



MANIFESTATION Cheat Sheet

EVERYTHING YOU NEED IS ALREADY WITHIN YOU

This cheat sheet is like a **secret recipe** for beginners to dip their toes into the magical world of **manifestation**. Imagine turning your **dreams into actual success** just by syncing up with the universe's **energy**! Set your **intentions**, sprinkle in some **belief** and watch the universe deliver your heart's desires. Let this guide be your first steps to **manifesting tiny miracles**!

THE SECRET RECIPE



1. Intention

A **clear focused decision** on **why** and on **what** you want to manifest.
A pure intention is key to keep you **aligned with your goals**



2. Gratitude

It's essential to manifest from a **place of gratitude**, not lack.
When you focus on what's missing, you attract scarcity.
Manifesting from gratitude **shifts** your **energy** positively



3. Tuning in

Tune into the **emotions** you would feel if your manifestation were already real—**joy, pride, peace**. Engage all your **senses** - **see** your manifestation, **feel** it and **believe** it's yours



4. Take action

Take **steps toward your goal**, even small ones. Be on the lookout for signs or **intuitive urges** that push you toward your goal. **Action** is **crucial** to **create real results**



5. Let go & believe

Let go of doubt and release attachment to the outcome.
Don't obsess over the "**how**" or "**when**" but trust that it's coming at the **perfect time**.
Believing is key

Get ready to unlock the secrets of the universe with my "Manifestation Secrets: The Ultimate Guide For Beginners & Beyond E-Book"! Packed with all the laws of the universe, tips and tricks you need, it's on its way to your digital bookshelf!
Coming soon to a universe near you!

A LITTLE STEP BY STEP GUIDE FOR YOU TO MANIFEST YOUR FIRST WISH

1. You need

intention
+
belief

2. Your manifestation

choose the symbol you want to
manifest



3. Your affirmation

I hold faith in my boundless
capabilities and my limitless inner
power.

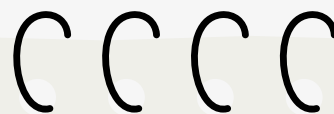
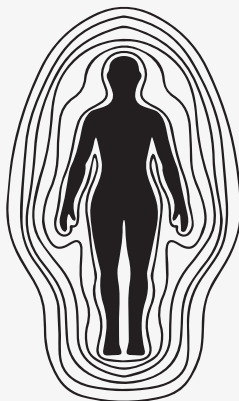
Set your intention! Pick a symbol that's ready to pop into your life, whether it's in a form of a cuddly stuffed animal, a quirky sticker, a fun video or a postcard from the universe. Just remember, the universe has its own plan for how it'll show up!

What is an intention & why do I need it?

An intention in manifestation is like **setting your GPS toward the dream destination** you want to reach. It's that **clear decision to focus your energy** on what you **truly desire**. Picture it as your **North Star, guiding you straight to your goals**. But here's the twist: the real magic happens when you **set your intentions from a place of gratitude**, not from a mindset of "I don't have enough." When you obsess over what's missing, you're basically putting in an order for more of that lack. Instead, gratitude flips the script—it sends a signal to the universe that says, **"I'm ready for even more of this good stuff!"** So, if you want to supercharge your manifesting game, set a clear intention, wrap it in gratitude and get ready to watch the universe deliver in ways that'll blow your mind!

Energy Raising Method: Grounding & Expanding

Close your eyes and imagine your **feet rooting deep into the earth**, like powerful tree roots, **drawing energy from below**. Feel the **energy rise through your body**, filling you with strength. Now, visualize this energy extending upward, **reaching into the sky**, connecting you with the universe. **You are one with everything around you**, embodying the Law of Oneness. **Focus on the symbol** you chose earlier—see its color vividly, its size and how it feels. Let the image of the **symbol grow stronger in your mind**. With this elevated energy, **trust that you will manifest your symbol** within the next 7-10 days.



REMEMBER

- A clear intention, backed by gratitude, is key to successful manifestation
- Raise your energy & feel your manifestation engaging all your senses

When & where did my symbol manifest and how did I feel ?
