

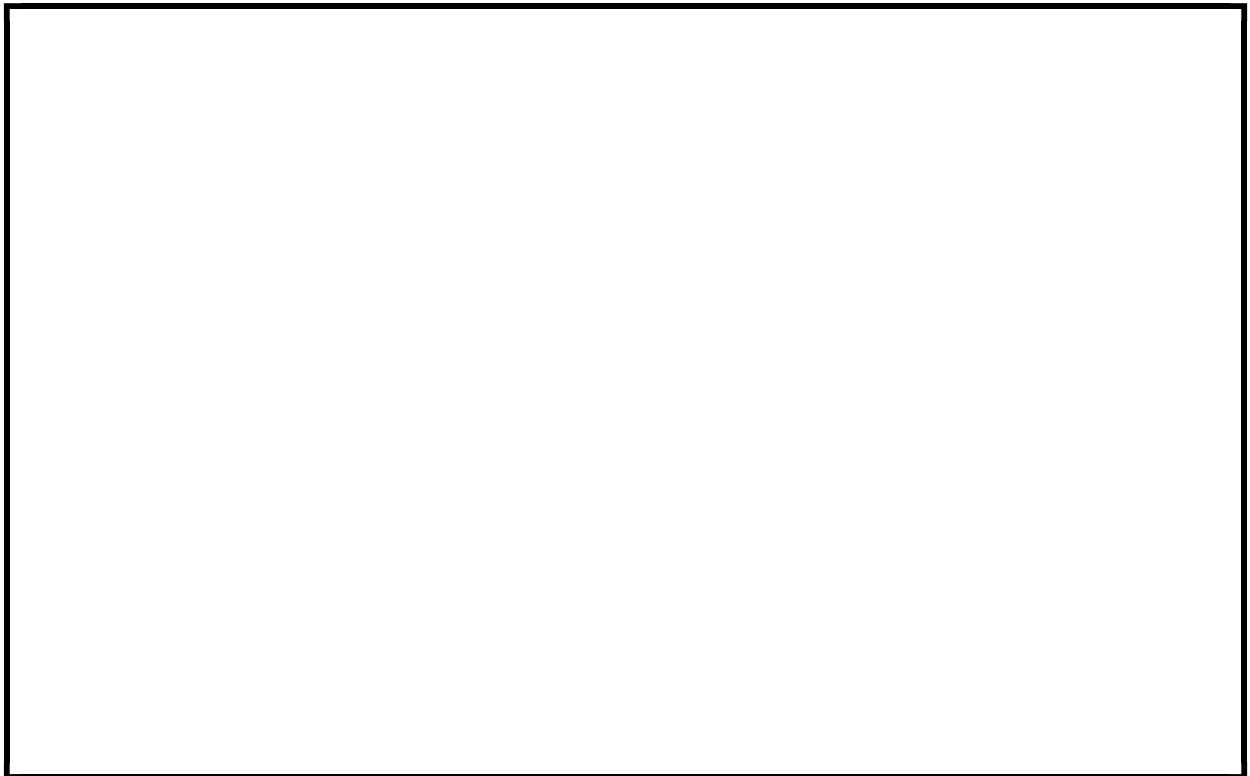
ABRAHAM HICKS

MANIFESTATION ACTIVITIES

The Gratitude List

Start each day with a Gratitude List.
You can choose to say it out loud or write it down (writing it down is recommended).
Allow it to flow naturally as you write your list of everything you are grateful for.
There are no limits or restrictions.
Write anything you feel happy about having in your life.
It can be as simple as being able to wear socks to bed, or even feeling grateful for your
new car.

The Gratitude List



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MANIFESTATION ACTIVITIES

Pre-paving for what you want

The Law of Attraction is the Law of the Universe that states that what you think about and focus on is what you bring into your life to experience.

Pre-paving is where you mentally plan out your day to run as smoothly as possible.

So instead of saying things like:

"The line is going to be so long today because it's Sunday"

"I'll never find a car spot"

"The supermarket will be out of stock anyway"

You replace it with thoughts and phrases that assume your day will pan out easily and effortlessly. Small tasks and large tasks included.

STEP ONE

Be conscious about the negative thoughts that come into your mind.
We are so used to experiencing these negative thoughts that they often go overlooked.
Bring them to the surface.

STEP TWO

Come to understand that the negative thoughts are not truth. They may have been a past experience or something someone has told you, but they are not truth.
Know that you have the ability to change the way it plays out today.

STEP THREE

Pre-pave for the way you would like the experience to play out.
Know that it will happen exactly that way.

Examples:

"I'm going to find a car spot right in front"

"The item I want today will be on special and conveniently located"

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The Universe Task List

Draw a line down the center of a piece of paper.

On one side write the word "ME" and on the other side, write the word "UNIVERSE".

On the ME column, list all the things you want to accomplish today that feel good to you. That you are completely clear on and that you feel inspired to do. The tasks you are ready to take action on immediately.

Examples:

Write a new blog post
Meditate for 15 minutes
Write my gratitude list
Respond to my emails
Cook lunch for my friend that's coming over
Update my YouTube channel with my latest video

On the UNIVERSE column, you write down all the things you want the universe to take care of for you. Things you aren't exactly clear on, you feel resistance towards or you haven't figured out how to go about accomplishing those tasks yet.

Examples:

Find me an easy and pain free way to come up with the money for my electricity bill this month
Send me inspiration to help me get clear on the information I want to include in my new digital course
Find me an easy and pain free way to get out of a social obligation I'd rather not attend (be specific on what that engagement is)
Find the right person who will be able to fix the bug on my computer
Find me a simple solution to getting the kitchen cupboard cleaned out

Goals of this exercise are to:

1. Get clear on what it is you want
2. Allow and know that it will happen

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MANIFESTATION ACTIVITIES

The Universe Task List

ME

UNIVERSE

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