

digital & print-friendly follow-along workbook

the real work of manifestation

turning healing into having

this workbook is your companion to the masterclass.
fill out what feels right, leave blank what doesn't, and let the rest

how to use this workbook

- follow along with the real work of manifestation masterclass
- fill in the blanks when you hear them
- use the prompts to reflect on your own life
- take notes anywhere you need more space
- this is not a test... it's a follow along guide and note taking space!

missing link #1: self-respect, self-worth, and your subconscious

key concepts

fill these in as you hear them in the real work of manifestation class:

1. self-worth is made of your **actions, habits, and** _____.
2. your actions and habits originate in your _____.
3. you are born inherently _____.
4. by age eight, you already knew what brought you _____ and **lit you up**.
5. your basic needs at birth include _____, _____, _____, _____.
6. your “authenticity needs” are the things you naturally **love, want, and gravitate toward**.

quick reflection

what were three things you loved or were drawn to before age eight?

where limiting beliefs come from

fill in what you hear:

7. most limiting beliefs boil down to: "it's not _____ me."
8. these get "explained" by: "because i'm _____" or
"because the world is _____."

reflection

circle the one that feels closest to home for you right now:

- "it's not for me."
- "i'm too _____. "
- "the world is too _____. "
- "i'm not ready yet."
- "i'm not good enough yet."

write about why you circled it:

what self-respect actually means

fill in:

9. to honor something = to _____ an obligation or keep an _____.
10. the obligation you're meant to keep is to **never settle for less than your _____.**
11. your job in this lifetime is to prioritize what makes you feel: **authentic, liberated, happy, confident, free, and _____.**

quick check

what is one way you haven't been honoring what you truly want?

you manifest what you tolerate

12. you end up manifesting what you _____ in your life.
13. source responds to your **actions, habits, and _____**, not just your desires.

a place i've been tolerating crumbs

write one:

reflection

what's one area where you've been "selling your script" too early?

action prompts from missing link #1

1. my most idealistic vision for my life:

2. where have i been avoiding that vision?

3. where did i learn to deny myself certain needs?

4. what did i need instead?

5. how can i give myself that now?

missing link #2: you never fail at manifestation

key ideas

fill in as you hear them:

14. you have never _____ at manifesting.
15. what you're manifesting reveals your **baseline level of** _____ - _____.
16. every rejection, delay, or trigger is a _____ of where your self-respect is at.

reflection: recent triggers

write 1-2 things that have triggered you lately:

missing link #2 – action takeaway: meaning-making worksheet

what did you ‘make’ those triggers mean about you?

17. “this must mean that i _____.”
18. “this must mean i’ll be _____ forever.”
19. “this must mean this isn’t _____ for me.”

write the versions that came up for you:

connecting the dots

how are these triggers connected to what you’re trying to manifest?

key question:

20. next time i’m triggered, i will ask:
“what _____ is this triggering?”

missing link #3: manifestations answer to you

key concepts

fill in:

21. many people treat manifestations as random _____
_____ from the universe.
22. some treat them like _____, only happening when conditions are right.

"if it's meant for me..."

23. instead of "if it's meant for me, it can't miss me," the class reframes it as:
"if it's meant for me, i'll _____ it _____."

missing link #3 – action takeaway: stop waiting for a sign

prompt:

pick one thing you've been waiting for a "sign" on – and stop waiting.

write it here:

now, do one self-respecting action that says:
"i'm not waiting for magic. i'm creating movement."

examples to spark ideas (you don't have to use these exactly):

- been waiting for clarity about a job?

write: one person i could email who might hire me or guide me:

- been waiting for a sign about a relationship?

write: one boundary i can enforce that matches what i deserve:

- been waiting for confidence?

act like someone who already has it – one message, one move, one minute. write your one move:

track it:

what shifts within the next 24 hours after you take that action?

values vs frequency

fill in:

24. manifestation isn't about holding a certain "vibration" – it's about your _____.

25. instead of trying to "match the frequency of money," the question becomes:

"am i refusing to _____ for less than what i want?"

reflection

where in your life have you been matching less than your worth?

the nine keys (as introduced)

this is an overview page. fill in as you go; this isn't a test.

32. manifestations aren't random - they are _____.

33. the nine keys are a step-by-step _____ - _____
reprogramming system.

final reflections

what part of the class shifted something in me?

one place i'm no longer settling:

one action i can take this week to show myself higher self-respect:

notes

use this for any extra notes, quotes, reflections and/or realizations that came up while watching:
