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| **Manifestation Guide**

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| **Write your main dream vision** as if you have already manifested it: | **Importance**1 - 10 |

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| **Dream Intention**, the deeper meaning for you and the emotional reasons why:--- |

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| **Emotional Benefits** you think you will receive from your dream vision (one or many): |

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| **The steps** between where you are now and where you like to go. Steps you think will happen on your way to reach your dream vision. Be creative and think outside the normal. Write as many as you like:------ |

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| **Write how grateful you are** for already having achieved your dream vision (be emotional): |

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| **How you will celebrate yourself?** What will you do acknowledge your progress: |

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1. **Write your main dream vision** as if you have already manifested it: I have…, I am… I make…

Example; I am a dancer in a big Broadway show. I have a farm with lots of animals. I make the best cookies in the world.

Does your dream vision answer the question; What would I love to do if I had unlimited time and money?

2. **Importance;** This is how important your dream vision is to you. 1 is the lowest importance and 10 is the highest.

3. **Dream Intention**, the deeper emotional reasons for why you want your dream. Make a strong emotional connection.

With just a few words, bring yourself back to the emotional connection in your intention.

Example; I desire to help animals that are in pain.

Write one or a few different dream intentions.

4. **Benefits;** Write the benefits you think you and the world will receive from your dream vision. See the benefits of how your dream vision will change the life for yourself and others.

5. **The steps between where you are now and where you like to be**. What steps do you have to do, to reach your dream vision? Be creative and think outside the normal. Write as many as you like and think about the different ways to get to your dream. You need to see every step on your path to your dream for your mind to be able to create it into reality. Go back later and review what you have written since it will change over time.

6. **Write how grateful you are** for already having achieved your dream vision, be emotional. Try to really feel how fantastic it feels like to have achieved your dream vision and how thankful you are for having it.

7. **How you will celebrate yourself:** What will you do to acknowledge your progress or each little step you take on the way to your dream. You can set your own rewarding system of giving yourself a sweet, buying something, sharing the progress with your friends, having a party.

**Conclusion**

In the beginning, only focus on your dream visions rated with the importance of 10. These are the dream visions that you feel strongly about and are more likely to manifest faster. Everything below the rating 9 should not be considered at this time. Start with a easy to reach dream and continuously hold the intention for the longtime dream.

Remember, when you have set your dream vision the outcome is already in creation. It’s real although not visible, it’s on its way to you. Now it is time to take every step you are guided to make, to bring your dream vision into reality.

 Go back at least once a week and review your dream visions, to change what doesn’t feel right anymore. Remember, this is the plan of YOUR LIFE, and the plan to get to your dream vision will change over time. Just play, have fun and know it will happen…