



Miracles, Manifesting and Your Mindset - How to Believe and Make It Happen For You!

Your formula for resetting your mindset and manifesting miracles:

**Speak it
See it
Feel it
Repeat it
Believe it**

Miracle Mindset Visualization:

Your Ideal Body/Life/Career/Health Exercise: How to Honor Her (You)

Today you're going to connect with your future vision, the life, body, money that are yours NOW and get quiet, tune in and connect with your future self.

Step 1: Use these simple journaling prompts:

If I had what I want and was the woman who I desire to be now...

How would you feel?

How would you spend your time?

What would you talk to yourself?

What would your days be like and feel like?



What habits would you have that would be different from the way you eat, think and move now?

How would you act and feel?

What would you say to yourself?

Who would you spend your time with?

Socially would you be a YES to?

What activities support you being this vision?

How would you think?

What time would you go to bed?

What time would you wake up?

Step 2: For 2+ minutes or as long as you feel called, allow yourself to sit in the feeling of your desires.

The goal is not to see what you desire, but to feel the feelings of having what you desire.

Feeling as if you already have what you want is the key to your Miracle Manifestations!

In order to visualize powerfully do steps 3 and 4 below:

Step 3: See it. Step into the vision of it.

Use Sense Memory to bring your vision to life.



What is Sense Memory? It's using all your senses to, sight, smell, taste and touch.

For example if you want a new house - bring in the smell of fresh paint, or the views. If you want love, bring in smell, his touch, the feeling of his hand on your back or holding yours.

Step 4: Feel it. Combine the vision with the feeling of having already achieved it.

*Pro Tip: Bring your visions and feelings to life through actions - example: if you want a new house, go to open houses in the area you want to live in. If you want a new car - test drive the one you want, if you want money - write yourself a check for the exact amount and place it in your wallet or a place where you can see it.