

MANIFESTING



step 4

ARE YOU *READY* TO
MANIFEST YOUR
DESIRES?



THE
five
SIMPLE TOOLS TO AN
ABUNDANCE MINDSET

#ONE: A VISION BOARD

There are two ways you can create a vision board and that is digital so it's on your computer and phone or a physical one in your home or office. I actually like a physical vision board where I can look at it, it sits next to my desk, but I also have a vision board of a more simple version that's on my desktop.

What do you want?

I have created a great check list for looking at what you want. You may already go 'I don't know what I want'. So ask yourself 'I want to know what WILL make me happy.' I have had that myself when creating my vision board over the last 15 years. When that happens I even turn my vision into asking for CLARITY on what I want THEN take it step by step through the main 7 areas. Have a look at my INSIDE JOB SUCCESS CHEAT SHEET. (LINK AT BOTTOM) I take you through the 7 chakras to check in with what is important in more detail, so once you've had a look at that, then you'll be able to better understand what you want.

What is a Vision Board?

A vision board is about creating something that makes you FEEL GOOD.

The process of naming what you want is important and when you get stuck with wanting to know what it is, go back into the 'feeling'. For example:

I want a house, I want light, greenery, a view, modern, easy parking etc. THEN when you start to question, i.e.. You are not sure what suburb, then STOP, you have got too detailed, keep it about what feels good. IE, I want a job where I feel acknowledged, free to show my talents, great pay (you can put \$ in there if that FEELS good) OR put a lot of money.

On the next page write down 3 things in each area you want. You may want to write down a word and you are not sure why, don't judge, TRUST your inner voice and pop it in there.

#TWO: YOUR WANT LIST

What Do You Want?



WRITE DOWN 3 THINGS IN EACH AREA YOU WOULD LIKE

security+finance

health + wellbeing

career + purpose

relationships

communication + expression

future visions

community + spirituality

#THREE: THE CONTENT

Creating your content should be a fun and exciting experience. Getting creative about your life is the most natural and important step we as humans should take part in. So now you have your 'want list'. Let's bring it to life!

Search for Images



What's great about imagery searches is you can use ANYTHING! AND get creative. I stuck my head on Jennifer Aniston's body, I stuck my head on an actor so it looked like I was being interviewed by Ellen. Have fun and use your imagination so you feel good about what's possible.

Imagery can come from anywhere, search the web and print them out, search through magazines you like. you can then print them out and cut the bits you want and pop them on your pinboard or piece of cardboard. You can see mine below. I focus on a mash of what feels good to me. When I imagined my home, wedding and honeymoon, I had ALL the imagery of what I wanted and it happened. Yes, ALL of it. Use words, write them, cut them out and pin them. I use whatever expresses what I love or feel or want.

If you want a digital board, then you can do the same with either a word document OR I use a power point. I arrange it and then print it out OR have it on my desktop. What you can do, is have your physical one and then have a key image or vision you want on your desktop so it doesn't get too busy.

THEN rotate!

#FOUR: THE MEDITATION



The Meditation

Every morning and every evening, I would spend 5-15 minutes with your images. Create a spot that is comfortable and where you won't get disturbed. Sit in front of your board and then shut your eyes and imagine yourself there, whether it's driving the car you want, living in the house you envision, on the plane to a destination you see and in the job you'd love. Imagine what it FEELS like, that is the key. It's hard sometimes to feel rich when you have \$20 in the bank but this is SUPER important. Your subconscious doesn't know what is real or not, so when you start vibrating at that 'possible reality' like attracts like and you'll start to notice things change.

Sometimes if you start small, it can prove to yourself it works
– give that a go!

Well done! You are now onto the next step!



Next Step

Wow you are now at the end of your Week 4 – amazing!

During this next week enjoy the transformation as you create your dream and your new life. Do the manifestation process EVERY DAY. It doesn't matter morning or night – whatever feels good for you.

If you need some more help, then I offer 'unblocking sessions, personal brand sessions and much more, check it out below...

FIND OUT MORE

HELLO@MRSV.COM.AU
MRSV.COM.AU