

Phase 1:

Getting Clear On What You Want

Write out a list of the things you want to bring into your life. Get as clear and specific as you can:

One of the best ways to get clear about what you do want is to know from personal experience what you don't want. Think about some of the painful experiences in your life and from them, write out what you now know for sure that you want as a result of knowing what you don't want :

Go back through the list of "wants" that you wrote down, and ask yourself "WHO" is asking for these things. Is your authentic self that is in alignment asking, or is it coming from a place of "not enough" or ego?

If it is coming from ego, adjust your manifestation and write out the new manifestation below.

If it is truly coming from a place of pure alignment, rewrite it here:

Phase 1:

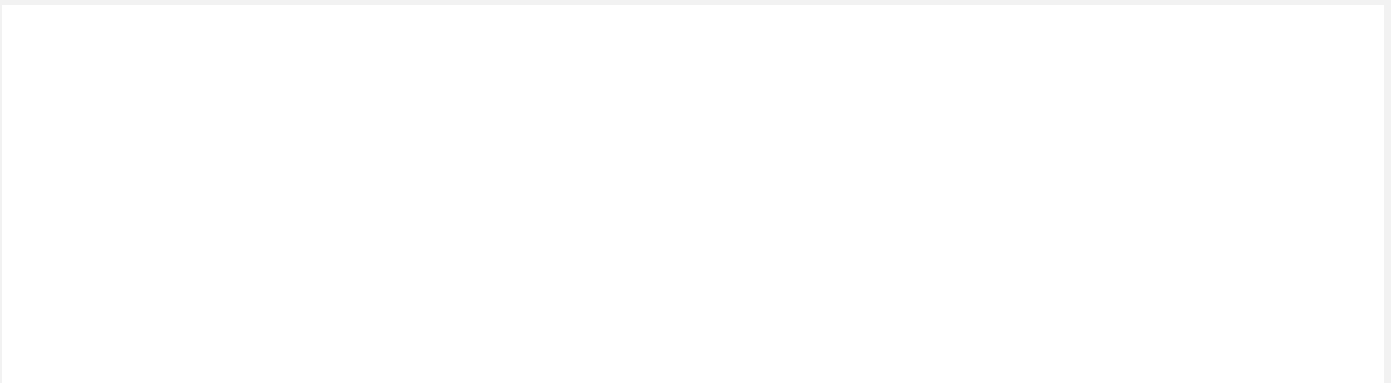
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The next step is to understand that what you actually want is NOT the "Thing" or the Manifestation you are asking for, but to experience the EMOTION of having that thing. Example: More Money = Safety and Security

Go back through your list above, and look at each of the things you wrote down.

As you do this, ask yourself what emotion that thing will give you.

Write out the emotions that you want to feel below:



Now that you are clear on what you want to manifest and the EMOTIONS you are wanting to feel, write out a 15 second scene of your "perfect day". Get as specific as possible here. What does this day look and feel like? How do you spend your time? Who is around you? The more detail the better!

