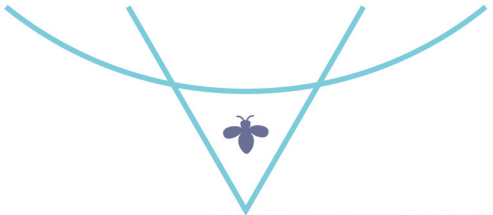




*LuckyBitch*

# MANIFESTING COURSE MANUAL



# INTRODUCTION

## Welcome Lucky Bee!

Congratulations on being an action taker. I'm so excited for you!

The Lucky Bitch Manifesting Course is designed to take something that is often “woo woo” and break it into practical and repeatable steps for you to turn your biggest goal into reality. The Universe is your friend but you gotta meet it half-way, and together we can completely transform your life.

This manual is a place to record your thoughts and feelings as you work through the exercises. Make sure you hit “SAVE” periodically so you don't lose anything - this will be an amazing record of how far you've come with your dream life.

It's easy to press the “Buy” button but that's as far as most people get. I know you're different. You're committed taking everything to the next level and I'm here to help.

Once you've gone through the course, keep the audios on hand - maybe in your car or as you exercise, because the more you listen and raise your vibration, the more nuances you'll get - and that's where the magic lies.

It's YOUR time and you're ready for the next step... of luck, of abundance, of love.

Thanks a million - sending you much love, luck and abundance,

xx DDT

*Denise Duffield-Thomas*  
www.LuckyBitch.com



STEP 1

# DECLUTTER



# STEP 1 - DECLUTTER

## INTRODUCTION TO STEP 1

Decluttering your life physically and emotionally is the first step for a reason. It's the foundation you build. Otherwise you will keep repeating patterns over and over again.

The energy you will free up will allow you to consciously manifest amazing things in your life. You may not even be aware of the energy you expend in these niggling concerns - they just run in the background of your mind and block the flow of success and abundance. They may be holding you back in hundreds of small ways.

This week will set the tone for your success, so please dig deep and declutter all your crap out - physically, mentally and emotionally. Don't worry if it brings up a lot of your "stuff". It's better you deal with it now, isn't it?

Aren't you ready to let go of everything that's holding you back? I know you're ready for the next phase in your life.

### *Here's what we're going to cover this week:*

- ✓ Declutter every part of your environment (physically, mentally and emotionally)
- ✓ Learn what your car and your handbag reveal about you
- ✓ Get real about your relationships (don't worry - you don't have to necessarily get rid of them)
- ✓ Forgiveness for yourself and others - this is non-negotiable
- ✓ Tell the Universe that you've learnt the lessons of the past and you're ready to move on (or as one client put it - hand in your shovel)
- ✓ Emotional clearing and how to release yourself from shame, fear and blockages that hold you back

### *Exercises*

1. **Physical assessment** - use it to see what's going on with your body and how you can take action to fix it or nurture it back to health.
2. **Lifestyle assessment** - how is your current lifestyle and habits working out for you? This gives us a great basis to start redesigning your ideal life.
3. **Home decluttering checklist** - start to clean up your home environment
4. **Emotional decluttering** - what's going to derail you if you don't acknowledge and deal with now?

# PHYSICAL ASSESSMENT

## LET'S GET PHYSICAL

This isn't about finding fault with your body. This is about identifying areas that have been neglected for too long, or that are causing you stress.

Why?

Niggling problems can fester. Especially when left untreated. The way you treat your own body is just a symbol for how you treat yourself and what you think you're worthy of receiving.

We women are notoriously stingy with ourselves. Seriously - the stories I've heard!! Especially when we're usually so caring for everyone else. When every cell of your body is on board with your dreams, you can create miracles. Seriously - get your boobs on board!

This exercise is meant to identify areas of improvement, which can take time.

As you go through each separate part, try not to criticize the appearance of your body. Instead, try and identify if there is any pain, tenderness, irritation or unexplained emotions. We break it down and isolate each part merely so we can be objective.

Different body parts can also hold old emotions, such as anger, sadness or resentment. Listen to the example in the Step 1 audio where I talk about how unexpressed sadness sent me to the hospital for two weeks.

During the course, try and be as self-loving as possible. Dress in your favorite clothing. Give yourself small moments of pleasure, such as a body scrub in the shower or by using a fresh towel.

Within a few weeks of this behavior, it will become your new normal and you can start to layer in even more pleasure and happiness.

How does this relate to manifesting?

The Universe gives us more of who we already are. It's impossible to consciously manifest from a place of dissatisfaction. The paradox of the Law of Attraction is that we have to feel it BEFORE we see it manifest.

You absolutely MUST invest in your self-care if you want the Universe to send you more health, wealth, love or abundance in any form. Trust me!

It's time to treat yourself like a treasured guest!



## PHYSICAL ASSESSMENT

Fill out the form below - try and identify if there is any pain, tenderness, irritation or unexplained emotions in each part of your body.

Body Part	Problem ✓ x	What's going on?
Hair		
Scalp		
Face		
Skin		
Eyes		
Brows		
Sinus		
Nose		
Lips		
Breath		
Teeth		
Neck		
Arms		
Shoulders		
Back		
Armpits		
Hands		
Nails		
Chest		
Breasts		
Stomach		
Menstrual		
Genitals		
Hips		
Bum		
Thighs		
Legs		
Feet		
Toes		



If you are a more creative person, then you can make notes pointing to the various body parts, like this example of the virtual model I created for myself.

You can create your own based on your height and weight at [www.modelmydiet.com](http://www.modelmydiet.com)

You can even personalize it with your hair, skin and eye color!



## *What's going on?*

What are the top 3 body parts that are causing you stress?

What does this remind you of? Are there any memories that are sparking for you?

What are you making it mean? Are you creating any stories about your ability to manifest your dream life?

What would be the most loving action you can take right now?



## ADDITIONAL RESOURCES

If this is a huge area of concern for you, then don't delay. Seriously, this has a HUGE impact on your ability to manifest anything, even if you think your body is unrelated to your goal - it's not.

Book the health care appointment you've been putting off. For example, dentist, gynecologist, doctor, skin care check, chiropractor, podiatrist, etc.

Book in to see a kinesiologist to see if there are any mental or emotional imbalances behind some of your physical ailments.

### *Bonuses*

Remember to listen to the "Forgive & Love Your Body" meditation included in your bonuses.

This will help you to heal your relationship with your body so that you can move forward with unconditional love and acceptance, and get your cells in alignment and create success from the inside out.

Do this meditation nightly to renew and create self acceptance.

### *Books I recommend for body love*

Make sure you check out the course page for more book recommendations and to submit yours too!

[Heal Your Body: The Mental Causes for Physical Illness & The Metaphysical Way to Overcome Them](#) by Louise Hay

<http://amzn.to/1AbF0vm>

[Pleasurable Weight Loss: The Secrets to Feeling Great, Losing Weight, and Loving Your Life Today](#) by Jena la Flamme

<http://amzn.to/1AbFJg7>

[Women Food and God: An Unexpected Path to Almost Everything](#) by Geneen Roth

<http://amzn.to/1Fr8VC9>

[Code Red: Know Your Flow, Unlock Your Super Powers and Create a Bloody Amazing Life. Period.](#) by Lisa Lister

<http://amzn.to/1KdFZi4>



## *Denise's articles:*

Body Forgiveness Exercise on yourself

[www.luckybitch.com/2011/04/forgive-your-body/](http://www.luckybitch.com/2011/04/forgive-your-body/)

Ladies, Can We Talk Honestly About Weight & Money?

[www.luckybitch.com/category/weight-loss-tips/](http://www.luckybitch.com/category/weight-loss-tips/)

The Link Between Money and Weight

[www.luckybitch.com/2012/05/weight-money/](http://www.luckybitch.com/2012/05/weight-money/)

Weight and Money: Can You Be Fat and Rich?

[www.luckybitch.com/2015/04/weight-and-money-be-fat-and-rich/](http://www.luckybitch.com/2015/04/weight-and-money-be-fat-and-rich/)



# LIFESTYLE ASSESSMENT

## YOUR LIFESTYLE ASSESSMENT

The way you live your day to day life has a huge impact on your ability to manifest. If you're putting up with annoyances daily, you've got a huge amount of mental and emotional clutter that will prevent you from manifesting your ideal life.

Why? Because it expends unnecessary energy. Because you're showing the Universe that you don't think you're worthy of more. Because you're not putting your money where your mouth is!

It might seem basic but it's not. These questions are designed to help you identify the parts of your life that need the most attention right now.

No more drama

People always ask me why I'm so laid back - and it's not just because I'm Australian (and no I don't smoke pot!).

The truth is - I have a "no-drama" clause in my life. I've systematically (and ruthlessly) eliminated stuff, people, clients, debt, obligations, tasks, etc that stress me out.

No, it doesn't make life boring, it frees up your creative energy. No, it doesn't make you "soft", it just highlights what's most important to you.



# LIFESTYLE ASSESSMENT

Think about your current situation and then answer honestly - yes or no.

My current situation	Yes	No
I feel happy where I live		
I get sufficient light and fresh air		
I get enough exercise		
I get fantastic nutrition to nourish my body		
I sleep well		
My work environment is clean and uncluttered		
My finances are in good order		
I spend time with people that I love		
I gladly spend time and money on things I enjoy		
I take days off and go on holidays regularly		
I love my clothes and feel great in them		
I regularly learn new and interesting things		
I have low stress in my life		
I like my work		
I'm at my ideal weight		
I have savings in my bank account		
I have a wonderful romantic partner in my life		
I have a good relationship with my family		
My health checks are up to date		
My house makes me happy		
My business is doing well		
I like my clients		
I'm up to date with my taxes		
My underwear makes me feel good		
Everything in my house is in good working order		
I love my car		
My computer works perfectly		
I have everything I need to do my business properly		
I'm proud of my branding		
My friends support me in achieving my dreams		



## *What's going on?*

What are the top 3 “no’s” that are causing you stress?

What does this remind you of? Are there any memories that are sparking for you?

What are you making it mean? Are you creating any stories about your ability to manifest your dream life?

What would be the most loving action you can take right now?



# YOUR HOME DECLUTTERING CHECKLIST

## IT STARTS AT HOME

Your house (after your physical body) is the perfect metaphor for your manifesting ability. It's your literal home but it's also the physical embodiment of your current ideal life.

What's going on here can have a huge impact in your daily energy, your focus on your dreams and your self-worth.

Many studies have concluded that physical clutter creates stress and that decluttering is life changing! You don't have to become a minimalist to become an amazing manifester but everything in your life should bring you joy because you're worth it.

Remember that manifesting is all about FEELING your goals before they manifest? Well, if you can spend time in your current life and feel joy (even if you have to "fake it" for now), then you'll manifest your dreams even quicker.

Go through your house room by room and remove anything that isn't coming to your new life. Imagine that you've just won the lottery. What would you keep (because you love it) and what should move on?

Some Lucky Bees have decluttered so ruthlessly that they virtually have nothing left - and guess what? Nothing bad happened! They just reported feeling free, ready for the next step and totally relieved that the clutter is gone.

It's your choice whether you donate, sell, recycle or toss but remember, there is NO point hanging onto something because you feel guilty. Your life is not a trash heap. Your life is not a thrift store for other people's possessions and you don't have to hang onto anything that causes you stress, embarrassment or pisses you off!

### *How does this affect your manifesting?*

Decluttering your physical environment creates space for new energy. You've got to have faith and declutter BEFORE your dreams show up, not the other way around.

If you're holding onto the old "just in case", you're really telling the Universe that you don't really believe that things can be different. You're hedging your bets - and baby - it's time to go all in!



# YOUR HOME DECLUTTERING CHECKLIST

Tick these items off the list when you have decluttered!

## KITCHEN

Declutter this	✓
Anything that's broken has to go	
Fridge cleared of old or junk food	
Freezer cleared of old or junk food	
Fridge cleaned inside and out	
Floors clean	
Sink and benches clean	
Rubbish or garbage removed	
Fresh fruit or flowers	

Declutter this	✓
Items you're keeping out of guilt	
Cupboards cleared of old or junk	
Drawers free of clutter and rubbish	
Oven clean	
Microwave clean	
Declutter old crockery and glasses	
Dispose, donate or recycle clutter	
Windows sparkling and open	

## BEDROOM

Declutter this	✓
Anything that's broken has to go	
Bed made with fresh sheets	
Best quilt or bedcover	
Bedside tables decluttered	
Wardrobe decluttered	
Floors clean	

Declutter this	✓
Items you're keeping out of guilt	
Right quilt or duvet for the season	
Comfortable Pillow	
Bedside drawers decluttered	
Clothes sent for donation	
Dirty clothes pile organised	

## BATHROOMS

Declutter this	✓
Anything that's broken has to go	
Shower cleaned	
Old toiletries decluttered	
Cupboard and drawers cleaned	
Fresh handtowel and bathmat	
Sinks unclogged	

Declutter this	✓
Items you're keeping out of guilt	
Toilet cleaned	
Sink cleaned	
Old towels donated or disposed	
Rubbish removed	
New toothbrush	



Tick these items off the list when you have decluttered!

## LIVING ROOM

Declutter this	✓
Anything that's broken has to go	
Clean and sparkling	
Things returned to where they belong	
Everything in good working order	
Toys cleaned away	

Declutter this	✓
Items you're keeping out of guilt	
Old furniture donated or recycled	
CDs, DVDs or books neatly filed	
Windows clean	

## OFFICE

Declutter this	✓
Anything that's broken has to go	
USB sticks - how many do you need?	
Clean up your computer files	
Anything from old or failed businesses	
Burn or recycle old diaries	
Scan notes from conferences	
Clean screen and keyboard	
Upgrade equipment	
Filing put away	
Comfy chair	

Declutter this	✓
Items you're keeping out of guilt	
Dispose of old batteries	
Recycle old business cards	
Recycle old print cartridges	
Donate business books	
Clean desk	
Donate old equipment to a newbie	
Fax machines must GO!	
Old documents shredded	
Windows clean	

## MISCELLANEOUS ROOMS

Declutter this	✓
Anything that's broken has to go	

Declutter this	✓
Items you're keeping out of guilt	



BONUS DECLUTTERING CHECKLIST!

Declutter this	✓
Return books that aren't yours (to friends or library)	
Donate old books to charity	
Donate old magazines to your dentist or doctor's office	
Catch up with letters or phone calls	
Delete old texts	
Delete unnecessary phone contacts	
Declutter your Facebook friends (or just hide them from your feed)	
Unfollow people on Instagram who make you feel bad	
Empty the recycle bin on your computer	
Close out subscriptions you never use, like magazine or cable	
Get rid of old cables or mobile chargers and get a universal plug	
Dispose of old medicine	
Hand wash or dry clean those delicate items that sit in your laundry basket for ages	
Throw out crappy pens	
Get a new wallet	
Use 'Clean Up for Mac' to delete old crap off your computer	
Delete old programs off your Tivo, Foxtel box or other TV recorder	
Give old makeup to a little girl who will love playing with it	
Update the pics in your photo frames	
Put loose photos in a frame or scan them and throw away	

Declutter this	✓
Use special occasion candles	
Sell old clothes, shoes, jewelry on eBay	
Sell old books on Amazon	
Set up filters in your inbox so you can get to inbox zero	
Put stuff out on the street with a "free to good home" sign	
Donate old blankets and towels to the nearest animal shelter	
Call your local council for their next rubbish pick up day	
Declutter the half finished craft projects that will never get done	
Hang up the picture frames that are hanging around or let them go	
Scan important documents and shred physical copies	
Vacuum your computer keyboard	
Open a bottle of all that wine in your cupboard or throw a party!	



## *What's going on?*

What are the top 3 areas of your house that are causing you stress?

What does this remind you of? Are there any memories that are sparking for you?

What are you making it mean? Are you creating any stories about your ability to manifest your dream life?

What would be the most loving action you can take right now?



## ADDITIONAL RESOURCES

### *Books I recommend*

The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing by Marie Kondo

<http://amzn.to/1EcjkdF>

Lose the Clutter, Lose the Weight: The Six-Week Total-Life Slim Down by Peter Walsh

<http://amzn.to/1GgMrT8>

### *Blogs I recommend*

[www.theminimalists.com](http://www.theminimalists.com)

[www.flylady.com](http://www.flylady.com)

[www.zenhabits.net/declutter/](http://www.zenhabits.net/declutter/)

How to create a capsule wardrobe

<http://www.un-fancy.com/category/capsule-wardrobe-101/>

### *Denise's articles*

38 Things To Declutter From Your Life RIGHT NOW

[www.luckybitch.com/2012/12/declutter/](http://www.luckybitch.com/2012/12/declutter/)

Can Clearing Clutter Really Change Your Life?

[www.luckybitch.com/tag/can-clearing-clutter-really-change-your-life/](http://www.luckybitch.com/tag/can-clearing-clutter-really-change-your-life/)

How to Find Money Leaks in Your Business

<http://www.luckybitch.com/2015/01/money-leaks-in-your-business/>

3 Unexpected Ways You Block Your Abundance

<http://www.luckybitch.com/2014/08/3-unexpected-ways-block-abundance/>



# EMOTIONAL DECLUTTERING & HEALING

Ok, this one is the most important. It's the key to manifesting your ideal life.

When you're clear in your head, the rest is EASY, trust me.

After all, most goal setting is just ticking boxes. You KNOW how to do the practical stuff, there's just fear and resistance in the way.

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## UNCOVERING HIDDEN BELIEFS AND FEARS

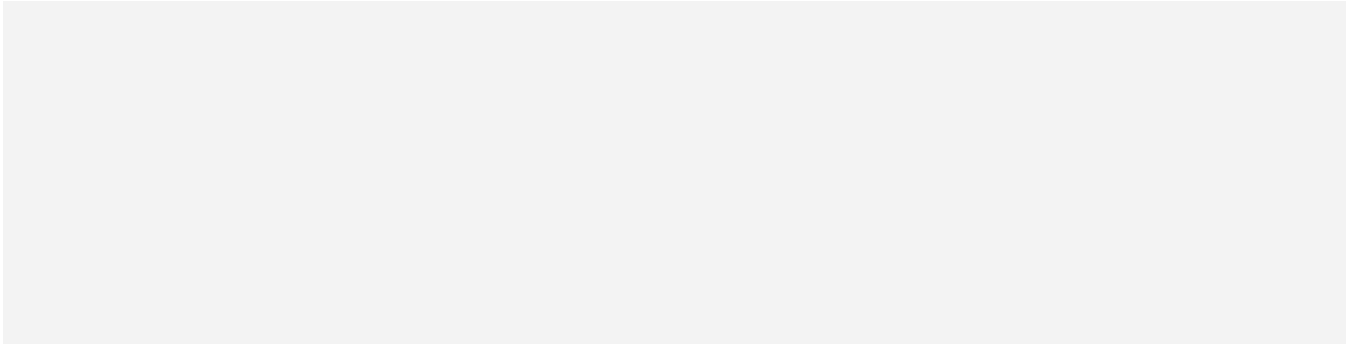
Think about your most cherished goal, why aren't you allowed to have it?

What are some of the excuses you've used to justify being unhappy with yourself?

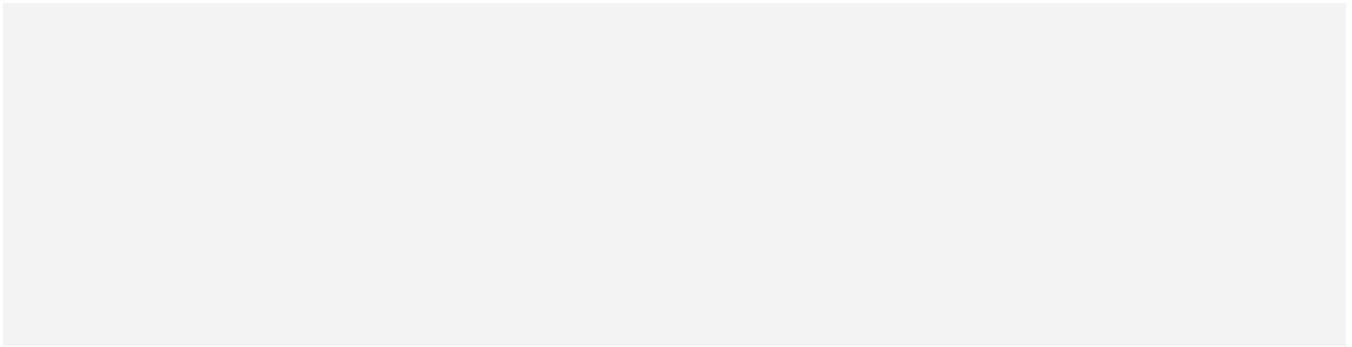
Who are you using as an excuse to not live your dreams?



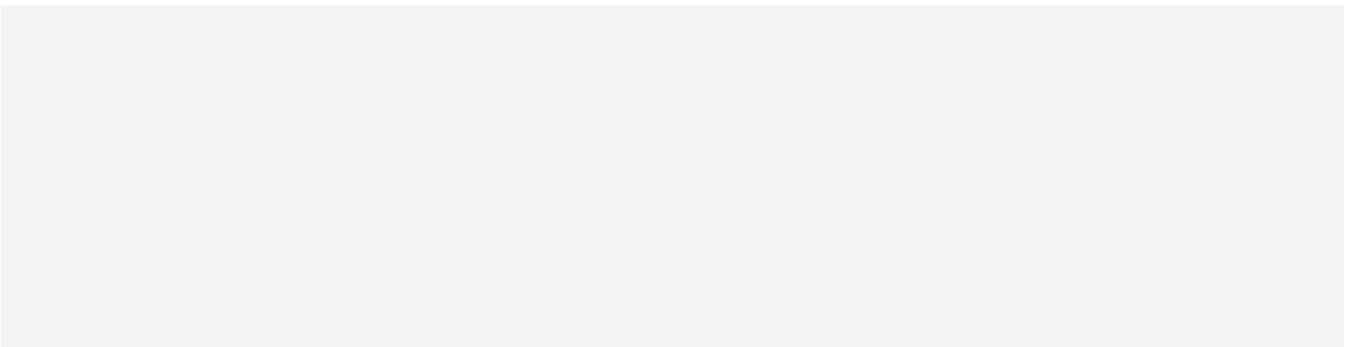
Who do you blame for things that aren't working in your life?



What patterns have been repeating in your life?



What relationships do you need to declutter?



## ARE YOU READY TO GIVE IT UP?



## FORGIVENESS

“Holding onto resentment is like drinking poison  
and expecting the other person to die”

(Famous quote)

Old memories and resentments can kill your enjoyment of life, affect current relationships, or hold you back from experiencing love. It can even live in your body and cause illness.

The secret to releasing yourself is so simple and profound, it's hard to articulate how much it can change your life.

This one mantra can set you free - more than anything else.

**I forgive you...**

**I'm sorry...**

**I love you...**

### *What will forgiveness give you?*

- A feeling of calm and peace about past events
- The ability to get along with family members without resentment
- Self love and self acceptance
- A feeling that the world is a safe place
- Better sleep
- Less irrational worry and obsession about the past

### *How does it relate to manifesting?*

To be able to move forward with your life, consciously manifest dreams and create guilt-free success, you must have a strong foundation. Part of that is mentally and emotionally decluttering your life.

The beauty of this exercise is that you don't have to physically connect with the person. You don't have to call them and say "I forgive you". This exercise is not for them - this is about releasing yourself.

Forgiveness doesn't mean you excuse or condone their behavior. Chances are, you will never get the acknowledgement or apology you crave. The only thing you have control over is how you feel about the experience. You're still drinking the poison - they have moved on with their life.



## FORGIVENESS - IN ACTION

Here's how we actually DO forgiveness work.

### 1. Make a list

Get your journal and make a physical list of every single thing that has been done to you that you can't forgive. Things that you are holding onto and incidences that have played on your mind for years.

Just write down "When my mother did this...." or "The time when...". You don't have to write an essay about each one.

You can even write a list of things to forgive yourself for. This is a really important list because you'd be surprised how much you are beating yourself up for past mistakes. A really small and stupid error you made 5, 10 or even 20 years ago could be holding you back from going out of your comfort zone today.

Here are some examples to get you started:

- You failed something really important
- You mean-girled someone at school and it still haunts you
- The time you dumped someone really nice in a really horrible way
- Gossiping or bitching behind someone else's back
- When you made someone cry (unintentionally or not)
- You accidentally hurt an animal
- You stole something - no matter how small
- You cheated on a test

### 2. The simple process

Sit in a quiet room and go through your list. Mentally affirm to that person or situation:

**I forgive you  
I'm sorry  
And I love you**

That's it. You can spend a couple of second on each one and then move on. Don't get caught up in the emotion. You are only saying the mantra and releasing the memory. You may feel an overwhelming outpouring of sadness, but just continue the mantra.



I forgive you... evaporates the energy of resentment you hold towards them

I'm sorry... allows you to feel compassion for their side of the story

I love you... balances the energy, sends love to the situation and releases you from being the victim.

Allow emotions to bubble up and tears to flow but keep going until you've exhausted the list (and yourself). Afterwards, drink a lot of water and rest.

### **3. Check back**

Give it a few days and then check in with your list to see if there is any charge remaining. You'll be surprised to find that you can't even recall certain "stories" and if you do, there won't be any trace of embarrassment or anger.

### **WATCH WHAT HAPPENS NEXT.**

Things will shift in your real world. You will feel happier and lighter. Don't be surprised if you get a call out of the blue from someone you've forgiven. They will experience the benefits too - they might feel lighter or more loving towards you.

You won't be seeing that person or situation through a distorted filter anymore. You'll be free of the chains and open to new possibilities for your relationship. You may never even think of them again, which can be a blessing. You've also given yourself a great gift - freedom.



## MORE FORGIVENESS

Here are some prompts that might spark off some more forgiveness ideas

- A horrible memory from work.
- A big business failure.
- A memory involving your father.
- The circumstances around your birth.
- Your body. Pick a body part.
- A mentor.
- A credit card purchase. Pick one.
- A dream that has not come true.
- Something in your house that's not working.
- A world leader.
- The greediest person you know.
- A "rich bitch".
- Someone more successful than you who doesn't deserve it.
- Your hair. Wherever it is :)
- Your debts.
- Something you ate recently that you feel guilty about.
- A memory from age 7-10.
- A school teacher.
- Someone really bitchy.
- Your dad.
- Your meanest boss.
- A friend who is no longer your friend.
- The politician who boils your blood.
- Your mum.
- An embarrassing mistake you've made at work.
- A really embarrassing purchase.
- An ex-partner.
- A teacher.
- Someone who has ripped you off.
- A time when you stole something...
- Body forgiveness. Choose a body part to work on.
- A family member you no longer talk to.
- A sibling...
- A child in your life.
- Your current partner or spouse.
- A grand parent.
- A bully in your life.
- A really terrible present you've been given.
- Something really dumb you've done that you still think about at 3am.
- A really big f\*&k up that you still think about.
- Your biggest business mistake.
- A bad sexual memory.
- An extravagant purchase you regret.
- An inanimate object in your house that shits you.
- An investment that didn't work out...
- A debt.
- Your feet.
- A financial mistake.
- A client.
- Someone pushing your boundaries right now.
- A man who has made you feel powerless.
- A woman who has competed with you.
- A copycat.
- A memory involving your mother.
- Someone who made you feel worthless.
- Someone who has ripped you off.
- An embarrassing memory from school.
- A family argument.
- A man in your life.
- A frenemy.
- Your business nemesis. The person who you are WILDLY JEALOUS of.
- A public figure.
- A celebrity.
- Yourself. Pick a mistake.

**DO YOU WANT TO BE RIGHT OR DO YOU WANT TO BE FREE?**

STEP 1: WRAP UP

Let's wrap this up - think about these areas of your life and then commit to an action and a timeframe to totally declutter them.

Area	What actions would you like to take?	By When?
My body & health		
Physical environment		
Finances		
Forgiveness		
Emotions		
Beliefs		
The People around me		



## STEP 1: REFLECTIONS

Did I have resistance this week? Why?

What additional negative beliefs do I need to declutter?

What am I really grateful for?

What am I proud of?

Anything particularly magical happen this week?



