



FIVE DAY 5 Min Manifestation CHALLENGE



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Manifestation

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HOW TO CONTINUE YOUR MANIFESTATION PRACTICE

LETS WORK TOGETHER

WHY? *Manifestation*

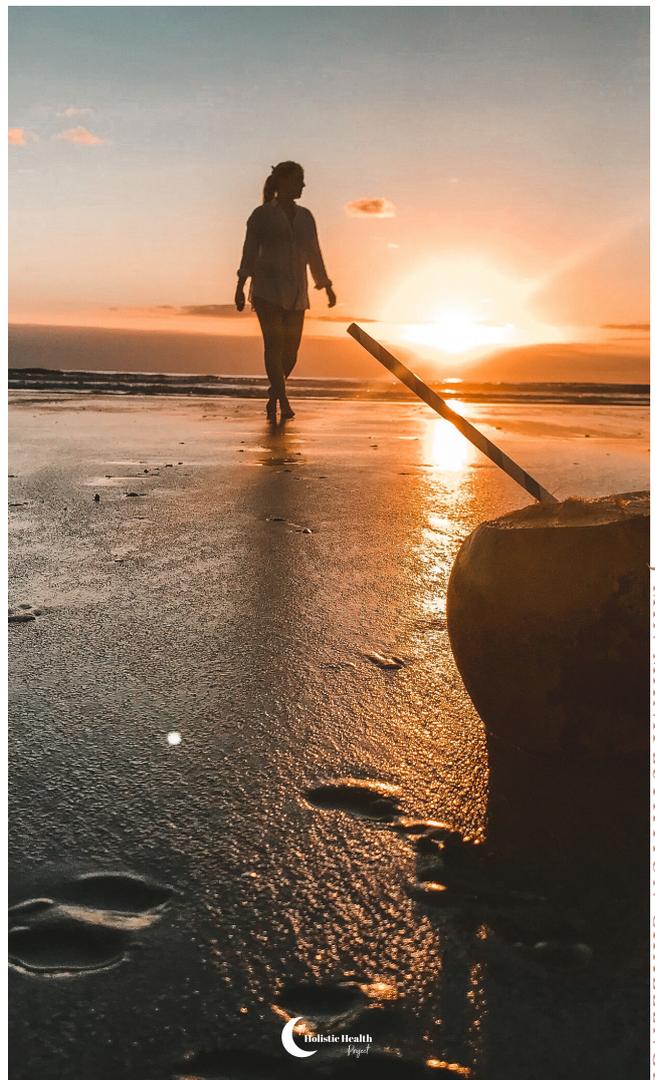
Whether you are a spiritual novice or soulful guru, the practice of manifestation can easily be used to energetically align yourself with your goals, desires, wants and dreams! When paired with genuine action, manifestation becomes almost literal magic, bringing incredible, fast-tracked results, calling in your greatest dreams and desires to your present reality.

This concept of creating energy to reflect & attract your greatest desires is an incredibly empowering tool which can revolutionise your mindset, your relationship with yourself and your intuition, all while creating (almost literal) pure magic!

In theory, manifestation is simply aligning yourself with your goals by visualising exactly what you want, tapping into the emotional state of this desire, taking action to make it happen and then stepping back with faith, leaving it up to the Universe to come through with the goods.

When we combine these four elements we are tapping into several of the Natural Laws of the Universe. The Law of Attraction states that like attracts like. Through the Law of Vibration, we are creating vibrations which attract like vibrations in return. The Law of Action, obviously, states we have to do things, for things to happen. And the Law of Rhythm supports the ebbs and flows of nature, helping us to let go and trust in the process, knowing everything comes and goes in cycles and will continue to do so indefinitely.

Over the next five days, let me take you through my five key principles of manifestation and the tools I use to tap into these principles while inspiring you to incorporate more of the spiritual in your pursuit of your deepest desires and greatest goals!



THE *Manifestation* THEORY

Based on the Natural Laws of the Universe, including the law of attraction manifestation is all about creating energy at a frequency to match what you most desire. In its most basic form, manifestation can be broken down into four steps:

Step 1 Thoughts

Let yourself have amazing thoughts. Think about travelling the world, being your own boss, becoming a digital nomad, having your articles published in huge publications. Whatever your dream is. Your thoughts are infinite and there are no limitations to what you can think. So think big!

Step 2 Feelings

Now you've thought the thoughts, it's time to feel the feels. Imagine yourself travelling the world, fill yourself up with all the emotions associated. The freedom, the sense of adventure, the salty air on your face, the taste of the delicious Aperol Spritz in your hand. Feel it all.

Step 3 Action

While I would use the word magic to describe the power of manifestation, it is not literal magic. Once you've filled yourself up with beautiful thoughts and feelings, it's time to take some action towards your goals in one form or another. It doesn't have to be huge. You simply need to start. Start saving, start looking for entrepreneurial opportunities, start chatting to people who inspire you. Just get the ball rolling.

Step 4 Trust

Possibly the hardest step, the concept of trusting yourself and the process can be a bit tricky. Personally, I have found and continue to find my faith by looking at the patterns in my life, the rhythm of doors opening and closing and the path that has led me to exactly where I am now. From my experiences, I trust that the Universe has my back and that I am exactly where I'm meant to be at any given time.

That's it!



JOURNALING

Manifestation

USING JOURNALING, SCRIPTING & WRITING TECHNIQUES TO CREATE ENERGY, EXCITEMENT & INSPIRATION

Now you have an understanding of the four basic principles of manifestation, you can start incorporating various tools to help you best connect and align with you dreams, desires and goals. Journaling is an incredibly powerful mindset tool, enabling you to better process, untangle and gain clarity on your thoughts, including the desires you wish to manifest into your life.

JOURNALING

Ever felt scattered, lost or just indecisive? Sometimes our thoughts fly through our minds at a million miles an hour and we barely have time to process them, let alone use them to connect, align and manifest everything we want to call into our lives.

Instead, it's time to find a pen and paper and slow yourself down. By literally applying pen to paper, you are forced to slow your thoughts and create focus. Once in the zone, use this focus to go deep on the four principles of manifestation- what do you want? How does it feel to have this? What action can you take towards this? Do you trust yourself to achieve these dreams?

Start with a thought or a question and go from there. Be honest. Be open and remember this is a private, safe space to be tap into your highest, most authentic self.

SCRIPTING

Another powerful written tool for tapping into the principles of manifestation is scripting. Scripting is perfect for creating a vivid image of your ideal reality, using detail to connect with how it will feel to be in that moment.

Use scripting to create scenes or run through events and/or situations, like your dream morning routine, a special day you're looking forward to or a big event you have coming up. From here you can envision and manifest the best possible outcome.

The key here is to use details from all five senses- touch, taste, smell, sight and sound to create a crystal clear image of exactly what you want! It is also incredibly powerful to write in the present tense as though you are already in the moment you are describing and creating.

OTHER WRITING TECHNIQUES

Letter writing- Imagine you are the highest version of yourself, already living the life of your dreams, filled with all of your desires! Once you are in this mindset write a letter to your past-self detailing your life and what you have done to get to this incredible place!

Affirmations- Write powerful one-sentence affirmations that evoke emotion and excitement and put them up around your home/office/screensaver or anywhere you will see them regularly. Every time you see an affirmation say it aloud to yourself and take a moment to really tap into the physical feeling of already having your greatest desires.



JOURNALING

Manifestation

Journaling Prompts:

What do I truly desire? (Focus on one thing at a time & go into as much detail as possible)...

How would it physically feel to have all of my desires right now, in this moment?

What action do I feel inspired to take today, tomorrow, this week to start moving towards these desires?

What do I need to let go of to further trust myself and the Universe/God/Mother Earth, in chasing my dreams and desires?



Scripting Prompt:

Write out your ideal morning routine in present tense, using as much detail as possible... E.g. I wake up naturally with the sun in my deliciously warm queen bed...

Try to incorporate:

- all 5 senses
- the physical feelings of being in that moment
- write with honesty, no one will see this but you
- if limitations come up, write to explore them
- ask yourself again and again, why..?



Affirmations:

- I am... (what do you desire to be? A 6-figure earner/ a digital nomad/ a loving partner?)
- All of the desires of my heart are meant for me
- I am creating the reality of my dreams



For an extra challenge, use these techniques to write about your dreams, desires & goals every day for 30 days, following your intuition, unpacking any thoughts (both positive & negative) that arise and leaning into the belief that everything you desire is already yours!

Manifestation MEDITATION

DROPPING INTO YOUR BODY & EMBRACING THE FEELS

When it comes to creating your greatest desires through manifestation, the process of creating energy and emotion behind your thoughts and action is oh so powerful! In order to fully understand this, let me quickly tell you about the Law of Vibration...

THE LAW OF VIBRATION

Essentially, the Law of Vibration states that every single thing in our Universe is made up of atoms or particles, which all vibrate at a certain frequency. The sun, the moon, the grass in your garden, the food you eat, the screen you're reading this on and of course, you, is all made up of vibrating atoms. The Law of Vibration (teaming up with the Law of Attraction), also states, however, that like vibrations attract like vibrations. So the frequency you create within yourself will attract that of a similar frequency in return.

When it comes to meditation, therefore, this can be an incredibly powerful tool used to create the vibration you wish to attract in return! For example, if you wish to manifest \$500, creating the feeling of already having \$500 in your bank account, within your mind and your physical body, will build your energy frequency to match that of your future self, who is \$500 richer.

It's a little woo-woo, I know, but it works!

SOME THINGS TO KEEP IN MIND WHEN MEDITATING ON YOUR MANIFESTATIONS:

- Before you begin, try to draw in all of your energy to your current moment, so you can be fully present throughout your practice.
- Be crystal clear on what it is exactly you want to manifest and focus on one desire at a time.
- Focus on building the feeling of already having what it is you truly desire, as if it's already yours!
- Hold onto this feeling for as long as possible without letting your mind wander off- if it does, don't stress, just pick up where you left off.
- When you feel ready, exhale and release your desires to the Universe (/God/Mother Nature/angels) and surrender to whatever life has installed for you! Try repeating the affirmation, "It's this or something better."
- From here, be inspired to take whatever action comes to you to move you forward- remember action is also a crucial step in manifesting your greatest dreams, goals and desires!
- Repeat this meditation for each of your desires on a regular basis, the more energy you can create the more powerful your vibration.
- If you feel stuck or blocked, work through what is really holding you back, journal, chat it out, do whatever you need to do, because chances are there is a limiting belief holding you back!



Holistic Health
Pages

GRATITUDE

Manifestation

GRATITUDE IS THE FOUNDATION FOR ALL ABUNDANCE- ECKHART TOLLE

Gratitude is considered one of the highest frequencies we as human beings can emit and based on the Law of Vibration, we know how powerful our energy can be in calling in and manifesting our greatest dreams, desires and goals!

As previously explored, the Laws of Attraction and Vibration state that like attracts like and everything is made up of matter vibrating at a certain frequency. When we combine these two principles we can see how creating a high frequency within our minds and bodies works to bring in further things/opportunities/experiences/relationships/etc. at a similar frequency.

The same can be said for lack. By focusing our energy, thoughts and vibrations on what we don't have, what we lack or desperately desire, we create an energy of lack, attracting less of the good into our lives.

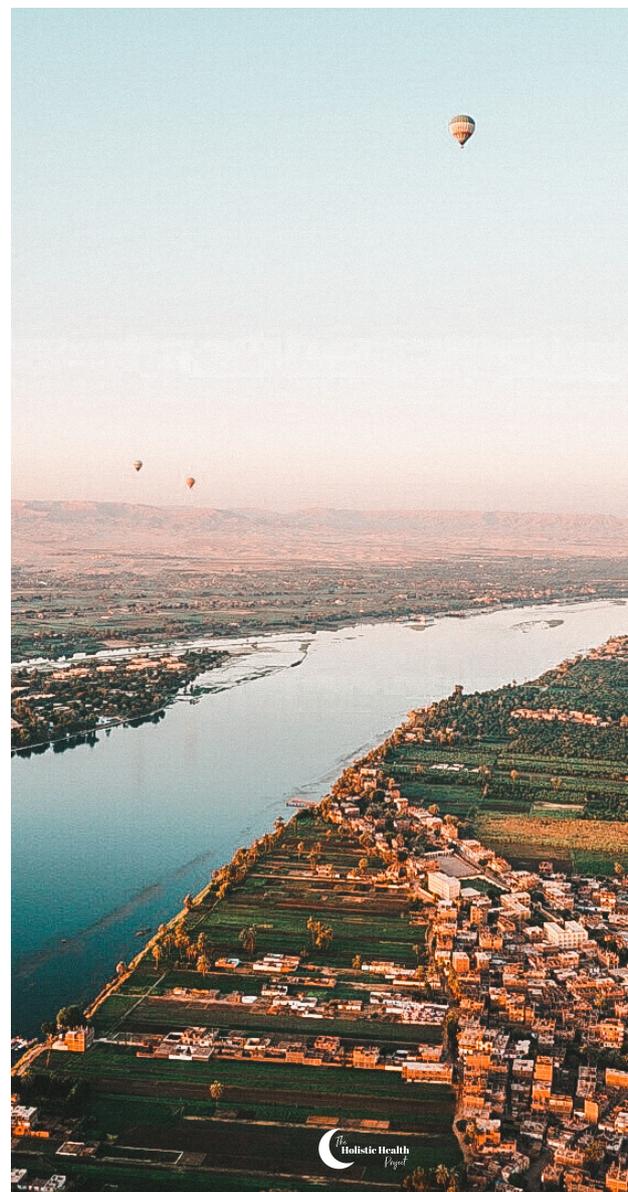
Essentially, the principles of gratitude and manifestation, therefore encourage us to focus on the good. To focus on the abundance and the positive we already have. Simply by finding more things (no matter how big or small) to be grateful for, we are thereby attracting even more things to be grateful for!

When we feel gratitude we are also 100% grounded in the present tense, regardless of when the thing/s we are grateful for took place, we feel the emotion of gratitude in the now. Considering the four principles of manifestation, feeling this emotion in the present is an incredible tool for creating or attracting more of what we will appreciate and be grateful for in the future.

Focusing on gratitude for what you already have is not only going to foster greater happiness and positivity within your life, but based on the principles of manifestation, it will in turn bring you more to be grateful for. It is simple mindset shifts like this that can revolutionise your life, creating the self-empowerment you need to further pursue your dreams and goals as well as attracting abundance in so many different shapes and forms to complement your journey.

Gratitude can also be linked strongly with the principle of trusting yourself and the Universe (or whatever term you use). By trusting that everything is happening exactly as it is meant to, you can use gratitude to find lessons to be learnt, experiences to be had and growth in its perceived good and/or bad forms.

So what are you grateful for today? Try some of the following tools to build your sense of gratitude and abundance for everything you already have within your reality...



GRATITUDE

Manifestation

GRATITUDE JOURNALING

As previously discussed, journaling is the perfect way to create focus and flow, while untangling and recognising your thoughts throughout each day. Journaling can also be used to explore what you already have within your life and to build a genuine sense of gratitude.

Try these journaling prompts to explore your sense of gratitude for everything within your life right now...

- Today I am grateful for... (list 3 things you are grateful for and why).
- Compare where you were one year ago with where you are today, what did you desire then that you have now?
 - Flip a perceived negative mistake or 'failure' of any sort by finding gratitude for a lesson it taught you or simply exploring the idea of what not to do again...
- Script out a detailed vision of your highest self and focus on the gratitude you will have for having built this life of your dreams.
- Write a list of things you are grateful for receiving without them being in your reality yet.
- Write a list of everything you currently have an abundance of within your life.



GRATITUDE AFFIRMATIONS

Affirmations are a powerful tool for grounding yourself in the present moment, a key aspect of manifestation, as well as centring your thoughts with your desires as if you already have them.

Use these affirmations to create positive energy and tap into the feelings of gratitude for what you already have and what you are manifesting into your reality;

- I will be... therefore I am...
- Everything is happening perfectly
- Everything happens for a reason
- Let it be
- I am at peace

SAVOURING *Manifestation* THE MOMENT

YOU DID IT!

Congratulations, you made it to day 5! This is worth celebrating! Why? Because just as we use gratitude to create high frequencies to attract higher frequencies in return, we need to ground ourselves in the moment of our achievements, no matter how big or small, to attract further achievements and celebrations throughout our path!

THE 5TH PRINCIPLE OF MANIFESTATION

As the unofficial 5th principle of manifestation, savouring the moment combines all four elements used to connect to your manifestations. By celebrating your wins and sinking into every moment of your achievements, you can train your brain to become familiar with the crystal-clear image of what it is to succeed, how it feels physically within your body to get this result, the action you took to get where you are and having experienced this once or twice (or a million times), it becomes easier to trust in your abilities and the support of the Universe in achieving and receiving everything you desire!

Again, tapping into all of these feelings you are creating and emitting energy which will attract similar energy in return. I've said it before and I'll say it again, what goes around, comes around.

CELEBRATING EVERY WIN

Whether it be the perfect car space or your dream job, you are constantly manifesting things, experiences and opportunities into your reality through your thoughts, feelings, actions and alignment.

Spiritually speaking nothing is considered 'good' or 'bad' just opportunities for growth and learning, but of course, tapping into this process, we want to intentionally manifest the things that will bring us abundance in its highest forms. So this is what we need to focus on. The perceived good, the wins, the moments of joy and satisfaction! Because, again, what we focus on multiplies.

So let's focus on the highest vibrations, the gratitude, joy and pride. Let's celebrate every small, medium and large thing we attract into our lives and create momentum and energy behind our dreams, desires and goals and every step in our journeys towards these!

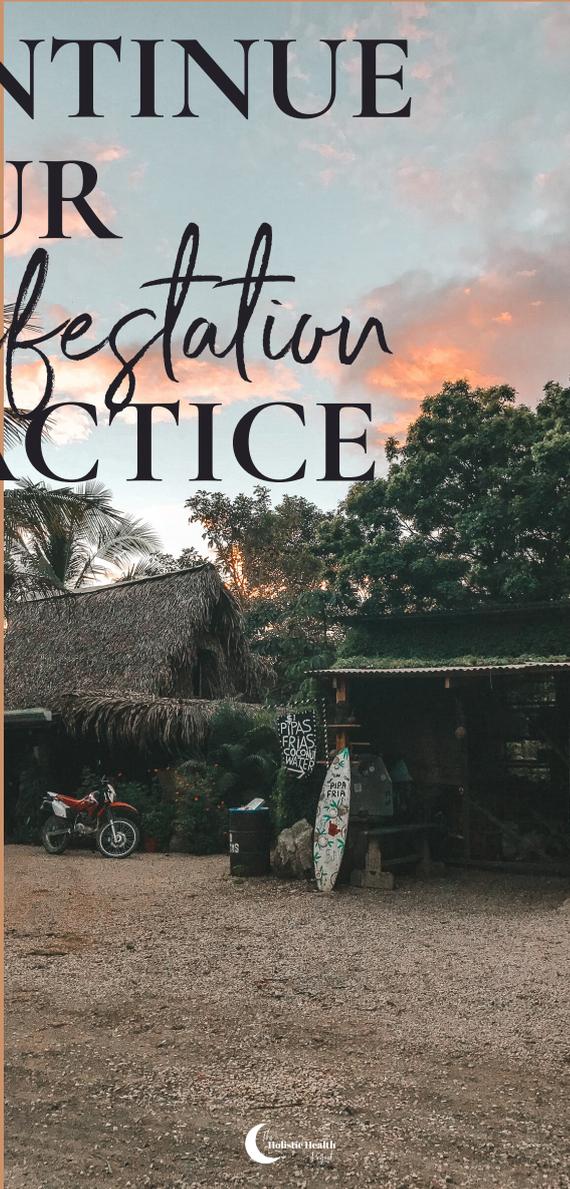
Some ideas to help you savour the moment and celebrate:

- Make yourself a fancy drink! Could be a cocktail, mocktail, kombucha or turmeric latte, anything a little different to your usual!
- Take yourself out on a solo-date, or celebrate with a friend or loved one!
- Put on some music and have a mini-dance party!
- Call a friend/loved one and tell them all about your win!
- Simply take a moment to close your eyes and savour the moment- you did it!



HOW TO CONTINUE YOUR *Manifestation* PRACTICE

5-MIN MANIFESTATION CHALLENGE



DAILY JOURNALING
Challenge yourself to 30-days of journaling. Take 5-mins every day for a month write about whatever is on your mind. Start with the journaling prompts in this ebook then move into your own practice.

AFFIRMATION REMINDERS
Put affirmations in your phone as reminders and set them to pop up daily at a certain time. When they pop up say them aloud to yourself or reflect on them for 10 seconds (or more)!

MEDITATION
Come back to the manifestation meditation we did on day 2 whenever you wish to connect more deeply to your dreams and desires!

WORK WITH ME
Working with a coach is the ultimate accountability tool, I will keep you motivated, inspired and on track to reach all of your goals!!

LET'S WORK TOGETHER

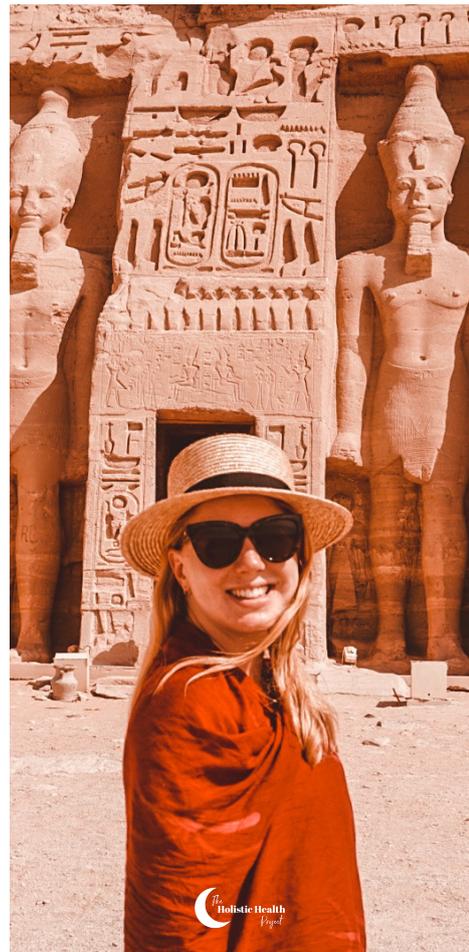
Ready to take your dreams, desires and goals to the next level?

Do you want to step into a better, stronger, more purpose-driven version of yourself? The woman who knows exactly what she wants, who has the motivation and determination to do what it takes and is equipped with the tools and knowledge to do exactly what she needs to get these results? Ready to fast track your results, like now!?! I got you!

Through my coaching we combine the spiritual with the action, the woo, with the work. I'm here to guide, support and inspire you to get crystal clear on every element of your goals and then put them into action! This is where we create real change, get real results and unlock your greatest potential.

Check out The Goal Getter's Guide program consisting of four weekly coaching sessions with me, accompanied by a daily dose of thought-provoking journaling prompts and motivating, reassuring affirmations. Throughout the program I will be by your side, holding your hand and cheering you on with 24/7 voice/text message support available, answering your pressing questions and helping you push through those mental barriers, hype you up for the best results and celebrate all your wins!

Want to know more? Get in touch!



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