

Mini Manifesting Workshop

This exercise can be completed in about 20 minutes and includes a 10-minute guided visualization you can listen to via a link to my website CultivateLife.com. First print out this page and place it, and a pen, close by so that when the visualization ends you can easily begin writing from a relaxed, open connection to your inner wisdom. Before you begin, complete this prompt:

When I have manifested _____,

Next, get in a comfortable position, close your eyes, and take a few deep, cleansing breaths before [clicking on this link](#). (It may take a moment or two to download. Keep breathing as you wait, and enjoy Being in the present moment.)

Welcome back. Read the prompt as you fill in the branches below.

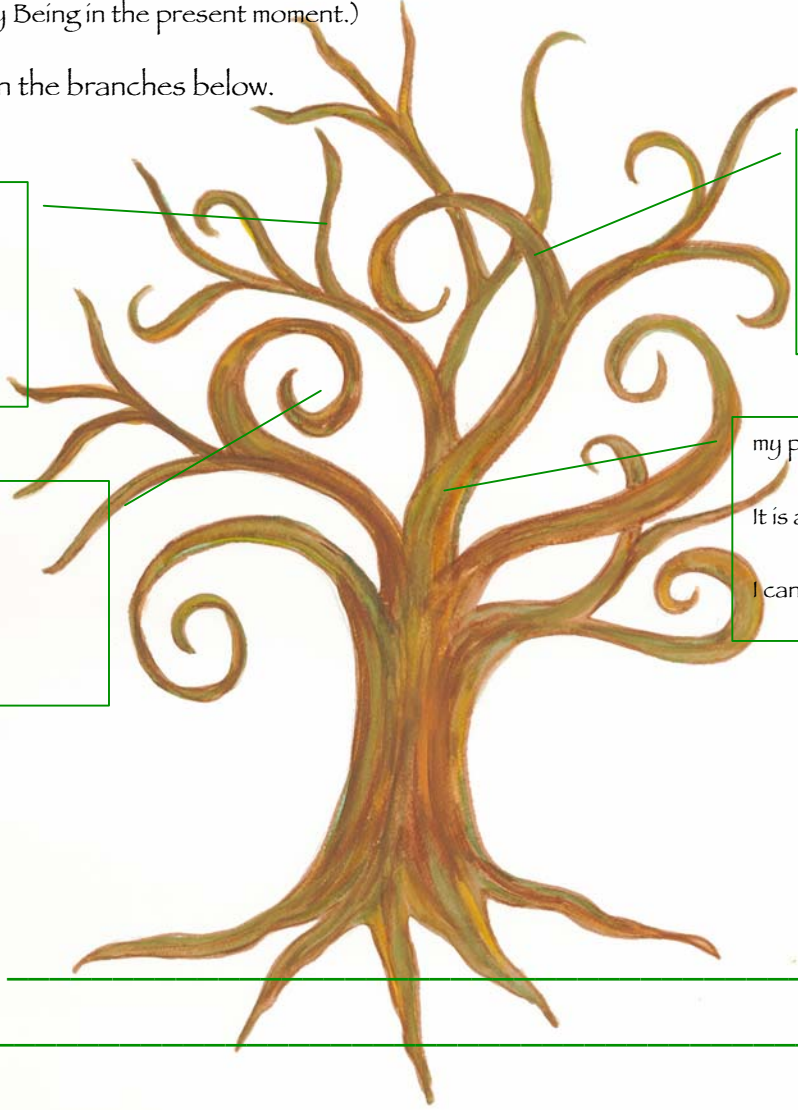
You can write sentences or words only.

my physical environment will feel...
It is already showing up because ...
I can allow more by...

my financial situation will feel...
It is already showing up because ...
I can allow more by...

my relationships will feel...
It is already showing up because ...
I can allow more by...

my physical well-being will feel...
It is already showing up because ...
I can allow more by...



Finally, plant a manifesting mantra at the roots of your tree using some (or all) of the new favorite words you've discovered.

I am magnificently manifesting _____, by allowing myself to _____.

Here are some suggestions on how to use your manifesting mantra to nourish all the branches of your life.

- Think of it every time your mind gets stuck looping around fear, worry, or any other feeling that does not feel good.
- Think of it every time you feel someone is giving you non-supportive feedback.
- Write it on special paper and post it on the bathroom mirror, or on the fridge, or on your rear view mirror. Every time you notice it, stop... read it...pause...and take a deep breath before continuing on your way.
- Next month, try this exercise again to realize how your powerful magnificent manifesting abilities have exponentially grown.

Love,

Diane



Learn more at CultivateLife.com...where the journey IS the destination!

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