



365

MANIFESTATION

POWER

Your Manifestation Journey

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Manifest Your Destiny



Everyone has an insight, a voice that comes from within ones soul. This is the voice responsible in influencing and directing us throughout our life. That voice is constantly telling us “Get up right now! Take charge of your life and manifest your destiny”.

It involves transforming yourself and taking charge of your life. If you stay stagnant then life will not happen for you. You might never experience the true potential of yourself. Life is not only about the style of living, sleeping, eating, working and travelling but to explore, experiment, observe, thoughtful processes and taking risks towards change.

Change leads to improvement. So an important question is how to improve? How to bring about change within one’s self?

For that purpose, what you need to do is to take actionable steps to improve yourself. Push yourself out of the traditional and comfort zone, family values, controlling powers of other human beings and meet the real you! This will definitely transform your life.

Why success comes to only those who work harder for it?

It is because millions of people have no idea what are they capable of doing. Following conservative ways to live life blindly is no different than being dead, doing nothing and simply copying.

Ask yourself, “Are you a copycat?”

Before reading this book, get ready and be open for change that you have never experienced before. You will be challenged to be out of your comfort zone and live the life that you’ve always dreamt of.

You are free to live in your own unique way with a strong identity rather than being a copy of others. If you strive for change, you would build a world of success of your own.

Shake off the insecurities, confusions and doubts to enhance confidence, power and ability to attain your heart’s desire.

Let’s begin with what we mean by manifestation.

“It refers to the process, an action or an event that clearly enables us to see or show us something abstract or conceptual”.

Basically it is indicating the movement of transformation of a mind concept into reality-based act. That is why we stress upon taking action to bring your thoughts, feelings and ideas into a tangible experience.

You Are Important



Your life has a goal, which is to win. Winners are leaders, those who lead life in their own way and leave their legacy behind. The one thing that holds us back from creating our legacy is in our unconscious; our past, our mistakes, our regrets and unpleasant memories. Left unchecked, all of this no doubt holds you back from progressing and attaining what you desire.

The human mind has an inborn tendency to seek and grasp on negativity. Biologically, there is a part of our brain called the “lizard brain” that is the

oldest part of our brain stem, responsible for the most basic of instincts; survival. This part of the brain governs our flight or fight attitude towards challenges and breaking comfort zones and is designed to keep us safe from harm.



I know no one wants to live a of the living dead, producing nothing, being stuck in a 9 to 5 job doing the same thing over and over again just to pay bills. That is a very distorted and warped version of life. Some people die at 25 years old and don't get buried until they are 79 years old.

If you don't know where to start, let me share with you a simple step by step formula. We'll take very simple steps over the next 12 months.

Think less, speak less, and observe more with your eyes and your heart. It takes faith, action and the belief that you will succeed. You will get to

where you want to be. Trust in yourself, your capacity and your ability to achieve it. Never ignore the power of change as this power takes you towards your personal growth.

The key to unlocking your true spirit and road to find the peak of manifestation is to “Be Consistent And Never Give Up” because true change takes consistency.



Strive for Transparency of Mind

Imagine a street full of fallen leaves, stones, tree trunks and uneven damp soil. If you need to reach a destination urgently how would you reach it on time?

You might be rushing for your final exam, an art competition or a scholarship test. Imagine the urgent need to reach on time.

But not matter how hard you try, you are late.

Are you afraid of experiencing failure?

That's fine, do not worry. It is just a thought that you might face if you do not reach at a place on time.

On the other hand, imagine a road free of traffic, mess and obstacles of any kind.

WOW!

Now you can reach your destination in advance and prepare yourself with lots of energy and a relaxed state of mind rather than fear and anxiety.

Combating Negativity



Clear your mind from negative thoughts. In the first scenario, imagine a street filled with leaves, junk and stones representing your negative thoughts.

You can realize how difficult it is for someone to make proper decisions and find on time solutions if your mind is not yet clear from negativity.

Negative thoughts are the ones discouraging you from initiating a transformation process to achieve your goals in life. In contrast, a smooth and obstacle free road is the goal of the first module to understand and apply in daily life to achieve success in this journey.

There are a number of ways to control negative thought process and replace it with healthy and positive visualization process.

Here I am sharing the most effective steps to regularly adopt as the part of your daily routine.

Meditation



Daily 20 minutes, 1-2 times a day spent by practicing any form of meditation clears the negative thought process that materializes. The practice utilizing mantra or mindfulness meditation has proven effective to use in order to control negative thoughts or even eliminating them completely by countless research evidences.

Your mind strongly holds and believes what you pay attention to. You are free to choose what you pay attention to. You are responsible for focusing on the things you want to focus on. This is what we call power of mind. You are in control of your mind and thoughts.

Avoid negativity by focusing on a specific non-emotional object for a few minutes in morning and in the evening. Let the brain focus on you and ignore the thoughts. The feelings and sensations you experience during

that time are priceless. Being mindful and empty on mind junk is crucial. It is the first step and skill to master in this journey.

Another method we talked about is mantra meditation; chant a positive statement to induce positivity and combat negativity especially when tired, frustrated, phobic or worried and in distress.

Examples are as follows-

“I will succeed in the basketball match this year”

“I am doing my best”

“This too shall pass”

Hopelessness and despair are very destructive and detrimental to one’s health and mind power. Accept the importance of this step to shift from step 2.

Keep on taking action, growing, improving, learning and understanding. Recognize your negative mind and fill it with positive power with keeping in mind that negative thinking is natural and not 100% avoidable but can be managed.

Finding Clarity



Having a clear idea about what to expect next from future, an upcoming day, task, an outcome with possessing a positive through process, healthy mindset and optimism picked from good experiences is what you need to focus on. Only then you can achieve what you want.

Finding clarity means having a clear understanding of what you want to achieve over time and what your plan about how to move forward, it is about taking necessary steps when needed.

Making SMART goals is a great approach when it comes to preparing goals for your life whether short or long term. Prepare goals daily and review on daily basis, make note that they must be:

Short
Measurable
Achievable
Realistic
Time based

Take a look at this smart goal

“I will meditate daily for 20 minutes before sleep to overcome my negative thoughts and reduce their intensity.”

Now closely take note how it is **specific** and short (meditate for a week), **measurable** (daily note taking to check if done properly), **achievable** (before sleep is the time best for it because its calm and silent and free of distraction), **realistic** (within in capacity and easy to do by lying on bed with eyes closed and lights off with comfort level) and **time** based (20 minutes per day)

Clearing off the mind has another method that directly attacks negative thoughts. This is done by creating a totally opposite (*positive*) thought by focusing on the positive and benefits of the situation.

We find it hard to have a positive outlook on life as our mind is accustomed to have a skeptical approach on things which usually includes the “what ifs” and “what happens” if you fail.

Negative automatic thoughts are something you can get rid of, remind this to yourself anywhere and anytime when your pessimistic thoughts get the best of you and influences your state of mind as well as actions.

What you focus on expands. Everything is within your choice. When you choose to give in to your negative thoughts, the outcome will be negative. However, when you focus your mind and energy on positive threads and make this a habit, you are able to see a significant transformation in everything you do.

Overcoming The Shadows Of Delay



Motivation has barriers including confusion, unrealistic goals, and loss of the sense of reward, poor strategy to do routine practice, irrational thoughts and goals related gaps. It is common to experience all of these barriers but that does not mean you should give up on your dreams and delay your progress in achieving them.

You must keep your motivation going and have the feeling of urgency to pursue what you want as there is no such thing as the right time. Every second counts and you either do it or you don't.

This seriously helps you to set your mind to focus. Focus with a clear, concise plan of action. Try these tips out to kick off the lazy circle of delay and grab dose of daily urgency to drive you to a step forward for dreams, goals and ambitions. Make sure you are deeply interested in whatever you intend to do. Then, take action!

- Keep your daily routine busy, use your attention for something valuable
- Keep your mind filled with positive thoughts. This will influence your outlook on things and how you execute your day to day tasks
- Practice an active lifestyle. Physical activities have a direct influence on both your mental and physical well-being
- Keep your spirits high and search for things that will keep you to stay motivated
- Always fill your thoughts with healthy, safe and positive mantras/statements that you can relate with, where it will help you visualize your fruitful outcomes and polish the art of manifestation for your self-designed destiny

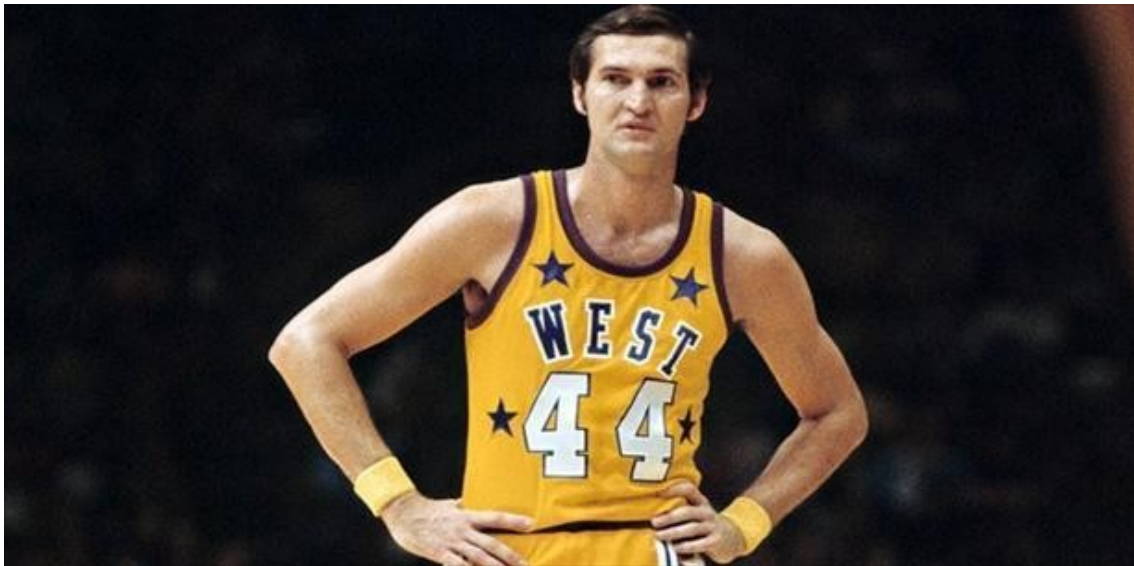
You are responsible in manifesting your dreams. Help yourself in making your dreams come true. Give credits to yourself for your positive mindset as well as coming this far.



Visualization Of Your Goals

Visualization works! It is best to use on a daily basis for the achievement of your life dreams, goals and everything you want. As you learned previously on how to make smart goals, you need to complement the daily goals with detailed visualization processes.

The process of visualization involves visualizing the most effective way you would want to pursue your goals, as well as the feeling you have when you have finally achieved it.



A personality that practices visualization is Former NBA player Jerry West. He is known for hitting shots at the buzzer. The secret that he personally shared is the rehearsals that he did prior to confronting the actual challenge. This explains the power of visualization.

The routine, anything that we do as a habit in routine triggered by a stimulus and rewarded by positivity holds success and all that we want as our destiny.

But what are you thinking?

Doing a task daily for sometime is hard to achieve?

Remember we are talking about repeating the strategy countless times in our mind to reach to that level of perfection. Practice makes a man perfect; Mr. West also tried visualization of hitting shots with attention and foreseeing himself a winner. It is what we need to regard as Mind Practice.

What have you learnt from this great example?

It taught us how things work in our favor if we put our mind into it. Mr. Clutch is the nickname he earned on the account of his superb performance. There are many other legends in sports namely Tiger Woods, Larry Bird, Michael Jordan and pitcher Roy Halladay who achieved the best in their lives with the power of visualization.

What are some of the goals we want to achieve in our daily lives?

A job promotion, quit smoking, starting a new business, finances for study, losing weight, big or small, goals are goals and are the starting point for success.

The power of visualization acts as a compass and where you will have a better sense of direction to navigate your goals. The one thing you need is a lot of determination and trusting yourself in the process.

A very famous and well-known quote says "Seeing Is Believing" and you have to trust that this is what only meant in the end. For over 2000 years ago Aristotle also communicated this process and it is still clear, applicable, to first have an objective and then work for necessary methods to act, no one can stop you from your achievements.

Activation Of The Law Of Attraction



Law of attraction is the ability to attract everything in our life that we focus on. It is all about manifestation, attention and mental creation.

Why are the symptoms of anxiety in some people very apparent as compared to others?

This is because they usually focus on the negative aspects of life and stress on it. They do not know how to let go of their problems and move on.

Positive visualization of your goals is something you feel good about. The goodness and the happiness spread by visualization is the subconscious attraction of achievement.

What creates achievement?

Have you ever thought about it?

Our achievements in life can be influenced by several elements in our life. This may include people we have around us as well as the kind of energy that surrounds us. The resources and circumstances we surround ourselves in do play a part in the achievements of our goals.

Law of attraction is same for all human beings regardless of ethnicity, age, profession, religion, beliefs, nationality and education. All human minds are vulnerable to this law that rules our lives and eventually makes our thoughts into things we can touch.

Try this simple exercise.



Focus on a negative aspect and on a positive aspect of your life for one minute each. Which aspect of your life is more prone to linger in your mind?

Always be aware of your negative thoughts, taking control of you. Start by thinking about the negative experiences followed by your positive experiences.

The state of your mind and your outlook in life determines the achievement of your goals. If you constantly have a pessimistic view on everything, it will be projected in your actions and influence the outcome of your goals. Therefore, try your best to see the best in every possible situation, even though sometimes things can get difficult but remember there is always light at the end of the tunnel.

Do you know? This power is previously used by some greatest personalities in the history of this world. The influencing names are Shakespeare, Blake, Emerson, Newton and Beethoven. It does not matter what your interests are; artistic, sciences or philosophy.

The law of attraction can take you far and may help you in various aspects which include:

- ✓ Healthy love life and relationships
- ✓ Better social interaction and communication skills
- ✓ Money and wealth
- ✓ Mental and physical improvement
- ✓ Healthy life and self confidence

- ✓ Reducing Anxiety and Self doubt, guilt or shame
- ✓ Weight loss, fitness and mindfulness
- ✓ Success and abundance

You Are What You Think You Are!



The more we are in tune with our inner self, the more familiar we are with what we are truly capable of. Therefore, the way you perceive yourself and your worth is important. If we see ourselves in a positive light, the more we attain. In contrast, if we think we are not good enough and are not worth of success, the more we lose.

Whatever you desire to achieve is most likely present in your head as a mental image and is preparing to manifest in the form of the law of attraction.

This is why the power of visualization is important. It plays a huge role in the manifestation of your goals as you have this mental image that you can achieve what you want. Nothing is impossible when you believe. It gives you a sense of motivation that you are capable in doing even the unimaginable.

To manifest means to motivate yourself, intrinsic motivation is something that has to do with “you”. This looks complicated but actually this is not, it only seems to be difficult because you have been thinking about trying something abstract and new.

Try visualizing your goals by sitting in a quiet place for several minutes and closing your eyes. Focus on what you want and how you will achieve it. Don't let anything distract you in the process. When you are done, you will feel fresh and motivated in taking charge of what you desire.

The visualization of your goals leads to the results that you want. Motivation stirs up the definite feeling of urgency, where the feeling of urgency is what makes you work towards creating your goals, turning them into reality.

As the saying goes,

“The beginning of love is at the end of resistance.”-Danielle Light

The very moment when you start to love yourself and defend yourself from negativity, all other things start to shed into your favor as well.



Implementing Your Action Plans

Planning is not everything; as taking action is what truly matters. Think clearly and count the number of times when you think about goals and compare with the number of times when you take action. The number of thoughts and mere plans would obviously be more than you taking action.

Think of problem solving and execute your thoughts or plans by taking action. Problems are part of life and you would confront them on your journey to success often. Prepare in advance about how you approach and overcome them.

Start small and Consistency is key.

Let's imagine whatever you want to be, in example, a skillful chef. It's impossible for you to create 5 star dishes if you just started out. You need some time to learn and practice. That's why it is important for you to set realistic goals and be consistent in achieving them. Practice simple recipes first with simple ingredients and then carve your way up to work harder and on complex processes.

Let's assume that you have determined the steps of taking action for a plan or a goal. To be more effective, jot down a goal and write down the plans for execution in simple 5-7 steps.

Review your own plan from time to time and tweak it according to your progress because there is no one so desperate to achieve your goals other than you.

Execute Your Plans



Make sure your plans and goals turn into action effectively, for efficient progression needs to be done gradually and in a consistent manner. Ensure and carefully plan the sequence in which plan would be implemented, step by step and with grace.

The orderly structure and points from which action needs to be taken by you is of utmost importance. Sequence matters when you are planning to execute a long term goal or plan. Long term plans always have some systematic steps and orderly management

Recall what we instructed in the start of this journey, start one habit at a time. Sometimes great plans demands equal amount of flexibility and rigidity to control the actions and managing own behavior.

Develop an effective action plan to implement after your goals are sequenced. Next strategy is to putting the plan into game. Do not be overwhelmed by the long list of goals and steps for each goal.

Prioritize and pick one goal that demand urgency, which you can execute immediately. In this stage immediate goals are the focal point. Bring all steps of the goal together and analyze them as an overall task.

Note the possible potential challenges the specific goal might have and list management options for the probable challenges. Things to do also include whole management plan to prevent you from challenges leading to barriers. Must decide a deadline for each step and keep moving towards success using a wide variety of methods. A blend of different activities never let you down.

Look cautiously the lists and things you have in your action plan along with management plan as a backup. Few commonly matched examples are low financial resources, less time and energy or attention and interest.

All these are highly demanding but you have to brainstorm solutions as management plan i.e. use savings, start to save money from now, ask a friend's help, listen to a motivational speaker etc.

Human imagination is endless; no doubt it focuses on bad more than good while we start taking action for instance, would you face success or failure?

What are the chances of you losing?

But now our main focus is to and center of attention is if something would not work, what would be the reasons and how would you improve the situation? How to increase the chances to win and be a better version of who you are?

Plan again, third stage is to review plan, add something more to save you, motivate you and make yourself a better winner. The new things you saw since you once took action also goes into the plan when you sit back relax to evaluate it again and watch where did you start and where are you now presently?

Final step is defining goals, change your job or seek higher studies are out of the scene. From general to specific, goals should be like this- Taking admission this spring in psychology class is what one looks confident about.

Cool enough? Isn't it?

Attitude is everything you need, mark dates on calendar, collect information from admin office and highlight program details like course and timings, fee structure etc. Ask for help where needed and set a reward for the completion of goal like buying a new cycle to attend classes on time and not to miss any.

How To Act?



Action is materializing your thoughts into actions because ambitions are always packed with challenges and struggle. Achieving such goals require an action plan and strategy to have hands on your goals you want to achieve.

Be realistic, stick to facts in action in contrast to the plans, visualize rational outcomes, and visualize what you expect for you to transform your life.

Do not be too hard on yourself no matter how hard it can be during the execution of your action plan. Completion is also a new beginning. Keeping this in mind, check out these four stages for action- knowing you, finding out, making decisions and taking action. You would never jump

mindlessly into doing something; there is always a sequence.

“Knowing you” is all about you, assessing your current situation in terms of values, interests, preferences and abilities. Whatever you are going to do must be aligned with your energy and passion. Passion is the fuel of acting on an interest.

“Finding out” is all about exploration. Exploring opportunities and looking around what is there for you? Would you like to waste your coins in a play land by inserting them in a machine that is empty?

Of course not, human nature is to attract where the glitters are. You will be only using coins where the huge toys or candies are displayed to win them in exchange of coins you have bought for this purpose using your skills.

Always look for; what you are utilizing your energies on is not an empty vase. It is your duty to keep your eye on reward first due to which your motivation flames heated up.

“Making decisions” is comparing anything you have. Flames of motivation need your sincere thinking skills to choose the best option.

“Taking actions,” means working towards your goals. Act, at this stage whatever you are doing is 100% in your favor.

Write It All Down!



An American psychologist claimed something effective about writing down your plans to attain a clear idea on where you are headed. Writing is therapeutic it is a fact since centuries from the start of psychology but Dr. Gail Mathews as a professor at the Dominican University in California discovered that mentioning goals and dreams on daily basis in a regular pattern is associated with achievement of desires as compared to those who do not do it.

She did an experiment to generalize this rule, from all over the world, 272 men and women were gathered. The participants belonged to diverse nations and professions. The participants were then divided into 2 groups, one included those who write their goals daily and others who don't and

the difference was significant. The goals writing indulge people in achieving desires and goals at significantly higher level.

In conclusion 42% rate of achievers came into sight, change appears only with the condition if are being regular in the writing same goal, as routine to target desires transforming into reality with no ifs and buts further.

This is a small action and can be done in few minutes daily. The best time is again before sleep but one can do this anytime of a day. You will be more likely to be a winner often than a loser. Writing the goals is both the element of science and an art. It portrays how goal setting works.

The principle is based on how brain works, Neuropsychology stands here and present two brain sides connected and wired electrically by corpus callosum, left side as imaginative let you think and left hemisphere as literal makes you plan and act by pushing down the dream signals via spinal cord to all body parts.

Writing activates left side, the logical brain turn it in consciousness by lighting it up under each cell of our body saying I want this and I mean it shifting to I will achieve this. The whole experiment throws you in a pool of clarity. Absorb the most from this well of goodness.



Actions As An Art

What is the definition of Action?

Taking action means to perform a deed, to execute something where it applies to the results as well. An action is short term and continues to develop in a series of many small acts that result in a meaningful outcome.

Executing your plans and dreams is the most important aspect of your manifestation journey. Fear is experienced while we try to do meaningful tasks but do not worry as it is as natural as your dream.

Fear kills your dreams more than anything else will. It is a common reason why people fail to act or achieve something simply because it is learned. You are uncertain about the factors that might arise while taking action. Consider this fear the biggest challenge of your journey of manifestation. It has been regarded as the “greatest enemy of mankind”.

Successful renowned personalities including Winston Churchill and Franklin D. Roosevelt have written quotes on fear that depicts their grasp on this hindrance towards achieving your dreams. Examples of their famous quotes are:

“I’m waiting for someone or something to help or happen”

You are incapable of believing in your own power, confidence and self esteem.

“I don’t have time to start”

It is about self belief and priorities. If your goal is important, you will always make time for it. It shows the significance of drive, energy and motivation to charge forward and your achieve goals.

“There are already people doing it better than me”

You quit before you even start.

“I don’t know where to begin”

These are all excuses which show you are letting fear get the best of you instead of searching for the answer on how to start.

“I don’t think I’m making any progress”

No story of success is without perseverance and action.

Remember, fear is not real. It is all made up in your head and will get the best of you if you focus your energy on it.

How did you dare to dream if fear is rational?



Imagine, what would it be like if you were not afraid of manifesting your dreams? Truth is, you can unlearn the fear and embrace courage by the different steps we have been explaining since the start of this book.

Remember how you learned to read, walk and to talk? How did you overcome the fear in doing so? How did you have the courage to learn new things? Just like this, the bad habits including fear can be unlearned and be replaced with courage.

Ignoring ups and downs of life is impossible and dealing with fear is in your control. Lesson to be learnt here is to overcome fear. This fear includes fear that has been rooted since childhood when your loved ones say don't do that and you cannot do this.



The challenges in life strengthen the courage you have within you. The conditioning you had experienced since a child has two types of fear rooted inside of you; fear of failure and rejection. This is your real enemy. Realize it, recognize, accept and construct your courage. This is your central action. Ask these questions to resolve your deepest fears:

What would I have to do to eliminate fear?

How would I set myself free of my fears?

What is feeding this fear?

The emotion of fear is linked with unhappiness and stress and to eliminate fear you need to have unshakable self-confidence and the courage to open the door of possibilities. It is relatable that “The only thing we have to fear is fear itself”

Overcoming Your Fears



As Clement Stone stated beautifully “Thinking Will Not Overcome Fear, But Action Will”. This is fact, fear is an abstract concept that has gained our attention to make its place and create doubt on the road to success. (Imagine the messy street example again from Module 1). Here know that how you must eliminate fears out of your mind, daily and punctually.

Usually, it is the results you are afraid of, not the action or the plan. You

have learned the unpleasant consequences of when things go wrong.

From today, each time you feel fearful, turn the consequence into a pleasant imagination. Use all visualization as a tool to foresee a successful outcome resulting of fear. What's more important is to focus more on the journey, than the results.

Just do it-we often read and hear it from others.

What is its true essence?

If you stand in front of an animal you don't like and you are asked to take them in hand, you probably fear the sense of touch and experiences that you would perceive hence not acting on finishing the task.

How about if you suddenly try something you have never imagined doing?

You don't know swimming and have phobia but after few seconds of panic and shock, you start seeing that it's all right and it is not harmful. So another approach that promotes action is the initiative without overthinking and deciding to do something on a specific place, day and time.

Just do it!

Once you have successfully done something, letting go of your fears and visualizing success, your hard work pays off.



This will inevitably boost your confidence. You have the skills to plan and the ability to act and handle challenges, improving areas where you lack. All of this is much more worthwhile than anything else. Meet new people, seek social and moral support and enjoy the whole process.

Don't wait - after one step is completed, put forth the next step and take action. Be physically recharged and mentally healthy, take short breaks in short durations and set aside the mental obsessions regarding perfection, comparisons, fears and what ifs.

Take your time to act out and take a pen to write down your experiences, intense negative emotions and erase the large segments of self-loathing. Disposing off this burden makes you feel great about yourself where it aids the manifestation of outcome and facilitates the process in achieving it.

Fear is loaded with procrastination, laziness and irrational thoughts. Take your own time and pace to manifest your own steps moving forward and don't be too hard on yourself.

The Key is in your hands and now you are opening the door to own your dream and biggest desires of life.



Chapter 5: Exploring Self-Reflection

The time to do self-reflection has arrived in your life. There is always an opportunity to explore your inner self with outer self. Your energy, potential, life interests and goals all provide a successful outcome if you have self-awareness.

Exploring yourself is valuable for the results of your action. You can practice this perfectly with keen observation and analytical skills. Be a critic of your own and never take this potential for granted.

You might be unaware of these skills before but with constant involvement, as well as practicing self-reflection repeatedly, it has fruitful

effects in your everyday life.

To reflect is the ability and the willingness to learn more than before, identifying your true purpose, taking further steps and demonstrating great interest in solving any setbacks along the way.

Some questions to ask yourself for reflection are what are your values? How much do you care about yourself to improve to achieve and maintain success based on these values? And what have you learned so far about yourself, goals, health and success.

Conscious Consideration



This is the most useful form of reflection you have; evaluating your beliefs

and analyzing actions carefully. It is the main purpose of reflection.

This sole learning process would help you in developing a connection of your thoughts with behaviors. This action would inform you about your future, destiny and how to prepare your mindset to take hold of certain events in the future as part of your manifestation journey.

I am going to share the essential habits for personal growth using reflection that will open doors and ease the path for your success. You just need to consider them with conscious efforts in your daily life and apply in your actions.

Start from doing each of these once a day and then increase the frequency according to your comfort level. Do not ignore your worries and prioritize your health and peace of mind. It will all finally work in your favor.

Being honest with your self is the best policy. Speak honestly and execute your responsibilities honestly or truthfully. Always stay true to yourself. For instance, it is better to study honestly for 20 minutes at a time rather than doing it 60 minutes with 40 minutes of distraction and play.

Noticing your patterns is the second aim you need to achieve for reflection. It involves your usual behaviors and actions, whatever you do as a person. Reflecting on your usual behaviors and actions gives you a deeper understanding on how you react in different circumstances and situations.

Articulating what you are able to achieve is another strategy you can practice. It manifests your best self and interests. When you communicate your achievements, it expresses the feeling it holds.

Forgiveness is another way to self-reflect. Stop playing the blame game. You have nothing to lose when you let go of your grudges and forgive other people's mistakes towards you.

Change is hard but not impossible that's why forgiving when necessary is best for yourself and others as well. Always remember that what comes around goes around and maybe one day you will require other people's forgiveness as well. It is sometimes better to be happy than to be right. Always reflect on this.

Steps For Self-Reflection



You need not to be overwhelmed or frustrated with how to reflect. It is as simple as you want it to be. Here are the few steps for you to start your self-reflection:

Firstly, is by journal writing. Journal writing helps you keep track of what you have gone through on a daily basis. You are able to monitor your personal growth regularly where you never miss a chance to evaluate what you are doing.

This will also give you confidence for what you will do next and what to plan next. It takes only a few minutes, a diary and a pen, which you can carry easily anywhere. You can record your thoughts and words anytime.

Secondly, spend 10 minutes a day to imagine what would you like to be or to do 10 years from now or 5 years from now or 2 years and review what are you doing to achieve that dream life. What is holding you back from achieving it and what are the skills you are wasting or not maximizing.

Thirdly, you can take up sports; sports and activity gives you a sense of energy. This can be anything from kickboxing, signing up for a marathon, swimming or soccer. Sports is also a good way to clear all the negative energy within you as it is proven to be a source of stress relief.

Defining Perfect Self Reflection Benefits



Nothing is perfect in this world.

So what makes a perfect reflection? It all depends on you. Everyone has their own definition as well as perception on what makes up a perfect self-reflection.

Reflection allows you to focus in a better way. When you don't have a certain goal in mind, somehow your daily task becomes meaningless and frustrating. Thus, it is important to have a clear vision on how you want to see yourself in the future.

Reflection helps prevent excessive worrying. We must realize that sometimes how we don't really have total control of the outcome. At times we have to adapt to our unfavorable conditions.

Reflection allows us to detach from the excessive need to be in control all the time and let our energy flow towards improving ourselves. Hence reflection aids in removing the emotional burdens that actually serve as barriers to achieve our goals.

It allows you to notice some of the negative patterns occurring around you; whether you keep on coming back to the same toxic relationship or allowing your staff to slack from his job.

You will be able to consider alternate approaches to these events through reflection. Keep your eyes on the bigger picture. Reflect on things you enjoy doing the most. The accomplishments and little success you've done hold a lot of value. Recognizing them using self-reflection will make you feel more accomplished than ever.

This way, you will allow yourself to catch and crush negative patterns of thoughts and actions in your life, convince yourself that you will be happy after a certain task.

Always reflect on your decisions. This will help you have a clear vision on what you want to achieve as well as weighing the possible solutions to your problems. Self-reflection gives you a more rational outlook on life.



Expressing Gratitude For Everything

Why is gratitude necessary?

It is one of those actions, which attracts more abundance in your journey of manifestation.

Good things come back to you continuously when you make a habit of giving thanks and accepting thanks with a smile, without any complaints and comparisons. Know these are the rules that contribute in your advancement if you include gratitude in your life every moment.

Ralph Waldo Emerson exchanged a similar piece of advice years ago. Its

foundation is grounded and cannot be dismissed. Try it yourself if you have not paid attention to this mystery yet!

It is proven that countries and cultures that practice gratitude and appreciate good deeds turn out to be developed countries in the world.

If someone applied gratitude at a very large scale, imagine the power of that same action in your personal life. If you have not been saying thanks often, it is not too late to do so.



In this hectic world we are living in, it is even difficult to express gratitude to a child who can still thank you for your deed and warm words.

Technology has been diverting our attention and stops us from taking action and living in the real world. We have to replace muted texts with personal voice.

We have enough time for a second to say thank you as well as to love and praise. Write your goals on a piece of paper and express thank you to the ones who have committed even a small act of kindness to you. Express gratitude today for all those things you have never spoken of. Share it today to express gratitude.

Therefore, you should understand that gratitude is as existential as you are. Feel good and recognize it. You emit positive energy when you simply say “thank you”. This attitude attracts positive things in you. Your attitude of expressing gratitude will attract more abundance.

You can also express gratitude to yourself. Say thanks for all the actions you took initiative for, or succeeded in. Say thanks to all those who helped you, guided you, provided you, dropped you, fed you, take you back on track with their support. Have the maximum use of this energy.



Listing is one of the convenient methods to show gratitude and not to forget any good deed. Enlist simplest deeds and things you feel grateful for in your everyday life.

For instance, your identity, home, school, park, nature, clothes, food and toys. It can be flowers, it can be water, it can be health, it can be your hair and at the end of each day you would have a bundle of things written on a paper in hand that enables you to see that you would be helpless without those things around you.

In few weeks or a month, it becomes a habit and you would feel restless when you don't write it and appreciate it. This action opens up the blockage and realizes abundance. Even a bad event has something positive and beneficial to say thanks for.

Emotional clouding of mind, pride and greed keeps us far away from realizing the fact that we must show gratitude even if think we have everything in our lives and everything is picture perfect.

Do not hide your gratitude lists; keep it accessible to everyone so it spreads the magic of happiness. Your relatives, family members and all those you love can take part in this good energy flow and the participation indirectly brings them close to you.

"Happiness itself is a kind of gratitude."- Joseph Wood Krutch

What Is The Bridge Between Your Success And Practicing Gratitude?

The answer is people.

No concept of life is completed without maintaining the social aspect of your life. You can build social relations and even make the current ones better than before by expressing gratitude.

Make amends or even solve problems others may face by inducing gratitude and its benefits, it is priceless, and it releases emotional burdens and brings happiness and abundance. If you are thinking where to start, look at yourself in the mirror.



Place your hand on your chest and count your breathing and be grateful for being alive. Being alive has a purpose, search for your purpose and admit the rule of nature of being alive is to help others and appreciate everyone.

A winner uses gratitude to seize the day or live his or her own life to the fullest. This includes chasing their dreams and working towards the successful story they've always wanted.

Are you a winner?

I am asking again to assist you in reflecting back upon the habit of thankfulness. Gratitude has a marked effect in not only your life but also overall success and achievements. Gratitude replenishes self-control in a lost soul.

Self-control is the most powerful asset of a person who is a traveler, a

traveler of one's own biggest destination. This habit enhances discipline and focus about the objective of one's journey.

You will achieve better physical and mental health. Gratitude helps in maintaining your physical and mental health. If you do not care about health or consider mental health as part of overall health, make a move right now.

Research studies have shed a light on the effects of gratitude in reducing depression and boosting mood for happiness. A person who rarely expresses gratitude and thankfulness attracts misery. Meanwhile, those who often write letters of gratitude and appreciation for someone will usually be surrounded by abundance. They give more and get more.

Not only this, physical health and fitness is also better among those who practice gratitude where they have a stronger immune system and less symptoms of illness. Frequent illness is also connected with being unthankful, as they always stress on things not being enough.

No doubt this amazing action is very easy to practice in our daily life. If you try saying thanks 100 times consciously in daily situations, after the specific number of times it would be accustomed to you.

I know you never had a chance to ponder on the numerous benefits of just saying thanks. It influences our most valuable wish, makes us close to happiness, and grants us a long lasting effect to experience our lives in a happier manner. It creates thoughtful actions, the feeling of abundance which translates into your lifestyle, social life, universe for nature and

nature.



Success is calling you, listen - Gratitude is a gift for you by the universe. Imagine the whole universe is striving for your goal with you and by your side angels are sending blessings to you to excel and gain more than what you already have. This is the energy of gratitude in your life. Remember to say thank you to yourself as well as others.



Creating Your Own Legacy

I understand you have been following the legacy of others connected with your past, which includes influential figures, your family and friends. Now is the time for you to leave your mark.



You are now ready to contribute to the future and next generations using this discovery and principles you have learned, applied and admired.

You must believe that your life matters and with this you will leave your legacy on this earth. Live your life to the fullest and participate with great hope. You have all the courage and capacity to do so.

You should know that your life matters and it is an undeniable fact that you will leave your mark on this world. It means you have made a great impact not only on your life, but also the life of others.

It will be a stamp on the future, where others will be interested in living their life to the fullest in a way that you did, with all of your achievements and personal growth.

What are the signs of people leaving behind their legacy? One of it is

someone's advices and quotes. Some of them belonged to people from the last century but their legacy still lives until today.

Decide what you would leave for others, if you have decided then start creating and putting the important pieces together.

You must start executing the actions by now and know what you want to pass on to your future generations. In your day-to-day life, use your resources effectively to make an impact on yourself as well as others.

Leave Your Mark



Whatever areas of life you venture into, add more value in it to benefit others and of course first you are doing it for yourself.

The manner of your work, the actions and procedures you use may all contribute to creating your legacy.

If you are a writer, you may write for others; book, poems, columns, diaries, and any form that you like, use them to preserve a legacy.

Donate your money as much as you can and whenever you have to charity. Go through your tasks with a smile and free of stress without worrying about what next.

What you eat and drink, share as much possible, recipes and methods, tastes and blends. Make a collage of family traditions and write something meaningful to let others know how much they mean to you. Be an inspiring role model, a mentor and not only a teacher but also a healer.

Listen and give advice. Share experiences and experiments. Make a habit of being a volunteer in whatever you think you would be a best person to contribute with all of your energies and skills.

Think about starting a non-profit business for those who are unprivileged, get donations and distribute in society, promote at a blog. Scrapbooks, journals and letters are some other options.

Make a list of all skills you learned by interest and by need and construct a free course for those who cannot pay but need to learn to earn and support a family. Always do something that can help others and that is in your own will and hands.

There is no point in wasting time to think about something that you cannot do. Identify your potential and willingness and take action.

Have The Right Intentions



Whatever the kind of legacy you would like to leave to others, give it as pure as you can, with honesty and give the best you can. It all depends on what leaving behind a legacy means to you, what value you consider the best to support your cause.

Share some of your blessings with others. There are various ways to leave your legacy and one of it is to share your happiness with others. Do your best to transfer it in the best way.

You are enjoying and seeking happiness of abundance and now it is your time to give back. Legacy can be wealth and knowledge or skill. All you have attained and made. Use it as a part of legacy. There are some quickest and convenient methods to start contributing.

One of it is through mentorship. Mentorship is best option to exchange learning process and tips with others and teach at the same time to try to make a significant change in society. Share something beneficial and meaningful with everyone.

Simply motivate others to pursue their passion, listen to the voice of their hearts, polish their talents and ignore the criticisms and motivate them towards their improvement.

Spend each moment of your life doing something of your interest and seeing your achievements in the future. Make a difference with your ideas and invest in only what you want to see. Help others see their own potential as well.

Leaving Your Legacy



It will be deeply soothing to leave your legacy just like the wonders of the world. The following questions are for you to ask yourself to help you better understand on what you are able to contribute for others as well as yourself. These questions will help you in giving insight and assure you that you have not overlooked an important part of this action in our life.

Have you gained the position on which you want to be remembered?

Have you done all the things for which you would like to be remembered by your loved ones?

What have you done for your society?

Because you are leaving your legacy behind in this world and not only for your home, family and friends or relatives.

How do you visualize the community's reaction to your legacy? Is it the same impact you want them to perceive?

Will your legacy help the world to become a better place?

How many lives would you touch with your legacy?

What lessons would be passed on to others from your legacy?

The whole world takes benefit from what you taught them. What has this manifestation journey shown you?

Will the habits you have developed through this manifestation journey influence your daily routine in a positive way and is adequate to influence others?

All you need to do now is to allow yourself to start doing what truly matters,

“Start Living In The Way You Want To Be Remembered”

