

Manifesting What You Want For Your Life

1. **Discern what it is you really want.** Practice visioning your future self. Some like to imagine it in their heads, but writing it down is also helpful.
2. **Put what you want out into the Universe.** Tell your loved ones about it. Some people find it helpful to draw a picture or make a collage with images that represent that vision.
3. **Put in the hard work each day that moves you toward your vision.**
4. **Trust the process.** When the parts of you come up that are doubting or skeptical, reassure them.
5. **Notice the blessings you receive.** Along the way we get little signs, things work out, or sometimes they don't and we find out later it's for the best. Recognize the signs around you.
6. **Keep your vibrations high.** Find joy each day. Allow yourself to feel the lightness and fullness of Joy daily.



Excerpt from Inner Piece blog:
Dream A Little Dream With Me
by Meghann, Darne, LCSW