

Exercise 15: Manifesting Goals

1. What is something very specific that you want to manifest now? Select something you are passionate about. Find something that excites and inspires you.

Suggested financial goals:

gift of money pay off a debt pay off car add a pool remodel your home take a vacation buy a vacation home new furnishings new car new boat, motorcycle, etc, new job receive a raise new career new business new client or clients free advertising new business opportunity scholarship debt write off

TODAY'S CHECK LIST
Times I read Statement of Desire
Read instructions
Completed Exercises
Times I did visualizations
Times I did meditations
Times I did affirmations



2. Build a frequency of having what you want. Think about the thing or item you wrote in number 1 above. Imagine receiving or having this thing allowing yourself to feel how great it feels to have it. Build the resonance of what it feels like to have what you want. If necessary, play music. Speak outloud answering this question: What will this event or thing give you that you do not already have? Answer this question with great expression and detail:



On a gauge from 1 to 10 - how high is your frequency of joy and excitement? If it is not yet to a level 6 or 7, go back and evaluate what it is you are seeking? What's in the way of that joy and enthusiasm? Perhaps you have a fear or constricting belief that needs to be released. Perhaps there is something else that you want even more. Work with it and with your energy speaking your desire, claiming what you want until you are at least a level 8-9 on the scale!	
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3. Gratitude and Release. Close your eyes. Feel gratitude for all that you have, for all that you will have and for all the guidance and support you receive in your life. Imagine you are releasing your desire into the Universe and watch it float off into the distance. Feel the gratitude and joy of knowing that soon you will have this very thing in your reality. Write on the lines below how it feels to release and let this desire go, knowing it will be back with you soon.	
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4. Act as if. Go into your day or night resonating on the happiness, joy and enthusiasm of what you are about to bring into your life. Continue to feel the excitement of knowing that what you desire will soon manifest in your life. Write your thoughts and feelings about this on the lines below:

STEP 2:
Today you are required to spend \$1,000,000! Write on the lines below what you purchase and how much you spend in dollars and cents.