

## **Mini-Guide to Manifestation & Self-Growth. Unlock Your Full Potential.**

— *Manifest Your Dream Life with Next You*

Learning The Secrets has been an incredible revelation. It's exhilarating to realize that I have the power to manifest the life I desire simply by affirming it and fully embracing the process until it becomes my reality. Journaling affirmations and noticing affirmation words all around me truly align me with the perfect vibration needed to attract my dream life. Confidence is key; I believe wholeheartedly in my own power. I see myself as a divine being navigating this human experience, fully committed to giving back to humanity in meaningful ways. Kindness and gratitude are my guiding principles, not because I have to, but because the universe is constantly rearranging circumstances to bring good things into my life. I believe in the transformative power of words, intentional journaling, and self-reflection. With these tools, you can also align your thoughts, emotions, and actions to create a life filled with purpose, abundance, and success. I am with you on this journey and we will share our testimonies to the world. My vision is to unlock the extraordinary power within you, allowing you to truly experience the transformative effects of affirmations. I am dedicated to guiding you in transforming your aspirations into reality through decisive action and a strong practice of gratitude. Thank you for embarking on this journey with me. Together, we will nurture your confidence and witness the flourishing of your life!

**What is manifestation? Manifestation** is the process of bringing your desires, dreams, and goals into reality through focused intention, positive energy, and aligned action. It's about tuning into your true self, clearing out limiting beliefs, and embracing the belief that you are worthy of everything you desire.

— *This **mini-guide** will walk you through the basics of manifestation and self-growth while showing you how Next You is essential to your manifestation journey.*

### **Step 1: Get Clear on What You Want**

In my 2025 Affirmation Word of the Day Calendar, January 3 is "Clarity" The first step in manifestation is clarity. You must know exactly what you want in order to attract it into your life. You must be specific about what you want and NOT limit yourself. You are God. You are limitless. There's no logic in manifesting. You can manifest anything with your thoughts and enough conviction. Your manifestation can happen as quickly as you thought of it. Your life is in your hands. You decide what you want and how soon you want it. The more specific, the better. Are you manifesting a new job? A healthier lifestyle? Financial freedom? Or maybe love and self-acceptance?

— *Reply this email with what you are manifesting. Write down that desire in your iPhone Note, your journal, or your secret book. Prepare yourself.*

- 1
- 2
- 3

### Go!

Now, I want you to visualize your life as if you've already received everything you want. You are inside the car you desire, cruising in your estate, and on your way to the house you've always dreamed of. You hold billions of dollars in BTC, lots of assets, and raw cash, just like the successful individuals you admire. You are with the love of your life, and you have decisively achieved your fitness goals. You are famous and radiate confidence, looking and feeling absolutely incredible! You are the undeniable talk of the century!

*This is NextYou's second challenge. The first is a word search on manifestation and goal setting. You can download it on the website [www.selfartofbecoming.com](http://www.selfartofbecoming.com)*

### Step 2: Feel EVERYTHING

To manifest your desires more swiftly, envision them as if they have already happened. If you truly possess everything you desire, you won't be troubled by lack or longing. Embrace the unwavering confidence that what you want is already yours. You don't merely wish for that car; you own it. You don't want to be rich, you are rich. You are loved. You are successful. You are famous. **The moment you claim it and consistently acknowledge that it is yours, it becomes yours.** *Law of attraction (whatever you assume, the universe conforms to it)* dictates that every thought and feeling contributes to the creation of our reality.

Having a desire comes with a purpose, and now that you've identified what you want and why you want it, immerse yourself in the experience of having it. Feel the emotions connected to those desires deeply. Dream as if you are crafting a vivid story. Make sure to feel every moment intensely. The more you engage emotionally, the clearer your vision becomes, and the more potent your manifestation will be.

### Step 3: Shift Your Mindset

**Manifestation** starts with your thoughts. If you constantly think negatively or doubt yourself, that's what you'll attract. To manifest effectively, you must shift your mindset to one of abundance, positivity, and gratitude.

- **Affirmations:** Start by using the daily affirmations in the company's calendar to support your manifestation goals. For example, if you're manifesting financial abundance, and the affirmation word of the day is "success", you can repeat this affirmation in your head, "I am worthy of success and it flows to me effortlessly."

- **Gratitude:** Embrace gratitude every day. Take time to write down what you appreciate and what you already possess in your manifestation journal. By doing this, you open yourself up to receiving even more abundance. Gratitude elevates your vibration and aligns you with the

energy of plenty. The most effective way to attract the life you desire is through genuine appreciation. Be grateful for everything. Appreciate the air you breathe, your strong legs, your sight, your family, your loved ones, your beliefs, your integrity, your compassion, your tenderness, your goals, your visions, your desires, and the vast sky above. Celebrate your ability to experience the world with all your senses, with or without aids. Be grateful for everything—not just for some superficial reason, but because there are countless individuals who would long to be in your position. Embrace the power of gratitude and watch your life transform.

#### **Step 4: Visualize Your Dream Life**

**Visualization** is a powerful tool in manifestation. The more you visualize your dream life, the more real it will feel, and the more likely you will take inspired action. You must have seen lots of people creating vision boards and 2025 goals to visualize the life they want this year. Visualizing your dream life will attract you to it faster.

**Tip 1: If you failed to visualize your dream life earlier**—Close your eyes, Now visualize that you have everything you want. Picture every detail. Where are you? Which country? What are you wearing? Who are you with? How do you feel right now? What song is playing underground? What does your perfume smell like, do you have any plants or decorations around you? Use all of your senses to make the vision as real as possible. Do this daily to align your mind with your desired outcome.

#### **Step 5: Take Inspired Action**

**Manifestation** isn't just about thinking and visualizing; it's also about taking action. The universe can only support you when you're moving toward your goal. Even if you want to shop, you have to leave your house for the mart. Take your inspired actions as your "**walking steps**" to get your orders.

- **Inspired Action:** This is action that feels right in your gut. It's not forced, but rather, it feels aligned with your dreams and desires. When you start affirming and aligning yourself in the perfect vibration, you will begin to have more clarity. Your steps will be clear and you will be confident in your intuition to guide you to the right next steps. Trust me, your intuition is your best friend as well.

- **Goal Setting:** Break down your larger manifestation into smaller, actionable goals. For example, if you want to manifest a new career, one small step might be updating your resume or networking with industry professionals.

#### **Step 6: Trust the Process**

**Patience** and **trust** are key in manifestation. Things may not happen immediately, and that's okay. Trust that the universe is always working in your favor, and you're being guided toward your desires in perfect timing.

The last law of attraction is to surrender control. You have to let go of attachment to how and when your desires will show up. **How** and **When** is not your focus, darling. Your focus is that it **has happened**.

Stay open to the unexpected opportunities and paths that may come your way. The universe is bountiful and there's everything you want in abundance. Place a ridiculous order to the universe every day to increase your manifesting skills.

### **Step 7: Work on Your Personal Growth**

**Manifestation** and **self-growth** go hand-in-hand. The more you grow as a person, the more aligned you become with your dreams. The more happy you are about yourself, the easier you will wish for happiness. You wouldn't want to mess up your white tees. Develop your talent, learn more skills, be a kind person and thrive for self-care and development.

- **Self-Awareness:** Get to know your strengths, weaknesses, fears, and limiting beliefs. The more you understand yourself, the more you can clear away what holds you back.

- **Mindfulness:** Stay present in the moment. Practicing mindfulness helps you avoid stress and anxiety, allowing you to stay grounded in the process of manifestation.

- **Self-Compassion:** Be kind to yourself throughout this journey. Celebrate your wins, learn from your mistakes, and know that every step is progress. Each step you take will bring you closer to your dream life.

#### *— Why Next You is Essential for Your Manifestation Journey*

At Next you, we believe that true manifestation begins with becoming the person who can attract the life you desire. Our approach centers on empowering you through **self-growth** and **self-awareness**. Here's why our brand is a crucial part of your manifestation process:

1. **Manifestation Starts with Self-Discovery:** Understanding who you truly are and what you desire is the foundation of manifestation. Through **Next You**, you'll explore your authentic desires, uncover limiting beliefs, and clarify your goals to align with your highest self.

2. **Personal Growth Drives Manifestation:** The more you focus on growing mentally, emotionally, and spiritually, the more likely you are to manifest your dreams. We provide tools, like journaling prompts and weekly affirmations, to support your self-growth, helping you create a solid foundation for manifestation.

3. **Clearing Limiting Beliefs:** Often, your dreams are blocked by negative self-talk or subconscious fears. **Next You** helps you identify and release these blocks, making it easier to embrace abundance, opportunity, and success.

4. **Practical Tools for Manifestation:** From affirmations and guided journals to live webinars and templates, we offer practical tools to keep you on track with your manifestation journey. These resources are designed to help you stay focused, inspired, and aligned with your goals.

5. **Creating a Growth-Oriented Community:** Manifestation is more powerful when you're supported by others who share your journey. At **Next You**, you'll join a community that uplifts, motivates, and empowers you to be the best version of yourself.

— *Bonus Tips for Manifesting & Self-Growth*

- **Meditation:** Meditate daily to clear your mind and connect with your higher self. Guided meditations specifically for manifestation are powerful tools.

- **Surround Yourself with Positivity:** The people, environments, and content you consume have an impact on your energy. Surround yourself with positive influences that uplift and support your growth.

- **Affirmations and Vision Boards:** Revisit your affirmations daily and create a vision board to keep your goals in sight. A vision board is a powerful reminder of where you're headed.

**Manifestation** is about becoming the person who aligns with their highest desires. As you grow through **Next You**, you'll learn to attract your dreams effortlessly, clear limiting beliefs, and elevate your vibration.

*The life you desire is already within you. 2025 is the year you start believing in your potential and taking the steps to manifest it.*