



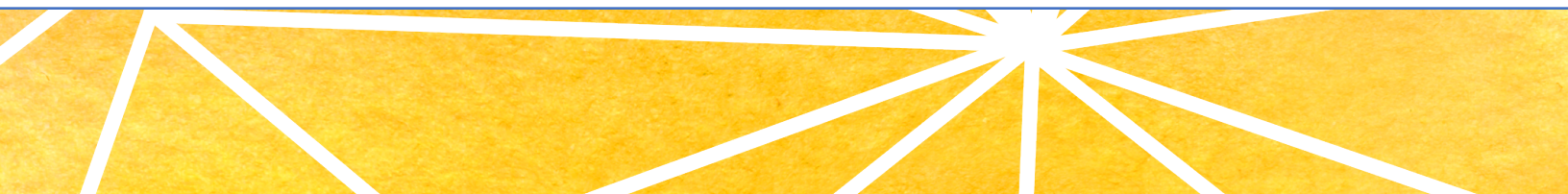
Choosing the Best Manifestation Methods


Once you have identified what you want to manifest and ruled out your limiting beliefs, you can then work on how you will manifest what you truly desire.

Here are some questions that let you decide what manifestation method will work best for you.

1. How often do you express what you are grateful for?

If you can't remember the last time you did this, journaling your gratitude is a great way to start manifesting more good things in your life.






2. Write down a statement about something you want to manifest, but in a way that it has already happened. Example: "I am so grateful that I bought my dream car!" if what you want to manifest is a new car.


How do you feel? Did it make you feel joyous and like you can envision it actually happening? If so, scripting is for you.

3. Try a quick, 5-minute meditation. Sit in a quiet spot, close your eyes, and start breathing in and out. Focus on just your breaths, feeling the sensation of your chest expanding, and listening to your breaths as you let them out. Do this for about 3-5 minutes.

Write down how you feel.

Did you feel any calmer? Did you have visions of what you want to manifest? If you feel better, more relaxed, or like visualizations came easier, manifesting can really benefit you.





4. Find or write down a handful of affirmations related to what you want to manifest. After you write them down, read each one out loud 3 times or more.

1. _____

2. _____

3. _____


4. _____


5. _____

If you enjoyed this exercise or it helped you feel your vibrations rise, affirmations are a great option for you.

5. Do you enjoy writing? Do you find that when you write something down, you can focus on it while you write and it sticks in your mind better?

If you answered yes, then the 55x5 method will work for you. It involves writing down one short affirmation 55 times, for 5 days in a row.





6. Close your eyes and visualize what you want to manifest. Get into the place where you can actually feel what it is like to have that manifest become a reality. Focus on it for as long as you can.

How do you feel now? If you feel like you were able to tap in to the right energy, you will love the visualization method.


7. Write down 3 affirmations. Take them to the mirror, and say them out loud to your own reflection.


1.

2.

3.

If you enjoyed this activity then mirror work might be a great option for you.



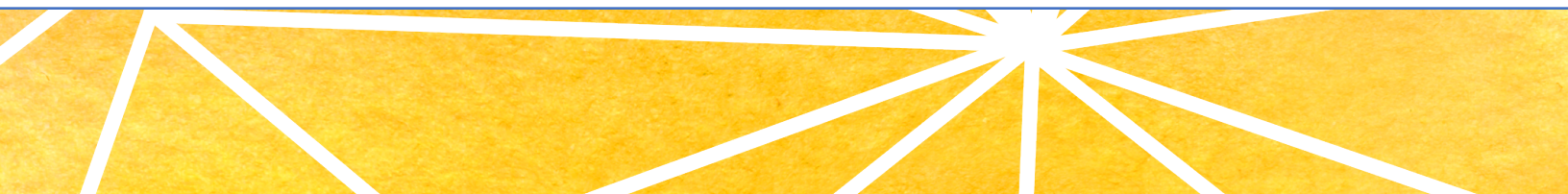



8. How often do you daydream? Do you find your mind wandering often, do you think about your manifestation before you go to sleep? Can you actually see how it will happen and what it will be like?

If you find that you daydream often, especially about what you want to manifest, you are someone who can benefit from scripting, journaling, visualization, and meditation.

9. Do you struggle to hold on to the vision of what you want?

If you answered yes, look for ways to tap into that vision. You might prefer methods like using affirmations or mirror work, as it helps to get you into the right mindset and raise your vibrations, even without visualizing.





10. Which of these methods speak to you the most?

