

**DIVINE GROWTH COACHING**

# 5 STEPS TO BEGIN MANIFESTING YOUR DREAMS

**[www.divinegrowthcoaching.com](http://www.divinegrowthcoaching.com)**

# STEP 1: SET CLEAR INTENTIONS

## Lock in Your Vision

You must get really clear on what you want and why you want it. Most people never get what they want because they never clearly choose what they want. You are in full control of your life and you can manifest anything that you desire but it all start with a clearly defined vision.

Ask yourself?

What would my life look like if I could have anything that I desire?

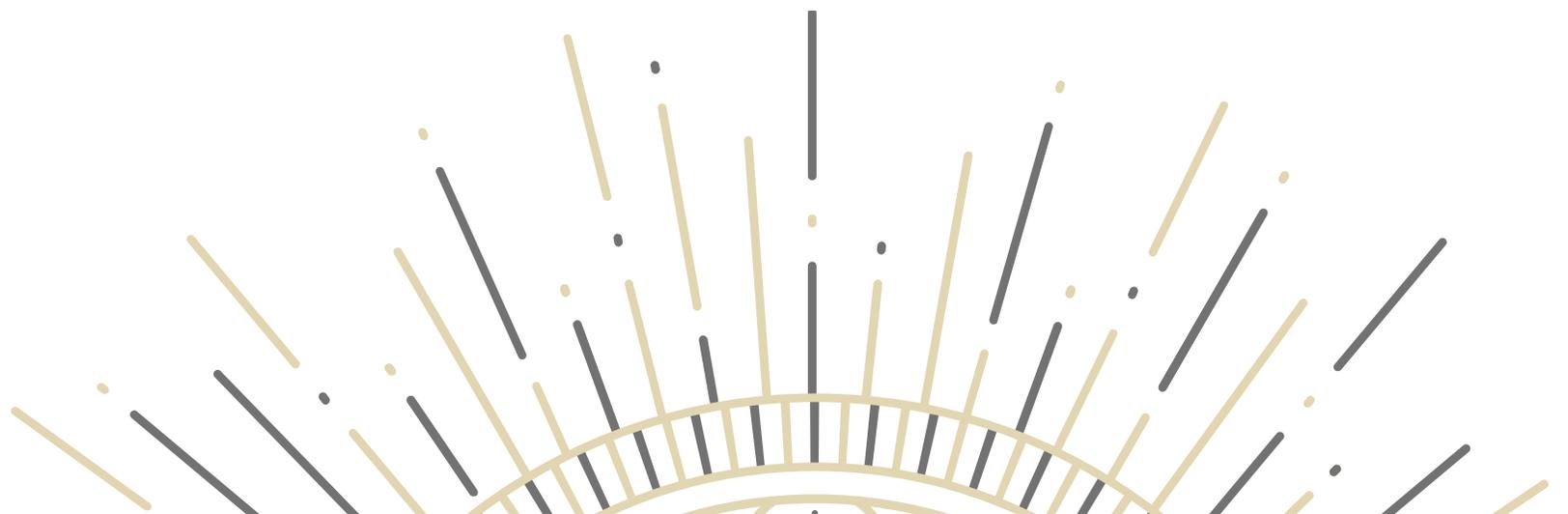
What would my perfect day look like if I had everything that I desired?

What would my future self look like, step into your higher self?

(How do I walk, talk, think & Act)

Get creative with this.

Start embodying the new vision and the new version of yourself now. In life, you don't get what you want, you get what you are. So, you must learn to guide your energy and your emotions towards what you are trying to manifest.



# STEP 2: DIG DEEP INTO WHAT IS CURRENTLY STOPPING OR BLOCKING YOU

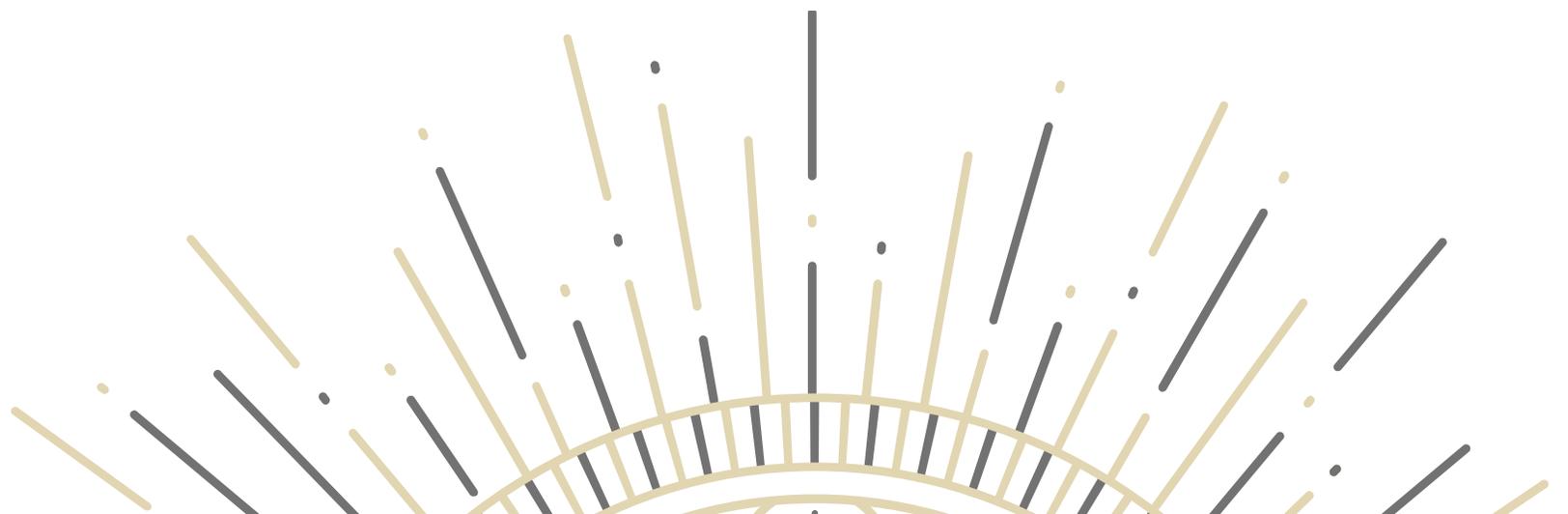
## Identify Your Roadblocks

Blocks and limitations can show up as fears, doubts, negative self talk, and self sabotaging behaviors. This step is not meant for you to judge yourself but to bring awareness to any limiting beliefs and behaviors so that you can then begin to shift them.

Ask yourself?

If I was to know what is stopping me or blocking me from realizing my dreams, what would that be?

What do I choose to let go of or give up in order to make this happen? (release whatever is not serving you, let go of the people, places or things that hold you back and keep you from realizing your dreams).



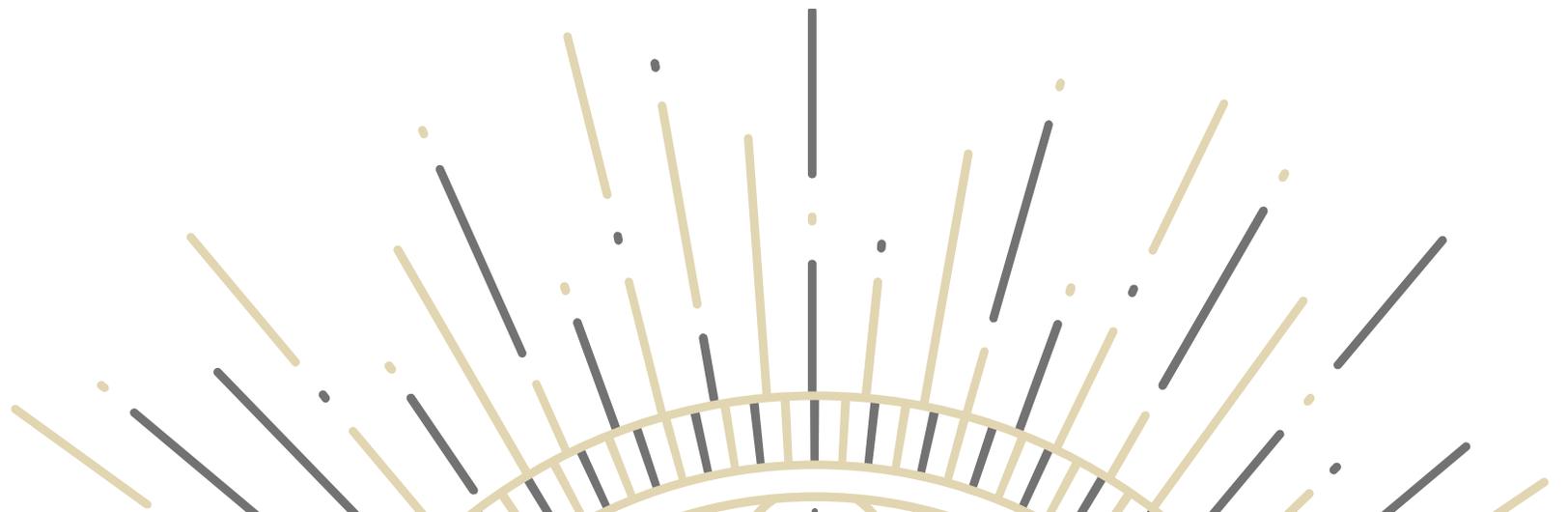
# STEP 3: CHOOSE BELIEFS THAT ARE ALIGNED WITH YOUR FUTURE SELF

## **Look into the Future**

Your thoughts and beliefs have a direct impact on the action you take, which directly impacts the results that you'll get. If you want to change your thoughts, you have to change your beliefs. The great news is that you get to CHOOSE which beliefs you want to embody on a daily basis and which beliefs you don't. So pick beliefs that serve you and are aligned with your vision and with your future higher self.

Ask yourself;

What does the higher future version of me chooses to believe about myself and about the world in order to support my dreams and vision?



# STEP 4: TAKE ALIGNED ACTIONS TOWARDS YOUR VISION AND DREAMS

## Align Yourself

Success is 80% your internal state and 20% what you do in the outside world. Most people get this entirely around the wrong way which is why they see little to no results in their life. You must align your energy first and then take aligned action. Aligned action stems from the deep work that we have done up to this point, and also from the daily commitment that you make to yourself and self growth.

Ask yourself;

What would my future higher self be doing right now to manifest this dream and vision into my life?

What are the most important things for me to be doing or focusing on right now?

After you have done this, circle the 3 most important and commit to getting those done. Who are the people that I choose to have in my life right now that are going to help me and support me towards my dream and vision?



# STEP 5: HAVE FUN WITH THE JOURNEY AND CELEBRATE EVERYDAY

## Enjoy the Process

Make sure that you have fun with the process as this will help you stay on track and stay motivated. Celebrate all of the little milestones each and every single day. And, always remember that things are always working out for you.



# BONUS: GRATITUDE, GRATITUDE, GRATITUDE

## **Make Time to Show Thanks**

Gratitude helps to raise your vibration and it sends a strong message to the universe that you have complete faith that you will receive your desires. Be grateful for your vision and dreams becoming a reality NOW, as you must believe it before you can see it. You must be completely satisfied of where you currently are, but excited and looking forward to where you are going. So, be grateful that amazing things are about to happen NOW.



# BONUS: TRUST IN THE UNIVERSE AND IN DIVINE TIMING

## Your Time is Coming

The universe loves you and is always looking after your best interest. It is important that you actively visualize what you intent to manifest so that your vision is seen by the universe. Practice a daily visualization meditation to tap into the power of the universe as you envision your dreams and desires. Remember that when you say YES, the universe responds, so say YES to yourself and your desires.

### **The Grand Recipe for Manifestation Success:**

“Clearly define intention (vision), combined with an elevated emotion, and a grateful heart for what’s currently here and for what’s to come.”

