

*A goal is
a personal
promise to your
future self!*



2022 Goal Manifesting Guide

Congratulations!

Congratulations on starting your journey and taking inspired action by downloading this guide to become a Pro Manifestor, I'm so excited for you! It's time to say goodbye to that deflated feeling of never manifesting your goals into reality, working tirelessly to see barely any rewards and the feeling of desperation to force your goals into existence. Instead, it is my mission to help you align with your higher self to level up your life and manifest massive success in every way possible!

For those I haven't met yet, let me introduce myself. I'm Melanie Young, founder of the Manifest Academy whose passion is helping people to be the very best versions of themselves – through understanding the power they hold within. My mission is to help people show up for themselves, bursting with self-belief and take the action that they need to take to achieve their goals with speed and with ease. Because life really is supposed to be effortless!

One of the most important, yet hardest steps in manifesting, is having a crystal clear goal. It's so important to have an aiming point, otherwise you will never have a destination to arrive at. We are programmed to set goals based on our current realities and what we THINK we are capable of doing or achieving. This is why so many people become demotivated, start something and then move onto something else, because their goal doesn't create that burning desire of excitement inside of them.

This guide will help you create more clarity around your goals, by becoming aware of what you really desire and then tuning into the frequency of having already accomplished them. For the purpose of this process, I recommend you focus on just one goal. Setting too many goals can become very overwhelming and often leads to us becoming distracted because it all simply gets too much.

I recommend you aim BIG! By doing this you will find that as you proceed in accomplishing a certain goal, other goals will also automatically be achieved. For example let's say your goals are to manifest a dream car, dream house and a monthly financial goal. These are all under a similar category, I would therefore simplify this to one goal and manifest the financial goal. Inevitably, accomplishing this one big goal will allow you to have the dream car and house.

Are you ready to start manifesting all your desires? Let's get started!



Goal Manifesting Guide

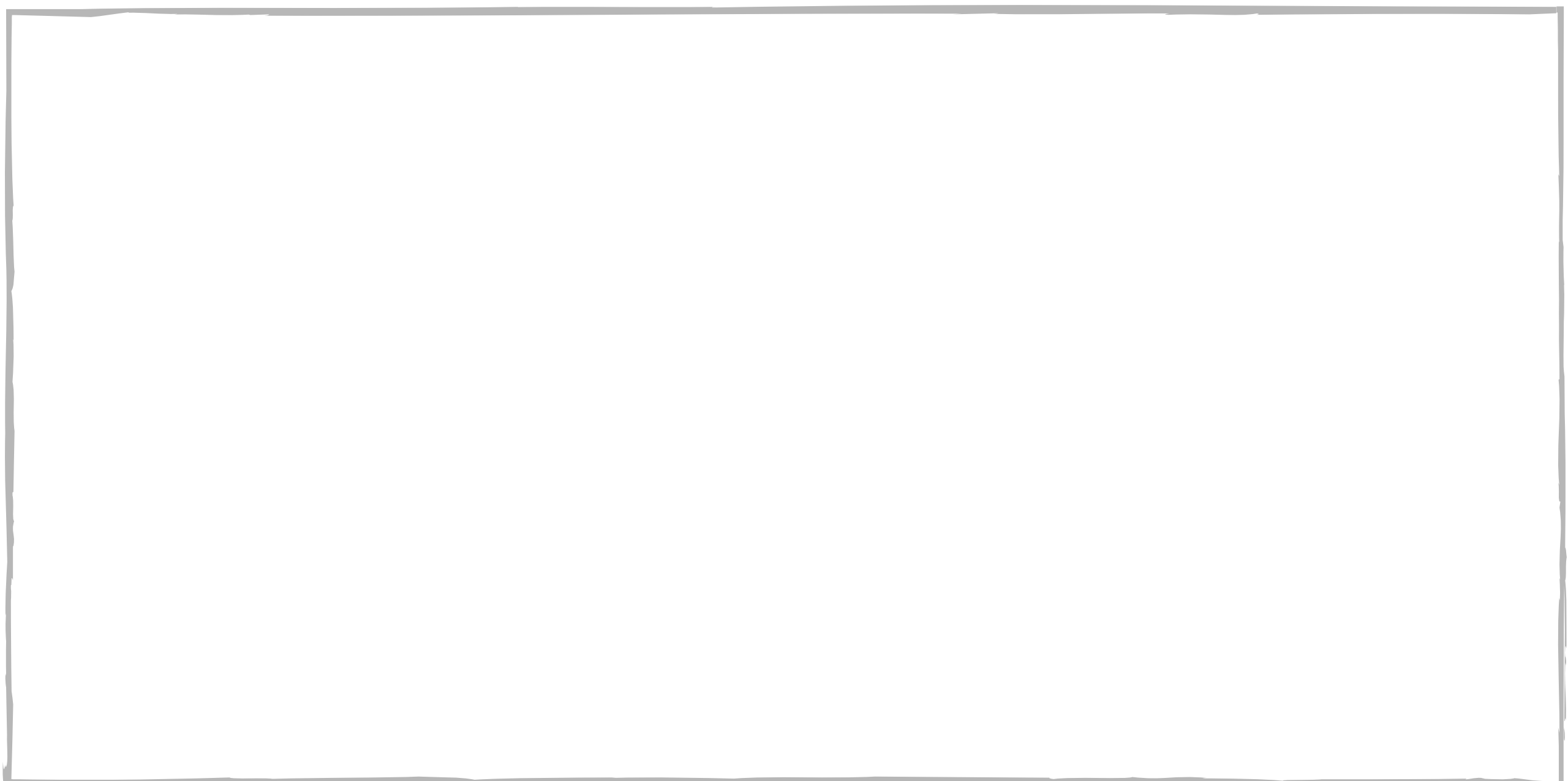
Before you start this process take some time to quieten your mind and really tune inwardly. Complete a visualisation meditation to help you get really clear on your greatest desires.

Now it's time to let the magic happen! Begin to journal your thoughts on the following questions:


Are you happy with your current results in life? Money, business, relationships, etc? Why or why not?



Would you be happy with achieving the same results in the next 5 years? If not, what changes would you like to see?



If money were no object and you had access to all the resources you needed, what would your ideal life look like? Allow your imagination to wander and begin to fantasise, if you could have ANYTHING you wanted what would it be? Begin to create a shopping list of all your wants. DREAM BIG! Do not concern yourself with where the money, time or resources will come from; just think of what you truly want.



How will you feel when you've achieved your goals?



What will you gain once your goals have manifested? What will you lose if you do not take the necessary action to achieve your goals?

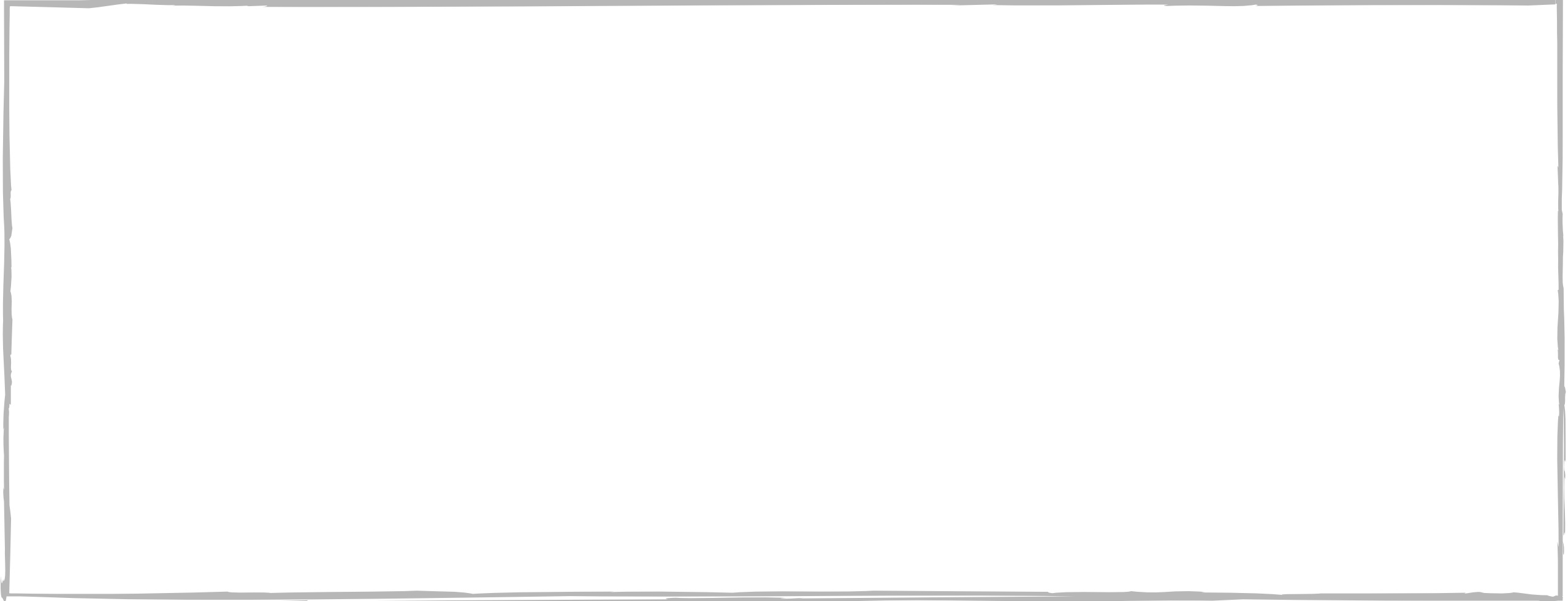
Some additional tips!

- ★ Ensure your goal is positive, remove all negative words such as 'debt' and 'worry' and be really specific! Instead of just saying you want to earn more money, how much a month are you manifesting? If it's a soul mate you want to manifest, what qualities do they have?
- ★ Bring your goal into the present tense. You must act, think, believe and speak as if the goal is already yours. Avoid phrases such as 'I will, one day, when...' etc. When writing your goal always start the sentence with 'I am so happy and grateful now that...'
- ★ The how is none of your business! Do not give any energy or concern yourself with how your goal is going to be manifested, the fun is in finding out!

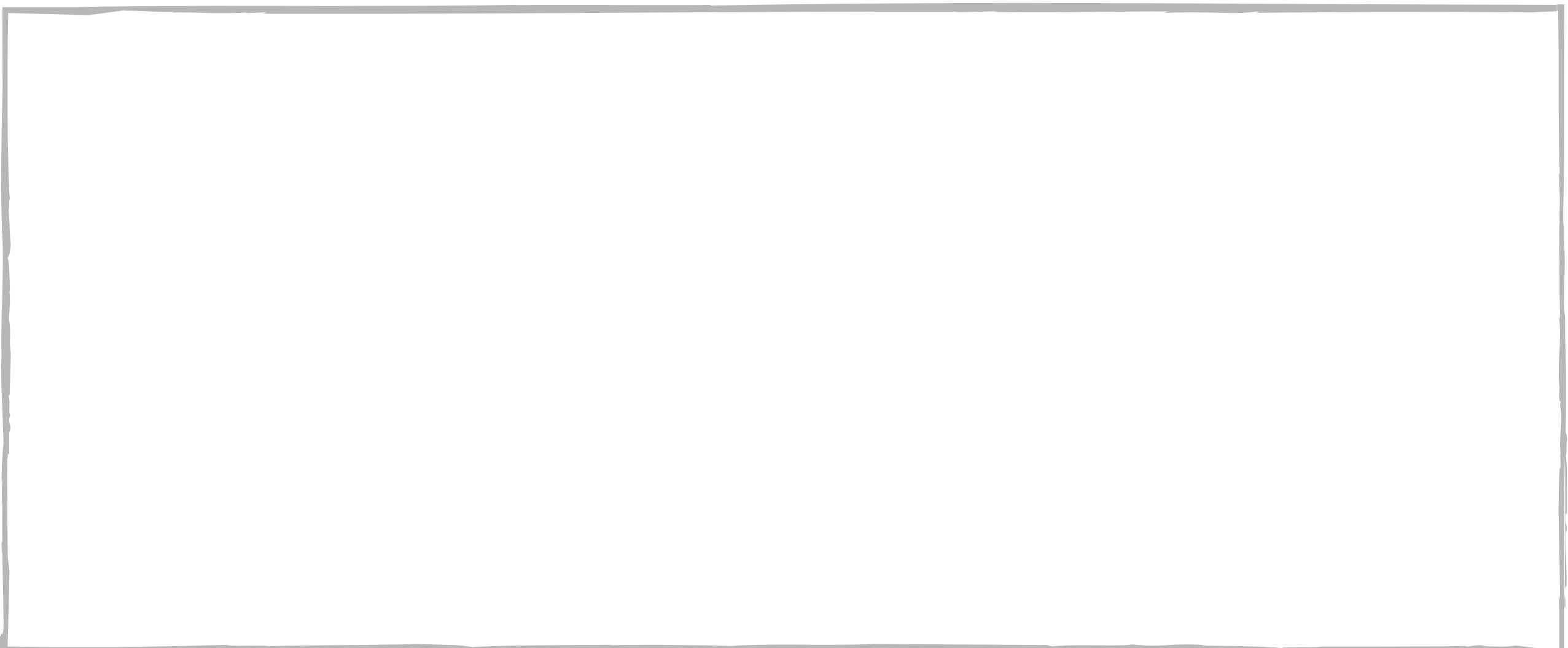
It's goal setting time!

I am so happy and grateful now that...

In terms of your goal, identify a situation where you are not getting the results you want and describe this.



From the situation where you are not getting the desired results, identify the things from which you know that if you started doing or stopped doing it would move you closer to your goal. Flip these non-productive actions and write the opposite.



Now that you have written down the opposite positive actions, identify one thing from that list which you know if you were to change it would move you closer to your goal. Create an affirmation and repeat this daily.



That's it!

Congratulations, you've completed one of the first steps to manifesting! I can literally feel the energy bursting from you right now with inspiration, excitement and all fired up to go after all your goals! Isn't it such an empowering feeling, taking the first step to creating your new life?!

Now here's the important part, we must take action! Without action, dreams stay as just that - dreams! A starting point I would recommend for you is to book a free call with my manifesting experts [here](#). If you're serious about wanting to level up your manifesting game and experience huge changes in your life, then this isn't something you're going to want to miss out on. My experts will help you become really clear on your goal and provide you with the tips and guidance that you need to manifest like a pro!

Want to go deeper and spend 3 days with me?

As a thank you for trusting me with your manifesting journey, I'm inviting you to join me on a complimentary 3 day transformational journey, which will open the door to help reprogramme your mind, accelerate your results and create the life you truly desire.

Go [here](#) to sign up!

I'm so excited for you!

A handwritten signature in black ink that reads "Melanie x". The signature is written in a cursive, flowing style.