

Manifestation GUIDE

Manifestation is a powerful, universal tool used to embody thoughts and desires into reality. When manifesting a future reality, there are 5 key points to achieving your manifestation. Going into more depth below on these key points, here, I want to share with you the benefits of THIS worksheet. The La.Rue Manifestation Guide is here to walk you through the steps of manifestation. This worksheet is available to you whenever you're ready to begin manifesting something new in your life, whether it be an apartment, a job, anything. This worksheet will guide you through ALL the steps you need to take to *begin and continue* manifesting something into your reality. This Guide and all other La.Rue freebie's and blogs are at your disposal to help you manifest your dreams into reality. I wish you the best of luck in creating change in your life, living intentionally, and manifesting your dreams.

5 KEY POINTS TO MANIFESTATION

BELIEVE

You will NEVER achieve your dreams or manifest them into reality unless you actually fully believe you can achieve those dreams.

ADDRESS YOUR DOUBTS

Address any doubts or reservations before you begin manifesting your dreams. Understand WHY you're apprehensive, address it, and move forward.

WRITE IT OUT

Manifestation only works when you put the words to paper. You have to write it in the present tense as if you've already achieved the dream.

BE SPECIFIC

When you're writing out your manifestations, get into the absolute specifics. Always answer the who, what, when, where, why, and how of the dream.

VISUALIZE

Once you've written the manifestation, find visuals that help you see the dream in real life. Print out or cut out magazine photos, create a Pinterest board, anything that will allow you to see the vision alive.

HOW TO MANIFEST YOUR DREAMS

Answer These Questions:

WHO IS GOING TO HOLD YOU ACCOUNTABLE?
WHO IS INSPIRING YOU TO ACHIEVE YOUR GOALS?

WHAT IS KEEPING YOU FROM MOVING FORWARD?
WHAT DO YOU WANT TO ACCOMPLISH?

WHEN WILL YOU ACHIEVE THIS GOAL?
WHEN WILL YOU BE PREPARED TO FACE FAILURE?

WHERE IS ACHIEVING THIS GOAL GOING TO TAKE YOU?
WHERE IN YOUR LIFE WILL YOU ACHIEVE?

WHY DO YOU WANT TO ACHIEVE THIS GOAL?
WHY WILL IT MAKE YOUR LIFE BETTER?

HOW WILL ACHIEVING THIS CHANGE YOUR LIFE?
HOW ARE YOU GOING TO ACHIEVE THIS DREAM?

LL

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