

Ten Day  
Manifesting Magic  
Course

*By Melissa Field*





# Course Outline

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# Welcome!

You are about to embark on a powerful 10 day journey.

Each day of this course will take about 30 minutes to complete (except for Day 10, which has a longer meditation). If you can, try and do them one day after another. Although you may have to skip days when you don't have time, try not to let too much time pass between the exercises and meditations. This will help the positive energy and high vibes to build and gather momentum.

It's important to follow this course in the order outlined, as each day builds on what came before it. It's also important not to do the meditation until the workbook cues you to. Further, you'll only want to do one workbook section and meditation per day. It helps with the manifesting to let the things you realized, felt, and healed process and integrate before moving on.

**Although this course ends after ten days, your journey will continue. To experience true and lasting manifestations, continue to use what you learn in this course long after it ends. Continue to build your self-worth, your positive focus, your connection to your guides, and so on. The more you put the things you learn in this course into practice, the more your life will transform!**

I can't wait for you to experience the magic of this unique course! If you would like to make a donation please go to <https://www.melissa-field.com/donate.html>. The suggested donation is \$10, however, any amount you can contribute helps!

Thank you so much for allowing me to be a small part of your healing and manifesting journey.

Much love,

Melissa



# Day 1

*I Am Living My Best Life!*

You're going to begin your journey by creating a clear vision of your manifestation.

Throughout the 10 days, you will return to this entry. You'll use it as an anchor, referring to these words throughout other entries.

Let's start with the big picture. In one or two words, what is it you want to manifest? What's the overall theme – such as abundance, love, inner peace, good health, or freedom.

I am manifesting \_\_\_\_\_

Now let's start energizing you with how this is going to feel when you have it.

In a moment, close your eyes and repeat a simple *I Am* statement based on what you wrote above. Don't overthink it or try to tell yourself it's not here – just let the *I am* be enough for now. Here are some examples:

***I am abundant*** ✨ ***I am in love*** ✨ ***I am at peace***

**Write your statement here: I AM \_\_\_\_\_**

As you repeat the *I Am*, notice what feelings begin flowing through you.

When you're ready, write below several words you feel with this manifestation. Does it make you feel empowered? Free? You want to only focus on feelings here, and not actions. For example, if you want to manifest a loving relationship, you want to focus on how that feels, and not on what you'll do or where this will take you. If you need some help, here's some words to get you started:

Empowered \* Beautiful \* Loved \* Supported \* Appreciated \* Light \* Easy \*  
Relaxed \* Happy \* Playful \* Respected \* Open \* Excited \* Valued \* Independent

When I Am \_\_\_\_\_ I feel....

\_\_\_\_\_

\_\_\_\_\_

Using the positive feelings you wrote above, begin crafting three different *I Am* statements that capture what it's like to have your manifestation. Think of what feels good about your desire, and then build your *I Am* statements around those feelings of happiness, freedom, love, and support.

You want to write these focusing in on what you want, rather than what you don't want. For example, you do want to write, "I am abundant. My business is overflowing with happy clients!" You don't want to write, "I am no longer in debt." Even though the goal is to be debt free, these statements need to put your energy on where you're going, and not where you're coming from.

Here are some examples to help you get started:

I am in a healthy, loving relationship. I feel safe and respected and I love this!

I am running a successful business. I love feeling empowered and independent!

I am healthy and in great shape. I feel beautiful and full of energy!

I am... \_\_\_\_\_  
\_\_\_\_\_

I am... \_\_\_\_\_  
\_\_\_\_\_

I am... \_\_\_\_\_  
\_\_\_\_\_

### **Now you're really going to dive into the energy of your best life!**

Let's explore a day where you are living the things you wrote above. On the next page, write a day in the life where you are living and breathing the *I Am* statements above. Start with the moment you wake up and keep writing until you go to bed.

Below are some questions to get your creative energy flowing (you don't have to answer them – they're just a jumping off point):

How do you start your day? Do you live in a house? A loft? Who's with you? What city are you in? Who will you see? Where will you go? What will you be wearing? What's your energy like? Are you empowered? Creative? Successful?

How much money do you have? What do you do for fun? What do you eat? How do you feel about who you are? Are you planning any vacations? What are you excited about?



I am \_\_\_\_\_ and each day of my life is filled with incredible, joyful, and soul-fulfilling moments. Every day is like an incredible dream, and it starts like this...



I love going to bed knowing I am \_\_\_\_\_. I can't wait for the next day, because I know it's going to be just as powerful, just as bright, and just as beautiful. I can't believe how \_\_\_\_\_ I am! I am truly blessed!

Listen to the meditation for Day 1: *The White Light*   
<https://soundcloud.com/melissafield/sets/10-day-manifesting-magic>

After, come back and continue.

As the white light poured through your mind, it released anything that did not align with your *I Am* statement. Write down what you released, such as old stories, fears, and limiting beliefs:

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Now write the things the white light nourished - things such knowing anything is possible, people who have encouraged you, anything that makes your *I Am* come alive within you.

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Return to the *I Am* statements you wrote on page 3 and choose your favorite. From this newly energized place, write this statement again. See the words energized on the page. Allow everything to be held in the white light as it comes through you onto the paper.

I am... \_\_\_\_\_  
 \_\_\_\_\_

Re-read everything you wrote for Day 1. As you do so, keep in mind all of that came from you! There is a part of you that knows the manifestation is possible and is already connecting to it. What are your thoughts and feelings about this?

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Once more, declare your manifestation! Finish by writing "Thank you," as if it's already done and you're so grateful for how it all worked out. You can thank the Universe, your Higher Self, the people who will help you, or whatever feels right for you.

I am manifesting... \_\_\_\_\_! *Thank you* \_\_\_\_\_

# Day 2



*I Feel Good!*

On Day 1, you energetically called in your desire. Today, you're going to take steps to shift that desire from an energetic one to a physical one. In order to do that, you've got to align your energy with the energy of your *I Am* (page 2).

**Whatever it is you want to manifest, you want it because you know it will feel amazing.**

A million dollars? Amazing. The relationship of your dreams? Amazing.

The thing is, the Universe always mirrors back to us how we feel *now*. If, right now, you have financial problems and you feel negative about it, the signal you're sending and receiving on is way below where your desire is. Your intention is *I am abundant*, but the frequency that you're aligned with is *I am desperate* or *I am struggling*.

## Everything is Energy

In order to align with *I am Abundant*, you've got to raise your energy to match the frequency it's on. We are often convinced we'll get into those powerful high vibes when we have the thing we want, but the thing we want cannot show up until we get into those powerful high vibes!

To work with the magic of the Universe, we're going to get into those high vibes *now*. Not later. Now.

Right now, the thing you desire might not feel good when you think about it. There might be feelings of lack around it, unworthiness, fear, disappointment, or any other negative feelings you picked up through past experience. Therefore, you're not even going to try to shift in that area. Trying to force something when we're not ready only ends up making us feel worse.

Instead, you're going to *pivot* your attention to what already does feel good and become an energetic match through a different channel. Very few of us are taught how to do this and why it's important. Rather, we're taught to hustle, obsess, and work to get the thing we want. The Universe, however, does not care if you're burning the candle at both ends to make your dreams manifest.

**The Universe only cares about how you feel. Everything is energy.**

If you're thinking about the time you won an award, and you start to feel amazing thinking about that victory, guess what? The Universe feels your vibration and sends back to you everything



that matches that vibration. It's like opening a door to all the things that make you feel empowered, successful and joyful. This is when the magic begins to collect momentum.

Feeling good now is like a snowball at the top of a hill. Once it gets rolling, it becomes a powerful force unto itself.

Let's start right where you are. Look around you and list ten things that make you feel happy. A book. A pet. Fuzzy slippers. A candle. Nothing is too small to put here, and in fact, this is often where our misalignment begins – by forgetting to value the little things.

### **I love my...**


Now let's go a little bigger. Let's talk about where you live. What are ten things you love about your town and the area you live in?

### **In my community, I love....**


Now you'll go even bigger. Let's talk about being on this planet. This one can be a little sticky – we often see the problems of the world and our energy goes down. However, focusing on problems only expands them, and so for the good of all we're going to focus on what's going right. We're going to see what's good and amplify that vibration.

What do you love about being alive on Earth? Sunrises, fall leaves, places you've traveled to, languages, mountain ranges, musicians, artists, cultures, cuisines, moments of kindness. What makes each day on Earth special to you?

## I love this world because....


And now for the fun one. What do you love about the Universe, spirituality, and everything in between? This one is all about what lights up your soul – galaxies, oracle cards, soul mates, planets, time travel, meditation, past lives, auras, Saturn’s rings.

## I love being in this Universe because of....


**Bonus question!** When you close your eyes and think “I love...” how does your mind complete the sentence? What do you see?

I love \_\_\_\_\_

To continue building your good vibes, you’re going to do a little gratitude practice. I’ll start, and you complete the following statements:

When I’m outside, I feel grateful when I see \_\_\_\_\_

\_\_\_\_\_

I am so grateful I met my friend \_\_\_\_\_ because they are

\_\_\_\_\_

\_\_\_\_\_

When I want to feel spiritual or a sacred connection, I go to \_\_\_\_\_

I'm so grateful this place makes me feel \_\_\_\_\_

\_\_\_\_\_

I love going to \_\_\_\_\_ ! I feel so much gratitude for the \_\_\_\_\_

\_\_\_\_\_ when I'm in this place.

My favorite food is \_\_\_\_\_ I'm so grateful I can experience the  
pleasure of it. It tastes like... when I eat it I feel...

\_\_\_\_\_

I'm so grateful I have a body, because without it, I would not be able to \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Let's keep these good vibes going! You're now going to remember the things that  
lit you up and brought you joy in the past.

A time I felt a true sense of accomplishment was when I \_\_\_\_\_

\_\_\_\_\_

My favorite vacation/trip I ever took was \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

When I was a kid, I loved to \_\_\_\_\_

\_\_\_\_\_

When I think of a time I first felt truly spiritual and connected to the Universe, I think of....

\_\_\_\_\_

\_\_\_\_\_

Listen to the meditation for Day 2: *The Rising Sun*   
<https://soundcloud.com/melissafield/sets/10-day-manifesting-magic>

After, come back and continue.

Before the sun rose over the horizon, you felt a connection to something beyond you. Describe what you felt and what your personal concept of a Higher Power is.

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How did this meditation make you feel? Are there things in it you can use to raise your energy when you're not meditating? E.g. deep breathing, connecting to nature, etc.

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Imagine you are the Universe looking at you as you meditated on the rising sun. Describe what you (as the Universe) see, what the vibration is, and what aligns with this vibration.

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**Return to the I Am statement you wrote on page 2. What was it?**

I am \_\_\_\_\_!

Fill in the spaces below and then reread it all out loud, allowing deep, healing breaths as you do so.

I am \_\_\_\_\_! In order to become this, I surrendered \_\_\_\_\_  
 \_\_\_\_\_ . I surrendered it all to  
 (Higher Power) \_\_\_\_\_. Being (your I am) \_\_\_\_\_ makes me  
 feel \_\_\_\_\_! I am letting go of everything  
 that doesn't align with these feelings. Instead, I'm choosing to focus on what feels good, such as  
 \_\_\_\_\_. I breathe these  
 good things in, and as I breathe them in, the word that comes to mind is \_\_\_\_\_.

# Day 3

## *I Am Loved and Guided By Powerful Forces!*

In the process of turning your dream into reality, you may come to a point where you feel completely lost and alone. You may feel miles and miles away from what you desire without any clear path forward.

If this is how you feel, rest assured things are about to change. You were born with powerful guiding forces who walk beside you in every moment, and you can connect to them at any time. These guides are your lights out of the dark, leading you step by step to the manifestation.

The quickest and easiest way to connect to this inner guidance is to put your hands on your heart. Right now, put your hands on your heart, close your eyes, and take 3-4 deep, deeeeeep breaths.

As you sat with your hands on your heart, breathing deep, what did you feel?

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**Today, instead of doing the meditation at the end, you're going to listen to it now.** Because connecting with our guides is a *feeling* more than a thought, we need to feel it, and then we can continue on. **Listen to the audio for Day 3: *The Doorway*, and then come back.**

 <https://soundcloud.com/melissafeld/sets/10-day-manifesting-magic>

Once again, you're going to put your hands on your heart, close your eyes, and take 3-4 deep, deeeeeep breaths. After having done the meditation, did this feel different in any way?

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During the meditation, you had a chance to ask your team of guides for a message. How did your guides respond? (If you did not get a message during the meditation, come back to this after you get it – you'll know it when you see/hear it!)

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What does it feel like to be in complete trust? \_\_\_\_\_

\_\_\_\_\_

If you were to feel complete trust everything was working out for you, what would be different about you? What would your energy be like? Your body language? What would you focus on?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Imagine that right now, your powerful team of guides and angels is standing around you, ready to act on your behalf. How does that feel?

\_\_\_\_\_

\_\_\_\_\_

Now imagine you can give your team something to do on your behalf. Ask them to take care of something for you – an unresolved conflict, a bill, a job opportunity. Trust that your team will lead you, in the divine right way, to a resolution. What would you like to hand over to them?

\_\_\_\_\_

\_\_\_\_\_

Describe a day where you feel connected to your guides for the whole day. Describe how you feel when you wake up, how you respond to things, what you do, and what you let your guides do for you.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

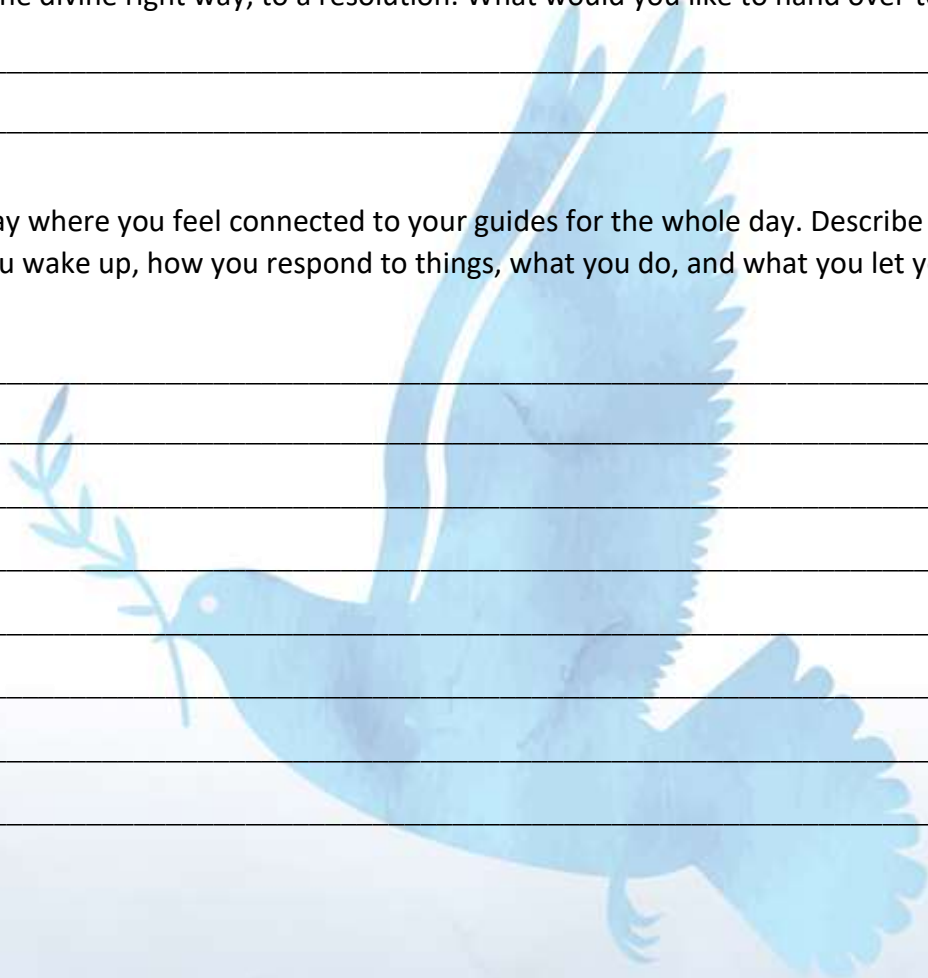
\_\_\_\_\_

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Give gratitude as if your guides and angels have already taken care of everything for you:

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What's something you could carry with you to always remind you of your guidance team? Something you can look at when you feel fear and disconnect coming over you. Something like a small keychain with wings, a lucky coin, or a crystal.

My guidance token is.... \_\_\_\_\_

Once more, put your hands on your heart. Breathe. Close your eyes and ask your team to give you a word. A word you need. Trust that the right word will come.

My word is.... \_\_\_\_\_

Return to the *I Am* statement you wrote on page 2 of your workbook. What was it?

I am manifesting \_\_\_\_\_

Return to the feelings you associated with this manifestation on the bottom of page 2 of the workbook. Write one or two of those words here:

When I Am \_\_\_\_\_ I feel \_\_\_\_\_

Now give your team a chance to guide and support you with this. Using your *I Am* from above, complete this:

I am manifesting \_\_\_\_\_ and my guides are supporting me by

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At the end of Day 1, you picked your favorite *I Am* and wrote it after using the White Light (page 5). Write that statement again below and add on to it using the prompt.

I am... \_\_\_\_\_

and my powerful guidance team supports me in this by \_\_\_\_\_

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# Day 4

## *I Am Worthy!*

When it comes to manifesting, a big piece of the puzzle is feeling worthy of the thing you desire.

Cultivating feelings of self-worth and self-love can be a struggle, especially if you have experienced a lot of criticism, rejection, or feelings of not belonging.

**When you nourish your inner sense of validity and worthiness, it's as if you glow from within. You become a beacon of light, calling to you all the things that light you up even more.**

In order to raise your sense of worthiness and self-love, you're going to focus on the things you already feel good about. You aren't going to try and shift your negative perceptions at this time. Much like Day 2, you're instead going to *pivot*, taking your attention off of what you perceive to be wrong and looking at what you like.

If you feel as if you have a short list of likes and a long list of issues, it's okay. You're starting where you are and accepting how you feel now is the first step in experiencing true self-love. Give yourself permission, right now, to feel what you feel.

**My name is \_\_\_\_\_ and I give myself permission to feel what I feel. I know I am a work in progress, and good things can come to me no matter what stage of my journey I'm on.**

Before you dive into your self-worth practice, let's revisit Day 3.

Let's call in the support of your guides and angels and ask them to assist you in seeing how truly loved and worthy you are. Put your hands on your heart, take a few deep breaths, and ask them to support you. Ask your powerful guidance team to help you to see yourself as they see you.

With your hands still on your heart, ask your team to give you three positive words about yourself. Trust whatever words they give you and write them here:

\_\_\_\_\_

## Celebrate yourself!

Below, you're going to list out ten accomplishments from your life so far. Keep in mind that what feels like a success or accomplishment is completely unique to you. Sometimes the things we value the most are things that came easy to other people.

This isn't about an external scale of how far you've come – it's completely internal. Only you know your story, the obstacles you've faced, and the things you've triumphed over. Additionally, nothing is too small or silly to celebrate. If you walked around the block, and you never walk or move your body, put it on the list!

### I am proud of myself for...


### Now you're going to write down 20 things you love about yourself

If 20 feels like an impossible number to get to, just start writing. Once you get in a flow, more will come to you. If you get stuck, take a break and set the intention that you'll come back to it when you're ready. You can even fill this in throughout the day, keeping this sheet tucked away somewhere safe with you.

### I love my....



### **You're doing great! Let's go even deeper into your worthiness.**

Let's consider your value in the same way we attribute value to the natural world. When you feel love and appreciation for a flower or a butterfly, what is it that makes you feel this?

You do not appreciate a flower because it's wealthy, spiritual, educated, popular, or wears the right size. The flower does nothing to "earn" your love, and yet you love it. You love it because it exists, and because it adds color to the world.

### **You too add color to the world, just by being you!**

Complete the following prompts with whatever feels right to you:

I Am connected to the entire Universe, and that makes me feel...

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I Am created from the same material that composes our powerful, life giving Sun, and that makes me feel \_\_\_\_\_

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I Am created from an All Knowing, All Loving source of cosmic power. I Am a child of this Eternal Source of Love, and as its child, I am never without its love or support. That makes me feel...

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I Am an eternal spirit. I am the self I see, and I am also so much more. When I see myself as an eternal being on a cosmic journey, I feel...

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Return to your *I Am* from page 1

I am manifesting \_\_\_\_\_

Whatever it is you're manifesting, consider now how your Creator, the Source of the Universe, feels about your desire. Your Creator sees you as one of Its beloved children, and as a member of Its cosmic family, It only wants you to be happy and to feel loved.

Below, write yourself a note from your Higher Power in relation to your dream. Talk to yourself the way an All Knowing, All Loving power would talk to you.

*If your mind is drawing a blank here, return to your Inner Guidance. Put your hands on your heart, close your eyes, and take some deep breaths. Trust that the words will come.*

Dear (your name) \_\_\_\_\_,

I have heard your request, and as Your Creator, I want you to know \_\_\_\_\_

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Love, \_\_\_\_\_ (Your Higher Power)

And now you. Tell yourself why you deserve this thing your heart longs for.

If you get stuck here, refer back to your previous entries. Re-read your accomplishments, what you love about yourself, your connection to the Universe, and your note from your Higher Power. Use any of that as a jumping off point.

I am manifesting \_\_\_\_\_

I am worthy of it because...

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You'll now play the meditation for Day 4: *The Award* 

<https://soundcloud.com/melissafield/sets/10-day-manifesting-magic>

After you listen to it, come back and complete the following:

During the meditation, your loved ones spoke about your achievements. List below some things they might say. As before, nothing is too small to note here. It can be anything from a time you were there for someone to how you're always helping people to laugh and feel better.

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At the end, you were given a chance to speak to everyone from your heart. What do you think you would have said in this moment?

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If you were going to give yourself an award right now, what would it be for? Forget being humble – this is your chance to privately celebrate you and your awesomeness.

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Re-read everything you wrote for Day 4. What are some positive words or phrases you wrote that stand out? And remember, all of that came from you! On some level, your self-love and self-worth is a seed that's already inside of you, taking root and growing *right now*.

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Yesterday, you returned to your favorite *I Am* and added onto it (page 13). Once again, you'll write it and add on (and if you want to change it, feel free! This should be an organic process that evolves with you).

I am... 

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and my powerful guidance team supports me in this by 

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and I know I am worthy of receiving this manifestation because 

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# Day 5

## *I Am Manifesting!*

When there's something you want to manifest, and it's not showing up no matter how hard you try, it can lead you to believe you're powerless.

It can make it seem as if you have no power over your life. It might even seem you've been forgotten, abandoned, or that you're being ignored. It can give the impression that there is nothing out there watching over you, and all of this is just random chaos.

In truth, you are the creator of your life. You create everything that happens and everything that doesn't happen. It might not seem like it, but not manifesting something is a manifestation. It's the manifestation of the lack you're focused on. The Universe is always responding to and reflecting back to you your inner feelings.

**In order to tune back into your power, you're going to get clear about how much you can and do manifest all the time.**

Essentially, everything you have manifested into your life. It might not seem like a big deal that you have a shirt on your back and shoes on your feet (or whatever you're wearing), but it actually is! Nothing comes to you unless you first create it in your mind and then allow yourself to receive it.

**Let's really dig into how powerful your manifesting abilities are.**

Look around and write down everything you have that you manifested. It doesn't matter if it was a gift, you bought it, you found it, or you can't remember how you got it. The fact is, it's here and you made that happen. As always, nothing is too small to matter here. To the Universe, there is no small stuff, it's all just stuff, so put down that pen you got at the bank, the book you bought for a dollar, and anything else you see around you (keep writing onto the next page)

**I manifested...**

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Revisit your intention from page 1:

I am manifesting \_\_\_\_\_

You're now going to reflect on everything you've ever manifested in relation to this.

If you want to manifest a loving relationship, write down all the love that's ever flowed into your life. This isn't about having had the perfect relationship in the past. It's about how you've experienced love, connecting with that love, and allowing that to be your point of attraction. In other words, if you love your cat, that's love you've manifested, and the Universe will respond to that by sending you more things you love and that love you back. If you love your garden, the corner grocery store, and your neighbor's flowers, that's love you've manifested.

Essentially, what you want to do is become the energetic match to your desire. You do that by focusing on your desire and feeling as if you have it. If you want to manifest abundance, but you feel as if you don't have it, the Universe can only respond to your inner belief you don't have it. So find all the things that do make you feel abundant – perhaps an abundance of friends, an abundance of old stamps you collect, and so on.

Don't be afraid to get creative here! The more you write down, the more you say to the Universe *Thank you! I'm ready for more!* Here we go!

**I am a master at manifesting \_\_\_\_\_ I have  
already manifested some amazing things in this area, such as....**

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Now you're getting the good vibes going! Let's go back to the *I Am* statement you've been building and add on to it.

At the end of day 1, you picked your favorite *I Am* and built onto it each day. Write that statement again below (using the one from page 18 or whatever you feel is true now) and add on to it using the prompt.

I am... \_\_\_\_\_

\_\_\_\_\_

and my powerful guidance team supports me in this by \_\_\_\_\_

\_\_\_\_\_

and I know I am worthy of receiving this manifestation because \_\_\_\_\_

\_\_\_\_\_

And I KNOW I can manifest it because I've manifested so many amazing things already, such as

\_\_\_\_\_

### Wooh! Look at you go!

Now let's have some real fun. This one is the wild card. So far, you've noted the things you manifested in the space you're in and in relation to your desire. For this one, you get to decide what manifestations to list. This is where you write all the things you've ever manifested that made you light up with joy.

Anything and everything that came into your life, from your childhood to now, that made you feel great gets to go here. Vacations, cars, friends, lucky rocks. You name it, you get to write it.

**I have manifested some pretty cool things!**

**Here are some of my favorites:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**And now, I am manifesting**

\_\_\_\_\_

### Listen to the meditation for Day 5: *The Tree*

🔊 <https://soundcloud.com/melissafeld/sets/10-day-manifesting-magic>

Then return to finish the following.

On the image of the person below, you're going to draw the tree you visualized. This isn't an art exercise, so don't worry about drawing anything perfect. This is about tapping into a different area of your brain, getting playful, and allowing this journey to be fun and light.

Once you've drawn your tree, you're going to write words around the roots and branches. Around the roots, write down words associated with what you received from the earth. Around the branches, write things you received from your Higher Self or the Universe. You may also use the same word on both sides (e.g. balance or healing might go on both). When you're finished, do the exercises on the sides of the person.

I am manifesting

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As I go about this, I will find  
grounding by

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And I will find connection a to  
my Higher Self by

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When I am balanced I feel

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# Day 6

*I Love How This Feels!*

You're halfway through! At this point in your journey, you're going to circle back to Day 1.

With your energy raised and your vibes flowing, you're going to return to fully focusing on what you want to create and build on your positive momentum. Let's first recall your intention:

**I am manifesting**

\_\_\_\_\_

And now you'll return to the powerful intention statement you've been cultivating. Once more, write your statement here and allow it to evolve in any ways it's ready to:

I am... \_\_\_\_\_

\_\_\_\_\_

and my powerful guidance team supports me in this by \_\_\_\_\_

\_\_\_\_\_

and I know I am worthy of receiving this manifestation because \_\_\_\_\_

\_\_\_\_\_

And I KNOW I can manifest it because I've manifested so many amazing things already, such as

\_\_\_\_\_

On Day 1, you wrote out the positive feelings you associate with this I AM. Write those again here (or if you want, choose new ones):

When I Am \_\_\_\_\_ I feel....

\_\_\_\_\_

\_\_\_\_\_

***And now you're ready to really get into these feelings!***

It's time to feel as if this amazing manifestation is here and it's **happening now!** Let's imagine how it feels to have this and to be living it. This is your life when you're fully in the magic.

If you've manifested your ideal partner, write down where you'll go and what you'll do together. If you have your abundance, write down what you'll buy, who you'll help, and so on.

### Now that I've manifested

---

I will.....

- 1.) \_\_\_\_\_
- 2.) \_\_\_\_\_
- 3.) \_\_\_\_\_
- 4.) \_\_\_\_\_
- 5.) \_\_\_\_\_
- 6.) \_\_\_\_\_
- 7.) \_\_\_\_\_
- 8.) \_\_\_\_\_
- 9.) \_\_\_\_\_
- 10.) \_\_\_\_\_

From the list above, pick your favorite experience. You're going to add onto it below.

Now that I've created \_\_\_\_\_ I can't wait to \_\_\_\_\_  
 \_\_\_\_\_ It's going to feel  
 \_\_\_\_\_! I love feeling \_\_\_\_\_ and \_\_\_\_\_!

Above, you wrote how it will feel when you're experiencing your manifestation. Below, describe what this feeling is actually like. How does it feel in your body? What is your energy like?

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What are some things that give you this feeling and that you can experience without anything changing? For example, if having abundance feels light and free, what else makes you feel this? It might be as simple as baking cookies, planting flowers, or laughing with your kids.

I love feeling \_\_\_\_\_! I feel it when I.....

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According to physics, all of time is happening at once. Which means, your future self is already experiencing what you described above! You're there! But maybe you need a little reassurance and help knowing this will come to pass. Who better to help you get where you're going than your own self?

For this exercise, you will once again connect to your guidance, and your guidance will come from your future self. Close your eyes, put your hands on your heart and take a few deep breaths. Imagine you're feeling the euphoria of your manifestation. You've done it. You've arrived! Let your future self share with you any words of wisdom, reassurances, or guidance they have for you.

Dear Present \_\_\_\_\_ (*your name*),

Thank you so much for all you did to make this dream a reality! You have no idea how happy and blessed I feel. I want you to know \_\_\_\_\_

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Love,  
Future \_\_\_\_\_ (*your name*)

Take your *I AM* and expand it out into a short mantra. For example, if your I AM is "I am abundant" try something like "I am abundant and in a flow" or "I am at peace" becomes "I am at peace and taken care of". Take your time with this and allow what feels true to you to come forth.

I AM \_\_\_\_\_

Listen to the meditation for Day 6: *The Mantra*   
<https://soundcloud.com/melissafeld/sets/10-day-manifesting-magic>

For this audio, you will use your I AM mantra from the previous page.

After, continue here: OM is known as the sound of the Universe. When we chant it, our intention is to connect with who we are beyond this physical existence. It's meant to connect us with our eternal spirit, which is the part of us that is always love, abundance, and joy.

When you connect with this eternal part of yourself, you connect with the part of you that was never and could never be separate from your desire. There is a part of you that always vibrates with the intention you're trying to manifest. By chanting OM, you bypass all the mental gymnastics and dive right into the part of you that is in perfect alignment and harmony.

Put your hands on your heart, close your eyes, and chant OM two or three times. After, write down what OM means to you. What does it feel like to notice this vibration in your body?

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Return to your mantra: I AM \_\_\_\_\_

When you're not meditating, how is your energy around this intention? Do you feel there's a lot of fear, worry, or upset around it? Describe your energy in relation to your desire:

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Now describe how your energy was while you were meditating. What energy did you imbue your intention with? How do you think this shifted things for you?

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Going forward, when you catch yourself in fear or worry around your intention, what can you do to create a small shift in the moment? How can you remember to ask your guides & angels for help?

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Once more, write your mantra: I AM \_\_\_\_\_

Read your mantra out loud and follow it with one OM.

# Day 7

*The Future is Good!*

One way you often block your manifestation is by worrying it'll never show up.

You project your fears onto the future, and the future lines up to match your inner beliefs. If you're going to have an amazing future (and you are!) you've got to start seeing it now.

**In order to build a beautiful future, let's first return to energizing your desire in the present:**

**I AM**

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Before you dive into your future, you're once more going to revisit how this *I AM* feels. This will help you get clear on the next part.

When I Am \_\_\_\_\_ I feel....

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Now let's start planting seeds in the future! You'll start small and continually expand. The best way to do this is to get specific, to really see yourself in each situation, and to see it as if it's happening. Who's with you? Where are you? What are you wearing? How do you feel?

With each phase, grow this vision bigger. In other words, you don't want to try and see yourself having a million dollars a month from now, but instead you want to expand up to that.

**One month from now, I will be....**

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Six months from now, I will be....

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One year from now, I will be....

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Five years from now, I will be....

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Ten years from now, I will be....

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Look at you go! Your future is really starting to look amazing. In order for all those brilliant things you wrote above to happen, you're going to need some help from your powerful guidance team. Let's check in with your guides and receive some support.

Put your hands on your heart, close your eyes, and take some deep breaths. Ask your guides to give you some clarity on what you need to let go of in order to manifest this incredible future. You might get a word, a phrase, or a specific thing that you need to let go of.

### I am surrendering.....

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Now let's find out what you might need to cultivate or call in. Ask your guides what step you need to take, what you need to do, or what you need to nourish at this time. Put your hands on your heart, close your eyes, take some deep breaths, and ask away.

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And once more, let's check in with your future self. Put your hands on your heart, close your eyes, and take a few moments to connect with the powerful energy of your future. Ask your future self how far in the future they are. Ask them what they want to share, and send them love, as love amplifies anything amazing happening in your life!

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**Now let's declare it! Write it down and know that your intentions are powerful and set the energy of the Universe in motion on your behalf.**

My name is \_\_\_\_\_ and I declare, right here and now, my future is going to be filled with all the amazing things I'm dreaming of. I am worthy of this spectacular future because I am \_\_\_\_\_ and I am supported by a powerful guidance team. When I think of my future, the words that come to mind are \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.

I am a divine being and I (your name) \_\_\_\_\_, declare it and so it is!



Play the meditation for Day 7: *The Blessing Ball*

<https://soundcloud.com/melissafeld/sets/10-day-manifesting-magic>

Before you play it, re-read your answers from pages 27-28. You're going to use these during the meditation.

The circle on this page represents your Blessing Ball of Light. During the meditation, you blessed yourself where you are and in your future. Inside the circle, write all the things that you energized with love and blessings



In the beginning of the meditation, you blessed your present self. What did you heal or bless in your current life?

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Based on what you wrote above in the circle, what do you believe your future will be like? What are some words that stand out to you?

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When you pulled all of the Blessing Balls of your future into your heart, what did you feel?

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# Day 8

## I Love Myself!

Today, you're going to build on what you started on Day 4 (*I Feel Worthy!*).

As we talked about on Day 4, feeling worthy of your desire is crucial to allowing the manifestation into your life. When you practice self-love, your inner sense of worthiness rises on its own.

**For most of us, self-love is a tough subject.**

It's something we have to approach from multiple angles, constantly peeling back the layers of our inner critic until we get to our spirit, to the heart of who we really are. When you view yourself from the perspective of your spirit, there is only love. You see yourself as you truly are:

**A divine, cosmic being who is as valuable and precious as every star in the sky.**

If you find it easier to judge than love yourself, you're not alone.

You may even be struggling with the fact that you don't love yourself but feel you should because you're on a spiritual journey. This kind of self-talk is the kind that is well-meaning but ends up making us feel worse. Feeling that you're failing at self-love is also very common, and if that's where you're at, don't worry. You're going to start with acknowledging and accepting how you feel so that you can truly begin healing.

For the next few exercises, go with the first number that comes to mind. Trust that your inner self will guide you to your truth. To begin, put your hands on your heart. Close your eyes and take a few deep breaths. Give yourself permission to ask these questions and receive the answers without judgement. This is between you and your paper – you are free to get totally honest. No one will read this (unless you want them to). Also, keep in mind there's no correct answer here. Each number is simply a reflection of where you're at.

**On a scale of 1 to 10...**

My self-love is a \_\_\_\_\_

My body love is a \_\_\_\_\_

I feel I have value to offer this world (1 is no, 10 is absolutely) \_\_\_\_\_

I set healthy boundaries (1 is never, 10 is always) \_\_\_\_\_

I prioritize my own needs (1 is never, 10 is always) \_\_\_\_\_

I make healthy choices (1 is never, 10 is always) \_\_\_\_\_

I feel worthy of being seen (1 is never, 10 is always) \_\_\_\_\_

I feel worthy of being heard (1 is never, 10 is always) \_\_\_\_\_

On a scale of 1 to 10, I feel worthy of my desire (1 is unworthy, 10 is bring it on!) \_\_\_\_\_

## Before you go on, give yourself permission to be where you are

You may have been disappointed by your numbers or you may have been relieved. Either way, you are where you are, and you're there for a reason.

My name is \_\_\_\_\_ and I give myself full permission to accept and love myself – even the parts of me that are critical and fear based. I feel the way I feel because of the life I've lived and the experiences I've had. I am on a journey, and no one may judge where I am or where I'm going. My journey is between me and (*your higher power*) \_\_\_\_\_.

**In truth, you don't have an inner critic because you're weak, unworthy of your own love, or less than in any way.**

You have an inner critic because that's how you learned to survive. It developed for many reasons, and like all parts of you, all it really wants is to be loved.

You're now going to try something a little different. I want you to call up your inner critic. Bring forth that voice that cuts you down and tells you all the reasons you can't.

Now put your hands on your heart and ask it what's really going on. What's behind all the criticism? Keep listening until you get to the heart of it. Just keep breathing, sending it love, and letting it know it's safe to tell you. Your Inner Critic might tell you it feels scared and alone, it feels unworthy of love, or it's been hurt before and it's just trying to protect you. When you've received your answer, you'll feel a sense of peace towards this part of you.

What was at the heart of your Inner Critic's behavior? How did it feel to have this understanding of yourself?

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Take some time now to have a supportive and healing talk with your Inner Critic. Based on what it told you, give it some love. Reassure it. Talk to it like a beloved friend who is in pain and in need of some soul nourishing support.

Inner Critic, I hear you and I see you, and I want you to know...

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Now put your hands on your heart, bring your Inner Critic to your awareness and begin repeating, "I love you, come home." Bring this part of yourself home, to your heart, to your eternal center of peace and love. Allow this part of you that's become disconnected to come home to the true you. Keep sending it love and calling it home to your heart until you feel complete.

## Learning to love yourself as you are might feel like an impossible task.

You might see all your perceived shortcomings and failures and feel there's nothing good there.

In order to undo this story, you're going to go back in time to before this inner program took root. You're going to plant something new there and give yourself what you actually needed.

Below, write a note of love and encouragement to your childhood self (you decide at which age). Tell them all the things you wish someone had told you. Talk to them like a coach would to a star athlete who's lost their confidence. Build them up, and when you're done, visualize yourself giving them a huge hug.

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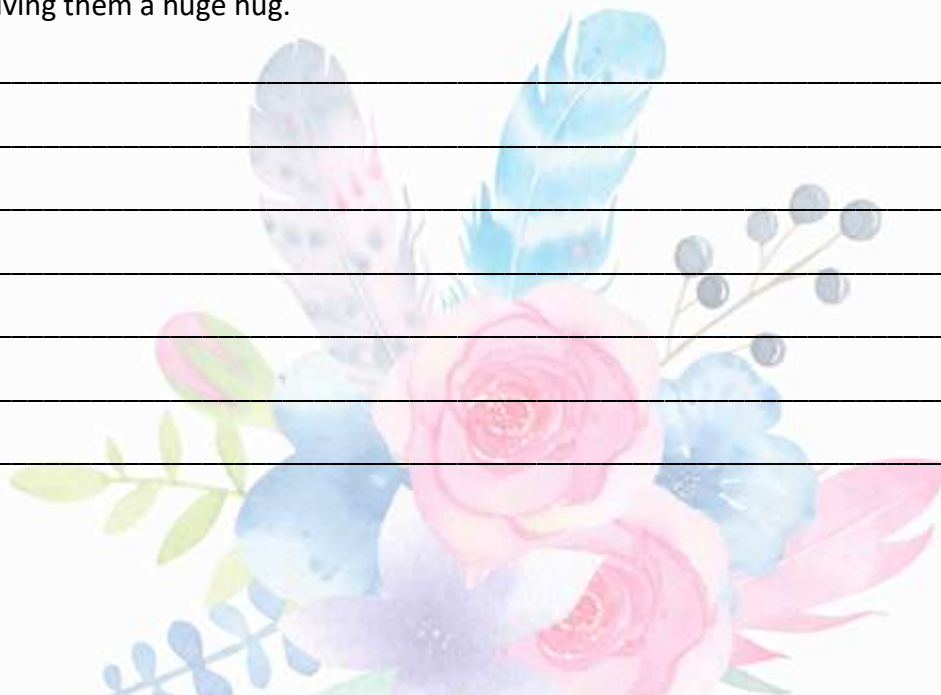
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And now you'll do that in the opposite direction. Write a note to you from your childhood self. Let them tell you all the ways they're amazed with you. Allow them to share how excited they are for all you've overcome, all you've accomplished, and the incredible person you are. And remember, your childhood self knows the obstacles you faced, so they will give you heaps of love and compassion. When you're done, receive a huge, supportive hug from them.

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In order to keep boosting you up, let's return to your numbers from pages 31-32. In which area did you have the lowest number?

\_\_\_\_\_

You deserve to have that number be a 10! Let's get you closer to that. Below, you're going to give yourself encouragement in this area. Tell yourself what you need in order to make this number higher.

As you write, watch out for any criticism masquerading as self-love. In other words, if your body love was low, telling yourself you need to lose x amount of pounds won't help right now. Rather, write how you could follow more body-positive accounts on Instagram, wear that dress that makes you feel fierce, what you absolutely love about your body, compliments you've received, and so on.

**Ready? Go!**

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Listen to the meditation for Day 8: *The Beach*   
<https://soundcloud.com/melissafeld/sets/10-day-manifesting-magic>

After, complete the following:

In the audio, when you gave yourself love and listened to your own needs, what did it feel like?

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What did it feel like when you merged with your other self? \_\_\_\_\_

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How often do you give yourself love and support? \_\_\_\_\_

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List six things you can do to show yourself more kindness and love. Take your time and really tune in and listen to yourself. Only you know what you need most!

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On Day 4, you were celebrated and acknowledged by the people in your life during the meditation (*The Award*). Without looking back at what you wrote, put down some things you deserve to be celebrated for:

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From this place of self-love, let's return to your intention. Once more, write your empowered statement (write what feels true now or continue to use your previous one from page 23):

I am... \_\_\_\_\_

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and my powerful guidance team supports me in this by \_\_\_\_\_

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and I know I am worthy of receiving this manifestation because \_\_\_\_\_

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---

And I KNOW I can manifest it because I've manifested so many amazing things already, such as

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# Day 9

## I Trust!

Much like self-love, trust can be a difficult part of the manifesting process.

It requires letting go of control and having faith in things you can't see. In some ways, it's the culmination of everything that came before it.

**It requires you to be connected to your divine guidance, to your sense of worthiness, to a belief in a good future, and to a sense of optimism in the present.**

Trust is essentially a two-part process. It's first having faith in the unseen and then second surrendering and letting go. These things go hand in hand, as you are unlikely to let go until you feel sure something will catch you.

We began discussing trust on Day 3, when you connected to your guides and angels. Before you go on, return to page 12 and re-read what you wrote about trust.

With your words in mind, take a moment to re-connect to your powerful inner guidance. Put your hands on your heart, close your eyes, and take 3-4 deep breaths. Then complete the following:

I am manifesting \_\_\_\_\_ and I trust in the powerful forces that are helping to make it happen. When I trust the Universe is working on my behalf, I feel \_\_\_\_\_



**As you did on Day 3, you're going to do today's meditation now instead of at the end.**

<https://soundcloud.com/melissafeld/sets/10-day-manifesting-magic>

Trust, like a connection to your spirit guides, is a *feeling* more than a thought. You need to feel it, connect with it, and embrace it fully.

For this audio, you're going to want to lay down on your back. It will help with the visualization you're going to do. **Listen to the meditation Day 9: *The River***, and then come back and continue on with your workbook.

*A note: At the end of the meditation, you are offered a chance to continue resting and reflecting. The meditation is 14 minutes, but because of the extended music, the full track is 30 minutes.*

During the meditation, you floated down a river and completely let go. How did you feel during the meditation? How did these feelings compare to what you wrote about trust?

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At the end, how did it feel to have arrived at your destination without effort or worry?

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During the meditation, you offered up some statements of trust (I trust my guides, I trust the Universe). What were your trust statements? As you write them, see if anymore come to mind and add those, allowing the trust to build and expand.

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When it came time to receive a message from the river, what was your message? If it didn't come in as words, what was the feeling the river gave you?

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What are some words you associate with trust? Write whatever feels true to you. If you're having a hard time starting, close your eyes, put your hands on your heart, and imagine yourself on the river, serenely floating and completely letting go.

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What are some ways you can apply this meditation to your daily life? How can you be more in a flow and more trusting?

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## Let's return to your intention and infuse it with trust

I am manifesting \_\_\_\_\_ and I trust I am loved & supported in this!

For my desire to become manifest, I \_\_\_\_\_ (*your name*), must trust in the divine guidance of the Universe. I must let go of control and allow \_\_\_\_\_ (*your Higher Power*) to work on my behalf. I will hand the following over to be taken care of for me:

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Thank you \_\_\_\_\_ (*Higher Power*) for guiding, supporting and loving me!

Trust is easiest to get into when you're relaxed. What are some things that help you to forget your worries, be in the moment, and bliss out? And remember, no matter how silly or irreverent it is, it's important because it helps you. Refer to this list when you feel yourself spiraling in doubt, fear, and negativity.

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Now let's return to the powerful intention statement you've been building. We're going to add onto it one last time (from page 35). After you're done, cut the statement off and hang it somewhere you will see it every day.

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I am... \_\_\_\_\_

---

and my powerful guidance team supports me in this by \_\_\_\_\_

---

and I know I am worthy of receiving this manifestation because \_\_\_\_\_

---

And I KNOW I can manifest it because I've manifested so many amazing things already, such as

---

and I trust it will all workout, I feel it, because when I am in a place of trust I feel \_\_\_\_\_

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To help you further get into the trust, think of things that happened in your life that completely awed you when they manifested. Things that happened through coincidence, synchronicity, and in ways that were beyond your control. Chance meetings, lucky breaks, and so on... Write as much as you can. The more you think of and put down, the more your trust will grow.

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Once more, put your hands on your heart, close your eyes, and take a few deep breaths.

From this connected place, write below who your Higher Power is. God, the Universe, energy, Allah, etc. Then write down how this Higher Power makes itself known to you. In what ways do you feel its presence (such as a tingling sensation, warmth, an inner knowing, and so on)

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I am manifesting \_\_\_\_\_ and I trust I am supported by  
(*your Higher Power*) \_\_\_\_\_, who help me by \_\_\_\_\_

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When I have completely lost my sense of trust and I am spiraling in fear, I will \_\_\_\_\_

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# Day 10



Thank you!

Gratitude is a practice that amplifies and accelerates all of your manifesting desires. When you give gratitude, you are putting your attention on what's going right in your life.

**Because like attracts like in this Universe, when you see blessings around you, the Universe responds by sending more blessings your way.**

For this gratitude practice, you're going to give thanks for what's here and also for what's coming. You're going to act like it's already here, because when you declare it's done, you surrender it and allow it to be so.

This is going to build on what you did on Day 2 (I Feel Good!) and Day 7 (The Future is Good!). You're also going to give gratitude for what's already shown up, building on Day 5 (I Am Manifesting!).

Let's start with your intention and really put some powerful energy behind it.

I AM....

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I love being \_\_\_\_\_. I am so grateful for all the ways it shows up in my life. I am thankful for \_\_\_\_\_

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Imagine now all the things you wrote for your brilliant life 1 year from now are happening. You aren't still in the manifesting phase – *they're here*.

First, list some things you wrote for your life 1 year from now (page 28): \_\_\_\_\_

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And now give some gratitude, giving thanks for the abundance, the relationship, and whatever else has shown up.

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Now that all these unbelievable miracles, coincidences, and blessings have poured into your life, you're going to want to give some gratitude to your guides and angels. Once again, express this gratitude as if it's already done, and you're thanking them for all they did on your behalf.

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Let's not forget what your Higher Power has done with you and through you. Whoever your Higher Power is, and however it showed up to assist, guide, and support you, give it gratitude.

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Last but not least, give gratitude to yourself. Let yourself know how grateful you are that you learned to love yourself, put yourself out there, took a chance on that thing, took that important step, or whatever else it is you know your future self will be thanking you for.

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Now let's go more general. Let's look at different areas of your life and express gratitude for all your blessings.

What are some things you are thankful for when it comes to your family? If your family life was difficult or you're currently disconnected, you might try offering gratitude for what this showed you about yourself, how it taught you the meaning of resilience, or how this inspired you to be

more compassionate. And remember, family can be the one you've created, either friends, community, or a combination of things, so you can also offer gratitude to the family you chose.

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What are some things you are thankful for when it comes to your home?

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What are some things you are thankful for in your job or career? (And if you're currently unemployed or struggling, get creative! Give gratitude from a future place, for your new job, new clients, and so on.)

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**Now you're going to do something that's going to sound challenging but could lead to a powerful breakthrough – you're going to give gratitude for where you are.**

You're going to thank the Universe for your life as it is – even without the manifestation.

This might sound counter-intuitive, as if it's going to keep you more stuck. But this actually has the opposite effect. When you stop resisting where you are and make peace with it, you drop many of the walls that block your dream.

From a metaphysical perspective, this will release your point of attraction from a negative or deficit place and open up your energy. If, in your heart, you want a loving partner more than anything, then you have to take your focus off of the fact that it's not here. By continually thinking, "I want that!" you send the signal out that it's not here, and because the Universe can only mirror back your thoughts and beliefs, it sends back the lack of it.

**By claiming all is well now, you are essentially giving the Universe permission to flood you with gifts.**

In the space below, you're going to give gratitude for your life as it is. Take your time with this and really think about why you would feel grateful for how things are. Your lack of manifestation may have pushed you to resolve self-love issues, to deepen your spirituality, or to have compassion for other people's struggles. Whatever feels true to you is what's right here.

**I am grateful for my life right now, as it is. It has shown me.... and I have realized...  
and I'm thankful for....**

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And now this one's for you. Anything else you want to express gratitude for, go for it.

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One more time, let's infuse your intention with gratitude. The power of gratitude cannot be understated, and you're going to use that power to its full advantage.

I AM \_\_\_\_\_ and I am so thankful for how everything worked out.

*Write thank you & take a deep breath* \_\_\_\_\_

*Write thank you & take a deep breath* \_\_\_\_\_

*Write thank you & take a deep breath* \_\_\_\_\_

Listen to the meditation for Day 10: *The 7 Chakras*  
<https://soundcloud.com/melissafield/sets/10-day-manifesting-magic>

After, complete the following: Go through each chakra and write a few of the things you expressed gratitude for. If you can't remember what you thought, write whatever comes to mind in relation to what that chakra represents.

**Root chakra – security and stability center – I am grateful for...**

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**Sacral chakra – passion and creativity center – I am grateful for...**

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**Solar plexus chakra – personal power center – I am grateful for...**

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**Heart chakra – love center – I am grateful for...**

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**Throat chakra – center of self-expression – I am grateful for...**

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**Third eye chakra – Intuition and guidance center – I am grateful for...**

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**Crown chakra – Divinity and enlightenment center – I am grateful for...**

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# Bonus Day!

## Review and Next Steps

As you wrap up your 10 days, you might be wondering how to keep the good vibes going to keep your manifesting channels open. I've listed some suggestions on the next page, but first, let's talk about the journey you just went on.

Reflect back on how you felt before you started the course. Has anything changed? Do you feel more at peace? More trusting? Did anything surprising show up or shift for you?

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What was one thing you realized or learned that you want to keep in mind going forward?

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What day was your favorite? Why did you like it?

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What day felt like you had the most resistance around it? What did you learn from this?

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Which meditation was your favorite? What made it stand out to you?

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Let's take a brief journey back through each day:

**Day 1 – I Am Living My Best Life!**

I am manifesting \_\_\_\_\_

When I have it I feel \_\_\_\_\_

And I have amazing days where I...

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**Day 2 – I Feel Good!**

In my room/space I love my \_\_\_\_\_

In my town/community I love my \_\_\_\_\_

My favorite place to feel spiritual is \_\_\_\_\_

**Day 3 – I Am Loved & Guided by Powerful Forces**

Right now, I am surrounded by powerful guides and angels and that feels \_\_\_\_\_

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My guides are helping in my manifestation by \_\_\_\_\_

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And I am surrendering to them \_\_\_\_\_

**Day 4 – I Am Worthy!**

Some things about me that make me feel proud are \_\_\_\_\_

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I deserve this manifestation because \_\_\_\_\_

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**Day 5 – I Am Manifesting!**

Some amazing things I've manifested in my life are \_\_\_\_\_

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**Day 6 – I Love How This Feels!**

I Am \_\_\_\_\_ and it feels \_\_\_\_\_ and \_\_\_\_\_.

Some other things that give me this high vibrating feeling are \_\_\_\_\_

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**Day 7 – The Future is Good!**

One month from now I will be \_\_\_\_\_

One year from now I will be \_\_\_\_\_

Five years from now I will be \_\_\_\_\_

**Day 8 – I Love Myself!**

I show myself kindness and love by \_\_\_\_\_

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**Day 9 – I Trust!**

Trust feels like \_\_\_\_\_

When I am spiraling in fear, I re-center and find trust by \_\_\_\_\_

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**Day 10 – Thank you!**

I am grateful for \_\_\_\_\_

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# Next Steps

To keep your positive momentum going here a couple suggestions:

**1.) Choose the meditation that you either liked the most or you feel you need the most.** Make a commitment to use it every day for a week. Keep a journal going of how you feel before and after you use it, what you get from it each time, and what changes for you after the 7 days. Try something like this:

*For the next seven days I will meditate on* \_\_\_\_\_

*Day 1 (date)* \_\_\_\_\_ *I feel* \_\_\_\_\_

*I realized* \_\_\_\_\_

**2.) Use the power of visualization to truly tap into the power of your mind and know your power as a creator.** With the *Empowering Visualizations* package you will get eight visualizations that will shift your energy around money, relationships, body image, and more. (<http://bit.ly/melissafeld1>)

**3.) Kick your vibration into high gear with the *30 Day Vibration Raising Journey*.** This fun course was created in conjunction with my podcast, *Raise Your Vibration in 5 Minutes*. Each day you'll get a soulful journal prompt and corresponding meditation. (<http://bit.ly/melissafeld3>)

**4.) Try a guided meditation from my healing center that specifically works on the area you're manifesting in.** I have meditations for soul mates, money, self-confidence, and more! (<http://bit.ly/melissafeld4>)

**5.) Read some books by some of my favorite spiritual teachers who specifically talk about manifesting:**

Esther Hicks – *Ask & It is Given*  
 Gabrielle Bernstein – *Super Attractor*  
 Mikey Dooley – *Leveraging the Universe*



Dr. Joe Dispenza – *Breaking the Habit of Being Yourself*  
Pam Grout – *E Squared*

**6.) Turn this into a ten week manifesting course!** Taking a deep dive into each of the topics in this workbook could truly transform your life. Each week, do one of the meditations every day. Explore books, speakers, and classes related to the topics. Allow yourself to be guided each week and see what unfolds!

**7.) Subscribe to my podcast!** Each week is a new vibration raising meditation for busy people (they average about 5 minutes each). **It's completely free**, and if you decide to receive it with the newsletter, you'll also get a weekly affirmation and inspiring quote. (<http://bit.ly/melissafield5>)

**8.) Start a daily meditation practice to help you with clarity, inner guidance, and releasing negative thoughts.** The Insight Timer app is free to use and also has thousands of free guided meditations on it. (<https://insighttimer.com>)

**9.) Do the course again and focus on a different subject!** Using these high vibrational tools in a different area of your life will amplify what you already started. It will also help prevent you from worrying and trying to control how your current manifestation is unfolding.

**“I am no longer cursed by poverty because I took possession of my own mind, and that mind has yielded me every material thing I want, and much more than I need. But this power of the mind is a universal one, available to the humblest person as it is to the greatest.”**

**- Andrew Carnegie**