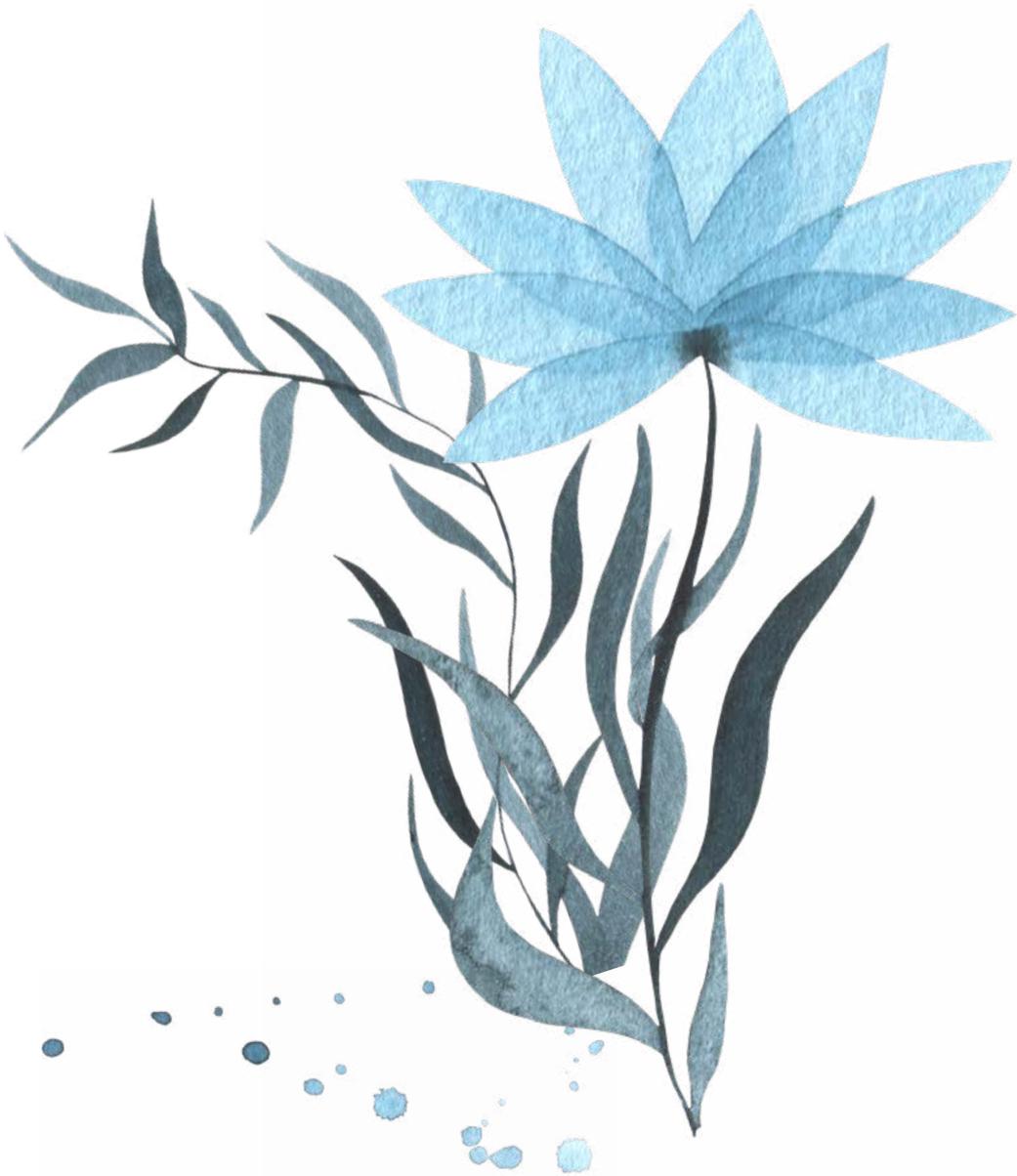




### **A place to capture...**

- Core values
- Freewriting exercises for clarity
- Working backward from 5, 10, 15 years
- Personality preference or astrological insights



Clarity

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# List

## A place to capture...

- Manifestation List (it will evolve over time)
- Intentions for the year, month etc.
- Document successful manifestations













# *Intention for the Year*

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# Intention Setting

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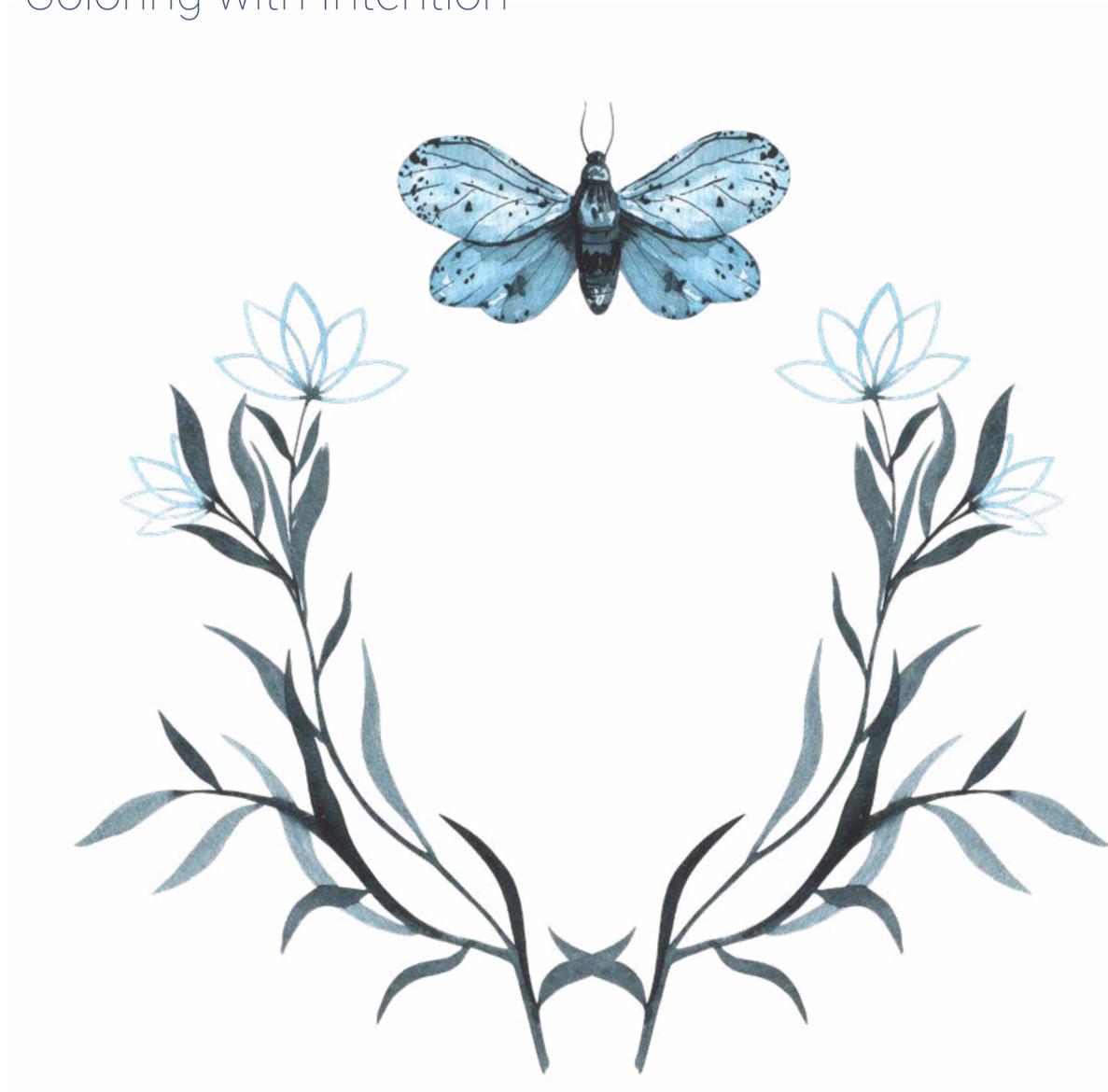
Resources





**A place to capture visualization exercises such as...**

- Vision Board
- Scripting
- Imagining
- Visualization meditation experiences
- Coloring with Intention



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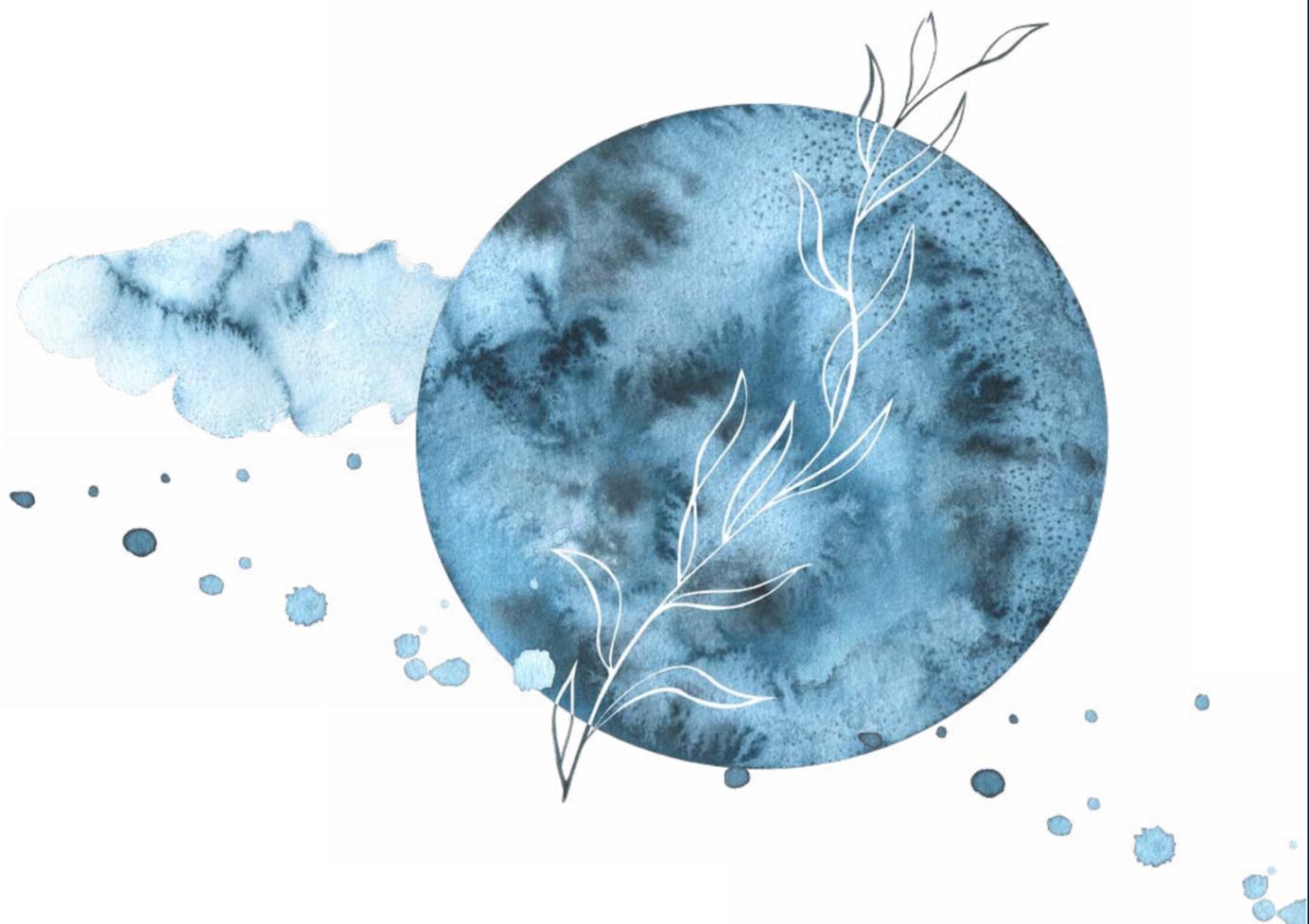




# Vibration

## A place to write...

- Power Statements & Affirmations
- Gratitude
- 3-6-9 writing exercise
- Notes from mindset books or meditations
- Documenting strategies what work and don't work for you



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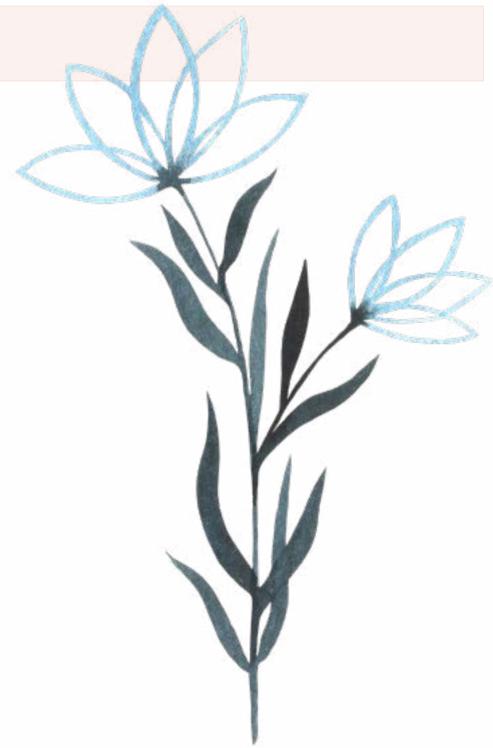
# Raise Your Vibration

DATE

MANIFESTATION

WHERE TO START UNBLOCKING?

- ADDRESS LIMITING BELIEFS
- SHADOW WORK
- WORK THROUGH FEARS
- MAKE FRIENDS WITH YOUR DESIRES
- MINDFULNESS WORK (i.e., gratitude, affirmations, power statements)



PLAN FOR RAISING MY VIBRATION

A large, empty rectangular area with a light beige background, intended for writing a plan for raising one's vibration.

*I attract everything that I desire.*

Clarity

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# Raising Vibration



MONTH: \_\_\_\_\_

WEEK: \_\_\_\_\_

	UNBLOCKING	CONNECTION	MINDFULNESS	GRATITUDE	
MON					
TUE					
WED					
THU					
FRI					
SAT					
SUN					

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# Blocks

## A place to do the work to remove blocks...

- Journaling with prompts
- Shadow work or "inner child" work
- Meditation notes
- Anything requiring the deep, self-exploration on what is preventing your manifestations coming in















**A place to capture aligned actions such as...**

- Goals and goal planning
- Seeing to believe
- Boundary setting
- Practice responding from a place of high self-worth
- Surrendering
- Crazy ideas, synchronicities
- Acts of kindness

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# Goal Breakdown Planner Page

PRIMARY GOAL

WHAT IS MY \*WHY\*? HOW WILL MY LIFE CHANGE IF I ACHIEVE THIS GOAL?

SUB-GOALS

---

---

---

---

SMALL, ACTIONABLE STEPS

---

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
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<input type="checkbox"/>	_____

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# Goal + Deadlines Planner Page

GOAL

START DATE

DEADLINE

MOTIVATION—HOW WILL MY LIFE CHANGE IF I ACHIEVE THIS GOAL?

Blank space for motivation.

MY PLAN—HOW WILL I GET THERE?

Blank space for my plan.

ACTIONABLE STEPS

DUE DATE

<input type="checkbox"/>	_____	_____

OUTCOME + WHAT WENT WELL / IMPROVEMENTS FOR NEXT TIME

Blank space for outcome and improvements.

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# Aligned Actions

DATE

MANIFESTATION

WHERE TO START? - Consider this list

- DO YOU NEED TO "SEE TO BELIEVE?" If yes, find people who have what you want with similar background to your own (i.e., Google, social media, real life)
- TAKE ACTION IN REAL LIFE (i.e., goal setting, plan for, build exit strategy etc.)
- STEP OUT OF COMFORT ZONE / STEP IN FEAR(S)
- SET BOUNDARIES (i.e., work, home, relationships?)
- RESPOND FROM A PLACE OF HIGH-SELF WORTH? (i.e., when triggered, in communications)
- SURRENDER (i.e., let go of attachment to outcome, remove timing expectations)
- FOLLOW INSPIRED ACTION (i.e., respond to signs, serendipity, messages)

WRITE YOUR ALIGNED ACTIONS

*"Go confidently in the direction of your dreams.  
Live the life you have imagined." - Henry David Thoreau*



# 21 Day Challenge

START DATE: \_\_\_\_\_

1  Get clear and reflect on heart's desire	2  Identify at least ONE core value that is important to you	3  Write down your intention—be clear and concise	4  Try "Scripting" Write your dream down in as much detail as feels right	5  Create a Vision Board or Pinterest Board
6  Visualize your intention	7  Create a play-list with songs that make you feel courageous or empowered	8  Identify a limiting belief	9  Research power statements or affirmations that resonate	10  Write / speak your power statement at least 3 times today
11  Challenge your limiting belief	12  Identify a boundary that is important to you	13  Set a boundary or make a plan to set a boundary when the time is right	14  Create a goal that is aligned with your manifestation	15  Try meditation or 5 minutes of sitting peacefully
16  Find free 417hz music Youtube and play for 10 minutes to clear your space and mind	17  Write something you are grateful for and really feel into it	18  Identify a fear that may be holding you back	19  Visualize yourself stepping into your fear with a positive result	20  "See to Believe"—find others who have similar background and have what you want
21  Look for signs from the Universe				

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# Money

**A place to document ideas, plans and specific intentions around money...**

- Plan a “parachute”, emergency or F-you fund
- Visualize your ideal financial life
- Money specific visualizations, scripting etc



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Clarity

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# Partnership



**A place to document ideas, plans and specific intentions around relationship and partnerships...**

- Plan a partnership specific aligned actions
- Visualize your ideal relationship or business partner
- Relationship specific visualizations, scripting etc











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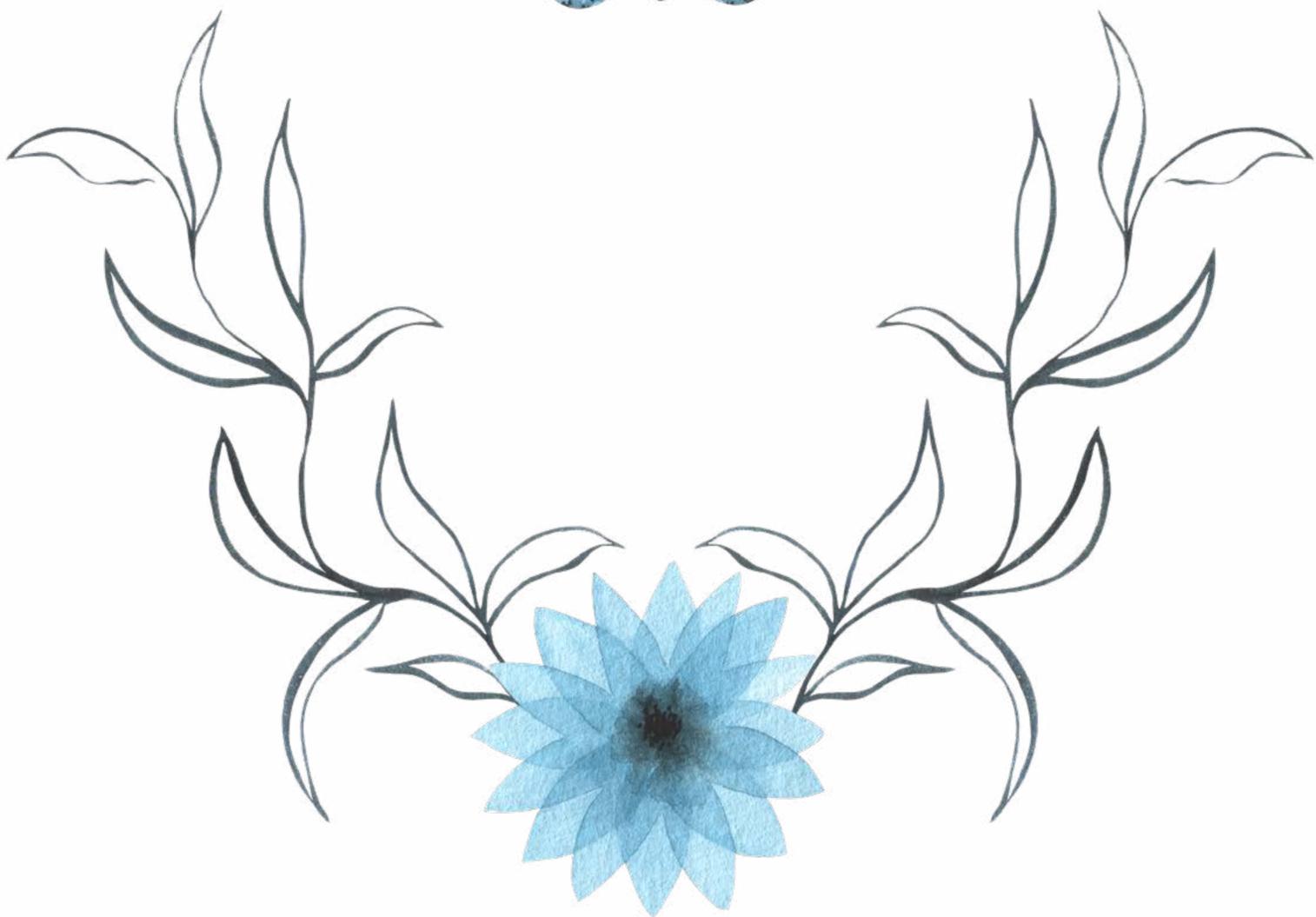
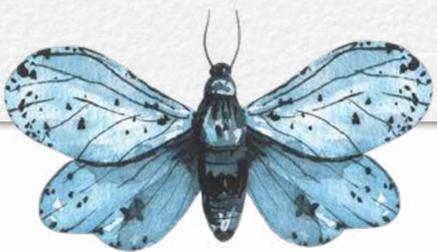
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# Journal



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*“The mind has a powerful way of attracting things that are in harmony with it...” - Idowu Koyenikan*



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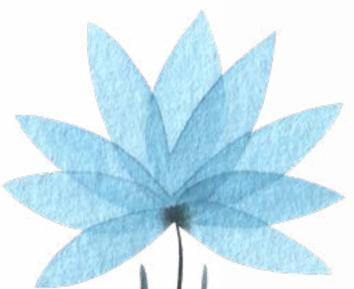
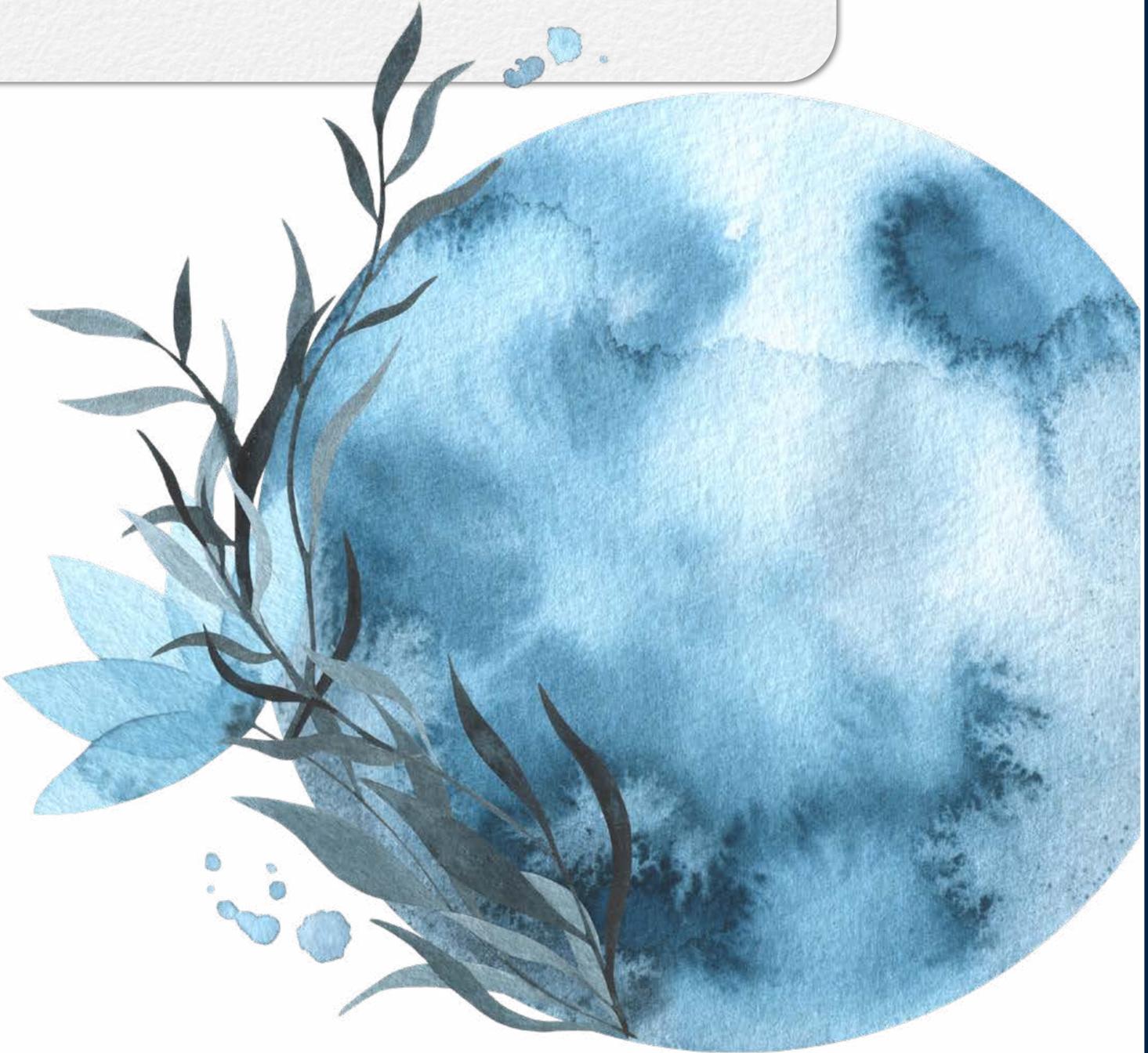
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# 3 Keys of Manifestation

## Clarity

- This means being clear on what is important to you, being clear on what you want now and in your future.

## Raising Your Vibration

- Raising your vibration essentially means making sure that your self-worth (your energy) is aligned with the things you would like to manifest into your life. This often means addressing areas of low self-confidence and negative stories you tell yourself that may be holding you back from what you want.

## Aligned Action

- Aligned actions (or inspired actions) are steps that you can take in the real world in support of the manifestations you are calling in.



# Tips for Getting Clear



## What does “getting clear” look like?

- Taking time to reflect to get clear on what you want
- Discovering your core values
- Engaging in self-discovery - knowing your purpose
- Clarity on where you want to be 1 - 10 years from now
- Knowing what is and isn't in alignment with your core desires
- Knowing where your boundaries are in relationship to other people and circumstances in your life

## Practical strategies to gain clarity

### Work Back from 5 Years

1. Take a blank piece of paper, a chalkboard, or a wall size post-it and write down exactly what you want your life to look like 5 years from now. Be incredibly REAL and HONEST with yourself. What does the work you do look like? What do your relationships look like? What does your bank account look like?
2. Once, you feel good about what you want your life to look like in 5 years, reverse engineer what it would take to get there by brainstorming all of the actions and / or situations that need to exist to get there.
3. After you have brainstormed what is required to get where you want to be, you can use this list as a guide for your manifestation list.

### Identify Core Values

Knowing your core values can be used as a compass as you encounter situations where you need to make decisions.

To identify yours, try working through [Brene Brown's short exercise](#) on finding core values.

Lacy Phillips, creator of To Be Magnetic Manifestation School also has an exercise on how to find your “Authentic Code”. [Here is a blog post that explains this process.](#)

# Tips for Getting Clear

## Practical strategies to gain clarity (cont.)

### Visual Discovery Exercise

Leverage social media by scrolling through images on Instagram and Pinterest while paying attention to the images that catch your eye. When you see things or situations that draw you in, that spark envy, that inspire a “heart longing” save them. Use these images as inspiration when you are writing out your manifestation list.

### Therapy / Coaching

Never underestimate what the help of a professional can do.

Consider seeing a therapist if your struggling to gain clarity as a result of trauma or if you are struggling with recurring symptoms that might be associated with mental illness such as depression or anxiety.

Consider seeing a coach if you would like access to tools and processes coaches bring to the table to help you gain clarity on your values, your goals and obstacles that might be standing in your way. A coach can also make a great, neutral sounding board, reflecting back to you what they hear is important to you.

### Personality Type Discovery

Deepening our understanding of ourselves, our skills, and our preferences can help us gain more clarity about what we want in life. Consider the following resources if you haven't already explored this arena.

- Myers-Briggs Personality Test - [LINK](#)
- Enneagram - [LINK](#)
- Strengths Finder - [LINK](#)

### Meditation

Meditation can help with focus, calming the mind and eliminating the stream of jumbled thoughts we all have. In this way it can lead to clarity.

There are lots of free meditations out there to gain clarity. I also recommend this free clarity exercise from To Be Magnetic - [LINK](#)

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# Tips for Getting Clear

*“Woo but they work” strategies to gain clarity*

## Astrology

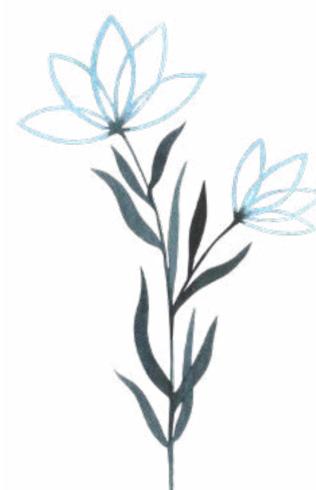
Astrology is so much more than a sun sign. Knowing your “Primal Triad” which includes your sun sign, rising sign and moon sign can shed light on what makes you tick and why certain things are important to you.

If you haven't taken a deep dive into your astrology birth chart I highly recommend it. Discover your birth chart for free go to Astro-Charts.com here - [LINK](#)

Here are two professionals I recommend. I have personally had my birth chart read by both of these professionals

Danielle Beinstein is a psychological astrologer and can be found at [www.daniellebeinstein.com](http://www.daniellebeinstein.com) - [HERE](#)

Ricky Williams is an amazing astrologer and can be found at [www.rickywilliams.life](http://www.rickywilliams.life)



# Tips for Raising Your Vibration

## What does it look like to “Raise Your Vibration”?

- Addressing areas where you have low self-worth, lack confidence or have limiting beliefs.
- Embracing and “making friends” with what you truly desire
- Working on your mindset
- Paying attention to what works for you and what doesn’t work for you

## Practical strategies to raise your vibration

### Work on Your Mindset

- Millionaire success habits
- High Five Habit
- Gratitude journaling

### Meditation

Experiment with different types of meditations...

- Visualization meditation
- Grounding meditations
- Chakra meditations
- Walking meditations
- Breath-focused meditations

### Professional resources

- Life Coaching
- Traditional Therapy / EMDR Therapy to address root causes of limiting beliefs
- Hypnotherapy

### Eat Well

Everything we consume contributes to our energetic state. Some foods like green, leafy vegetables are high in chlorophyll from absorbing the sun’s energy. Consider adding more high-energy foods to your diet.

### Spend Time in Nature

Getting outside and connecting to the earth can be both grounding and energizing.

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# Tips for Raising Your Vibration

## Practical strategies to raise your vibration (cont)

### Journaling Prompts & Strategies

- In manifestation, the universe is responsible for the HOW and the WHEN. Where can I surrender to the universe? What items from my list do I need to let go of expectations around how and when my manifestation will arrive?
- Write down the stories I tell myself and objectively challenge them.
- Every time I feel emotionally triggered, write it down and describe how it makes me feel in as much detail as possible. Then work through it by imaging scenarios in the future where I handle this trigger from a place of empowerment.
- Where in my life am I afraid of other people's opinions? Why?
- List all successes and victories in my life both big and small
- What advice would I give my younger self? Do I follow this advice now?
- What can I do to take better care of myself?
- When have I done something that I thought I couldn't do?
- What is something I have always wanted to do but have been too afraid to do it? What would make me feel empowered to step into that fear?
- Who / what inspires me the most? Why am I inspired by those things?
- What beliefs do I have that are holding me back from my dream life?
- What do I need to forgive myself for?
- What makes me feel powerful and lit up?
- What would I say to the person who hurt me the most? Why?
- What qualities irritate you the most in other people? Do you see any of these qualities in yourself right now?

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# Tips for Raising Your Vibration

*“Woo but they work” strategies to raise your vibration*

## 3,6,9 Method

Option 1—Write down your intention or affirmation 3 times in the morning, 6 times in the afternoon & 9 times in the evening.

Option 2—Write down your intention or affirmation 3 times at 3 pm, 6 times at 6pm and 9 times at 9pm. (Can also do 3am, 6am and 9am)

## Affirmations & Power Statements

Experiment with speaking and writing affirmations, power statements or quotes that make you feel powerful, peaceful, and confident.

## Visualization

- Vision Board—Visualize what you are calling in by creating a vision board (live on your wall or online on Pinterest).
- Scripting—Visualize what you are calling in by it writing down. Make sure to 1) write in the present tense; 2) believe and feel what you are writing and 3) detach from the outcome as much as possible.

## Feng Shui

Consider consulting with a Feng Shui expert to set up your home so it is energetically balanced and optimized to attract prosperity and love.

Find your own Feng Shui expert or check out [Paloma Gallardo](#) on Instagram.

## Reiki

Reiki practitioners can help balance your energy, improve flow and promote healing.

Find your own Reiki professional or check out my colleagues at [Grounding Guidance on Facebook](#)

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# Tips for Raising Your Vibration

*“Woo but they work” strategies to raise your vibration*

## Essential Oils

Everything has a frequency including the human body which measures between 62MHz and 72MHz. Negative thoughts can lower our frequency and positive thoughts can raise our frequency.

Essential oils tend to have very high frequencies, generally ranging from 52 MHz to 320 MHz. Here is a short list of essential oils to diffuse or wear topically.

- Rose Oil 320MHz
- Idaho Blue Spruce has been rumoured to hit 580MHz.
- Frankincense: 147 MHz
- Lavender: 118 MHz
- Sandalwood: 98 MHz
- Peppermint: 78 MHz

## 417Hz Music

417 Hz music is a solfeggio frequency that is also said to heal and balance Sacral Chakra. Benefits of 417Hz music are...

- Removing negative energy from the body, home and Office
- Reducing negative thoughts and behavior patterns
- Facilitating change in you and others

Discover your favorite 417Hz on youtube or check out my favorite one here - [LINK](#)

## Meditations

- Dr. Joe Dispenza meditations - [LINK](#)
- Deepak Chopra 21 Day “Creating Abundance” meditation series - [LINK](#)
- Har Prosperity meditation (free) - [LINK](#)
- Tony Robbins “Prime Your Brain” meditation (free) - [LINK](#)
- To Be Magnetic with Lacy Phillips - [LINK](#)

# Tips for Raising Your Vibration

*“Woo but they work” strategies to raise your vibration*

## Astrology North Node

Your North Node in Astrology is essentially your astrological destiny. Leaning into the qualities and energies of your north node will support your journey into fulfilling your greatest potential.

Find your North Node for free at Astro-Charts.com - [LINK](#)

If you are interested in consulting with an expert I recommend Dara Dubinet - [LINK](#)

## Living your Design

Human Design is a system that is astrology adjacent and it tells you your Energy Type. When you know your energy type, you will know how to leverage your energy in a way that is in alignment with your true nature and be better positioned to attract the things you want into your life.

You can discover your energy type for free go to [myhumandesign.com](https://myhumandesign.com) and input your birth date, birth time and birth location.

Once you know your energy type there is a ton of free information out there about your energy type. I do recommend getting a reading or analysis from a professional if this is something that really resonates with you.

I offer in-depth Human Design Readings here - [LINK](#).

If you prefer more options I recommend finding a professional that resonates with you at [myhumandesign.com](https://myhumandesign.com).

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# Tips for Taking Aligned Action

## What does “aligned action” look like?

- Seeing to believe (key)
- Taking actions in real life (key)
- Stepping into fears / going outside comfort zone
- Boundary setting
- Responding from a place of high-self worth
- Knowing when to surrender
- Inspired action
- Mindset work

## Practical strategies for “aligned action”

### Set a Goal

A manifestation is not the same thing as a goal. Goals are outcomes within our control that can support our manifestation work. Make sure your goal is:

1. Within your control to achieve (for example, you cannot control the decisions of someone else such as an employer so be careful about setting goals around career advancement)
2. Challenging enough to be motivating
3. Objective and Measurable
4. Revisited over time to ensure they are relevant and in alignment

### “See to Believe”

Find people who show you what is possible. It is especially important to find individuals who come from a similar background, who also have obtained or have the thing(s) that you are manifesting. For example, if you are calling in a successful business or a specific job, look in your network or find someone online who comes from similar circumstance and also has what you are looking for.

Bonus stars if you are able to talk to your “expander”.



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# Tips for Taking Aligned Action

## Practical strategies for “aligned action”

### Build a Parachute

If you are in a job that you hate and you are looking to make a career change, consider saving money for an “F-you” fund. The intent of this aligned action to allow you to leave your current situation and buy time to find another position that is more in alignment.

### Step into Fear

We become more magnetic when we are able to step into our fears because it is often a sign that we are stepping into a higher self-worth. Identify your fears, journal about them, challenge them objectively and step into them. Don't play small.

### Set Boundaries

- Say “yes” or “no” in alignment with your boundaries
- Have that difficult boundary conversation that you have been avoiding

### Respond from a Place of Self-Worth

When experiencing an emotional trigger, respond from a place of self-worth:

- Extend grace and compassion for another person
- Respectfully set a boundary or stand up for yourself in a conversation
- Remain calm when a situation becomes heated
- Know when to exit a conversation with the intention of re-visiting it later

### Detox That Which is Not Serving You

Take inventory of your life and identify people, places, jobs, behaviors, projects and things that are not longer serving you and take steps to clear them from your life.

- De-clutter your home or work space
- Identify behaviors that aren't serving you and actively work to reduce or eliminate them
- Make a plan to leave a toxic job, home or relationship
- Re-frame stories you have about finishing projects or hobbies that are not longer serving you. You don't have to complete everything you think is good. Don't be afraid to pivot.

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# Tips for Taking Aligned Action

## Practical strategies for “aligned action”

### Acts of Kindness

Commit acts of kindness in alignment with what you are calling in.

- If you are calling in money, buy a stranger a coffee.
- If you are calling in a mentor, be a mentor to someone else.
- If you are calling in recognition for your small business, recognize another small business without expecting anything in return

### Participate in a Manifestation Challenge

Many of the thought leaders and influencers in the manifestation space host 21-day or 30-day manifestation challenges. Find one that resonates and participate with the intention of:

1. Starting new habits that will benefit you
2. Identifying what methods or strategies resonate or do not resonate with you

### Pay Attention

There is an overwhelming amount of information out there on how to manifest. Try something new and pay attention to whether or not it feels right or good to you. Also, note if a strategy works for you or not.

- For example, vision boards are intended to be a visual representation of the things you are manifesting but if seeing those images makes you feel lack and far away from your dreams, don't use it and try something else like scripting. These strategies should resonate, inspire and make you feel close to your dreams—NOT make you feel lack, less than, etc.

### Accountability Partner

Find a friend who is also doing manifestation work and support each other during the ups and downs of this work.

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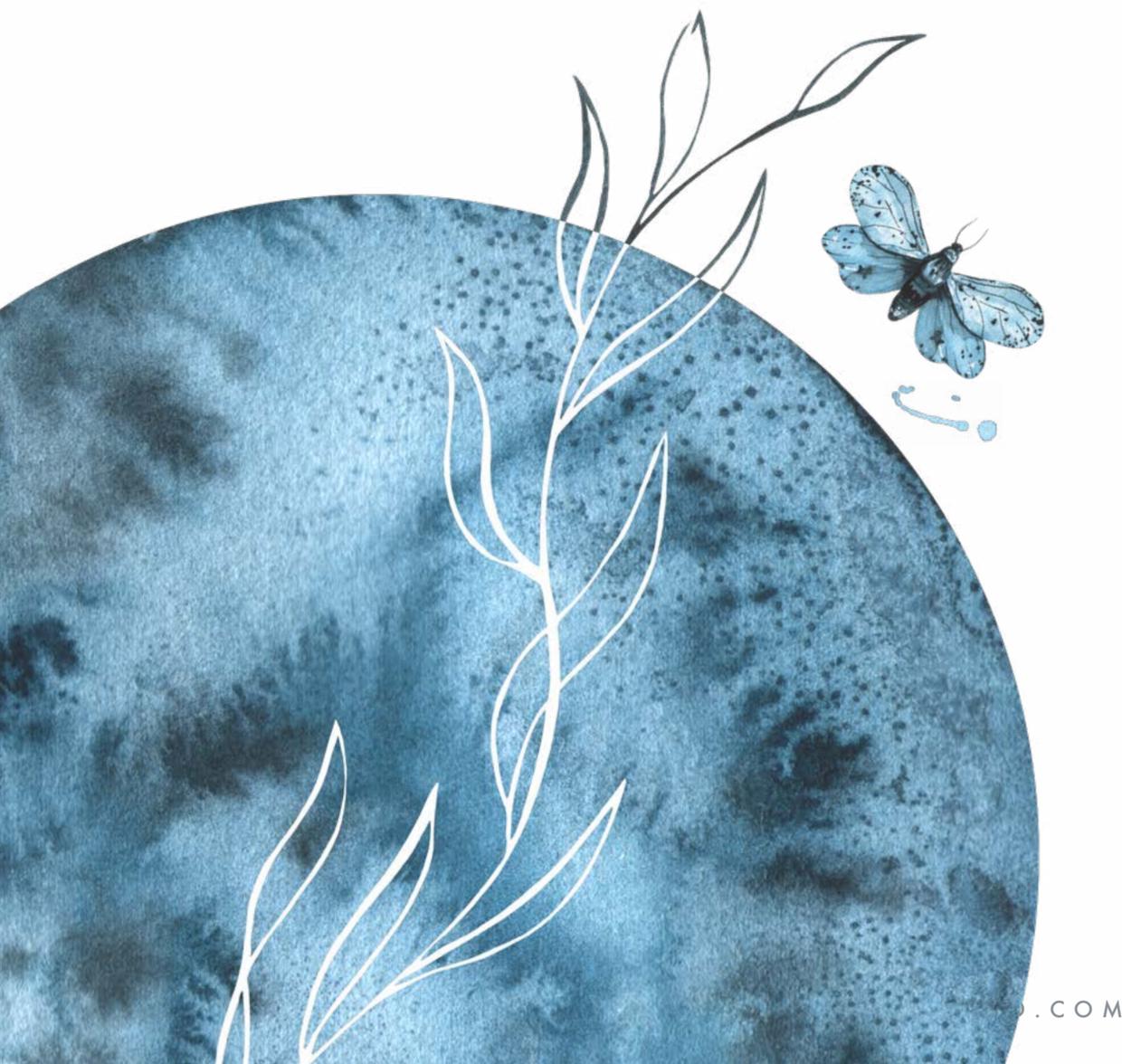
# Tips for Taking Aligned Action

## “Woo” strategies for “aligned action”

### Look for Signs

Signs are ways that the Universe guides us and let's us know that we are being heard and supported. The Universe speaks to us through...

- Other people in conversation
- Invitations
- Songs
- Synchronicities—meaningful coincidences
- Repeating messages or events
- Dreams
- Repeating or recurring numbers such as 11:11—see this resource for an explanation of “manifestation numbers” - [LINK](#)



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# Thought Leaders



## Manifestation

- Dr. Joe Dispenza - [LINK](#)
- Dr. Tara Swart - [LINK](#)
- Esther Hicks - [LINK](#)
- Lacy Phillips - [LINK](#)
- Tom Douce - [LINK](#)

## Mindset

- Dean Graziosi - [LINK](#) (known for the “Millionaire Mindset” book)
- Peter Crone - [LINK](#) (known for the “Free Your Mind Course”)
- Tim Ferriss - [LINK](#) (known for the 4 - Hour Work Week book)
- Tony Robbins - [LINK](#) (known for his “Unleash the Power Within” events)



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# Books & Podcasts

## Books

- [Big Magic](#) by Elizabeth Gilbert
- [The Celestine Prophecy](#) by James Redfield
- [The High 5 Habit](#) by Mel Robbins\*\*
- [The Law of Attraction](#) by Esther and Jerry Hicks
- [Manifest Now](#) by Idil Ahmed
- [Millionaire Success Habits](#) by Dean Graziosi
- [The New Psychology of Achievement](#) by Brian Tracy
- [The Obstacle is the Way](#) by Ryan Holiday
- [The Power of Now](#) by Eckhart Tolle
- [The Secret](#) by Rhonda Byrne
- [The Source: The Secrets of the Universe, the Science of the Brain](#) by Dr. Tara Swart
- [The Subtle Art of Not Giving a F\\*ck](#) by Mark Manson
- [There are No Accidents: Synchronicity and the stories of our lives](#) by Robert H. Hopke
- [Think and Grow Rich](#) by Napoleon Hill
- [The Universe Has Your Back](#) by Gabrielle Bernstein
- [You are a Badass](#) by Jen Sincero

## Podcasts

- Expanded by To Be Magnetic with Lacy Phillips
- Highest Self Podcast with Sahara Rose
- Manifestation Babe with Kathrin Zenkina\*\*
- Mindset Magic & Manifestation by Mikayla Jai\*\*

\*\*Items that I have not personally experienced but are highly rated by trusted sources

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# Manifestation Lexicon

Term	AKA	Definition
<b>3,6,9 Theory</b>		Nikola Tesla, the inventor, theorized that “3 6 9” is the key to the universe. More recently, manifestation believers have experimented with a method based on Tesla’s theory. This method entails writing down what they are trying to manifest three times in the morning, six times in the afternoon, and nine times in the evening. The belief is that this repetition will “manifest” what the person desires, in part because of the special nature of the numbers 3, 6, and 9.
<b>Affirmations</b>	Mantras, power statements	Positive statements that are written or spoken in the present tense and are expressed as if what we want is ALREADY ours.
<b>Aligned Action</b>	Inspired action	Steps that you can take in the real world in support of the manifestations an individual is calling in.
<b>“Ask the Universe”</b>		Once we are clear on what we want to manifest, we can then ask the universe to help us manifest what we want. Ask the universe through prayer, meditation and visualization.
<b>Clarity or “Getting Clear”</b>		Being clear on what is important, what is valued, what is desired now and what is desired in the future.
<b>Dreaming</b>	Visualization, scripting	Taking a moment to visualize the desired manifestations as if they have already manifested.
<b>Goals</b>		Goals are desired results that are time bound and WITHIN our control to reach. These are actionable steps we can take that do not require luck or synchronicity.
<b>Gratitude</b>		Gratitude is the action of feeling or expressing gratitude for our experiences or the things we have in our life. Expressing gratitude for what we have is important because it can support mindset shifts and create abundance in our lives.

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# Manifestation Lexicon

Term	AKA	Definition
<b>Law of Attraction</b>		The belief that our thoughts are powerful and made of pure energy. If we have positive thoughts this will attract positive outcomes and when we have negative thoughts this will attract undesirable outcomes.
<b>Limiting Beliefs</b>	Shadow, Blocks, Mindset	Limiting beliefs are negative thoughts, beliefs or opinions we have about ourselves that are untrue. It is important to work through these beliefs especially if we want to upgrade our lives and manifest the things we desire.
<b>Manifestation</b>		A manifestation is an outcome or thing that we are calling into our life that, at least partly, requires luck, divine intervention or synchronicity. A manifestation is NOT time bound, nor is it completely within your control to realize. (For example, a manifestation might be the perfect home that has all of the key features you desire. Aligned action in this case is would be searching for a home online and connecting with a realtor. The manifestation would be finding all of the things you wanted in the same home which requires a bit of luck and help from the universe.
<b>Manifestation List</b>		A manifestation list details the things, situations, and outcomes that we desire to manifest in our life. This includes changes and updates to the list!
<b>Manifestation Numbers</b>	Angel Numbers	When we see repeating number sequences, these are often signs that we are in alignment or that the universe is listening. It means we are not alone and we are supported.
<b>Manifestation Updates</b>		When our manifestations come through and are real in our lives it is important to document our success.

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# Manifestation Lexicon

Term	AKA	Definition
<b>Mindset</b>		A set of attitudes and beliefs a person has that shapes how they view themselves and the world around them. It influences how they think, feel and respond as navigate through life situations.
<b>Non-specific Manifestor</b>		A non-specific manifestor is someone who is designed to be less controlling, prescriptive or specific about the things they are seeking to manifest into their life. This is a characteristic that is identified through the Human Design system (bodygraph chart).
<b>Raising your Vibration</b>		Raising your vibration essentially means making sure that your self-worth (your energy) is aligned with the things you would like to manifest into your life. This often means addressing areas of low self-confidence, negative stories you tell yourself and other areas that may be holding you back from what you want.
<b>Scripting</b>		Scripting is a manifestation exercise alternative to visualization that's ideal for individuals who struggle with visualization in "mind's eye". Scripting entails writing (literally, scripting) out the life you want, as if it already happening, using the present tense.
<b>"Shadow Work" or "Shadow Integration"</b>	Limiting beliefs, blocks,	"Shadow" are the parts of ourselves that we've repressed and are often expressed as limiting beliefs we have about ourselves. Shadow can often be identified through situations that trigger our negative emotions. In "shadow work," the goal is to identify and reconnect with our shadow-self so that it becomes integrated. If we can work on our shadow, it can improve our confidence and acceptance of self.

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# Manifestation Lexicon

Term	AKA	Definition
<b>Signs</b>	Pings, Synchronicity, Nudges from the Universe	Signs in manifestation can indicate that your manifestation is near. Signs can show up as images out in the world, overheard verbal statements not necessarily meant for you, or a feeling of certainty that your manifestation is near.
<b>Specific Manifestor</b>		A specific manifestor is someone who is designed to be more prescriptive or specific about the things they are seeking to manifest into their life. This is a characteristic that is identified through the Human Design system (bodygraph chart)
<b>Synchronicity</b>	Serendipity	Simultaneous occurrence of events which appear significantly related but have no discernible causal connection.
<b>Vision Board</b>	Visualization, Dreaming	A Vision Board is a visual representation of the things we are calling in or manifesting in our life. They can also be used for goal-setting.
<b>Visualization</b>		Imaging the things we are calling in as if they have already manifested through meditation, vision boards, dreaming or scripting.

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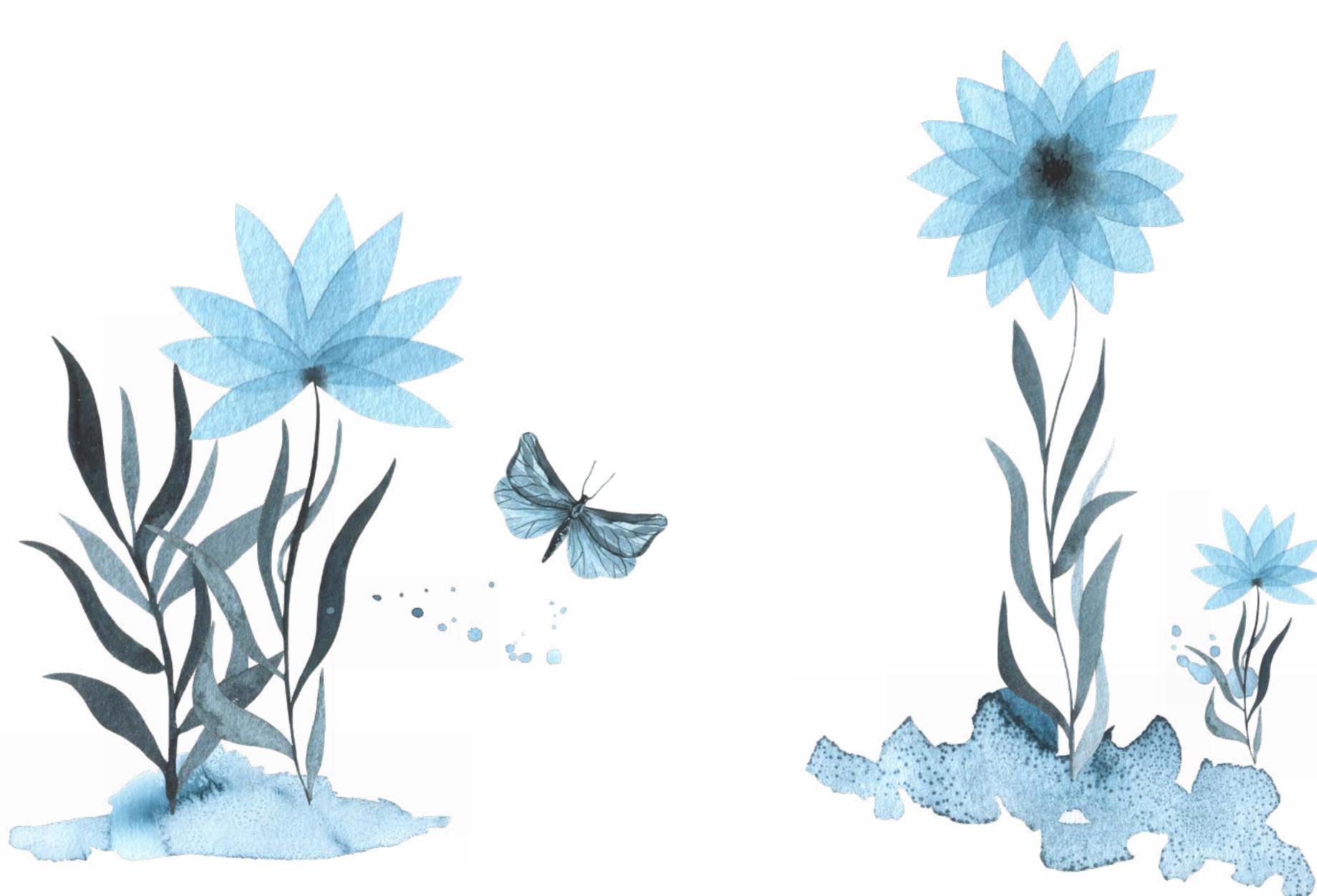
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# Sources

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- Huffington Post - [LINK](#)
- Inc.com - [LINK](#)
- Manifest Now a book by Idil Ahmed - [LINK](#)
- To Be Magnetic by Lacy Phillips - [LINK](#)
- Meditative Mind - [LINK](#)
- Aroma Outfitters - [LINK](#)
- Why Seeing to Believe is the Secret to Manifestation - [LINK](#)
- 15 Ways the Universe Speaks to Us - [LINK](#)



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