce its truthfulness.

Have Gratitude

Gratitude has a huge impact on our brain from a neurological perspective. This isn't just about “staying positive.” It's about turning off the natural, negative survival response of the brain and realizing that you are safe the majority of the time.

Otherwise, your brain will default to negativity as a survival mechanism even when you're not in any real danger. And because it's hardwired to pluck out the negative, we have to consciously focus on the positive.

When practicing gratitude, you want to be specific, and you want to stay in that energy for at least 10-30 seconds. Because if you cut it too short, or it's too vague, your brain literally won't be able to register it. We'll cover gratitude more extensively in the next section, because it is that important to manifesting.

Create Your Own Affirmations

Okay! Now you know what to do with your affirmations. So now we can address the more important question: how do you create your own affirmations?

Of course searching the internet and books are a great place to start. Especially if this is completely new to you. I've found countless amazing affirmations by borrowing from others. However, I do have some important tips for you regarding affirmation creation.

Your Reaction

When you read or recite an affirmation for the first time, pay careful attention to how you react to it, physically and mentally.

You want to select an affirmation that feels good in your body, but “scary” good. You want to get a little uncomfortable. If you're questioning it just a little bit, that's a good sign that particular affirmation is a fit for you.

But if the affirmation makes you scoff and roll your eyes, perhaps you're not ready for that one yet.

The whole point of an affirmation is to change the way you're perceiving your own reality. If you only stated affirmations that were already “true,” then your reality wouldn't change at all.

Consider the size of the “thought gap” between the affirmation and your current reality. If your bank account has been dwindling for months, the affirmation “I easily earn one million dollars each year” probably seems way too far fetched for you to believe it (thus reinforce it).

But saying “my bank account grows each month” is much more believable in comparison because the thought gap is smaller. Your affirmation needs to feel possible, and within reach, in order to be successful.

Your Intuition

Honestly, you don't really need to root around much for your affirmations. A good place to start is listening to your own intuitive guidance. Consider what you wish to manifest, then adopt an affirmation to reflect that.

Your intuition will speak to you if your vision is in alignment with your soul purpose.

I am always amazed at how easily my clients come up with their own affirmations. I am always ready to offer them suggestions, but they almost never word the affirmation in the way I phrased it. That's because they have their own personalities and ways of stringing sentences together, making each affirmation unique to them.

It's important to phrase your affirmations in your own words. Your own language will have the greatest impact on your brain, heart, and soul.

That's not to say that you should disregard all affirmations written by other people. Sometimes, you find one that just makes your heart sing. Go with it! If not, don't be afraid to rewrite it in your own words.

Phrasing Matters

All affirmations should be written in present, active tense, using “I” or “I am” language. I am rich. I am lovable. I am successful, etc. Keeping them short and sweet is the most effective.

I'm going to list off a bunch of words that you should try to avoid as much as possible when writing your affirmations. The Universe doesn't acknowledge these words and they might have the opposite effect you want if included in your affirmations:

- No
- Not
- Never
- Don't
- Can't
- None
- Nothing
- Neither
- Nobody
- Doesn't
- Shouldn't

- Won't
- Couldn't
- Wouldn't
- Wasn't
- Isn't

The reason you want to phrase your affirmations in the positive, present tense, is mostly because you're aiming to embody that energy right now.

To say you "will" be rich or successful will put you in the perpetual state of waiting and wanting. But if you say you "are" rich, you're rewiring your brain to look for reasons to believe this is true right now.

It's best if your affirmations only concern yourself. Even if you have good intentions, you cannot change anyone else's mindset. For example, the sentence "my husband loves me" would make a terrible affirmation, even if it is actually true. Instead, something like "I am in a loving marriage" is focused on you and your desired outcome without interfering with anyone else's free will.

The sentence "I don't need to work" would also make a bad affirmation, because all the Universe hears is "I need to work." The Universe cannot register the meaning of those negative words because it is inherently positive. Instead, say "I am financially stable" which will ultimately result in you not needing to work.

Good Affirmations

I could spend all day writing out examples of affirmations. Instead, I'd rather help you design yours! The ego's natural tendency is to create negative affirmations. This is what is keeping you from FINALLY manifesting that one thing you've always dreamt of.

We can do all the right things—taking action, being strategic, following through—but if our mindset isn't in alignment with what we're trying to accomplish, we will literally NEVER accomplish it.

A positive mental mindset creates a strong foundation for changing your life. AND a positive mental mindset could be the thing that finally gets the ball rolling on your dreams.

I know what it's like to feel bogged down by negative affirmations. It seems like there's no other way for it to be. As if we're destined to just suffer through it and hope we can muster up enough strength to move past the heaviness.

But, making that first mindset breakthrough proves all of this wrong. There is definitely another way to be! And you certainly don't need to suffer your way to success. Positive

affirmations can be empowering and transformational for everyone who chooses to commit to them.

How To Practice Gratitude

Aside from love, gratitude is genuinely the most powerful emotion in the Universe. Being grateful is a simple act that will make the biggest difference. The Law of Attraction is based on expressing gratitude for what you already have.

Because if you can't be thankful for your current blessings, how will you express thanks for future blessings? Practicing gratitude doesn't have to be fancy or formal. Practicing gratitude is as easy as seeing the world (and by extension, your life) in a positive light.

The conscious effort to seek out the good in your everyday life will have a monumental impact on your happiness, spirituality, and overall quality of life. The world will start to become a more beautiful, vibrant place once we make the choice to practice gratitude.

What To Be Grateful For

This cliché rings true: *there is always something to be grateful for*. And if you are struggling to find something to be grateful for, then you're probably taking things for granted. Especially modern luxuries that you've grown accustomed to.

If you're experiencing a difficult time in life, that is absolutely okay. Practicing gratitude will quickly change your vibration and give you plenty of "quick wins." Which might be just the pick-me-up you need.

There are things that may seem obvious to some people that they're grateful for, such as family and paychecks. But for others, these things are either nonexistent or aren't positive forces in their lives.

Are you having a hard time finding something to smile about in your life? Here's a long list of things everyone can be grateful for, regardless of where they are in their journey:

100 Things To Be Grateful For

1. Clean water at the tap

2. A flush toilet
3. Clothing that fits
4. Blankets on your bed
5. Electric lights (electricity in general)
6. Your favorite beverage
7. Towels for drying yourself and cleaning
8. Heating and cooling technology
9. In-tact shoes and socks
10. Doors and windows that lock
11. Grocery stores
12. Cold, frozen and dry food storage
13. Appliances to prepare food and drink
14. Mountains
15. Unlimited information in books and online
16. Telephones that connect us
17. The shelter you inhabit (house, apartment, vehicle, etc.)
18. Plates, glasses, and silverware
19. The skills you've acquired through life
20. Jokes and laughter
21. Hardwood floors and tiles
22. Oxygen and fresh air
23. Your internal organs
24. Dental health and your teeth
25. Autumn leaves
26. Your most-used electronic device
27. Nature sounds
28. Your favorite person
29. Elevators and stairs
30. The dinner table
31. The shower and tub
32. Easy transportation options
33. Travel opportunities
34. Sunrises
35. Plants and gardens
36. The couch and armchair
37. Games and entertainment
38. Conversations

39. Soap, sanitizer, and lotion
40. Sunshine (even when it's cloudy)
41. The stars and Moon
42. Paper, pencils, and art supplies
43. Power tools
44. Rivers
45. Headphones
46. Your money (no matter how much you have)
47. Your education (no matter how much you have)
48. Exercise
49. Changing seasons
50. Personal safety
51. Sunsets
52. Music
53. Your favorite animal(s)
54. Beaches
55. Forgiveness
56. Happy memories
57. Jewelry and trinkets
58. Modern medicine
59. Restaurants
60. Plush carpet
61. A clean environment
62. Weather forecasting
63. Cameras and photos
64. Hand-me-downs
65. Toys (for kids and adults)
66. Career opportunities
67. Forests
68. Home decor
69. Pollinators (we wouldn't have food without them)
70. Your favorite food
71. Intimacy in relationships
72. Clocks and keeping time
73. Modern scientific discoveries
74. Recycling
75. Lakes

76. Libraries
77. Eyeglasses (sun and prescription)
78. Rainfall
79. Human history
80. Family and children
81. Gift giving and receiving
82. Public services (trash, plows, etc.)
83. Help from others
84. Deserts
85. Coworkers and colleagues
86. Hugs and kisses
87. Your five senses
88. Mail delivery
89. New ideas and imagination
90. Wetlands
91. Your genetics (race, physical traits, ancestors, etc.)
92. Sleeping and dreaming
93. Natural resources
94. Friends
95. Critical reasoning
96. Snowfall
97. Modern computers
98. Candles, incense, bonfires
99. Our long life expectancy
100. The lessons you've learned through life

Notice how I didn't even include anything spiritual on this list. Simply things that are either tangible or easily recognizable within your mind. The more you practice gratitude, the easier it gets and the more creative you can be!

Mindfulness and Gratitude

Mindfulness and gratitude are complementary practices. Mindfulness teaches us to recognize and accept this present moment exactly as it is. This naturally feeds into gratitude, which is appreciating all this moment has to offer.

Gratitude is about accepting exactly what's in front of us, just as it is. As soon as we let the ego develop an opinion, we are no longer as grateful as we could be (even if the opinion appears to be a "good" one).

When we identify something or someone as "good" or "bad," we create boundaries and expectations, which takes us out of the present moment.

Practicing gratitude is much easier when we remove judgment from the equation, which is what mindfulness teaches us to do.

Remember that mindfulness will never teach you to ignore feelings that aren't perceived as "positive." Instead, we hold space for all emotions, allowing ourselves to really feel all those feels.

Experiencing negative feelings and situations is inevitable. Life wouldn't be fully lived if everything went perfectly and nothing bad ever happened. That's why our souls choose to reincarnate here on Earth right now! That's part of the human experience.

Those hard times are something we wanted to experience for the purpose of soul growth. If we have a strong sense of gratitude and mindfulness during the difficult times, we'll come out the other side much stronger and wiser.

The same is true for positive feelings and situations. Life wouldn't be fully lived if everything went poorly and nothing good ever happened. This is just one of the many ways universal balance manifests itself.

Our happiest experiences make up for every bit of pain we've ever felt because positivity will always trump negativity. Everyone will go through dark times, but that doesn't mean we were never meant to live in the light.

Practicing Gratitude

Gratitude makes such a big difference in manifesting mindfully. It's a very simple mindset shift that will likely result in major changes in what you attract into your life. Aside from simply acknowledging goodness all around you, there are many ways to practice gratitude. Here are a few fun and easy ways to engrain the habit into your life:

Journaling

Expressing your gratitude via journal writing is a fantastic way to start. Especially if you find yourself facing a difficult time (mentally and spiritually). There are lots of ways to practice gratitude within a journal. Try writing out lists or positive memories on a daily or weekly basis.

Gratitude Board

You can also make a gratitude board. Every day, put up a new picture or write something on a post-it that represents something that brought you joy that day. I've seen people go through incredible life transformations using this technique.

Gratitude Talks

Alternatively, you can set aside time each night to discuss positive things that happened during the day with the members of your household. This is especially wonderful to do with kids and teenagers.

Say "Thank You"

You can also simply exist in the energy of gratitude every day. Do this by simply saying "thank you," more often. You would be surprised at how impactful this short sentence can be, both for you and for whoever you're thanking.

You can also thank the Universe. The first thing I say every morning when my alarm goes off is "Thank you!" If I sit down to pray or meditate, and I am not sure exactly what mantra to say or what to pray for, I simply say "thank you."

Be sure to really feel the gratitude in your bones. Allow yourself to soak it all up. It won't take long before you start to feel happier and life starts to get easier. It's truly a miracle emotion!

How To Not Be Negative

As we just discussed, *never* being negative isn't possible. However, getting stuck in perpetual negativity isn't doing you any good. Some people are naturally more pessimistic than others, and that's okay! There is a difference between your perception of the world, and being unable to feel positivity.

As humans, we have the natural tendency to lean more towards the negative side. Not our fault, that's just how humans are hard-wired. If we aren't careful, we can get swept up in a wave of negativity so quickly that we feel as if we don't have the choice.

But that's not true at all, thankfully! At any given moment, we have the choice to stop clinging to negativity and instead embrace positivity. The deeper your dependence on negativity, the more impossible it will seem to escape it. But that is exactly when you know it's time for some big changes.

If you genuinely wish to shift your outlook, then you must be committed to bringing positivity into your daily life. Be careful not to fall into the trap of *toxic positivity*, which is basically the exact opposite of being stuck in negativity.

I will remind you again--the goal of our mindfulness practice is to hold space for all emotions. Gratitude comes when we appreciate all the emotions, no matter how they feel to us.

Something that might be helpful right at the beginning is to catch your negative thoughts in the act, and immediately counteract them with the opposite, positive thought. This is a great technique to use if being positive and grateful are foreign concepts for you.

Eventually though, it will be time to get to the root of the negativity that's preventing you from feeling grateful for all you have. Consider asking yourself these questions:

- What are my life expectations?
- Who is influencing my thoughts and actions?
- Do I believe in myself?

The voice in your head is the voice of the ego. And the ego will almost always be negative, mean, and critical. This voice isn't really *you*. You are the soul behind the voice. The ego is just the manifestation of our survival instincts.

Finding Gratitude

Even if you are very unhappy in your current situation, make the choice to see the many blessings you have. Refer back to the list I just gave you. Being grateful for the littlest things makes the biggest impact.

There will be times where gratitude seems more obvious. Think of major life events, goals being achieved, big gifts, etc. Expressing gratitude in these moments will be easier if you're

already used to expressing gratitude in the mundane moments. Hopefully now you have some tools and ideas that will help you weave more gratitude into your life.

No matter what your past looks like, be grateful for all you've experienced so far. Appreciate what you have, and fully accept this moment for exactly what it is. Look towards the future and be grateful for all the opportunities ahead of you.

Spiritual Manifestation

Toxic positivity exists, as does toxic negativity. The former ignores the darkness, while the latter ignores the light. Toxic positivity is not how anyone manifests good fortune. We can't live life to the fullest if we are only focusing on the lighter emotions and ignoring the darker emotions. Doing this will cause repression and resentment.

Over time, darkness will build up higher and higher, until we cannot ignore it any longer. And then we end up having major mental breakdowns because we are so overwhelmed with emotions we don't know how to deal with.

Positive thinking is only a small part of transforming your life with the LOA. If all our thoughts are negative and self deprecating, how can life be anything more than difficult? There is a major difference between putting ourselves down and leaning into our negative emotions. Learning that difference takes a lot of self-awareness and self-forgiveness.

The negative emotions have something to teach us and expose us to. We can work through them, let them go, and grow as a person. Negative self-talk is often the result of trauma and years of suffering. It teaches us nothing other than how easily thoughts and opinions manipulate us. The negative emotions will probably dissolve away much quicker than the negative self-talk will.

In order to dissolve either, we definitely need to put in the effort, which gets easier as we learn to differentiate between a negative opinion about ourselves and a negative emotion triggered from an outside circumstance.

Both are important to work through before we can truly adopt a more positive mindset and therefore be abundant. Does anyone really want to live with a negative mindset forever? I can totally understand the appeal of the "perpetual positivity" myth, especially for those who have stuck in perpetual negativity.

But unfortunately, positive thoughts alone are not enough to change anything. Mindset is an important piece of the puzzle, but that's all it is. A single piece in a 1,000 piece puzzle of life. The phases of manifesting are: mindset shifting, intuitive planning, inspired action, letting go.

If you ever come across anything LOA related that tries to tell you all you have to do is “believe” and you shall receive, throw it out. That is patronizing and absolutely false. Believing and positive thinking are only one part of manifesting. It would be pretty awesome if all we had to do was order the Universe to give us what we want and then just wait for the Universe to deliver.

But it doesn't work that way. Anyone who truly believes life can be transformed only through changing our thoughts and nothing else has been fed lies. I'm sorry to burst anyone's bubble-I would love it if that were true, but it is not.

We have to be willing and ready to do our fair share of the work. We are manifesting regardless of how much (or how little) conscious effort we put into it. Choosing to put in no additional effort at all will only result in more of what we already have. Which isn't always a bad thing, but if we're looking to change our circumstances, then we have to change what we're doing that has brought us here.

One of my favorite proverbs is “nothing changes if nothing changes.” Wishing for something to change but we don't take any action to change it is just a waste of our energy. Energy that we could spend on actually making changes. The wishing and the believing are very important to manifest abundance and transform our lives, but it is literally only half of it. The other half is action. Honest, dedicated action. Through believing, action, and trust, the Universe will co-create miracles with you!

Thank you for reading!

I hope you've enjoyed this production of ***Practical Manifesting: The Law of Attraction in Everyday Life***. If you did, please consider leaving a rating and review on the platform you're reading on. That will help put this book (and my other spiritual books) in front of readers just like yourself who will also love it. Thank you for helping me spread the word.

Did you know this book is part of a series of books all about manifesting? Yes! There is so much more magic to manifesting, and you can discover my growing library at spirituallyinspired.co/author.

And finally, I wanted to ask if you had any plans on Friday? Because if you're free, head over to your favorite podcast platform to check out the latest episode of the Spiritually Inspired podcast. You'll hear interviews with mystical experts, manifesting, mindfulness, and all kinds of magical spiritual topics. Tune in at spirituallyinspired.co/podcast.

As you go on your way today, know that I am sending you an abundance of love, light, and inspiration. Blessed be!

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ABOUT SARA RAE

Sara Rae is a manifesting coach and crystal reiki master who teaches mystical women how to manifest on purpose by shattering their manifesting ceiling. She has a unique, four-phase approach to working with the Law of Attraction that is designed to be flexible and instill mindfulness when it comes to manifesting goals and achieving dreams. She has been hosting her weekly podcast called *Spiritually Inspired* since 2020 where she dives into all things metaphysical and magical.

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