

# MANIFEST THAT SHIT



The word manifest is an adjective AND a verb. Let's get super clear on what it means and put it into action so you can manifest the life/business/person you desire. Grab a coffee (or your drink of choice), download & print the worksheet, grab your favorite pen - let's do this thing!

## (1) GET CLEAR ON WHAT YOU WANT

Before it's an action, manifest first means "clear or obvious to the eye or mind." This means manifesting is not a secret. Amazingly enough, the antonym (opposite) of manifest is "secret" - which means it's in front of our noses. And sometimes we can't see what's right in front of our noses. From little things like getting a parking spot every time you go to the gym so you'll be less likely to stay home to big things like the business you want to start or meeting the man/woman of your dreams, I want you to get super clear on everything you want for your life. You already know what you want, but sometimes we just need a little clarity.

Grab page 3 and:

- > In the first column, write a list of what you think you want.
- > In the second column, write down the reasons you want them.
- > In the third column, write down how they will make your life or others lives better.
- > Circle three things from the first column items you want to work on manifesting.

## (2) WRITE DOWN WHAT YOU WANT

To manifest also means "be evidence of; prove." That means you have to create a place to show evidence - proof - that you want it. If you want something, you have to write it down. Put it on the wall, on your mirror, in a journal, or as a status on Facebook. Write it somewhere - pronounce it as the thing you want and then make it your mantra. Once you put words to it, you'll continue the process of manifesting.

Grab page 4 and:

- > Label each of the columns with the three things you want to manifest.
- > Under each, write out a list of why these things are important to your life or others lives.
- > Then ask yourself why they matter.
- > Ask yourself why again.
- > Ok, one more time.
- > Check the sheet and make sure you are positively sure you have the right three. If so, move onto the next step. If not, fix it.

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### (3) MAKE A PLAN TO GET WHAT YOU WANT

A manifest is “a document giving comprehensive details of a ship and its cargo and other contents, passengers, and crew for the use of customs officers.” A manifest is a detailed list of everything that’s included in a ship. Think of this as the detailed list of everything you need to get what you want. Writing all the little details down will help you hone in on the things you want. It will help you get super clear about the path it will take to get there. Without this plan, you’re just hoping. With this plan, you’ll start manifesting.

Grab page 5 and answer the following questions for each thing you want to manifest and create the plan for how these will manifest.

- > What am I manifesting?
- > What do I have in my life already that will help?
- > What do I need in my life to help?
- > Who is in my life already to help manifest this?
- > Who do I need to meet in order to manifest this?
- > Where do I need to go?
- > What do I need to learn?
- > Who will hold me accountable?
- > What are my daily action items?
- > What are my next steps?

### (4) WORK TOWARD WHAT YOU WANT

To manifest means to “display or show (a quality or feeling) by one’s acts or appearance; demonstrate.” This means you have to DO the work. You have to show up and put some skin in the game. You have to MAKE a plan then WORK the plan. Mark Patterson, my pastor, likes to say “Work like it depends on you. Pray like it depends on God.” Swap out the words however you need, but DO THE WORK. Sitting on the couch will never get you what you want.

Get out your to do list, calendar, planner, whatever you use to keep track of everything you’re doing on the regular. Do one or all of the things on the following list and get working on the plan.

- > Break down the plan into small action items.
- > Add your daily items so you can check them off. (Set reminders)
- > Add weekly items so you can check them off. (Set reminders)
- > Schedule meetings with people who can help you.
- > Schedule time to send someone a love note (filling up other people’s buckets will only help your cause.)
- > Schedule time to help others.
- > Sign up for that networking event you keep putting off.
- > Say yes to the friend who invites you out.
- > Write sticky notes and put them on your mirror.
- > Smile at yourself & say “hi sexy” before you leave the house.
- > Be ready for anything. Because anything can happen.

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**WHAT YOU THINK YOU WANT**

**REASONS YOU WANT THEM**

**HOW IT WILL MAKE YOUR LIFE  
OR OTHER'S LIVES BETTER**

**MANIFEST THAT SHIT**

I WANT TO MANIFEST:

1

I WANT TO MANIFEST:

2

I WANT TO MANIFEST:

3

MANIFEST THAT SHIT

1

### I WANT TO MANIFEST:

- > What do I have in my life already that will help?
- > What do I need in my life to help?
- > Who is in my life already to help manifest this?
- > Who do I need to meet in order to manifest this?
- > Where do I need to go?
- > What do I need to learn?
- > Who will hold me accountable?
- > What are my daily action items?
- > What are my next steps?

2

### I WANT TO MANIFEST:

- > What do I have in my life already that will help?
- > What do I need in my life to help?
- > Who is in my life already to help manifest this?
- > Who do I need to meet in order to manifest this?
- > Where do I need to go?
- > What do I need to learn?
- > Who will hold me accountable?
- > What are my daily action items?
- > What are my next steps?

3

### I WANT TO MANIFEST:

- > What do I have in my life already that will help?
- > What do I need in my life to help?
- > Who is in my life already to help manifest this?
- > Who do I need to meet in order to manifest this?
- > Where do I need to go?
- > What do I need to learn?
- > Who will hold me accountable?
- > What are my daily action items?
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“Success is something you attract by the person you become.” - Jim Rohn



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YOUR *life*

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