

## 7 Steps to Manifest Anything You Want — Including Money

You know manifesting works for other people, but you feel as though you're missing something to make it work for you. The number one reason most people get stuck while manifesting is they don't know every vital step to manifest and co-create with the universe. Here are the seven steps to manifest anything you want — including money.

## Step 1: Get clear on what you want.

If you don't know exactly what you want, you can't actually take steps to make it happen. To manifest something, you must know what you desire.

That means you must get very clear on the specifics, detailing the features as if your manifestation is tailor made for you.

To get started with this step, create a list of 20-25 things you want to manifest. Get specific about what you want and list the attributes in the positive (aka avoid using the word don't).

"I want a car" might land you a 1965 El Camino without a working engine.

"I want a used SUV with less than 30,000 miles on it that's priced under \$15,000" streamlines your search quite a bit. Side note: As you create your list, give yourself permission to want what you want today and be open to changing it tomorrow. Judgement of yourself doesn't help you manifest anything.

## Step 2: Ask the Universe.

Once you have your list, it's time to amplify your signal to the universe by asking for what you want. When the universe is clear on what you want to manifest, then it can help you. If you don't ask, it will still try to help you, but it guesses as to what you truly desire.

Don't leave what you receive up to chance, ask for what you want.

There are a lots of ways to ask including prayer, meditation, visualization, and vision boards. An easy way to ask for what you want is to write a letter to the universe.

Ask the universe for what you want once a day makes your requests clearer and clearer.

## Step 3: Work toward your goals.

Manifesting is the art of co-creating with the universe. Working toward your goals increases your chances of receiving what you want. It's also fun.

Write down 3 actions you can do today to bring you closer to your goal. If you don't know what to do, use Google to figure out what actions you can take. It's likely someone has struggled with the same issue and has written about it. Let yourself be inspired by what others have done.

Start taking action and keep taking action until you've reached your goal.

## Step 4: Trust the process.

As you work toward your goal, it may question if manifesting actually works. You might get discouraged and frustrated. If you are sitting in the struggle and wondering when things are going to happen you aren't trusting the process. When you question manifestation, you're telling the universe to prove manifesting doesn't work.

The Law of Attraction obliges by sending you experiences that keep you stuck.

To manifest, you have to trust the process.

Whenever you find yourself doubting, catch yourself and say, "I'm getting closer and closer to my goals every day. The universe has my back and it's awesome."

Repeat this phrase until you believe it.

## Step 5: Receive and acknowledge what you get.

The universe is always giving you help, but it's easy to miss the signs (especially when they come in unexpected ways). When you start to acknowledge and receive signs from the universe, the universe will give you more of what you want.

A good way to get started with this step is to write down the evidence in a journal at the end of the day.

Make sure to include anything that happened to you during the day that moved you a little bit closer to your goal.

- If you are trying to get out of debt and your credit card company called to sort out a more appropriate payment plan, that's evidence.
- It can also be an inspirational quote speaking to you on Facebook.

## Step 6: Keep Your Vibration High.

According to the Law of Attraction, you attract what you are sending out. To attract more of what you want, you have to raise your vibration. Vibrations are like little radio signals you are continuously sending out to the universe. You must tune your signal to a vibration worthy of receiving it (read: stay positive and thankful).

All you have to do is to feel joy.

By spending 10–15 minutes a day (at least) doing something that makes you feel good, anything from watching a YouTube video or meditating, you're ensuring your vibration stays high.

Remember, a crappy mood means you're going to be rewarded with crap. Staying positive is the easiest way to be certain good things are coming.

## Step 7: Clear your Resistance.

If you haven't yet manifested what you want, it's likely you are resisting what the universe has to offer. Doubts, pain, procrastination, frustrations, anxiety, fears, regrets and resentments are all forms of resistance.

And they are totally normal.

When you notice conflict coming up, acknowledge it and remind yourself to breath and relax. It might sound something like, "I'm frustrated again. I'm resisting again. I get it. All I have to do now is breath, relax, and let it come."

If you are having a hard time letting go of problem, find someone to help you through it.

Manifesting your desires is 100 percent possible but, to do so, you must use ALL the steps.

1. Get clear on what you want.
2. Ask the universe for it.
3. Take action (help the universe make it happen).
4. Trust the process.
5. Acknowledge what is being sent to you along the way.
6. Increase your vibration.
7. Clear all resistance.

Now I want to hear from you. What steps of the manifesting process do you do regularly? What steps have you missed? Tell me what, if anything, you're going to change in the comments below.