

# A Simple Framework for Manifesting

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1. Get clear about what you want.
2. Be open to the many ways it might come into your life.
3. Stay alert for opportunities that could move you closer to what you want.
4. When an opportunity arises, ask yourself: "Does this feel aligned with who I am and where I want to go?"

*Remember that alignment isn't always comfortable.  
Sometimes growth feels a little scary.*

5. Be willing to receive what you've asked for.
6. Check in from time to time and ask: "Am I moving toward what I want?"
7. Reflect on what you discover.
  - *If yes:* Acknowledge it and celebrate!
  - *If not:* Ask yourself:
    - What is working?
    - What is not working?
8. Choose your next step.
  - *If you've received what you wanted:* Enjoy it, then decide what you'd like to create next.
  - *If you're still working toward it:* Recommit to your intention and continue the process.



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