



The REFLEXION

...the power of manifesting

"Decide exactly what you want in every area of your life. You can't hit a target you can't see"

- Brian Tracy

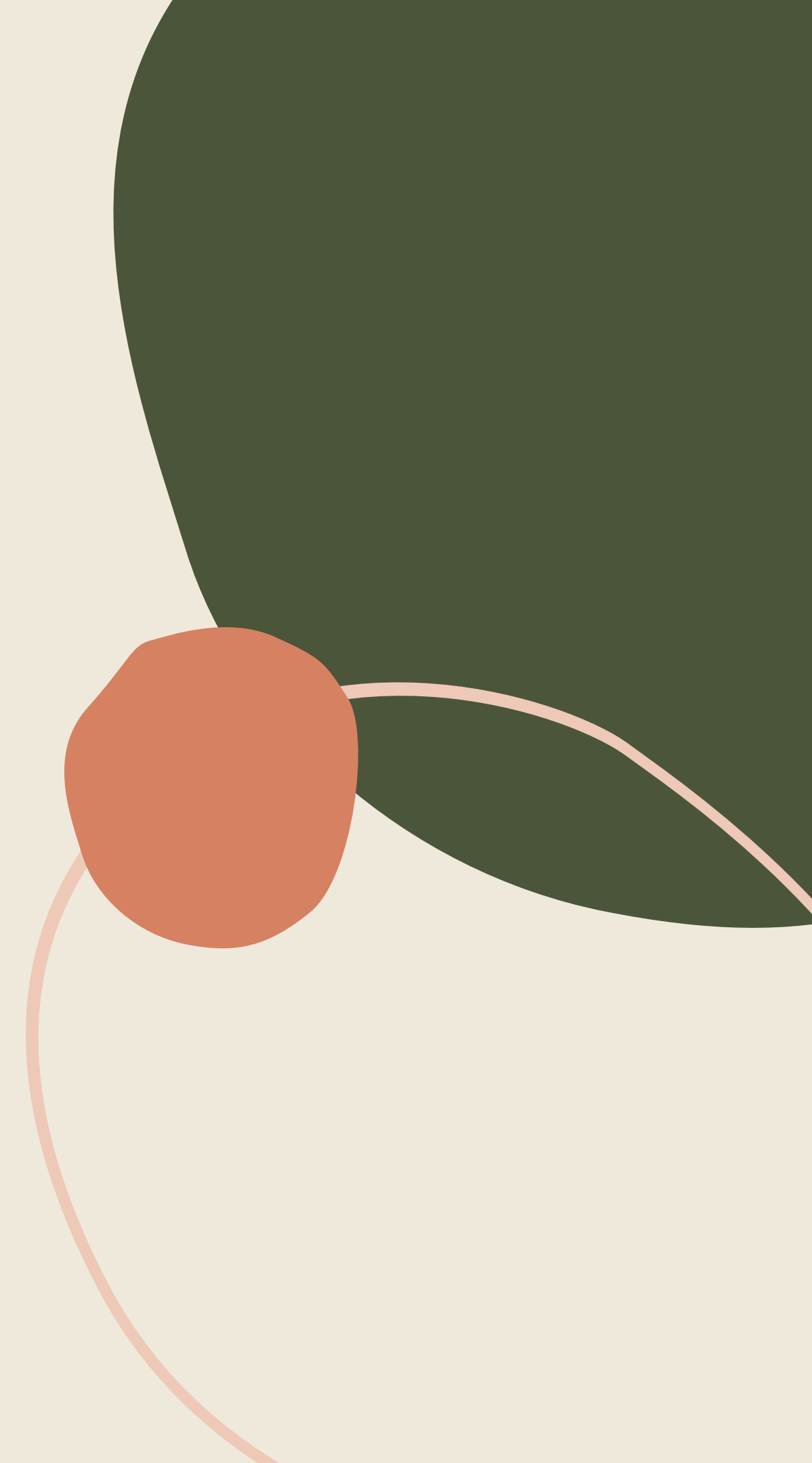


MANIFESTING IS...

Going on all around you whether you notice or not

A product of your intentions

What you want & who you want to become





INTERFERENCE

WHAT STOPS YOU FROM LIVING
YOUR BEST LIFE?

The Company You Keep

birds of a feather

Negative Self Talk | Self Doubt

remove the word can't

Lack of Gratitude & Self Care

everything starts and ends with you





HOW TO MANIFEST

1. GET CLEAR ON WHAT YOU WANT (BE SPECIFIC)
2. BELIEVE IN YOURSELF
3. ASK GOD/UNIVERSE FOR WHAT YOU WANT WITH CONFIDENCE
4. MAINTAIN A POSITIVE MINDSET
5. MAKE ROOM | MAKE SPACE
6. BE OPEN TO THE JOURNEY (DON'T RESIST)

TIPS | EXERCISES

1. VISION BOARD OR DREAM BOARD
2. AFFIRMATIONS
3. MEDITATION
4. SET MICRO GOALS
5. SHARE DREAMS WITH PEOPLE WHO
AFFIRM YOU
6. AUDIO BOOKS
7. LIVE AS IF AND WITH PURPOSE
8. SELF LOVE + SELF CARE

WHO ARE YOU? WHAT DO YOU HAVE?

**Take two minutes to write
down your desires and/or
accomplishments as if
they have already
happened**

*P.S. There's no need to be
modest. Think BIG!*



Resources

GUIDED MEDITATION

Sandra Wapniarski

<https://open.spotify.com/artist/56Bp9eC01ZqfszvhYN6g6g>

PERSONAL DEVELOPMENT/INSPIRATIONAL BOOKS

Ego is the Enemy by Ryan Holiday

The 5 Second Rule by Mel Robbins

More Than Enough by Elaine Welteroth

You Are a Badass How to Stop Doubting Your Greatness and Start

Living An Awesome Life by Jen Sincero

The Hollywood Commandments by Devon Franklin

AFFIRMATIONS

Deepak Chopra "Soul of Healing Affirmations"

<https://open.spotify.com/album/76DNPhJm5d78YiD4U4KnN9?si=uH1pgokfTF-bKn2wGjJzCw>