

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?

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

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

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

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

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...

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 _____

My guides are helping in my manifestation by _____

And I am surrendering to them _____

Day 4 – I Am Worthy!

Some things about me that make me feel proud are _____

I deserve this manifestation because _____

Day 5 – I Am Manifesting!

Some amazing things I've manifested in my life are _____

Day 6 – I Love How This Feels!

I Am _____ and it feels _____ and _____.

Some other things that give me this high vibrating feeling are _____

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 _____

Day 9 – I Trust!

Trust feels like _____

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

Day 10 – Thank you!

I am grateful for _____

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/melissafield1>)

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/melissafield3>)

4.) Try a guided meditation from my store that specifically works on the area you're manifesting in. I have meditations for soul mates, money, self-confidence, and more! (<http://bit.ly/melissafield4>)

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*

