

your guide to
**MANIFESTING
WITH THE LAW
OF ATTRACTION**



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**ONE MONTH TO
MANIFESTING
SOMETHING
MAGNIFICENT**

TIME TO MANIFEST YOUR OWN *reality*

Are you ready to master the art of manifesting? Outstanding! This guide is perfect for you. It's designed to help you focus on one major manifesting goal over the next thirty days, using the four phase manifesting method. You could easily use ten day increments for the first three phases, and by the end of the thirty days you'll be ready to receive your manifestation! The following pages are instructive, systematic, and repeatable. Soon enough, you'll be so good at deliberately manifesting that you won't need so much instruction. Until then, you are in excellent hands with this guidebook.

I outline each phase in this guidebook, starting with an inspirational message that I hope resonates with you. Within each phase are simple, enjoyable activities that will help get your mindset and habits in line with what you want to manifest. There are several opportunities for you to write what you're grateful for—don't skip these and avoid repeats! The more grateful you can be of your current life situation, the easier it will be for you to change your life situation.

Take some time today to look over this entire book before diving in. Find 5–20 minutes in your everyday routine to focus on your manifesting efforts. Bringing your attention back to what matters to you daily will help create space, energy, and mindsets to welcome your desires! You have the power to manifest anything, everything, easily. And you're worth it.

KEEP IT SIMPLE

**CELEBRATE EVERY
VICTORY, BIG OR
SMALL! THEY WILL
ALL ADD UP.**

DON'T GIVE UP

**YOU ARE WORTHY
AND CAPABLE.
ABUNDANCE IS YOUR
BIRTHRIGHT—SEIZE IT!**

IT'S SO EASY

**WE ARE ALWAYS
MANIFESTING, BUT
NOW WE'RE BEING
MINDFUL ABOUT IT.**

**WE ARE ALWAYS
MANIFESTING
WHATEVER WE
FOCUS ON MOST**

Over the course of the next month, you'll likely experience a roller coaster of emotions. These are the different phases of the manifesting process. Remember, this is only a visual aid—manifesting is a never-ending circle of phases. And no phase is more important than any other. Each requires your honest commitment.

THE PHASES OF MANIFESTING

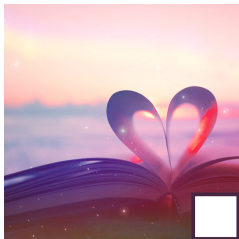
Below are summaries of the four phases of the manifesting process. After you have completed the work for each phase, give yourself a little check mark and a pat on the back! Use this to tell the Universe you're ready to keep moving forward towards your manifestation.

THE FOUR PHASES OF MANIFESTING



PHASE ONE: MINDSET SHIFTING

What thoughts and stories are always running in my head? Are my words in alignment with what I want to manifest?



PHASE TWO: INTUITIVE PLANNING

How can I take logical steps in the direction of my manifestation? What habits/spaces need to change in my physical reality?



PHASE THREE: PURPOSEFUL ACTION

It's time to act on your intuitive plan! Allow your aligned, daily habits to build on one another. Begin the journey to change.



PHASE FOUR: LETTING GO

Be open to the endless possibilities. Trust in Divine Timing. Your manifestation, or something much better, is on its way!

**ONE MONTH TO
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PHASE ONE: MINDSET *shifting*

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.

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. Mindset shifting is the main starting phase in manifesting because your inner world always reflects your outer world, and vice versa.

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.

BE SPECIFIC

**THE NEXT EXERCISE
WILL HELP YOU
NARROW DOWN
YOUR FOCUS**

BE BOLD

**NOTHING IS TOO BIG
OR OUT OF REACH TO
MANIFEST FOR
YOURSELF**

BE OPEN

**KEEP AN OPEN MIND
TO THE MANY
POSSIBILITIES OF
YOUR MANIFESTING**

ASKING THE UNIVERSE TO CO-CREATE

We want to be very clear about what we're asking for, while being open to the different ways we might receive it. We already know the superficial things we want. But what about the emotional desires? What is the underlying thing you're truly looking to manifest?

WHAT ARE THE PHYSICAL THINGS I AM WANTING TO MANIFEST?

WHAT IS THE EMOTIONAL FEELING I AM WANTING TO MANIFEST?

WHAT ARE MY SHORT TERM AND LONG TERM GOALS?

DIG DEEPER. WHAT IS IT THAT I AM TRULY WANTING TO MANIFEST?





LETTER TO THE UNIVERSE

Manifesting mindfully means we are co-creating our reality with the help of the Universe. The Universe is loving and benevolent. It wants to have a special connection with us. Use this letter exercise to express love, gratitude, and appreciate to the Universe.

DEAR BEAUTIFUL UNIVERSE,

RESTATE YOUR AFFIRMATION HERE:

KNOW YOUR WORTH

CELEBRATE EVERY VICTORY, BIG OR SMALL! THEY WILL ALL ADD UP

ALWAYS BE GRATEFUL

YOU ARE WORTHY AND CAPABLE. ABUNDANCE IS YOUR BIRTHRIGHT- SEIZE IT

RECITE YOUR AFFIRMATION

WE ARE ALWAYS MANIFESTING, BUT NOW WE'RE BEING MINDFUL ABOUT IT

MORNING MANIFESTING PRACTICES

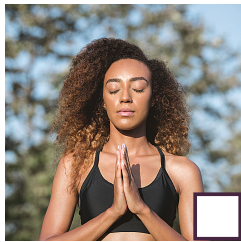
Every morning, set aside five minutes per practice, even if you have to wake up a bit earlier. Practice these four manifesting techniques, then mark down that you did them at the bottom. Consider all these activities part of your normal meditating time, and practice them all throughout these thirty days. Get creative and have fun!

DAILY MANIFESTING TASKS



SCRIPTING

Similar to visualizing. Write out the narrative of your ideal life with details in the present tense and read it back once you're done.



VISUALIZE

Using your imagination, see how life will be once your manifestation has arrived. Focus on how it makes you feel in your heart and soul.



AFFIRMATIONS

Recite or write out your affirmations at least five times. Make up your own, or use the many affirmations provided in this guidebook.



PLAN FOR THE DAY

Set an intention to take action towards your goals each day. Every victory counts, and every step forward makes a difference.

I AM ONE DAY CLOSER TO RECEIVING MY MANIFESTATION!

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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WHAT AM I GRATEFUL FOR RIGHT NOW?

Gratitude is the driving force behind all our manifesting efforts. The Universe will always take notice of your thankfulness. Write out as many things you can think of that make you happy in each of these life categories. Always return to these things (and more) when you get stuck or don't feel good enough. Be innovative!

PERSONAL GROWTH ACCOMPLISHMENTS:

CAREER OR BUSINESS ACCOMPLISHMENTS:

FAMILY, FRIENDS, AND RELATIONSHIPS:

FINANCIAL ACCOMPLISHMENTS:



ASKING THE UNIVERSE TO CO-CREATE

Use these cards as reminders of your affirmations, your intention, your desire, and the things you're grateful for. Write your name in the top left so you know you're worthy, your intention(s) on the bottom left, your affirmation on the bottom right, and read the top right every day to remember to be grateful for all you already have.

SETTING YOUR INTENTIONS

“

I AM WORTHY!

Always be irrationally thankful for all the blessings you already have. Choose to see your life through the eyes of abundance and gratitude.



MY INTENTION:

“

“



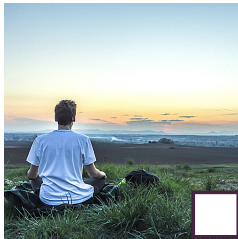
HOW TO TRANSFORM LIMITING BELIEFS

Limiting beliefs are those nagging little lies we are constantly telling ourselves. We often don't even realize they're lies. Any thought that stifles your potential during the intuitive planning phase is likely a limiting belief.

SELF-IMPOSED LIMITATIONS

Use the following journal space to explore the experiences that have helped shape your limiting beliefs. Resist the urge to repress them and the negative emotions associated with them. Instead, allow them to bubble up to the surface so you can let them go from your life for good. Then fill in an affirmation portion with the opposite of what your limiting belief is. Example of a limiting belief is, "I am too broke to afford my dream house." Example of the opposite affirmation is, "I am financially abundant enough to easily afford my dream house and more." Follow these step to change limiting beliefs:

CHANGE LIMITING BELIEFS



1) IDENTIFY THE LIMITING BELIEF

As you go about your day, pay closer attention to the thoughts running through your mind. Are you putting yourself down?



2) IMMEDIATELY STATE THE OPPOSITE

Even if you don't fully believe the statement is true in this moment, it will serve you a lot more than its negative counterpart.



3) REPEAT AS NECESSARY

The more consistently you can do this, the sooner your entire vibration will transform. Be consistent, immediate, and positive.

ONE MONTH TO
MANIFESTING
SOMETHING
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PHASE TWO: INTUITIVE *planning*

To set goals and achieve them in an intuitive and spiritually inspired manner, you can't be so rigid in your methods. You need to be rigid in your embodiment. While there are lots of different methods of setting and achieving goals, they aren't nearly as important as the ego mind makes them seem.

Because the ego mind likes structure, rules, and predictability. Having a plan to follow usually makes it very happy. The problems and discouragement begin when we're overly strict about following those rules.

The Universe needs two things from you when you're manifesting a goal: hard work and openness. Hard work because you have to prove you're willing to do what needs to be done to make room for your manifestation.

Openness because the Universe needs room to work its magic in order to send you something spectacular. Something that's so much bigger and better than you're currently imagining.

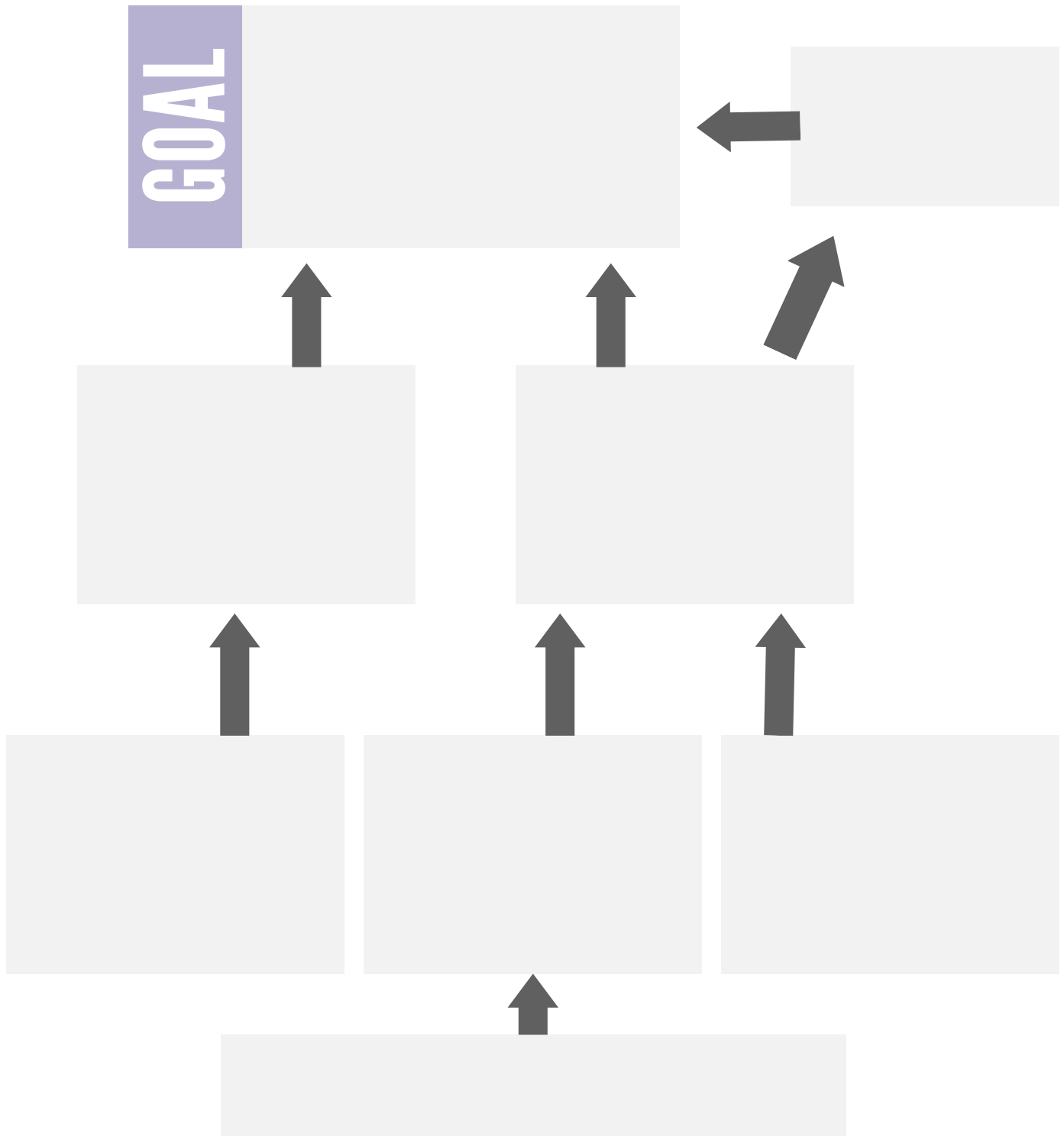


**THE UNIVERSE HAS HEARD YOU LOUD
AND CLEAR! TIME TO TRUST IT.**



MAPPING OUT YOUR GOALS

The Universe will not magically send your desire to you. We have to do our share of the work. The best way to achieve a goal is to begin with the end in mind. So on this page, write your desire/goal at the top of the web and fill in each box with the steps you'll take to get there. Consider these mini-goals. The bottom box will be the first step you take, and it will go up from there. The arrows show the direction you'll actually move in to work towards your goal.



ONE MONTH TO MANIFESTING SOMETHING MAGNIFICENT

During this 30-day period, part of your manifesting "ritual" is planning and setting your intention for the day. Use these journal spaces to help you do that. Cross them off as you go. No task is too big or too small to include—even if it's just a resting mental health day!

BEGINNER STEPS TOWARDS MY GOALS:

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

MIDDLE STEPS TOWARDS MY GOALS:

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



ONE MONTH TO MANIFESTING SOMETHING MAGNIFICENT

Each line equals one task towards your goals. But that doesn't mean each line has to equal just one day. It can if that suits you and your goal. Take up all the space you need in order to map out exactly what you need to do. Then, of course, do it! Start with the baby steps, then move onto the meat of the action, then end with the steps that cross the finish line.

MIDDLE STEPS TOWARDS MY GOALS:

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

FINAL STEPS TOWARDS MY GOALS:

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



ONE MONTH TO MANIFESTING SOMETHING MAGNIFICENT

Going after a goal is so much easier (and more rewarding) when you reframe it as "co-creating" with the Universe's help. In order to receive help, get really clear on your desires and your plans. Use the following journal prompts to do just that and remind yourself why you started.

HOW DO I WANT TO FEEL ONCE I REACH MY BIG GOAL AND WHY?

WHAT OLD HABITS NEED TO BE REPLACED IN ORDER TO ACHIEVE THIS GOAL?

WHAT IS MY DAILY ACTION PLAN TO REACH MY GOAL?

HOW WILL I BE HELD ACCOUNTABLE? HOW WILL I REWARD MYSELF?



ONE MONTH TO
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PHASE THREE: PURPOSEFUL *action*

Phase three often gets left out of mainstream manifesting advice. There's a reason we call it "co-creating" with the Universe. We do our part, and the Universe does its part. Together, we create something wonderful, and we are both rewarded. We live a life where we are pursuing our purpose, and the Universe gets to realize what it feels like to *live* that purpose. Because we are part of the Universe, and the Universe is part of us, we both benefit from manifesting abundance, love, clarity, or whatever else!

Now, we can't just go out and start doing stuff willy nilly. We must take *mindful* action in order to bring our manifestations into reality. Any amount of action you can take towards your goals and your manifestation is a "win" in the eyes of the Universe. Every single day, do at *least* one thing that brings you closer to accepting your abundance. Whether that be fitting in a workout, taking time to work on your business, studying a certain topic, giving or receiving reiki, meditation—make it a priority. The Universe will feel you working to create your own reality, and will happily join in.

CLARITY

UNDERSTAND
EXACTLY WHAT
AND WHY YOU'RE
TAKING ACTION

PURPOSE

EVERY ACTION YOU
TAKE TOWARDS YOUR
GOAL IS PURPOSEFUL
AND IMPORTANT

CONSISTENCY

CONSISTENT ACTION,
NO MATTER HOW BIG
OR SMALL, MAKES
THE MOST IMPACT

ONE MONTH TO
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PHASE THREE: PURPOSEFUL *action*

There's not a lot of fancy journal prompts or mind maps in this section of the workbook. This phase is self explanatory. It's time to take action on your plans! Return to the first part of this workbook and mark off your action steps on a daily basis. You'll be amazed at how much you're actually capable of accomplishing--and that includes active rest times.

Stay tuned into your intuition. You might suddenly find yourself being called somewhere else, perhaps in the opposite direction as your original plan. If it feels like a *full body* "yes!", go with it. That's the magic of the Universe being channeled directly do you!

You'll know it's a good time to return to this notebook for phase four when that happens. Or when you feel stuck, overwhelm, anxiety, doubt.

CLARITY

UNDERSTAND
EXACTLY WHAT
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PURPOSE

EVERY ACTION YOU
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WHAT AM I GRATEFUL FOR RIGHT NOW?

Gratitude is the driving force behind all our manifesting efforts. The Universe will always take notice of your thankfulness. Write out as many things you can think of that make you happy in each of these life categories. Always return to these things (and more) when you get stuck or don't feel good enough. Be creative!

PERSONAL GROWTH ACCOMPLISHMENTS:

CAREER OR BUSINESS ACCOMPLISHMENTS:

FAMILY, FRIENDS, AND RELATIONSHIPS:

FINANCIAL ACCOMPLISHMENTS:



MANIFESTING TROUBLE- SHOOTING TIPS & TRICKS

To ensure all your manifesting ducks are in a row, this section will go over common "troubleshooting" problems and misconceptions about the Law of Attraction. If you feel like something is missing in your manifesting efforts, review this page carefully. And don't be too hard on yourself—it's a learning opportunity! These are easy fixes that will make manifesting much quicker for you.

FIRST, CHECK YOUR AFFIRMATIONS

Make sure all your listed affirmations in this guidebook use active phrasing. "I am abundant" versus "I will be abundant." Avoid words like "want" that focus too much on desire. Act as though you already have what you're manifesting, because the Universe sends you more of what you *are*, not what you *want*. It is responding to your energy, not your words. We intend affirmations to transform our energy *with* words. If you don't use active phrasing, your manifestation will always be out of reach.

MANIFESTING MISCONCEPTIONS



1) ALWAYS BE GRATEFUL

If you can't find the good in your life right now, how can you ever find the good in your life once it changes? Gratitude is the true secret.



2) RELEASE ATTACHMENT

Let go of your *intense* desire to have what you want, as well as any old energy keeping it from you. This is where faith and trust come in.



3) THE GOOD OF ALL, OR NOT AT ALL

Do not attempt to manifest a specific person. The LOA is not a "love" potion. Instead, manifest the feeling you're wanting from another person, but from within yourself.



4) BE SPECIFIC, YET OPEN MINDED

Your manifestation can come to you in many unexpected ways. It's important to be specific about what you're working towards, yet open minded about how you get it.

ONE MONTH TO
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SOMETHING
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PHASE FOUR: RELEASE *attachment*

The Law of Detachment is one of the governing principles the Universe operates on (similar to the Law of Attraction). The Law of Detachment (LOD) states that we must be willing to let go of our desires, emotions, beliefs, items, or whatever else we may cling to, in order to experience liberation.

The LOD grants us freedom from suffering, because attachment feeds suffering. When we are free of suffering, we are free to receive. This is why you cannot have the Law of Attraction without the Law of Detachment.

We can become attached to anything. Outcomes, pathways, physical items, people, ideals, promises, habits, memories, identities, goals, anything else you can think of in your life. The tighter you hold onto something, the harder it is for you to feel fulfilled in that thing.

It's very counterintuitive. We have something we love, or need, or are used to, and we think we have to grasp it tightly in order for things to stay the same (therefore staying safe). But in fact, the exact opposite is true. If we have something we love, need, or want in our lives, eventually we will need to let go of it emotionally. Otherwise, there's a chance that it will disappear, or not appear at all.

PATIENCE

**BIG CHANGES CAN
TAKE TIME. TRUST
THE PROCESS OF
MANIFESTING**

POSSIBILITIES

**KEEP AN OPEN MIND
TO THE MANY
POSSIBILITIES AND
OPPORTUNITIES**

PERSISTENCE

**NEVER STOP GOING
AFTER WHAT YOU'RE
WORKING TO
MANIFEST**

**ONE MONTH TO
MANIFESTING
SOMETHING
MAGNIFICENT**

RELEASE AND LET GO *of control*

Constantly think about what we desire does us no good. This takes us away from the present moment. We must let go of the "need" in order to receive. Be willing to hand control over to the Universe and resist the urge to cling to the feeling of desire. Trust that your manifestation is on its way! Recite these affirmations (or create your own) daily during this phase to help transform your mindset.

WHAT TO RELEASE:

SELF DOUBT

EXPECTATIONS

IDLENESS

JEALOUSY

FRUSTRATION

JUDGEMENT

RESENTMENT

WHAT TO CULTIVATE:

HOPE

POSSIBILITIES

AMBITION

EXCITEMENT

PATIENCE

ACCEPTANCE

FORGIVENESS

AFFIRMATIONS TO HELP RELEASE AND LET GO:

- I AM HOPEFUL ABOUT MY FUTURE & AM READY FOR CHANGE.**
- I EMBRACE NEW POSSIBILITIES AS MY INTUITION GUIDES ME.**
- I EASILY AND QUICKLY ACHIEVE ALL MY GOALS.**
- SEEING OTHERS SUCCEED EXCITES AND MOTIVATES ME.**
- I APPRECIATE THE TIME IT TAKES TO MANIFEST MIRACLES.**
- I ACCEPT MYSELF AND OTHERS JUST AS WE ARE RIGHT NOW.**
- FORGIVENESS COMES EASILY TO ME. I FORGIVE MYSELF.**
- I NOW STEP INTO MY PERSONAL POWER!**

ONE MONTH TO MANIFESTING SOMETHING MAGNIFICENT

We can't always predict what will happen around us, but we can always control our reactions. In reality, our reactions are the only things we *can* control. Putting faith in the Universe is allowing the present moment to be what it is, while also knowing that we are taken care of and loved.

WHAT HAPPENS WHEN I FEEL LIKE I HAVE NO CONTROL OVER A SITUATION?

WHAT ARE 3 WAYS I CAN RELEASE THE ILLUSION OF CONTROL IN MY LIFE?

HOW DOES TRUST SHOW UP IN MY LIFE, IF AT ALL?

WHAT ARE 3 WAYS I CAN WORK TO BE MORE TRUSTING IN MY LIFE?





THE MANY FORMS ABUNDANCE CAN TAKE

Abundance is so much more than just money. Abundance comes in so many forms. The feelings you're looking to manifest can come to you in all different ways, you just have to recognize what they are when they arrive. Abundance is abundant! So be sure to take notice of how your abundance will come. Below are a few examples of the different forms of abundance. In phase four, keep your eyes (and heart) peeled for:

FORMS OF ABUNDANCE:

GIFTS FROM OTHERS

MINIMALISM

VOLUNTEERING

SHARING

OPPORTUNITIES

POSSIBILITIES

EPIPHANIES

FORMS OF ABUNDANCE:

BREAKTHROUGHS

INTUITION

AWARENESS

RELATIONSHIPS

CONNECTIONS

MENTAL HEALTH

PHYSICAL HEALTH

HOW ELSE HAS MY ABUNDANCE ARRIVED?

Empty text box for reflection.



THE UNIVERSE MANIFESTS MIRACLES IN ALL SHAPES AND SIZES.



ONE MONTH TO MANIFESTING SOMETHING MAGNIFICENT

Time for a bit of reflection! After consistently practicing your manifesting techniques for a few weeks, consider the following questions. They're intended to keep you moving forward, even if your manifestation hasn't arrived just yet. Trust in Divine Timing. The Universe is on your side and wants you to succeed!

HOW CAN I EMBRACE MORE PATIENCE AND GRATITUDE DURING THIS TIME?

WHAT CAN I RELEASE OR LET GO OF TO MAKE ROOM FOR MY MANIFESTATION?

HOW CAN I PROVE TO MYSELF THAT I'M COMMITTED TO MY TRANSFORMATION?

WHAT ALTERNATIVE FORMS OF ABUNDANCE MIGHT I HAPPILY ACCEPT?



**ONE MONTH TO
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CONGRATS ON YOUR *abundance!*

You've reached the end of this guidebook, and the 30-day journey of manifesting something magnificent. Even if that magnificent thing is "small," I want you to take a moment to express gratitude and pride. You've grown so much in the past month by taking charge of your thoughts and goals. That's such a huge step in the right direction, and you should be proud of yourself! You are worthy of your abundance, your desires, your goals, and your success. Believe this truth with all your heart from here on out.

Time to take your manifesting abilities to the next level, and start working through this guidebook all over again. It's designed to be repeated as many times as you need until you've mastered the art of manifesting magnificent things. The next time you go through this guide, try to manifest something different. Aside from your affirmations (and possibly the limiting beliefs you're working through) try to write something different in all the journaling spots. Go deeper, explore yourself more. Personal growth and manifesting are not meant to be a "set it and forget it" type of thing. They are never-ending processes because there is always room for more growth and more abundance.

Once you've gotten really comfortable with these processes, please add your own personal flair! It is *your* spiritual journey, after all. Make it unique for you, adjust it to suit your lifestyle, while also being brave enough to step outside of your comfort zone. You can do anything—the entire Universe is cheering you on and helping you out!

REFLECT

**ALLOW THE SEEDS OF
TRANSFORMATION
TO SINK IN AND
WORK THEIR MAGIC**

RINSE

**FIND NEW AND FUN
WAYS TO ADD YOUR
UNIQUE SPIN TO
MANIFESTING**

REPEAT

**KEEP UP THE GREAT
WORK! THERE ARE
ALWAYS MIRACLES
COMING YOUR WAY**

ONE MONTH TO
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THANK YOU SO
MUCH *for reading!*

Thank you so much for downloading, and using this guidebook. I created it for modern mystics, just like you! The kind of people who believe in something greater than themselves, and want to embrace it. The magic of the Universe is limitless, and it's inside of you. And now, with the help of this guide, you're better at tapping into that magic.



Sara Rae



AS ABOVE, SO BELOW.
AS WITHIN, SO WITHOUT.