



LuckyBitch

MANIFESTING COURSE MANUAL

STEP 2

DECIDE THE
DETAILS



STEP 2 - DECIDE THE DETAILS

INTRODUCTION TO STEP 2

Are you really telling the Universe what you want? Are you getting mixed signals back or attracting random opportunities?

Think of your goals like an order to the Universe. Are you being clear about what you want or are you saying “Just send me something you think I’d like”?

Now that you’ve cleared some space in your life, it’s time to dig deeper and set more goals in-line with what you really want. It’s incredibly powerful.

This week we’ll be looking at defining your goals in such an exciting way that you’ll start to magnetize what you want towards you.

Here’s what we’re going to cover this week:

- ✓ Get clear on what you really REALLY want for your life, and discover how you’re getting exactly what you’re asking for
- ✓ Learn to build your manifesting muscles - and why you’re already a fantastic manifester
- ✓ Set a daily practice that could make you a millionaire (if you choose)
- ✓ Realizing that preferences can be almost more important than goals
- ✓ Design your upgraded life in all areas

Exercises

1. *My ideal day* - describe it in the most compelling detail possible
2. *Be, Do, Have* - a simple, goal setting technique
3. *My preferences* - if your life isn’t working, how would you prefer it to be?
4. *My top goals* - get clear on the specifics and prioritize what’s next for you

MY IDEAL DAY

This exercise has the power to change your life - and I don't say that lightly.

How does it affect manifesting?

The key to manifesting is to FEEL it before you can bring it into existence. Olympic athletes do it all the time - they rehearse their success in advance.

You can use this technique, either by yourself or by listening to the bonus meditation as I take you through a guided visualization.

It's really easy - although it might take some practice to really feel yourself there.

Describe your ideal day in great detail

- Where and how do you wake up?
- Who do you spend time with?
- What do you spend your time on?
- How does it feel?

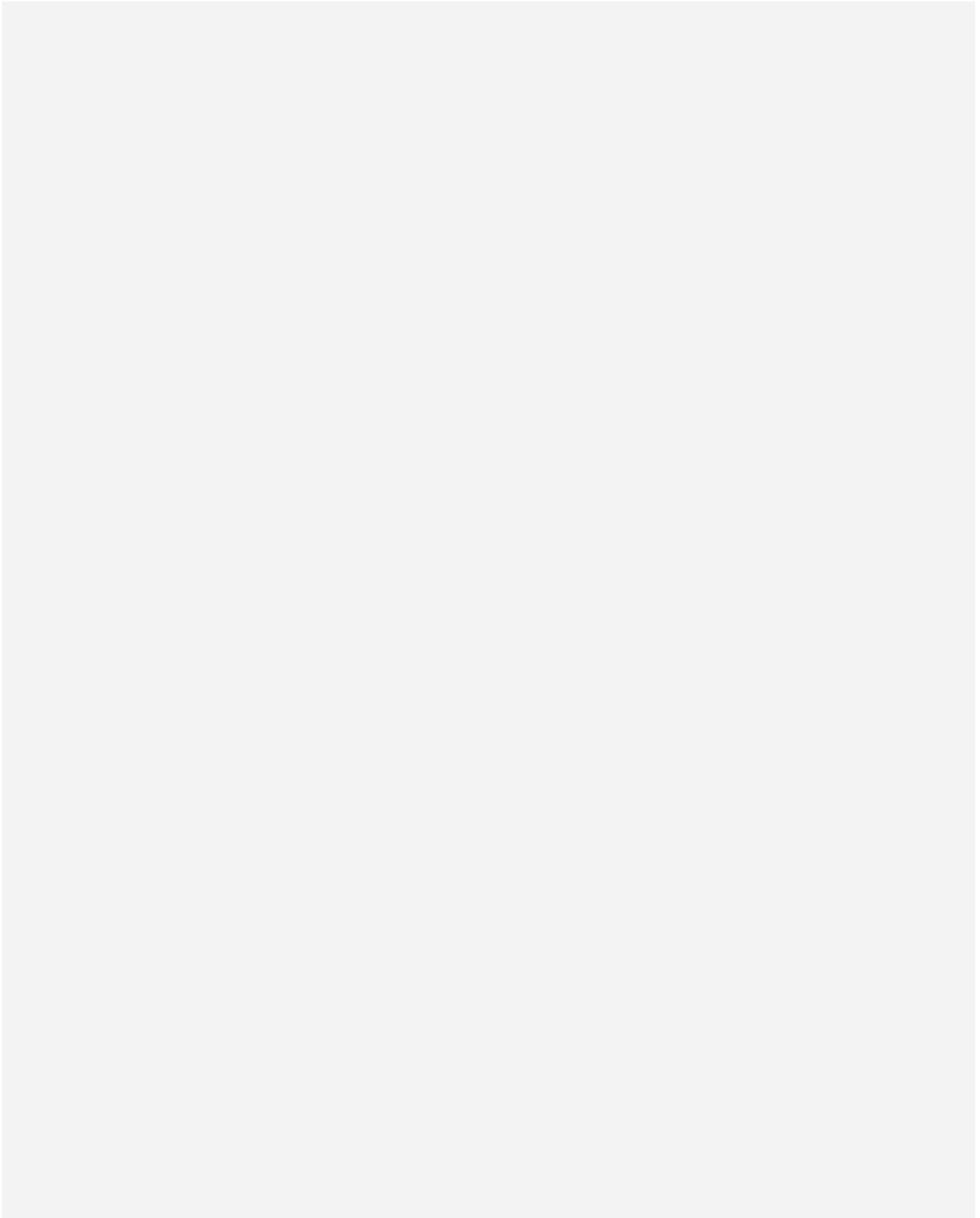
Make it really juicy. Describe the feeling of the 1000-thread count Egyptian cotton sheets and your morning swim in the ocean. Make it a stretch and something that really captures your imagination. Activate the Law of Attraction and tell the Universe exactly what you want.

The most important thing is that you do it regularly - daily would be cool. Do it every day for 30 days and I bet your life will change unrecognizably.



DESCRIBE YOUR IDEAL DAY IN GREAT DETAIL

I wake up...



BE, DO, HAVE

BE

DO

HAVE



MY PREFERENCES

Area	Preferred	No Limits
Money		
Love		
Health		
Tribe		
Fun		
Career		
Spirituality		
Legacy		

STEP 2: REFLECTIONS

Did I have resistance this week? Why?

What additional negative beliefs come up as I start to define my goals?

What am I really grateful for?

What am I proud of?

Anything particularly magical happen this week?



