



## **8 Days Manifesting Mastery Challenge**

### **Day 1**

Hello my love! Welcome to the first day of our 8 Day Manifesting Mastery Challenge. Today is a great start as we focus on our mindset, prepping and priming ourselves for the transformation ahead of us.

Day one is all about making the decision.

What do I mean by that? I want you to decide right here, right now, that you will enter this challenge with an open mind, you will allow different energies to flow in and out of you, that you'll embrace whatever the universe brings you and that you will consciously make positive changes to your life.

You see, as humans, we get to decide every single day. We might not get to decide what happens to us – of course, throughout life we are always going to experience things out of our control.

But what we can decide is how we react. No-one but us has control over how we react mentally to life.

I want you to set an intention today in your journal of how you will show up for this challenge. How are you going to make time in your day to follow through with the challenges? How serious are you about making this investment, time and emotion-wise?

For example, your intention could be something like... "Over the next 8 days I am setting the intention to fully immerse myself in the world of manifestation and be open to how the universe can and will change my life if I allow her to. I will set time aside each evening to open my journal and work through the challenges and prompts, opening myself up to the magic that comes with a positive mindset shift, gratitude, clarity and more. I welcome the most amazing things into my life and from this day on, I decide what changes happen in my life. I am in the drivers' seat and I get to choose how my future plays out. My mission is to create a life I love and put goodness back into the world in every way I can."

Can you see how this style of journaling is purposeful? You're writing with conviction and by signaling to the universe that you're serious about consciously manifesting the next chapter of your life, she can begin to deliver exactly what it is you're looking for.

The next step I'd love for you to take - not just for today, but every single day for the next 8 days - is to write or speak the following affirmations. I want you to feel them in your soul and write/speak them with confidence, either in the morning or before you go to sleep.

Daily affirmations are an incredible way to rewire how we think, using positive language to reprogram the daily mindset struggles we might have surrounding manifestation and our self-worth (more about this later on in the week).

- I am worthy of all the amazing things the universe chooses to deliver to me
- I have faith and trust that the universe is guiding me every step of the way
- I receive abundance and positivity with ease
- I am in exactly the right place and on exactly the right path I need to be on
- I am a powerful manifestor and I am ready to welcome magic into my life

What are you waiting for? Take out your journal, write your affirmations for the day, set your intention for this challenge and let the universe know you mean business...

## 8 Days Manifesting Mastery Challenge

### Day 2

Welcome to day 2 of the mastering manifestation. Did you manage to get your journal out last night to write your intention for the week ahead? Today I want you to keep that notebook handy because your second task is to get specific.

But before we head into that, I wanted to explain the concept of manifestation in the simplest form. Not because I don't think you're capable of understanding, far from it, but because my whole ethos here at The Manifestation Collective is to make things as easy to digest as possible

To be honest, the whole reason I wanted to share my manifestation journey online and find fellow woo-heads like me, was because I was overwhelmed with all of the conflicting advice and noise online.

I just wanted the law of attraction explained to me in a simple manner that I could grasp and then integrate into my own life. So, with that said, the concept of manifestation at the very core, is that our thoughts create our reality.

When you look on the more positive side of life, and you soon notice all the glimmers of amazingness, appreciating the small things and feeling thankful for what you already have in life.

However, when you wake up in a bad mood and one thing after another goes wrong, it's easy to focus on all the negative things happening.

Our thoughts create our reality, right? Manifestation, or the law of attraction as you may know it, allows us to become magnets. You see, every single one of us – yes, even you – is made up of energy vibrating at a different frequency.

When you look at the emotional frequency scale, the more stressed, negative and down you feel, the lower frequency your energy vibrates at. Flipping that coin, the more optimistic, positive and happy you feel, the higher your vibrations are, hence the term "high vibe".

Our energy acts as a magnet, so the higher our frequency the more positive energy we attract into our lives.

One thing to quickly note, however, is that we should never force ourselves to always feel good, and beat ourselves up if we have a bad day. I believe in balance. Yin and Yang if you like. We need less than perfect days or else we wouldn't truly appreciate the great ones.

I don't want anyone to worry that if they have a negative patch, they will attract more and more crap into their life. Yes, we can attract amazing things, but I also believe manifestation and having faith in the universe provides us with the mindset to be able to overcome challenges and find the light when the darkness takes over. Because we're human and often darkness can take over, but it's how we choose to react – again, going back to yesterday, we have the choice.

Anyway, I digress. My aim over the next 8 days is to go through each element of the law of attraction with you so you feel clear on how to manifest moving forward. The first point of call is getting clear on what amazing things you'd like to attract into your life.

If you're a manifestation newbie, maybe you'd like to start with a small experiment such as:

- A feather
- A phone call from someone specific
- Attracting £5
- A free coffee
- A book

Or, if you're a manifestation pro that's fallen off the wagon recently, maybe you'll go for:

- A new client for your business
- Attracting £1000
- A trip away somewhere
- A piece of tech
- A hot date

Whatever you choose, I want you to feel excited! OK, so what am I manifesting? My manifestation is for each and every one of you to have some form of magical moment – whether that be a lightbulb going off in your head, high vibes or attracting something amazing into your life. That's all I'd like the universe to deliver right now.

The key is to choose something that stirs a positive emotion. The one tip I'd give you is to not go straight for the Euro Millions if you've never manifested before – let's take baby steps and then we can go win the lottery.

Back to being specific. The universe LOVES when we get clear about what it is we want to attract into our lives. Clarity can be the most powerful thing, but often in life we're overwhelmed with so much choice that our minds go into overdrive.

### Journal Task

Write a letter to the universe and describe in detail what it is you're trying to attract into your life and, more importantly, the reason why.

For example, if you'd like to manifest £100 to treat yourself with, describe how you'd spend the money and how you'd feel welcoming that amount into your hands. If you're starting small, talk about manifesting a free coffee and how excited you'll be to receive it to finally realise just how powerful our minds are.

Let the universe know exactly what you want and why, because if you're not clear, she doesn't know what to bring you - and yes, before you ask, whilst the universe is certainly gender neutral, I personally say "she".

Begin with;

"Dear Universe, I am writing to you to set the intention of what I would like to attract into my life...xxx. I am manifesting this because...xxx.

Finish with;

"Thank you universe for everything you have done and continue to do."

Fold the letter up, keep it somewhere safe and release your intention into the universe.

You've done the first part! Easy right? And remember, keep your eyes and ears peeled – sometimes the universe works incredibly quickly, other times she takes a little longer.

I've had clients do lighthearted experiments to build their trust in the universe and ask to see a sponge, for example, and months later, spot a sponge on their street randomly on the floor right outside their house. But then I've also had clients ask to hear from a certain person or try to attract a sale for their business and it's been almost instant. Maybe you'll ask to see a pink feather and instead of it falling out of the sky onto your lap, you'll spot it on a billboard right in front of you.

We'll talk more about how to spot our manifestations and how to take inspired action later on, but for now, let's get our thinking caps on and think about what it is we really fancy trying to attract right now.

And remember, here are your affirmations for this next week to say/write to yourself daily.

- I am worthy of all the amazing things the universe chooses to deliver to me
- I have faith and trust that the universe is guiding me every step of the way
- I receive abundance and positivity with ease
- I am in exactly the right place and on exactly the right path I need to be on
- I am a powerful manifestor and I am ready to welcome magic into my life

Love and light x

## 8 Days Manifesting Mastery Challenge

### Day 3

Welcome to Day 3 of Manifesting Mastery. How did you get on with choosing what you'd like to manifest yesterday? Did you find it easy to think of something or did you struggle slightly?

It's been amazing to hear so many people share with me what they wanted to attract, from a new pair of shoes, to a reply to an email, right through to welcoming love into their life.

You see, manifestation doesn't have to be physical items. I will often manifest a burst of motivation and I swear when I ask the universe to slow down time so I can get all my work finished, somehow it happens – FYI, I'm not crazy, I know time doesn't actually slow down, but I always seem to get into the mindset of being able to work without being in a panicked state and everything works out as it should.

Today I wanted to get a little crafty and focus on looking at our lives as a whole by creating a vision board. As anyone in my community knows, I'm a huge fan of vision boarding, both in the old school way and the digital sense ([watch this video of how to create a vision board in Canva](#)).

But why am I asking you to do this now?

Because, by having clarity over where you want your life to head, you can work in conjunction with the universe to make it happen step by step.

Remember, we're not out here trying to make everything on our vision board happen by the end of this week - the universe doesn't work that way. However, once you have a clear direction of what it is you actually want from your life – say over the next 2-3 years – you can start to spot opportunities that might be put into your path to help guide you there, all in divine timing.

Before you start, I want you to ask yourself these questions:

How do you want to feel in your life?

What emotions do you want to feel on a daily basis? Balanced, content, excited, pushing yourself out of your comfort zone?

Your environment is incredibly important to your day-to-day happiness so what do you want to attract in terms of your home?

Relationship wise, what qualities do you want to attract into your life or increase more of in a current partner?

What would you like to fill your days doing career wise?

Is travel important to you? Where would you like to visit?

Finally, if money is something you want to attract more of, what things would you like to buy and how much realistically would you like to welcome into your life each month?

When you answer these questions, you should then have a better idea of what images and words to look for to go on your vision board. And remember, this board doesn't need to make sense to anyone but you. I have a picture of a girl sitting on a rooftop in New York, but that doesn't mean I want to sit on a rooftop! To me it signifies freedom and when I look at it, that's the emotion it evokes.

With that said, get crafting your vision board today or over the next couple of days (it doesn't need to be any bigger than A4, some pages in your journal or even a digital phone background) and don't forget to share it with me over on [Instagram](#).

Creating a vision board really is as simple as looking through old magazines and cutting out words and images that speak to you and that you feel represent what emotion you're trying to evoke OR looking on Pinterest/Google and creating a digital moodboard (again, don't forget to check out my Loom video above on how to do that).

I'd recommend placing your board somewhere you can see it daily, maybe on your desk, or by your dressing table to look at while you're getting ready. We'll talk more about "sitting in the energy" later on this week, but for now I want you to look at this board and envision how you will feel when all of this or even better turns into a reality for you. Can you feel the excitement? That's your frequency getting higher and aligning with those things that are meant to be yours! Smile and thank the universe for any clarity you might have received today and don't forget to speak or write our affirmations below.

- I am worthy of all the amazing things the universe chooses to deliver to me
- I have faith and trust that the universe is guiding me every step of the way
- I receive abundance and positivity with ease
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Love and light x

## 8 Days Manifesting Mastery Challenge

### Day 4

Today is the 4th day of the Manifesting Mastery Challenge, which means we're half way through and it's time to get the journals back out and do a little self-work. Self-work on our self-worth to be specific.

Self-worth and the law of attraction go hand in hand, and one of the biggest things people openly struggle with are blocks around what they deserve and why they feel they're not worthy of their manifestations.

Do you ever feel like there's no chance on earth you could manifest financial wealth?

Or maybe you want to attract a relationship but deep down you don't feel worthy of the love you're trying to manifest?

Do you feel like there are so many more deserving people in the world than you? Why would the universe help you?

These are issues that come up time and time again with my private coaching clients when it comes to low self-worth and manifestation. With that said, today I wanted to go through journal prompts and exercises to uncover those blocks, but before, I wanted to talk about low self-worth and how it can affect your powers to manifest.

You see, to truly be able to manifest something into your reality, you have to be able to believe it's yours. And if you don't feel worthy, then it simply won't manifest. Don't, however, get mistaken between self-worth and self-esteem.

You can have high self-esteem when you look in the mirror and feel good about yourself for a moment, but you can also still have low self-worth where you don't actually believe you're capable of attracting love, for example.

Self-esteem is how you feel momentarily. Self-worth is the programming of your subconscious mind.

Because the programming of our subconscious mind is done between birth and our early twenties, it's not just a simple job of "deciding to not think like that anymore". Oh, how I wish it was that easy! There are layers and layers to uncover and work through, but it can be done.

There are many reasons our self-worth is low, from childhood bullying to always being told you're wrong, to difficult relationships, to toxic friendships. I purposely chose 2020 to be the year I focused on building my self-worth and what I believed was available to me, so I am speaking first-hand at how powerful the following exercises can be.

### Journal Prompt

Take your journal and ask yourself the following questions. Be as honest and vulnerable as possible, and if you want to burn or tear up the paper afterwards, then feel free to release it:

What blocks come up when you try to manifest?  
What are they telling you?

Go through each one and decide rationally if it is a truth or simply a belief with no evidence. If this is the belief, then I want you to reframe your thinking and this into a positive affirmation which you tell yourself daily. I promise you, doing this daily will reprogram your way of thinking, and quickly too. It can take as little as two weeks!

However, if it is a truth, what evidence do you have to support this? List your evidence here.

Now, I want you to create a counter argument as if you were in court. The prosecution presents its evidence and I want you to write down all of the ways you can defend yourself.

For example, if one of your blocks is that there are other people in the world more deserving than you, OK, perhaps that is true. There are. But your evidence needs to show that actually you have put so much goodness back into the world in your own way. YOU are just as deserving as someone else. You present to the court all of the ways you put good energy into the world, from small things like recycling your cardboard and making someone a cup of coffee, through to donating to charity or asking someone if they're doing OK and actually listening.

### Journal Prompt

I want you to forgive, both yourself and others.

Holding grudges and stagnant negative energy from the past can cause huge blocks in our energy flow. We make mistakes throughout our lives and we have horrible things happen to us, but drinking the poison yourself and hoping someone else will die is futile.

This is a task I make my coaching clients do to welcome a better flow of energy into their lives, so today I'd love for you to make a list of every negative memory you hold, from being a child right up to now. It can seem small and silly (it's not!), but if you can still remember something that makes you feel a certain negative emotion, then put it on this list.

I would then like you to sit and read each memory on your list and forgive it. Forgive yourself if you need to. Forgive the person. Forgive the situation. I'm not saying you need to forgive someone who did something terrible to you if you're not ready to, but forgive the situation. Forgive the feeling you hold inside.

Really lean into the feelings of forgiveness and empathy. Hurt people, hurt people. Don't allow the control someone once had over you, dictate your future in front of you. Release that attachment.

Once you have gone through the list, put it to one side or throw it away. This can be mentally and emotionally draining so be kind to yourself. I can almost guarantee that in the morning or a few days later, you'll feel some form of energetic shift around your shoulders or stomach. This is a [powerful forgiveness meditation](#) which I recommend to my clients who have deep forgiveness issues. Listen to as often as you feel drawn to do.

### Journal Prompt

OK, back to your journal and this time I want to fill your cup back up. Answer these questions as honestly and truthfully as you can:

What do you love about yourself? Personality wise and physically

What and who makes you feel loved?

How have you made positive changes to your life over the last 5 years?

What do you feel truly passionate about in life?

What are you worrying about right now? And what advice would you give your best friend if she was struggling with the same worries?

What are three things you have achieved in life that you're most proud of?

When do you feel at your most confident?

Who or what inspires me the most? What can I take from that and add into my own daily life? -

What is the one positive thing people always remark about you? For example, do you have beautiful eyes? Or maybe you make everyone smile. Maybe you're an amazing cook, or you actually make the best brew in the north.

I understand that today is a super heavy one, but self-worth and manifestation are intrinsically linked so we need to work on the foundations of the house before we can manifest the mansion. I want you to be kind to yourself over the next 24 hours and if you feel comfortable sharing what came up for you in any of the exercises, you can absolutely come over to my DM's on Instagram.

As always, remember our affirmations and have a great day ahead:

- I am worthy of all the amazing things the universe chooses to deliver to me
- I have faith and trust that the universe is guiding me every step of the way
- I receive abundance and positivity with ease
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Love and light x

## 8 Days Manifesting Mastery Challenge

### Day 5

Here we are on day 5 of the challenge and today we're talking about something SUPER special – energy. Energy is the heart of manifestation, as I described on day one. The energy we put out, is the energy that returns to us – I call this the Boomerang effect.

If you completed the tasks from yesterday, I suspect you'll be feeling a little drained. First of all, I'm sending a virtual squeeze over. I know that doing a lot of inner work like that can be emotional, which is why, secondly, I wanted to make day 5 a high-vibe one. Amen for high vibes!

Today I'd like to talk about "sitting in the energy" of our manifestations and being able to really imagine them being ours and coming to fruition. So, what do I mean by sitting in the energy? Do you know the feeling when you hear a song and it takes you back to a happy moment? Your body is filled with high vibrating energy at that point. Or maybe when you're watching a film and imagining what it would be like to kiss Idris Elba (\*sorry, if you're new around here, get used to this name popping up)? That's you sitting in the energy, without knowing.

But being able to imagine something that isn't yours quite yet, can be one of the hardest things to grasp when you first discover the law of attraction. Which is why I wanted to explain how I sit in the energy of things I want to manifest, despite maybe not ever experiencing them physically in my life.

#### Meditate

First of all, I centre myself by meditating. I meditate for 10 minutes every single day, and I can't stress how important this has been for my mental health, especially of late. I use the Headspace app, which has a free beginners flow that I use again and again. I can also recommend The Honest Guys on Youtube and the Calm app.

Now, this might be stepping into the woo, but the reason I meditate before I visualise, is to imagine my crown chakra (the spot at the crown of your head) clearing and a bright white light coming down filling my body. White light can be imagined as a positive source of energy,

designed to cleanse you of any stagnant, negative feelings you might be harbouring before you start to visualise.

P.S Don't worry if your mind won't calm down, I find that doing this first thing in the morning or just before I go to bed is best as my mind isn't bogged down with the daily grind stuff just yet.

### Visualise

Once you feel calm, grounded and centred, I want you to keep your eyes closed and imagine how you would feel seeing your manifestation come to fruition. Really picture it in your head. Replay a scene of it happening. Can you see yourself walking around your dream home, or maybe you can picture yourself wearing those gorgeous shoes you want to manifest? Are you opening your internet banking and seeing £2,000 sitting in your savings?

Whatever it is you're trying to manifest, I want you to take 2 minutes and picture it in as much detail as possible. How often you do this is up to you. I find that this task alone puts me in such a high vibration that I like to do it fairly regularly. Most of the time I picture some different way of my manifestation arriving – such as different dates I could be going on, or waking up next to someone, or having those regular £5k months.

It can be the same visualisation every day if you want, but it doesn't need to be to work effectively.

### Smile

One of the best things you can do during your visualisation is to smile. It might not come naturally at first but force yourself. Trust me, force a smile and see what happens to your energy. Smiling is one of the simplest ways of increasing your vibrations and when you smile during your visualisation and feel that happiness and excitement build inside you, you've reached peak manifesting power.

### Script

I know some people struggle with being able to see clear pictures when they're visualising. Our brains work differently in that respect, so while some people can visualise images and moving film, others can only sense what it feels like. Like, you can't actually see a green apple, but you know the apple is round and green. It's crazy how the mind works! I don't want to go too deep into that aspect, but if you struggle to visualise, then scripting is a great way to sit in the energy too.

Scripting is a form of journaling in the present tense as if you already have your manifestation. You write a diary entry, for example, saying what an amazing day you've had with a new client you manifested. Or you write about seeing a pink feather on the way to work and how excited you are with the possibilities of manifestation. Describe in detail what you'd like to manifest and

then read it back – and remember to smile as you're reading to really get into that higher frequency.

These are all great ways of being able to “sit in the energy” of what you're trying to manifest, but in all honesty, the higher your vibrations are on a daily basis, the more positive opportunities you'll spot in life. It's like a switch flips on and you start to see the world in a different light – or at least that's what happened to me.

At this point, I want to talk about divine timing. You'll have noticed that word crop up again and again, and it's become such an important part of my manifesting journey.

Divine timing is how things work out in the best possible way, with the universe knowing exactly the right time to deliver what you need for your next chapter. This means, if something or someone isn't appearing in the timescale you imagined, it's because the universe knows there is either work to do before you're on the right energetic frequency (work on your self-worth, for example), the opportunity just isn't right for you and would have brought potential stress or danger into your life, or something even better suited to you is on its way

Remember, what we are attracting, needs to be ready to be brought to us. If you're attracting love, for example, your soulmate is getting prepped as we speak, but things might need to be worked out his end before your paths can cross. This is why we call it divine timing.

Everything will happen when it's meant to happen. You have to learn to trust and have faith that your journey will unravel at the speed it's meant to.

Task Today is a simple one – I want you to sit in the energy of your manifestation and attempt to really tune into the emotions you would feel if it were yours for the taking. Let me know how you get on over on [Instagram](#) and, of course, don't forget about our daily affirmations.

- I am worthy of all the amazing things the universe chooses to deliver to me
- I have faith and trust that the universe is guiding me every step of the way
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Have a great day ahead gorgeous one.

## 8 Days Manifesting Mastery Challenge

### Day 6

Welcome to day 6 of the Manifesting Mastery Challenge. How are you feeling so far? Have you noticed any weird signs or synchronicities when it comes to your manifestation? When my manifestations are getting close or I need guidance I'm on the right path, I start to see repeating numbers everywhere, specifically 11.11 and 22.22. Keep an eye out and let me know if you spot anything!

I could speak about angel numbers all day, but for now I wanted to talk about giving back, focusing on how important it is to put goodness into the world if we expect to receive it back. No-one wants to be all take, take, take, right? Which is why I am so keen on speaking about the Boomerang effect with my clients and community.

There was a time when I gave zero to charity, mostly because I was scared that I wouldn't have any money myself - after all "charity starts at home" right?

Wrong. Giving back in some form or another is good for the soul, whether that be in time, money or just a shoulder to lean on. And I believe, no matter how busy we are, if everyone in the world did just a tiny bit to help with something they feel aligned to, the world will be a much happier place to live.

And remember, giving back doesn't have to be financial either. You can give back to the world in SO MANY different ways, such as a smile, letting some go at a junction, making someone a coffee, picking up rubbish, listening to someone, paying someone a compliment...the list goes on.

Giving to others is, in fact, a survival instinct. Sharing food when hungry or sharing clothes to keep warm, are both examples of humanity's intrinsic generosity. And by doing this we've prolonged the survival of the human race. Imagine what would have happened to the world if we were all born only thinking about ourselves.

Next, I want to talk about gratitude.

Changing your perspective to concentrate on what you have in life, as opposed to what's missing, really does have such a huge impact on your manifesting abilities.

With the law of attraction, once you stop focusing on the lack, and start being thankful for what you have, you're suddenly on a much more positive frequency. It's the difference between an abundant mindset and a scarcity mindset.

Before I discovered manifestation, I had such little appreciation for my life. Why didn't I have my dream car? Why was the weather always so rubbish in the UK? Why was I always attracting the wrong sort of men?

But it was when I flipped that mindset on its head that I started to see real shifts in my abilities to attract abundance into my life. And I don't just mean financial wealth, I mean amazing people, opportunities, things I could only dream about before. Things I used to focus on NOT having. My car was perfect, it got me from A to B. The weather was actually watering my plants so I didn't need to, and it was so much more cosier on an evening when it was raining outside and I was wrapped up on the sofa. And the men? Well, the universe was helping me understand what I didn't want from a relationship so I could really work out what I did want.

Every time the universe gives you something that you've manifested, say thank you. It feels a little "woo" and unnatural at first, but I always say thank you out loud when the universe sends something meaningful into my life.

Gratitude and appreciation sit high on the emotional scale, meaning that when you feel this way, you're aligning yourself to attract a similar frequency. And there's so much to be thankful for, especially when we take our world into perspective and see what we have in comparison to others.

### Journal Prompt

I want you to open your journal and write 22 things you're grateful for right now in your life, from the big things to the little moments that others wouldn't notice. I don't want this to be a one-time thing either – although finding the time to write 22 things down each day might be pushing it a little, I would love for you to start a regular gratitude journal before you go to sleep.

All you need to do is write down three things from that same day which you're thankful for. I absolutely know you can find three things from each day!

### Task

Whether you buy someone a coffee, set up a £2 a month donation to a charity of your choice, lend an ear to someone who might need help, make someone a brew, take tins to a food bank or drop some small change in a donation box, I want today to be about seeing how you can give back in some way. And remember, it doesn't need to cost money.

As always, don't forget our daily affirmations:

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- I have faith and trust that the universe is guiding me every step of the way
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- I am a powerful manifestor and I am ready to welcome magic into my life

Sending love and light x

## 8 Days Manifesting Mastery Challenge

### Day 7

We're nearly at the end of our journey together in this challenge, but first I wanted to talk about putting the action into the law of attraction.

At the start of this challenge I spoke about how I, as a manifestation coach, mix strategy with spirituality. I pride myself on seeing how I can meet the universe half-way, and truly understand the power of taking action.

There are many manifestation gurus that say time and time again that you can set your intention, release it and wait for the universe to work her magic. The book *The Secret* basically says just that.

And yes, while that might be true to a certain degree – after all, I've had things appear when I haven't really taken much action – it's always been a case of, the more positive action I take, the quicker the results.

Could you wait for your winning lottery numbers to appear? Yes absolutely. But with each week that passes, you could also be taking steps towards your money goal by putting certain actions into place. After all, where your attention goes, the universe follows.

You see, there's action, and then there's taking inspired action. Yes, there is work involved, but when you take inspired action, it doesn't feel like work at all. It feels incredibly natural and the more you align with your gut and listen to your intuition, the easier it becomes to spot those opportunities.

Examples of inspired action include:

- Signing up for emails from the shop you want to manifest your dream dress from (I did this when I wanted to manifest a Dyson Vacuum and the VERY NEXT DAY I got an email with a 50% off notice)

- Shouting about your products or services on social media (I've done this with a sudden burst of inspired action and signed 2 new 1:1 coaching clients)
- Approaching your dream client with how you might be able to help them (I've also done this is a bathroom brand through my interiors blog, which lead to a paid campaign)
- Looking at flight prices and researching hotels for your dream destination (The above paid work came after I looked at flights for San Francisco, which were both exactly £500)
- Clearing a drawer in your flat, making space for someone else to enter your life
- Writing the first chapter of your book idea

I have so many stories where I've listened to my gut, taking inspired action, and it's paid off in the best possible way. Has your intuition been nudging you to do something recently?

### Journal Prompt

Take out your journal and make a list of ways you could take inspired action towards your manifestation today. And remember, the action doesn't need to be grand. If you're trying to manifest £100, for example, your inspired action could be to look around the house and see if there's anything you can put on Facebook Marketplace to get the ball rolling.

Once you've written your list, take a piece of inspired action and do it. That's all. Take that action!

Let the universe know you're serious about attracting this certain something into your life and you're ready to welcome it in. I promise you, the more inspired action you take towards your manifestation, the more abundance will come into your life. Just try it.

And if you're struggling to think of what action you could take, come over to [Instagram](#) I'll be more than happy to help. Don't forget to read/say our affirmations for the day and I can't wait to share the final day with you tomorrow with something I know you're going to LOVE.

- I am worthy of all the amazing things the universe chooses to deliver to me
- I have faith and trust that the universe is guiding me every step of the way
- I receive abundance and positivity with ease
- I am in exactly the right place and on exactly the right path I need to be on
- I am a powerful manifestor and I am ready to welcome magic into my life

Sending love and light x

## 8 Days Manifesting Mastery Challenge

### Day 8

Welcome to the final day of the Manifesting Mastery Challenge. Before I dive into the last part of the challenge, I just wanted to say how amazing it's been to hear so many tales of your energy rising across the board, seeing signs from the universe and your manifestations coming to fruition.

Today I wanted to talk about pulling everything together and look at the evening routine that sets me up perfectly for the next day, ready to attract all that glorious high vibe energy.

When I first began my journey with the law of attraction, I created a winning morning routine inspired by Hal Eroid, author of *The Miracle Morning*, which outlines six things to do every single morning for one hour.

Now, I don't know about you, but with an already packed schedule, I needed something a little more succinct to fit into 20 minutes or less.

So, I created the MMM Routine, which comprises meditation, visualisation, affirmations, journaling, reading and stretches, each for 3 minutes, totaling 18 minutes.

This was amazing at first, but as time went on, I discovered that some days I wanted to spend longer journaling and actually, I didn't feel the pull to reading. Or maybe I wanted to get deep into a meditation and visualisation session, but time would run out and I'd miss the other bits – beating myself up in the process for “not sticking to my habit”.

When you start to feel pressured to do any form of routine, it can alter your vibrations dramatically. So, I reassessed my routine and decided to move everything to an evening, where I could fully settle into self-care time without worrying about emails that needed answering.

I also decided to create a pick n mix routine, where I would still focus on the six key components of MMM – instead picking and choosing whatever I felt drawn to that particular day. As long as I do one thing, I feel like I'm aligned with the universe in some way. So, what are those six spiritual pick n mix components.

## Meditation

Meditation is something I genuinely can't live without now. At first, I really struggled to dull my busy mind and felt like my head was even more scattered when I was meditating. However, the longer I made it a daily practice, the easier it became to embrace and release any thoughts that did come into my head. Meditation isn't about switching off all thoughts, it's about being in the present moment, not worrying about the past or preempting the future.

## Visualisation

Just like we spoke about on day five of the challenge, spend some time in your routine visualising how you will feel when your manifestation comes to fruition. Because if it's right for you, it's happening love!

## Affirmations

Pick 3-4 of your favourite affirmations and either write them down or speak them into the universe, really feeling deep inside your body how they make you feel. You're a powerful creature! You'll be surprised just how quickly your mindset can shift by working on affirmations daily, as I'm sure you'll have seen over the last 8 days.

## Journaling

This is probably my favourite part of the routine where I take my notebook and write whatever comes to mind. Most of the time it's my to-do list for the next day but having that space to get everything out of my head and onto paper really helps my productivity and motivation. In his book, Hal Eroid says to write a stream of consciousness which is literally words that come to mind, no matter whether the flow makes sense or not. When you take time to look back at what you've written, patterns or worries might be visible to see hidden in your subconscious.

Another way to spend your time journaling is to write the same manifestation for 3 minutes solid. For example, I used to write "I am so grateful I earn £5,000 a month in my business by doing something I love", or if you have a full-time wage, you could write "I am so grateful for manifesting an extra £250 this month in an exciting and unexpected way". When you spend time writing repetitively like this, you're doing exactly what the universe loves by being specific.

## Reading

Whether that be a self-help book, or a guide on how to code, a magazine filled with home decor ideas, use this time to digest something that inspires, educates, makes you feel happy or helps you.

## Move

A great way to increase your vibrations is to move in some way, so stretching before bed could be the perfect way to wind down and finish the day.

So, with that said, we draw to a close! I hope that you now have a better understanding of manifestation and how we can work in partnership with the universe and the energies around us.

- I am worthy of all the amazing things the universe chooses to deliver to me
- I have faith and trust that the universe is guiding me every step of the way
- I receive abundance and positivity with ease
- I am in exactly the right place and on exactly the right path I need to be on
- I am a powerful manifestor and I am ready to welcome magic into my life

Here's to manifesting the most amazing life...