

COACHING WITH CB

---



# FIVE TIPS ON IMPROVING YOUR MANIFESTATIONS

WONDERING WHY YOU ARE ALWAYS GOING OVER  
AFFIRMATIONS BUT NOT RECEIVING YOUR  
DESIRES? HERE ARE 5 TIPS ON IMPROVING YOUR  
MANIFESTATIONS





## **Write down your manifestations down to the tiny detail**

You need to write down everything you want in the most specific way possible with as much detail as you can. This includes the time you want it to happen by, the colours, how you'll feel, etc.

Example: I want a red Ferrari.

Better example: I want to drive my red Ferrari with a personalised number plate to work every day after I make enough money to buy one by January 1, 2023, at 4.20pm. I will feel such joy that I will drive it to my friends' house instantly.

The background features a vertical split between a light beige and a light grey color. Large, soft-edged abstract shapes in these colors are layered behind the text. Thin, dark grey outlines of leaves and branches are scattered around the edges of the page.

## **Feel every single manifestation in your body**

Your unconscious mind doesn't know what a partner is, it just knows the feeling you get when you're around someone you love. So when you're asking for a certain desire, you have to trick the mind into thinking you already have it.

Want a new, loving relationship? Treat yourself with love the same way you want to feel. Examples can be buying yourself flowers, giving yourself a hug (yes, really) or a candlelit dinner alone.

# Act like you already have it

Again, your unconscious mind has no idea exactly what your goals are. All it knows is that you don't have it yet if you're not embodying those desires NOW. Pretend you already have your dream career, write a diary entry as if you've just got back from a day at work at the company you desire.

Example: Dear Diary, I just got back from an incredible first shift at Vogue. The boss complimented me on my pitches and was so impressed that he got me writing the article straight away. I'm feeling so elated and joyful that I get to share my talent with the world. I can't wait to go back into the office tomorrow.



The background features a vertical split between a light beige left half and a light grey right half. Large, soft-edged abstract shapes in muted tones of beige and grey are layered across the background. Thin, dark grey line art of leaves and branches is visible in the corners: top-left, top-right, bottom-left, and bottom-right.

# **Embody feelings with movement**

Move in a way that lifts your vibration.  
This can be whatever works for you,  
such as dancing to a song every  
morning that allows you to feel the love  
and joy you want to bring into your  
everyday life.



# **Give your own meanings to objects**

Okay, so we know that pen you bought doesn't actually have magical powers. But what if it did? You know when people say they have a lucky pair of socks? Well, the law of attraction says that if you really believe something to be true, magical things happen. Buy that pen and put your energy into believing everything you write with it will come true. Embody it, believe it, achieve it.