

6 PG E-BOOK + ACTIVITIES

3

Easy Methods to Bring
Your Desired Life
Closer to Reality

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The Basics of What You Need to Know

After reading several books on money and the law of attraction, along with attending many sessions at the School of Metaphysics, there is one thing that I have learned - and, that's how to manifest your desired reality.

I have tested several law of attraction methods, as well as tweaked a few which have in turn worked for me (and my family).

This is what I will share with you in this brief e-book.

In just a few pages, I will walk you through exactly what you need to do to get you closer to your desired reality.

You must commit to doing each of these steps.

If you choose to skip days, be bitter, and have an, "This won't work!" attitude, then guess what? It won't work.

However, if you believe that you can have the life you want, feel great about creating it, and stay the course, you will begin to see changes in your life immediately.

ACTIVITY - DRAW YOUR CURRENT REALITY VS DESIRED REALITY



Proof in My Own Life

After leaving two sour relationships, life was pretty drab and I needed to learn how to love myself and **create a life that I was happy with and felt great with** - not good with.

I said, great with.

To move forward, I began to get clear and very specific about what I wanted in life. ✨

BE VERY CLEAR AND SPECIFIC ABOUT YOUR DESIRED REALITY. ✨ ✨

For example...

In 2015, I got very clear and specific on the type of vehicle I wanted. Well, actually, I had two that I was torn between because of their features. Nevertheless, after having them both on my vision board for half of the year and taking inspired action, I was driving one of those vehicles by mid year.

In 2017, I wanted to travel the USA in between school and work with my boys. Guess what? We made it to 17 states in 2017.

In 2018, I had specific plans for my birthday (which is January 31st) and also out of the blue, I wanted to go to Disney World for the first time. Everything happened by mid-February.

In 2018, after teaching my son various law of attraction techniques, he wanted to put it to the test. He wanted to spend more “fun time” with his dad and wanted, the chance to go to an NBA game with his dad or a trampoline park. Guess what that little guy manifested? A day away with his dad at the Chicago Bulls game.

These are just a few things that we have been able to manifest, but the list goes on and on.

But, by now, I am sure you are wondering, well, how in the hell did you make it all happen?

Keep reading...

Here's How to Make It Happen!

#1 Believe in yourself and believe that you can have what you have asked for or desired.

But, here is the thing. Don't go from having .15 cents in your pocket to saying, I am going to have a million dollars in my pocket tomorrow. You don't even believe that!

If you are just starting out with manifestation, what I would recommend you do, is to start with something a bit more reasonable for you. For example, today I only have .15 cents in my pocket, but by the end of the month, I will have an extra \$20 in my pocket.

Try something a bit more realistic, until you get to believing more in yourself and what you honestly believe you can have.

It is important that you know that you will have to let go of fear as you work through this. **You cannot manifest anything from a mindset of fear and lack.** If you don't believe that you are worth that extra \$20 at the end of the month, then guess what? You won't have it.

But, if you believe wholeheartedly that you are worth every penny of that \$20, then by golly, the universe will do some miraculous things and move people, places, things, and ideas right to you to make sure that you have that extra \$20.

#2 Create a vision board.

I know it sounds all cliché, but this really does work. And, the crazy thing is - is that some of the closest people in my life, will not create one, no matter how much I share with them the benefits.

And, guess what? I keep thriving and crushing goals while they sit in the same situations that have been sitting for the past 5 or 10 years.

Get up off your butt, expand your comfort zone, and try something new. Point blank.

My dad always told us, **"If you want something you have never had then you are going to have to do something that you've never done before"** to make it happen.

He was so right.

Creating your vision board should be simple.

Spend some time alone and get really focused on what it is that you want during a given amount of time. I typically do my vision boards for a year, but have occasionally done one for a specific month.

Write out your desired goals with specific dates, add photos, quotes, and/or photos of your desired reality. *Refer back to the activity on page one - if you need to.

Next, hang it where you can see it daily (and several times throughout the day).

I look at mine the first thing in the morning and the last thing at night (**at minimum**).

As you gazed at your vision board, believe you already have and are living your desired reality. Feel good about your accomplishments as if you have already achieved them. This is one of the most powerful steps that you **should not** avoid. **You must feel good now!**

#3 Write it out.

For many just starting out - this will sound crazy. However, if you talk to people who believe in the law of attraction and various law of attraction methods, they will tell you this is something that you need to do.

Just recently, I was scrolling Instagram and saw a sponsored post regarding how to journal yourself rich. It was a fairly new post and only had about 5 comments. Of those 5 comments, 3 were bashing the idea - which clearly meant they have not tried it and also don't believe.

I, on the other hand, did leave a comment. I left a short sentence that stated...

**"I HAVE USED A SIMILAR METHOD CALLED
THE BOOK OF POSITIVE ASPECTS
FROM THE TEACHINGS OF ABRAHAM HICKS
- AND, IT WORKS."**

That is because - it's true. You can, in fact, journal your desired reality.

Without going into great depth, **keep reading for how it is done.**

The method is so simple that people don't believe that it works. But, I am here to tell you - like many other manifestors that this does in fact work.

To get started, all you need is a notebook or journal dedicated to specifically to writing out your desired reality and a pen.

Yes. That's it.

Everyday for 30 days, spend some time alone writing out your desired reality in present tense. Get clear and claim what it is that you want. As you write, tune in to your emotions and feel excited about what you are manifesting. You must believe that you can have it and take inspired action, in order for your desires to begin to manifest.

Basically, that's it. Yes. I'm serious.

ACTIVITY - WRITE IT OUT.

WHAT IS ONE SPECIFIC THING THAT YOU WANT TO MANIFEST?

WHAT DATE WOULD YOU LIKE TO HAVE IT ACCOMPLISHED BY?

HOW DOES HAVING THIS RIGHT NOW MAKE YOU FEEL?



Here's a quick story.

One night I sat down to work on my vision board. I was very clear and specific in what I wanted. I noted my daily financial goal and how much I would need to make each day in order for it to become a reality. I felt great about it and knew wholeheartedly that it was doable.

I was not scared. I was excited about the possibilities!

Not once did I think, "How will I make this happen?". Instead, various ideas just kept popping in my head, so I went with it. This is how the law of attraction works.

The very next morning, I woke up and checked my email. There in my email was several blogging assignments that totaled the amount that I needed for that day to reach my daily financial goal.

Then the following days after that I received several refunds for various products that I had purchased that were either, no longer in stock or damaged, as well as new blogging assignments.

Again, the amounts were very close to the daily financial goal that I wanted to achieve.

Baby, It's Time to Shine!

If you are tired of living life the way you have always been living it and are looking for the first steps in making a change towards creating your desired reality, I encourage you to begin working through these three methods.

Get clear and very specific on what you want to manifest, **feel good**, believe you can have it, and begin to take inspired action towards your new reality.



Resources You May Enjoy

1. The Secret by Rhonda Byrne
2. Money, and the Law of Attraction by Esther and Jerry Hicks
3. Money, Manifestations & Miracles by Meriflor Toneatto
4. Think and Grow Rich by Napoleon Hill
5. Ten Metaphysical Secrets of Manifesting Money by James Goi, Jr.
6. Best Ted Talks 2015 - Draw Your Future by Patti Dobrowolski

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