



LuckyBitch

MANIFESTING COURSE MANUAL

STEP 5

LEARN TO RECEIVE



STEP 5 - LEARN TO RECEIVE

INTRODUCTION TO STEP 5

What would be possible for your life if you gave yourself permission to really shine and accept all the gifts that are coming your way?

Expanding yourself to new and even greater heights isn't selfish or unrealistic. It's a necessary part of being human - we're always changing.

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

- ✓ What to do when life feels like it's getting worse, not better (this CAN happen when you're moving into a new direction)
- ✓ How to get out of the impatient feeling when you want something SO BADLY
- ✓ Living life with grace and ease now - and how it can magnetize what you want even quicker
- ✓ The counter-intuitive truth about the Law of Attraction - unless you get this, it's always going to be an uphill battle

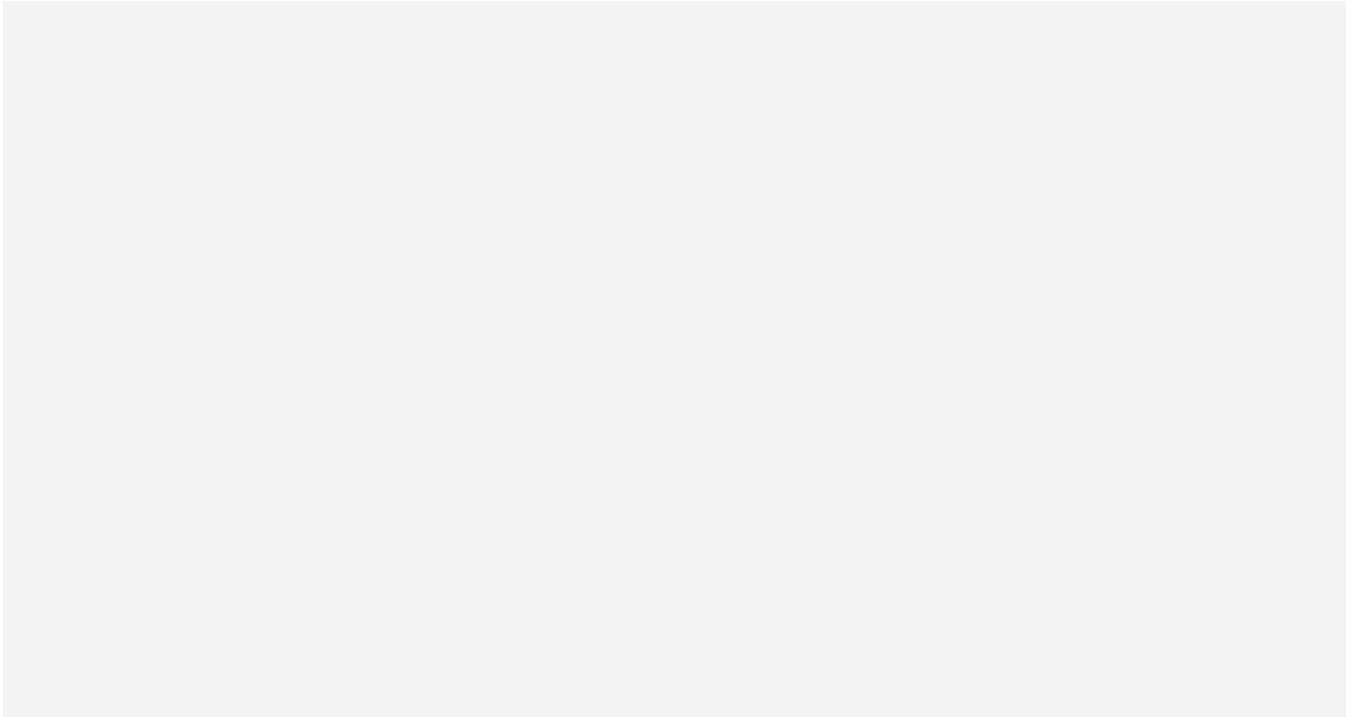
Exercises

1. The compelling script
2. Acting "as if"
3. Rituals and Habits
4. Do or die commitment

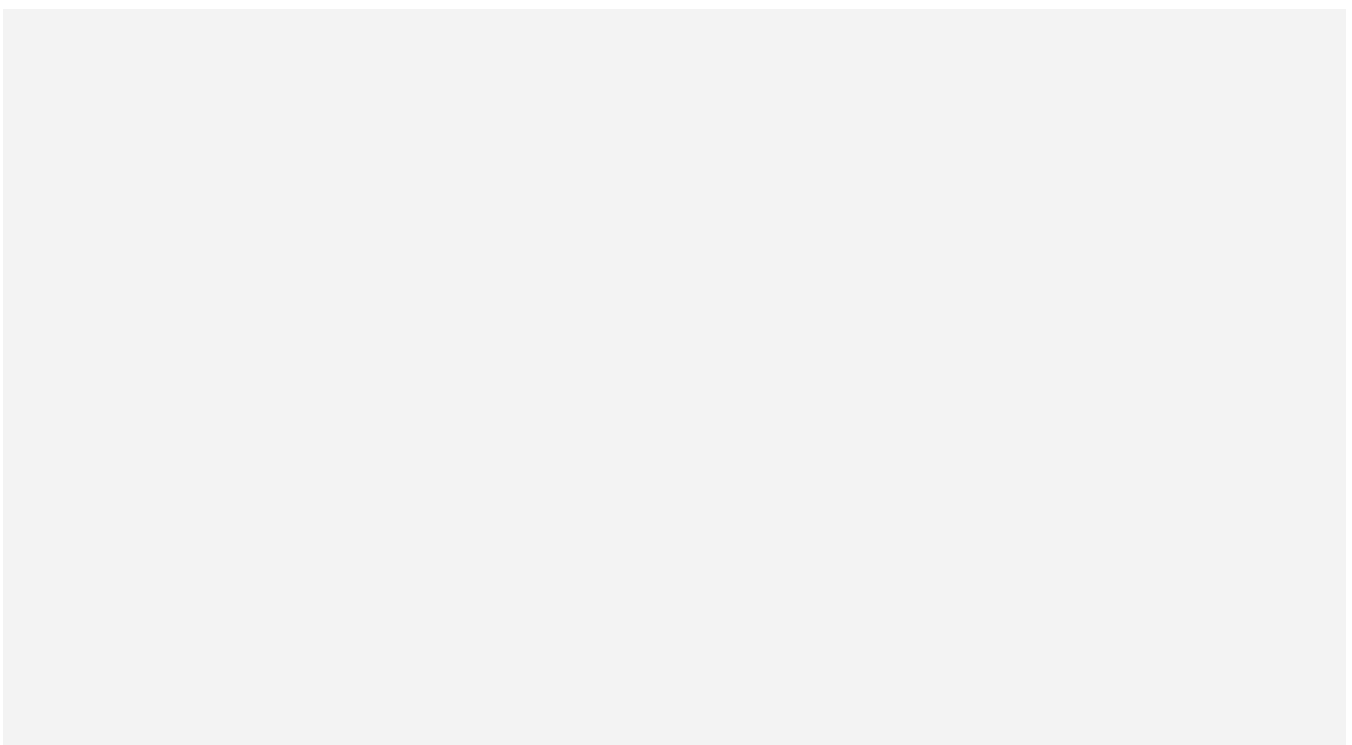
THE NEW COMPELLING SCRIPT

When you think about all your goals coming true, what fears come up for you?

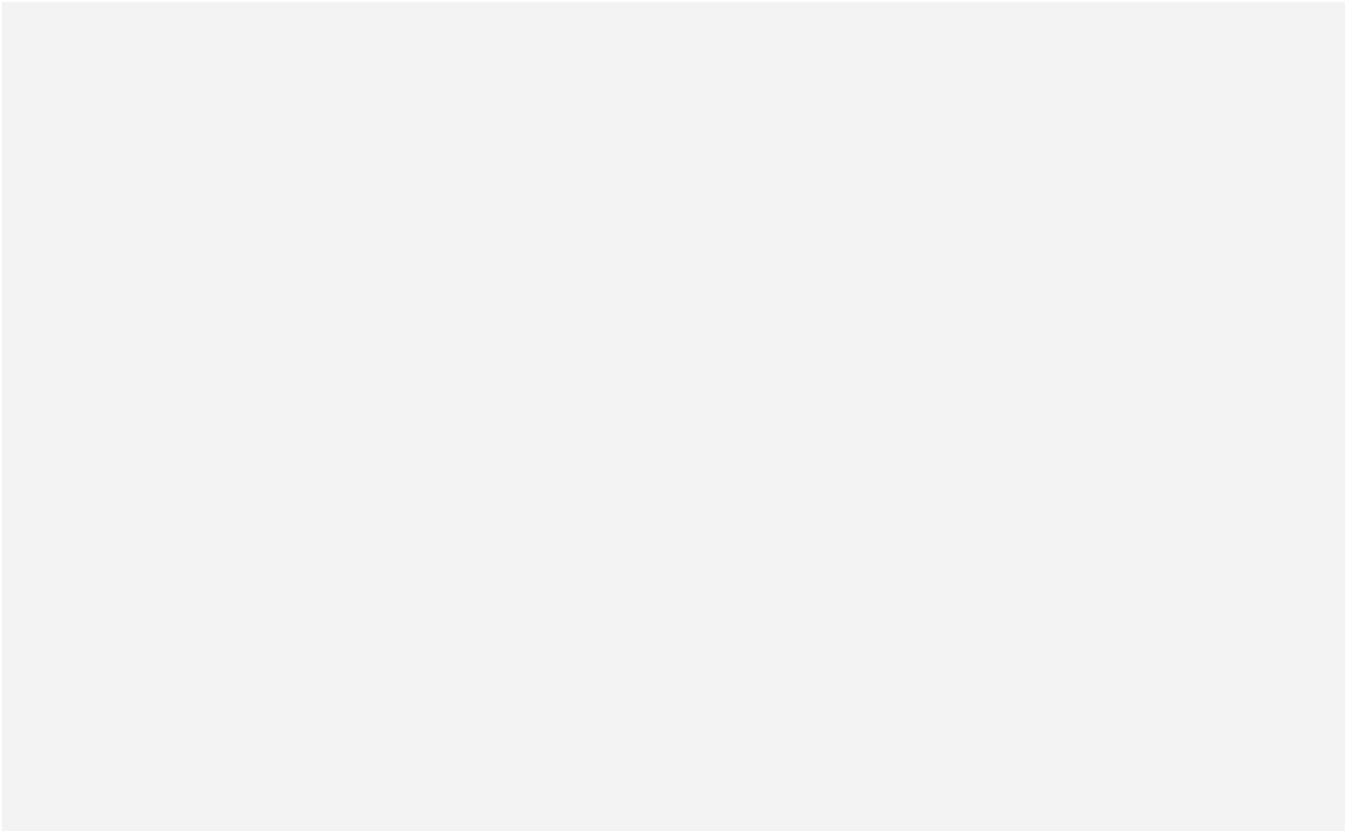
If I achieve this goal, I'm afraid that...



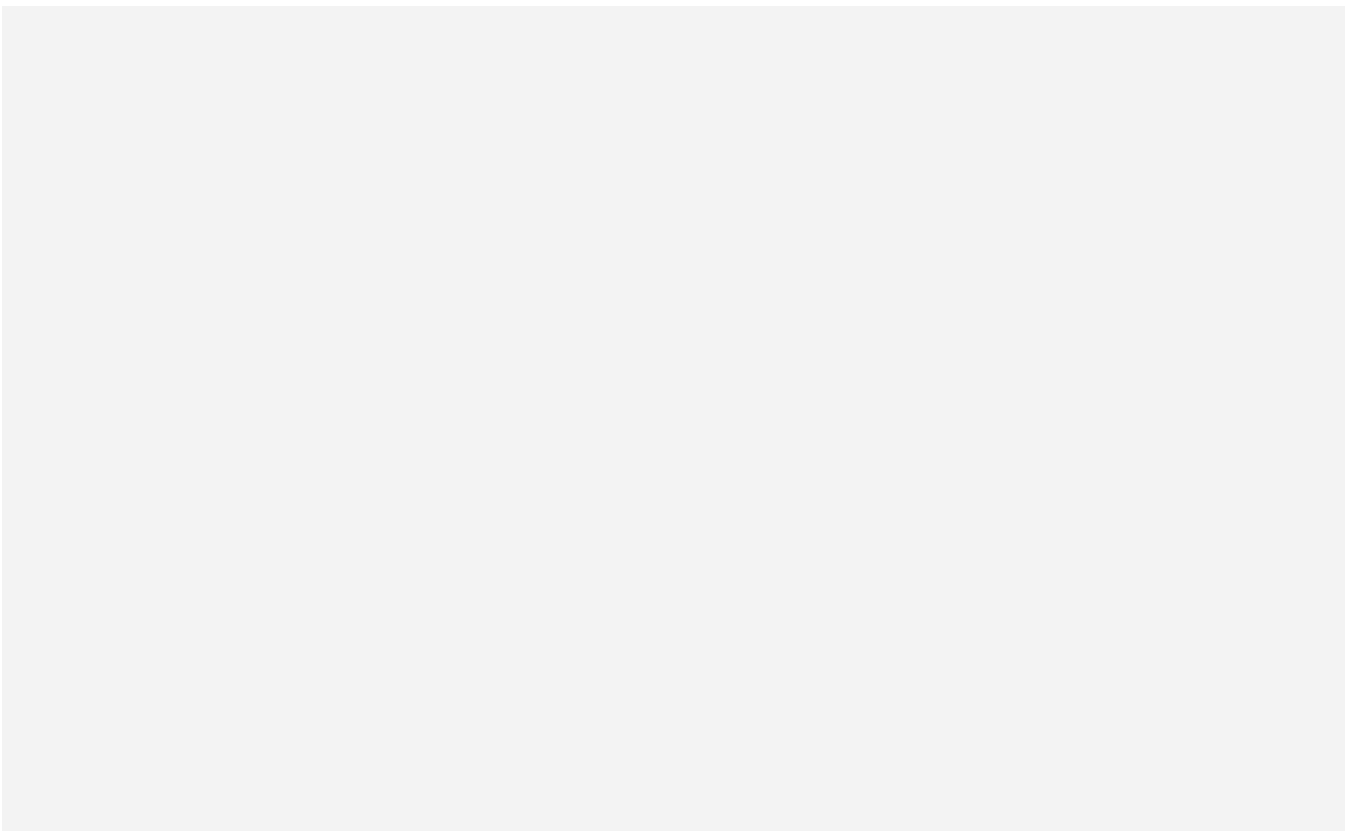
What's the very worst thing that could happen?



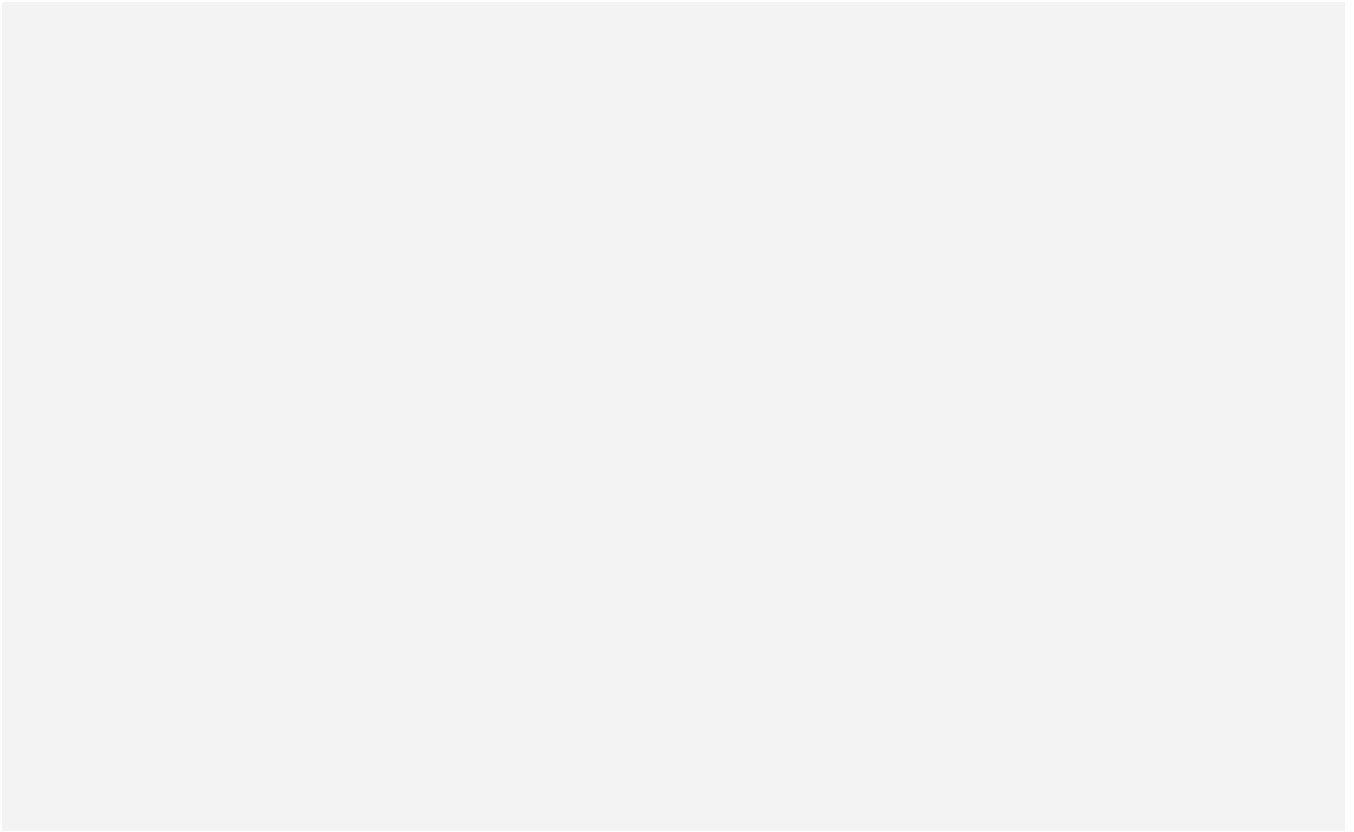
What I don't want anymore:

A large, empty light gray rectangular box intended for the user to write down what they no longer want.

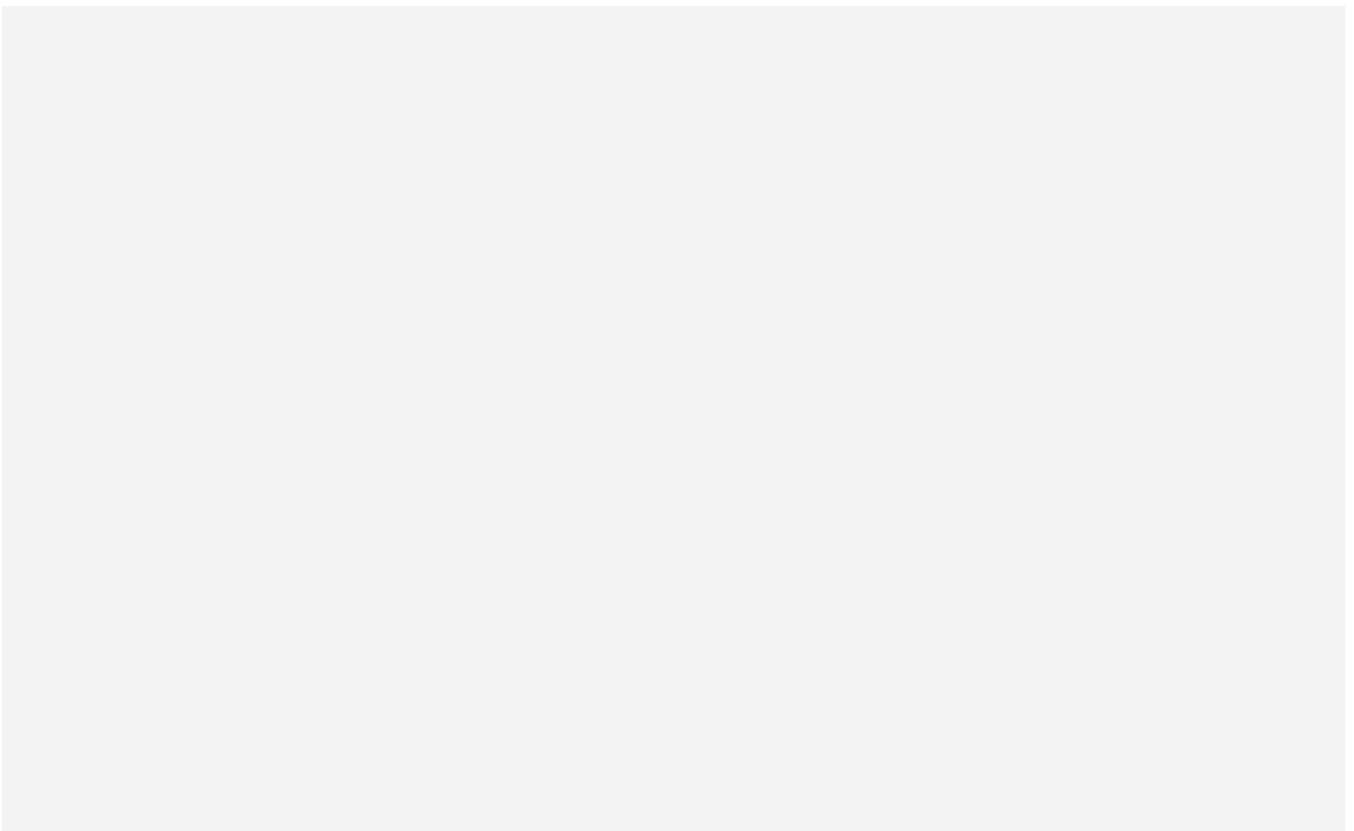
What I really want:

A large, empty light gray rectangular box intended for the user to write down what they really want.

My new life:

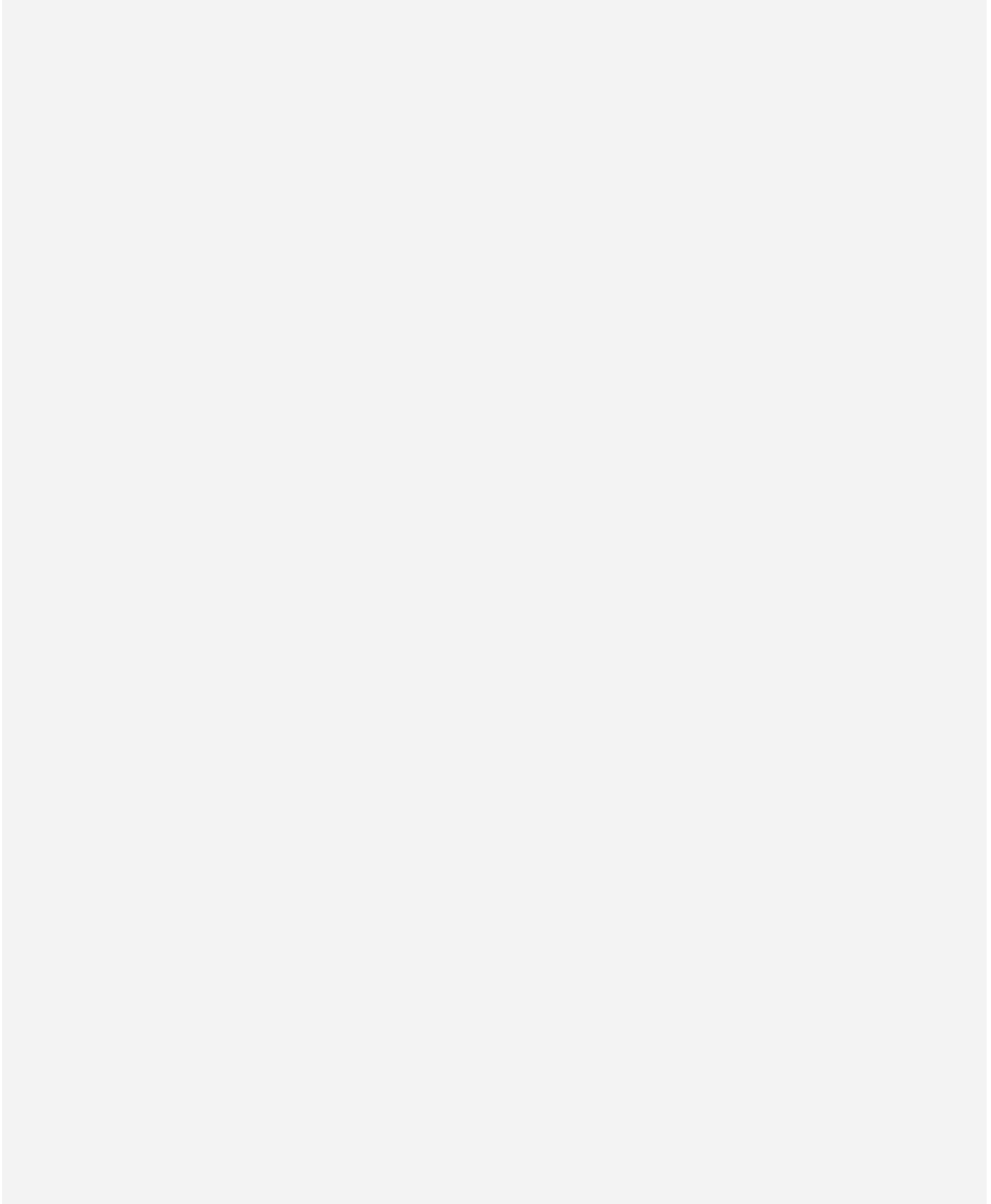
A large, empty light gray rectangular box intended for the user to write their response to the prompt "My new life:". The box is positioned below the text and occupies a significant portion of the page's vertical space.

What can I implement right now?

A large, empty light gray rectangular box intended for the user to write their response to the prompt "What can I implement right now?". The box is positioned below the text and occupies a significant portion of the page's vertical space.

ACTING “AS IF”

What would you do differently if everything was magically manifested for you?



RITUALS AND HABITS

Type	Rituals and Habits
Daily	
Weekly	
Monthly	
3 Months	
6 Months	
Yearly	



DO OR DIE COMMITMENT

Big AUDACIOUS Goal	Big AUDACIOUS Commitment	When?

I am 100% committed to the daily actions I need to do to become the person I was always destined to be.

Signed:

Date:

Witness:

STEP 5: REFLECTIONS

Did I have fear or worry this week around acting as if my goal was already true?
What was coming up for me?

What additional negative beliefs do I need to declutter to move forward?

What am I really grateful for?

What am I proud of?

Anything particularly magical happen this week?



WHAT'S NEXT?

CONGRATULATIONS ON MAKING IT THROUGH THE LUCKY BITCH MANIFESTING COURSE!

What do you do when you hit a new plateau and you feel stuck? You start right at Step 1 and get decluttering!

You can use these steps for literally ANY goal.

What about money?

Yes, absolutely it works for money! Use the steps and declutter your thoughts and beliefs around money, get really clear on exactly how much you need, create positive anchors in your day around money and your monetary goals, take inspired action to get in front of your clients and learn to receive even more.

However, I have a specialized course that focuses entirely on money and what you need to release your money blocks.

Crave more connection with other women?

The Lucky Bitch Money Bootcamp comes with it's own live community, where you can connect with other women around the world who are working on creating a more prosperous future for themselves and each other.

Find out more at www.LuckyBitch.com/Bootcamp

Sending you much love, luck and abundance,

xx DDT

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