

Manifestbook



21 DAY MANIFESTING CHALLENGE

BY VICTORIA JACKSON

welcome



WELCOME TO THE 21 DAY MANIFESTING CHALLENGE.

Over the next three weeks you will discover the magic behind the law of attraction and how manifestation actually works.

The key to remember is, there are no rules when it comes to the universe. Yes, of course, there are universal laws, but perfection isn't one of them. So if you feel like dipping into this book when your energy is low and simply doing one task, that is enough to shift your vibration. Or, perhaps you want to choose one thing you'd like to manifest and work through this book all in one go. The choice is yours. These words are here to guide you and facilitate the positive changes you are making to your life. It's time to dream big...

Victoria xoxo

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1. CHOOSING YOUR MANIFESTATION

Welcome to the first day of the 21 Day Manifesting Challenge. Today is a super simple task, although one that you may find difficult to narrow down.

As we begin our journey through the basics of manifestation and how the law of attraction works, I want you to sit and choose something that you'd like to focus on attracting.

There are no rules, there is only ever guidance, and my guidance would be to choose something that feels exciting, but that you can actually envision having one day.

Maybe you want to kick start this challenge by manifesting a million pounds and, of course, that could absolutely happen. But for our first challenge together, I'd love for you to consider something that would make you feel really joyous right now.

Maybe it's manifesting £100 into your life to spend on a treat for YOU? Maybe it's a bunch of flowers from somewhere or someone. Maybe it's a new client in business.



Maybe it's being asked out on a date, or having a night away whilst someone else looks after the children. Maybe it's something for the house, or a free coffee.

The only stipulation is that the how and the when are none of our business.

Every time you feel yourself leaning into the thoughts of: "But where will it come from..." remind yourself that this part is where the universe comes into her own.

2. SETTING YOUR INTENTION

A simple and easy task today - take your notebook and pen and write a few sentences of gratitude to the universe as if you have already received your desire.

For example, if my manifestation was to sign four new coaching clients, my mini letter of gratitude to the universe would go like...

"Thank you so, so much universe for delivering four amazing soul-mate clients to work with me in The MAGIC Method. They are so well aligned with who I love to work with, and I can't wait to see them grow! They're so excited to get started that the energy feels electric. It felt like the energy of money flowed so easily into my account and for that I am so grateful. And so it is."

Can you see how I am writing this as if it has already happened? This is real power in scripting (writing in the present as if your desire has already arrived) and showing the universe you already believe it to be yours.



YOU MAY FIND IT
EASIER TO FOCUS ON
JUST ONE
MANIFESTATION AT A
TIME UNTIL YOU GRASP
HOW THE LAW OF
ATTRACTION
PRINCIPLES WORK.

3. VISUALISATION

Day 3 of the 21 Day Manifesting Challenge is all about visualisation.

Now, visualising is pretty much another word for daydreaming about what you'd love to have in life, creating a movie in your mind that allows you to feel the sort of energy you'd feel if your desires had come to fruition.

However, as children, we were often told to stop daydreaming, to pay attention, so it can be challenging to snap back into that state of mind.

The key is to have a couple of minutes to yourself away from the world, listening to calming, relaxing music, or silence if you prefer, closing your eyes and imagining how your life will be when you receive your manifestation.

How will you feel? What will your world look like?

Create a movie in your mind, either like you're watching it in third person through a TV screen, or with you in the movie.



If you struggle to visualise, think about a time that you've experienced the same feelings – joy, happiness, excitement, love, anticipation – and lean into that energy. Embrace it for just 2 minutes of your day.

Spend time visualising as much as you feel drawn to do. When we are in the energy of what it will feel like to have our manifestation, we are literally using our thoughts to create our reality.

4. RAISE YOUR VIBRATION WITH MUSIC

Day 4 of the 21 Day Manifesting Challenge is here and it's a high-vibe one.

All I want us to do today is dance! Have yourself a kitchen rave, move in the shower, sit in a chair and do the shoulder shuffle - just get that body moving to high-vibe music and notice how your energy shifts.

Music is an incredibly powerful tool when it comes to manifesting and what better way to kick the weekend off with our [High Vibe playlist](#).



WHY NOT SPEND SOME TIME CREATING YOUR OWN HIGH VIBE PLAYLIST THAT YOU CAN SWITCH ON EACH MORNING AS YOU GET READY FOR THE DAY?

5. DECLUTTERING

Before we move into limiting beliefs and reframing our mindset, I wanted to kick off with a little motivational decluttering.

Think of it as making more space in your life, to allow the universe to deliver more goodness.

Now, this can of course mean a full house declutter – there is so much power in shedding, giving away and selling things that no longer serve this chapter in your life – but for this daily 5-minute task, I want you to choose something small that you could declutter to make room in your life for your manifestation to arrive.

For example, if you are manifesting money, an amazing thing to declutter that has proven time and time again to work for me, is to clean out my purse of old cards, take out any receipts, make sure any notes I have in there are laid out nicely instead of crumpled up.

Perhaps you're manifesting a new job – why not declutter your work wardrobe, your work bag or even give your CV a makeover and



declutter anything that no longer serves you.

If you're welcoming new clients into your business, a great way to declutter is empty your inbox and desktop folders of things that no longer serve you.

If you're manifesting love, how about decluttering your bedroom to welcome in fresh energy?!

6. LIMITING BELIEFS

Today we will start to touch on some of the inner work when it comes to the law of attraction and why we can find it difficult to attract certain things into our lives.

Limiting beliefs are thoughts and beliefs that you have, that, as you guessed, limit your growth. These come from programming that most of us have received in childhood – that we're not worthy, that we should play small not to be seen, that we should be seen and not heard...

These beliefs are just that. Beliefs. They're not a truth. They're not written in stone, pledging that you have stay in this mindset until the end of time. Just like you programmed your thinking, we can bring our fears and thoughts to the surface, ready to be reprogrammed.

Take out your journal and write down all of the reasons you can come up with, why your manifestation might not come to fruition. And when you think you've done, keep going.

For example, I am manifesting four new 1:1 clients, so my beliefs could be:



- People must be sick of me by now
- People can't see what I have to offer
- I could probably reach one person, but four seems completely out of the question
- It feels greedy asking for four clients in one manifestation

Sit and think about all of the limiting beliefs that come up for you, and don't edit yourself – write what comes to mind first of all because what rises to the surface, is ready to be released.

7. REFRAMING

A simple way to begin reprogramming the beliefs we unearthed yesterday, is to reframe them with positive language.

For example, one of my beliefs I had was that, someone from a background like mine couldn't be a huge success in the world of business.

This came from programming in my childhood from the lower income area I was raised.

And while there are many external factors that cause our subconscious mind to be programmed the way it is; such as upbringing, family views, collective consciousness, friendship circle etc, I realised that, to see real change, I had to be at the steering wheel of how I moved forward.

Which is why I made the commitment to unearth my limiting beliefs and actively work to reframe and release them.

By becoming part of The Collective Membership, you already know there is more available for you.



You know there is more out in the world for you. That you don't want to stay in this mindset for the rest of your time on earth.

Taking responsibility for change is the biggest step and I'm so proud of you for taking this step.

So, with that said, let's take a look at our limiting beliefs from yesterday. In this exercise, I want us to take each belief and reframe it.

Continued...

7. REFRAMING CONTINUED

The language we use is so important because the subconscious mind does not know what is real and what is imagined.

This is why athletes, for example, will use these positive techniques when training, to believe they CAN win, to believe they ARE good enough, to visualise themselves going OVER the finish line.

The subconscious doesn't understand this isn't real life, so it changes our internal view of the world to reflect back to us what we are saying and visualising - regardless of whether this is positive or negative.

Confirmation bias proves our new thoughts to be right. That it IS possible. That there ARE other people out there like me. That people WANT my services.

Here is an example of a positive reframe:

Old limiting belief: Someone from a poor area like me can't be successful in business.



Reframe: Where I am from is my superpower, it is what magnetises people to me who see themselves in me.

Here is another example of a positive reframe:

Old limiting belief: I'll be single forever.

Reframe: I am available for the right kind of love to come into my life and I am focused on becoming the same energy I want to attract.

Continued...

7. REFRAMING CONTINUED

Old limiting belief: I never stick to going to the gym.

Reframe: I wake up and my body is ready to move, exercise makes my whole day better.

So, what do we do with our new reframes? We use this tool every time a limiting belief rears its head and tries to keep us small and safe. We reframe and take control.

We look for evidence that it doesn't have to be our truth – for example, I went in search of people who were from lower income families in the north of England, who had built a successful business.

Spend the next couple of weeks saying and reading your new reframes every single day and see what kind of shifts you notice by the end of the month.



"WHETHER YOU THINK
YOU CAN OR YOU
CAN'T, YOU'RE RIGHT..."
HENRY FORD

8. *THE BOOMERANG EFFECT*

Today's task is a feel-good task. Let's put some goodness back into the world. I am a firm believer in the boomerang effect, watching whatever goodness we put out into the universe, come back to us tenfold. A mistake we often fall victim to is assuming we need to use money to create a ripple effect. Some of the most amazing ways you can give back to the world don't cost a thing.

How about donating some tins from your cupboard to your local food bank? Or leaving your favourite book on a park bench for someone to pick up? Even writing a little note saying have a great day and leaving it somewhere for someone to find can be incredibly powerful. How about making a cup of tea for someone or even just smiling and saying good morning.

Giving back isn't always about charity. It's about the energy of how you make another person feel, whether it be now or somewhere down the line.



”
*HOW ARE YOU GOING
TO PUT SOME
GOODNESS BACK INTO
THE WORLD TODAY?*

9. REVISIT YOUR VISION

At this point, I want us to reconnect to our vision again. Just like you did on Day 3, I want you to lean into the energy of what it will feel like when your manifestation comes to fruition.

Picture how you will feel, what you'll be doing, who you'll tell – even think about writing in this group and sharing your story. I'll be visualising emails coming through from soul-aligning women wanting to work with me and sending over the contract. Or, perhaps I'll picture having our first call together and it going really well. Or even getting an Instagram message ping through from someone interested in working together.

Perhaps you'll visualise just how happy you'll be seeing that money in your bank account, or how shocked you'll be when those flowers turn up out of nowhere! Remember, the energy we put out is the energy we magnetise back to us so let's lean into those excited, happy, hopeful vibes.



THINK ABOUT YOUR
OTHER SENSES WHEN
YOU ARE VISUALISING.
WHAT WILL YOU SEE?
WHAT WILL YOU HEAR?
WHAT WILL YOU FEEL?

10. GRATITUDE

Today we are going to move into the energy of gratitude. Because guess what the universe delivers to us when we're thankful? More things to be thankful for!

The energy of gratitude can be more powerful than being in the energy of happiness when it comes to manifesting, because gratitude is something we can find, even in the most challenging of times – happiness sometimes feels like step too far for us to grasp while we navigate every day life.

Sit and think about 50 things you're grateful for right now. Maybe it is your phone you're reading this on, your comfy chair, having something nice to eat, your partner or your friend, a great book you're reading, the warm bubble bath you're about to have...

Big or small, write 50 things that you are thanking the universe for right now.



”
TAKE A LOOK AROUND
THE ROOM AND
COUNT THE THINGS
YOU ARE THANKFUL
FOR IN THIS PRESENT
MOMENT. I BET THERE'S
MORE THAN YOU
THINK.

11. TAKING ACTION

Welcome to Day 11 of our 21 Day Manifesting Challenge. One of the most important elements of manifestation is meeting the universe half-way.

I truly believe that while we can wait for our desires to make their way to us, there is so much power in putting the action into the law of attraction. So today let's think about how you can take action towards your manifestation.

If you're looking to manifest money, can you go on a treasure hunt around your house to see what money you can find hidden or in things you could potentially sell to get the flow started?

If you're manifesting flowers from someone, have you got a vase ready and a surface clear to put them?

If you're manifesting a baby...can you take a little action...



”
WHILE THE UNIVERSE
CAN DELIVER OUR
DREAMS WITHOUT ANY
ACTION, YOU CAN
CERTAINLY SPEED UP
THE PROCESS BY
MEETING HER HALF-
WAY THERE.

12. GETTING SPECIFIC

Welcome back to Day 12 of our 21 Day Manifesting Challenge.

While these mini tasks are all different ways you can lean into manifestation, I just wanted to reaffirm that, if you feel overwhelmed with doing something daily, you can still raise your vibration and become a magnet to what it is you are trying to attract into your life, by simply dipping in and out!

There are no hard rules in the way I teach manifestation – the most important element of anything universal, is making sure you live a life of gratitude, listening intuitively to your soul and trying to make the journey as joyous as possible – rather than focusing on the happiness in the end goal.

Today's mini task might not apply to all of you, but it's all about getting specific. Right now you may have a vague idea of what you want.

For example, it might be "I want more money" but the universe doesn't have any clue what "more money" actually



means for you.

She could deliver 1p on the street in front of you and that would be more money that you have right now, but you and I both know that it's probably not just a penny you're asking for.

So, today's task is simple – if you feel like your manifestation is too vague, then get clear about what it is you want and how you want to feel when it enters your life.

13. MEDITATION

Today we are focusing on resetting our energy and releasing what is no longer serving us with a guided meditation.

Let me start by saying, there is no perfect way to meditate. It is simply a tool to allow us to be grounded in the moment, and even if thoughts come in and take over, we acknowledge and let them do what they came to the surface to do.

A tip which I learnt over the years is to write a to-do list to empty my mind as much as I can prior to meditating, but also lean into the fact that it is so natural for the mind to wander. I embrace this and accept this.

The guided meditation (which can be found in the online portal) is designed to help you visualise the limiting beliefs and the stories you tell yourself, start to wash away down the plug hole as you stand under a beautiful imaginary relaxing shower.

This is an incredibly powerful meditation but if you do not gel with my voice (and this again, is



completely natural), check out The Honest Guys on Youtube/Spotify or the Headspace App – both of which have amazing free guided meditations.

Sink into the moment of today and allow yourself the time and space to breath, ground, and become present in how you are feeling, where you are feeling it in your body and why you are feeling it.

You are safe.

14. EMBODIMENT

For today's task I want to take a moment to talk about embodiment and how important it is to manifestation.

You see, to truly manifest your dreams into reality, you have to be in the energy as if your manifestation was already yours. But how can you do that if you've never experienced it before?

This is where so many people struggle to manifest those big life goals easily because the resistance can often come down to not understanding this missing trick – embodiment.

Embodiment, on a basic level, is making choices, living, acting as if, creating habits, as if you are already to version of you that has your desire.

For example, if I was manifesting £1000 to go on holiday, the version of me wouldn't be thinking about where the money is coming from because it would already be in my account, so instead I'd be planning the trip, I'd be researching locations, I'd be planning my wardrobe of what to pack.



I'd be acting as if it was already mine and doing the things that version of me would be.

When I was moving into the mindset of a person who runs a successful membership, I had to think, what habits does that version of me have? What routines do I have? What decisions does that version of me make?

It was then I began to understand

Continued...

14. EMBODIMENT CONTINUED

that manifestation of an amazing membership would require me to have structure to my day, including getting up at a normal time and working out so I was in the best frame of mind, showing up on social media, consistency, stepping out of my comfort zone and being bold doing so. The universe wasn't going to deliver my dream until I matched her at the same energetic level.

So, your task today is to really start thinking about:

- What do you need to implement to become that version of you that has their manifestation?
- What daily habits do they have?
- What personality traits do they have?
- How do they think each day?
- How does their behaviour change?



”
*THE TRUE POWER OF
MANIFESTATION
SHINES THROUGH
WHEN YOU EMBODY
THE PERSON THAT
ALREADY HAS WHAT
YOU DESIRE.*

15. BEAUTY IN THE ORDINARY

Today is one of my favourite exercises – looking for the beauty in the ordinary. I'm a huge advocate of being the main characters in our lives and in searching for the beauty in every day, we're able to really embrace all of the moments we normally miss.

For example, maybe you want to wake up early tomorrow morning and watch the sunrise. Perhaps you can make your morning coffee into a ritual where you curl up with a book while the rest of the house sleeps. Maybe you can walk around your local town as if you were a tourist and notice all the buildings you normally rush past. You could go try somewhere new for lunch, or spend the afternoon baking. What about creating a huge cushion floor in the living room, grabbing popcorn and having a movie marathon tonight.

Today's task is really about being more mindful and allowing us to bring more joy into the journey rather than focusing on the end goal.



DON'T BECOME SO BUSY STRIVING FOR THE FUTURE OR FOCUSING ON THE PAST, THAT YOU FORGET TO ENJOY THE ONLY MOMENT YOU'RE ACTUALLY ALIVE.

16. AFFIRMATIONS

Today we're going to look at the power of affirmations.

Affirmations are powerful and positive statements that we can use to reprogram the subconscious mind.

Positive language, when repeated consistently, has the power to override negative thoughts, and the subconscious begins to believe this as a truth over the old narrative you had on loop before.

Think about your manifestation, what your limiting beliefs are surrounding that and begin to create powerful and positive affirmations that you can repeat on a daily basis to yourself.

For example, they could be:

- I am a money magnet and each time money flows out, it flows right back in again multiplied.
- I am worthy of love and I am magnetic to the love I want to attract.
- Building my side business feels easy and without resistance.
- I welcome happiness into my life each and every day.



- I am a powerful creator and what I put my mind to, I succeed in.

Recite these affirmations daily, either out loud, in your head or take time to write them down.

In as little as 2 weeks, you could notice an incredible shift in your mindset surrounding the area you have chosen to focus on.

17. WHAT DOES HIGH VIBE MEAN?

As we enter the last couple of days of the 21 Day Manifesting Challenge, I wanted to talk about energy and what it actually means to be "high vibe".

Everything around us - from our bodies, to the chair you're sat on, to the phone or laptop you're holding whilst reading this - are all made up of energy, vibrating at a microscopic level. The only difference is the speed at which the energy vibrates and what matter it creates, whether it be a solid, liquid or gas form.

This isn't woo, this is science. But this where Miss Spiritual enters the chat. It is said that the higher up on the emotional scale we feel - so, think happiness, joy, excitement, optimism, and gratitude - the faster our energy vibrates.

Which subsequently allows us to tune into different frequencies that are aligned to the frequency we're at. I call this Radio High Vibe, just like you tune into different stations across the world. When we are tuned into a high vibe frequency, we notice opportunities, conversations, people



etc, that allow us to lean into that high vibrational state even more.

That is why, when we're in a great mood, we feel like everything around us amplifies that feeling further. We just *VIBE* with life.

And yet on the opposite end of the scale, when we're vibrating at a low level, we are more attuned to frequencies that will amplify those feelings.

Continued...

17. WHAT DOES HIGH VIBE MEAN CONT...

Have you ever walked into a room and noticed energy around you? You might be magnetised to certain people at a party or feel a strong pull of negative energy from others.

That right there are frequencies available for you to fully tune into, or make a conscious effort to tune away from. You have the power over the way your energy vibrates – I say time and time again, things happen in life out of our control, but we always get to choose how we react and how we let it affect us.

So, how do you vibrate at a higher frequency? You begin to look for the good in every day. What can you be grateful for right now? Are there any blessings to your day? What are you excited about right now, hopeful for even?

Make a conscious effort today to start tuning into the way your energy feels and begin to notice those around you – can you tune in or tune out of their energy?



”
WHEREVER YOU CAN,
BE THE KIND OF
ENERGY PEOPLE WANT
TO BE MAGNETISED TO.
BE THE MAGNET. BE
THE LIGHTHOUSE. BE
THE SUNSHINE.

18. ANCHORING

Today we are talking about anchoring and what this means in the law of attraction.

When we create an anchor, it allows our subconscious to be reminded of an energy or memory of when we felt a certain positive way. We are anchoring a feeling for us to return to time and time again.

Smelling a perfume that reminds you of someone is an anchor. Having a keepsake close by is an anchor, like a key-ring or a note in your purse.

Putting a picture of your manifestation as your phone screen background is an amazing anchor.

The key is, to make sure your anchor has a positive emotional link to it. For example, there's a certain aftershave that makes me shudder as it reminds me so much of an ex-partner. While there are other scents that bring back so many happy memories for me over the years.

Music is an amazing anchor. For example, when you are visualising or thinking about your manifestation and how amazing it will be when it



comes to fruition, play your favourite song and dance.

This link to the music, the high vibrating energy (which we spoke about yesterday) and the feeling of joy combined, will create the most powerful anchor for you to return to each time you play it.

Another great anchor idea if you are manifesting a specific amount of

Continued...

18. ANCHORING CONTINUED

money, is to use that number as your password for your mobile phone.

For example, if you are manifesting £5000, change your lock password to 5000 and each time you unlock your phone, you are reminded of what amazing energy £5000 would bring with it.

A successful anchor I like to add into my manifesting routine is using a high vibe picture as my phone background so I can see it every single day.

Anchor Ideas

- Photoshop your dream book cover
- Download the blank cheque from the Printables section, sign and keep in your purse
- Play your favourite song
- Change your passwords
- Add pictures of your dream life on your phone and desktop background
- Wear jewellery that makes you think of your dream life
- Change your keyring
- Pick a high vibe scent



- Change your Instagram bio to include what you dream of being
- Set your alarm to play a high vibe song when you wake

What anchor are you going to create today?

19. CONNECTING THROUGH SIGNS

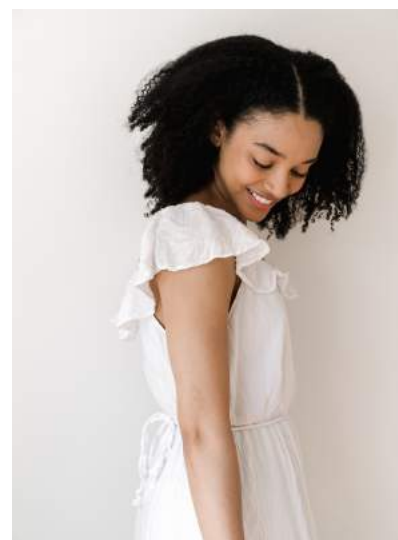
When the universe starts to connect with you, letting you know you are being guided, you may begin to see signs which feel incredibly synchronistic - almost like it just couldn't be a coincidence at this point. This is what I want to touch on in Day 19 of our 21 Day Manifesting Challenge.

The first sign that the universe is sending guidance, can often be spotted in repeating numbers. One of the most common formations is 11.11.

When I began my spiritual journey, I would spot 1111 over and over again. On the clock, on social media, on petrol pumps, on receipts.

Now, years in, I understand that our spirit guides, angels, higher source or the universe - whatever you choose to believe in - simply use numerology as a way of indicating we are being guided and we are safe.

While angel numbers are not my speciality, Kyle Gray has an amazing talent in this area and I am drawn back to him again and again to



discover what particular repeating numbers are indicating.

However, perhaps music is your sign from the universe, and each time you need reassurance or a message, you tune into specific lyrics sent to you. Or maybe each time you see a feather, you feel a presence from your guides.

Really lean into noticing what feels aligned to you when it comes to

Continued...

19. CONNECTING THROUGH SIGNS CONT...

signs from the universe – perhaps it's an animal of some kind or a rainbow in the sky. There is no right or wrong answer here; the true magic is when you open to yourself up to listening to the universe in whichever way you feel drawn to.

And what happens when you spot your sign?

Notice how you're feeling and what you're thinking at that very moment. These signs are an indication to look inwards, so listen to your body, mind and soul and see if you are being guided to change your pattern of thinking, embrace gratitude, see what lesson you may be experiencing or just to reconnect to your vision again.

Signs from the universe are about leaning inwards and listening to what we are being guided to do next by our inner compass. What sign do you feel the strongest connection with?



ISN'T IS A BEAUTIFUL FEELING TO KNOW WE ARE BEING GUIDED BY THE UNIVERSE, OUR SPIRIT GUIDES AND MORE, THROUGH THIS JOURNEY OF LIFE?

20. RECONNECTING TO YOUR WHY

When we choose to manifest something into our lives, we need a “why” for it to truly work.

Why?

Because if you chose something randomly, with no real reason, the energy around it won't be as potent. The universe won't understand why you've plucked something out of thin air.

But say, for instance, you want to manifest a free coffee - you can still have a why. Perhaps you're doing it as a small experiment to build your trust in the universe. Or maybe you just really want a fancy coffee without opening your purse. There's always a why.

Today sit with your journal and write your why. Only after doing this, will you begin to realise whether you are manifesting from your ego (like when you manifest because you think you *should have something, or that other people have it so maybe you *should too), or you are manifesting from your true desire.



And if your manifestation feels off, like it is linked to your ego of what you *should want, then there is no better time to revisit your desires and realign yourself to something different.

Life isn't about meeting other people's expectations or creating a life that looks good for social media.

This is about creating a life that FEELS good and makes soul happy each and every day in some way.

21. TRUST AND RELEASE

Welcome to the final day of our 21 Day Manifesting Challenge!

Today I wanted to talk about the most important element of all when it comes to the law of attraction.

Trusting in the universe to deliver when the time is right and loosening your grip on the how and when.

You see, the how and when simply aren't our business. Yet, this concept is something many people struggle with, especially when we are so used to have everything instantly at the click of our fingers. We live in an incredibly fast-paced world, so to release our desires and trust in divine timing feels...odd.

But when we release your grip slightly – note I didn't say let go completely, I still believe in taking a little action – and stop strangling our desire, we allow it to breathe and we allow the universe to get to work in the background, lining everything up so when the energy is just right, she can deliver.

The reason something hasn't come to



fruition just yet isn't because you've done something wrong. And it's certainly not because you've had a few down days. It is because the universe knows the timing isn't quite right just yet. Other things are at play here.

Imagine going into a restaurant, making your order and then standing behind the chef as he cooks your food, checking in every 30 seconds to see if he knows what you want. You just wouldn't do that.

Continued...

21. TRUST AND RELEASE CONTINUED...

So, imagine asking the universe for your desire, seeing how you can take a little action towards that manifestation, focusing on happiness and gratitude in everyday life, and trusting that when your food is ready, the server will bring it to your table for you to enjoy those delights. WITHOUT you hovering over the chef.

Detaching from the outcome will open you up to all of the magic in the world, most of which you don't even know is waiting on the side-lines for you yet.

My parting message to you is this – when you trust in the universe and divine timing, you can move forward, step by step, embracing all of the magic delivered to us on a daily basis. And before you know it, just at the moment you forget your wish, the universe delivers everything you've ever dreamt of.

What is your biggest takeaway from this challenge? What has been your biggest lesson?



”
YOU HAVE BECOME
MORE ALIGNED OVER
THE LAST 21 DAYS THAN
YOU WILL EVER KNOW.
NOW IT'S TIME TO
DREAM BIG MY LOVE.

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