

THE Body Love Wellness



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MANIFESTATION
WORKBOOK

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INTRODUCTION

Do you ever feel like time is moving so quickly that you have no time to enjoy the really good moments? Do you ever feel like there was a lesson to be learned in something you experienced, but time just flew by and you missed the lesson?

If you know what I'm talking about, then you will love this workbook.

Right now, you're saying goodbye to last year, and hello to a New Year.

How can you honor this transition in a meaningful way? In other words, how can you take stock of and digest all that you have experienced, and get clear on what you expect from this next year?

The key is a 3-step process of connecting with your gratitude, getting clear on your desires, and setting your intentions.

Just follow the steps in this workbook, and you will feel more grounded. You'll also be ready to manifest your true desires for 2014.

So let's get started!



GRATITUDE

Most of us regularly crave change in our lives. We want a better living situation, a better job, a better lover/partner, and no sooner do we have those things than we get frustrated and begin to want something new and different.

But very often, the key to being happier with our current state – and, yes, getting that new thing that we want – is appreciation for what we currently have, or gratitude.

Finding things to appreciate about something you want to change is often a big challenge for people, because we're so programmed to find things that we don't like. Whether it's our bodies or our jobs or our love lives, we're socialized to complain and feel negative rather than positive.

But I'm going to show you, right now, how gratitude can make a huge difference. Let's say you don't like your job and you desire a new one (we'll get to desires in the next section). Now let's say you want a job where you work less, earn more, and do more interesting work. Aside from updating your resume and searching for new jobs, one of the best things you can do is make a list of things about your current job that you're grateful for. Include everything you can think of, from a coworker you've befriended, to skills you've learned, to the fact that it's supported you for x amount of time, to the convenient location. In this workbook, you would write down these gratitudes under the category of "Money, Career & Business Gratitudes."

This exercise does a couple of things. It changes your mindset about your job and the way you perceive yourself in your job. It allows you to see and feel all that your current job has brought to you. And, perhaps most importantly, this exercise shows you that though you desire change, your current job isn't "bad" or "wrong."

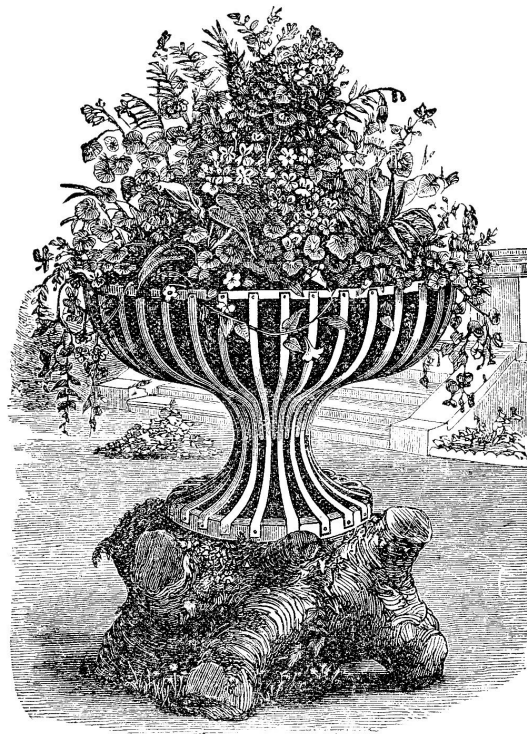
Making a list of what you're grateful for about your body can have an amazing effect. It can make you see that your body, just as it is right now, is beautiful and brilliant. You may find that you're grateful for so many things about your body, like the beautiful curve of your neck and the strength of your arms and your delicate wrists. You may even find yourself grateful for some of your "bad" habits, like when late-night snacking got you through a painful break-up when you didn't feel like it was safe to deal with your emotions. Once you begin to find the genius in your current situation and choices, you may find that those situations that you

had seen as negative before fall away more easily. When you are grateful for what you have, you open yourself up to positive change when you least expect it.

So, now, I'd like you to write gratitude lists for the following:

- 1) Your health and your body,
- 2) Your relationships and family,
- 3) Money, your career and your business, and
- 4) Gratitudes that might not fit into the other 3 categories.

I've given you space to write 10 under each heading, but feel free write more and add pages as needed. See how all of this gratitude changes your perspective and your overall energy.



HEALTH & BODY GRATITUDES

1) I am grateful for _____

2) I am grateful for _____

3) I am grateful for _____

4) I am grateful for _____

5) I am grateful for _____

6) I am grateful for _____

7) I am grateful for _____

8) I am grateful for _____

9) I am grateful for _____

10) I am grateful for _____

RELATIONSHIP & FAMILY GRATITUDES

1) I am grateful for _____

2) I am grateful for _____

3) I am grateful for _____

4) I am grateful for _____

5) I am grateful for _____

6) I am grateful for _____

7) I am grateful for _____

8) I am grateful for _____

9) I am grateful for _____

10) I am grateful for _____

MONEY, CAREER & BUSINESS GRATITUDES

1) I am grateful for _____

2) I am grateful for _____

3) I am grateful for _____

4) I am grateful for _____

5) I am grateful for _____

6) I am grateful for _____

7) I am grateful for _____

8) I am grateful for _____

9) I am grateful for _____

10) I am grateful for _____

MISCELLANEOUS GRATITUDES

1) I am grateful for _____

2) I am grateful for _____

3) I am grateful for _____

4) I am grateful for _____

5) I am grateful for _____

6) I am grateful for _____

7) I am grateful for _____

8) I am grateful for _____

9) I am grateful for _____

10) I am grateful for _____

DESIRES

Do you ever feel like you don't really know what you want? Or, do you know what you want but get overwhelmed by what you "should want" or "should do"?

We often tell ourselves not to want things we think we can't have, to be realistic, to make our desires manageable.

But what fun is that?

I want you to have fun right now, diving into your desires. Take a few deep breaths and picture, imagine, or feel what it is that you really want. Whether it's a trip around the world, a better relationship with your brother, or a cup of tea made just the way you like it, all desires should be honored and explored.

Writing your desires puts you in touch with the abundance of the Universe. It allows you to live in a world of possibility where your desires are important and accessible.

Once you've written them down, remember to have fun with them. Visualize yourself exploring new places. Talk to your brother as if you already have a better relationship. Desires are not goals to be attained, they are meant to be enjoyed.

You may be surprised by the speed at which you attain some of your desires. When you attain a desire, cross it off your list and write, "Thank you!" This keeps the energy of your desires positive and allows you to acknowledge all that you've received. Feel free to add to or amend your desire lists over time.

To help you get really clear on your desires, I've divided them into the same categories that we used for your gratitude lists:

- 1) Your health and your body,
- 2) Your relationships and family,
- 3) Money, your career and your business, and
- 4) Desires that might not fit into the other 3 categories.

I've given you space to write 10 under each heading, but feel free write more and add pages as needed.

HEALTH & BODY DESIRES

1) I desire _____

2) I desire _____

3) I desire _____

4) I desire _____

5) I desire _____

6) I desire _____

7) I desire _____

8) I desire _____

9) I desire _____

10) I desire _____

RELATIONSHIP & FAMILY DESIRES

1) I desire _____

2) I desire _____

3) I desire _____

4) I desire _____

5) I desire _____

6) I desire _____

7) I desire _____

8) I desire _____

9) I desire _____

10) I desire _____

MONEY, CAREER, & BUSINESS DESIRES

1) I desire _____

2) I desire _____

3) I desire _____

4) I desire _____

5) I desire _____

6) I desire _____

7) I desire _____

8) I desire _____

9) I desire _____

10) I desire _____

MISCELLANEOUS DESIRES

1) I desire _____

2) I desire _____

3) I desire _____

4) I desire _____

5) I desire _____

6) I desire _____

7) I desire _____

8) I desire _____

9) I desire _____

10) I desire _____

INTENTIONS

Last but not least, we're going to consider our intentions for the coming year.

Now, intentions can feel a little "resolution-y" but there is a big difference between intentions and the way we normally think about resolutions.

Resolutions are usually about punishing yourself. They're about counteracting perceived sins, like putting on weight, overeating, etc.

Intentions are the action steps that you *want to take and are willing to take* to reach some of your desires. Because you want to do them and are willing to do them, they can't come from a place of punishment, but rather, desire.

Also, you don't want to set an intention that is beyond your control. For example, setting an intention to lose weight is somewhat beyond your control. You might go on a diet and exercise more, find that you're not losing weight, and then feel bad about not meeting your intention, or decide to engage in more unhealthy behaviors (restricting food more, overexercising) to achieve that intention. (If this is a familiar cycle for you, this workbook, and my book [Stop Dieting Now: 25 Reasons To Stop, 25 Ways To Heal](#) are both great places to start to heal from this pattern.)

Intentions should just be action steps, like: "I'm going to call my Mom once a week to check in on her," or "I'm going to sign up for a yoga class." Focus on small, actionable steps that make you feel good when you think about doing them.

This time, I'm asking you to write down just three intentions in each category. Why three and not more? Because setting too many intentions can feel overwhelming. Just set a few, and come back to this list from time to time throughout the year.

To help you get really clear on your intentions, I've divided them into those same categories that you're so familiar with now:

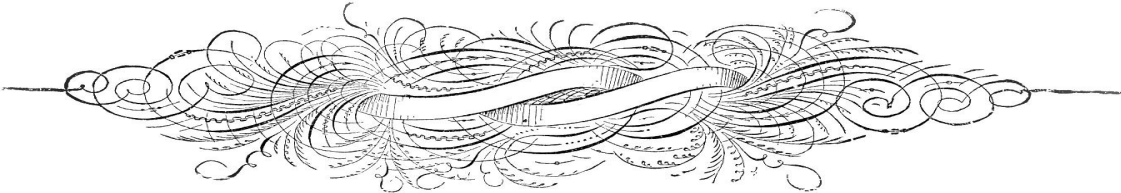
- 1) Your health and your body,
- 2) Your relationships and family,
- 3) Money, your career and your business, and
- 4) Intentions that might not fit into the other 3 categories.

HEALTH & BODY INTENTIONS

1) I intend to _____

2) I intend to _____

3) I intend to _____



RELATIONSHIP & FAMILY INTENTIONS

1) I intend to _____

2) I intend to _____

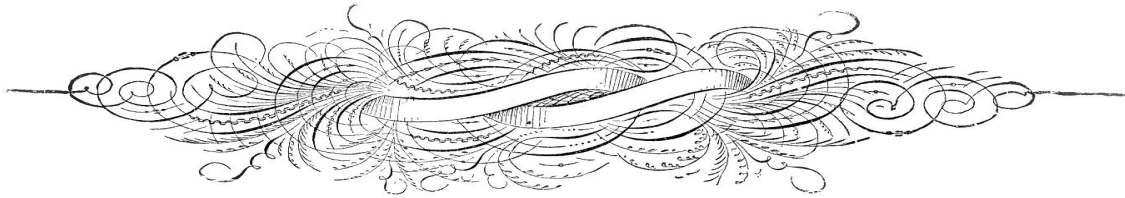
3) I intend to _____

MONEY, CAREER, & BUSINESS INTENTIONS

1) I intend to _____

2) I intend to _____

3) I intend to _____



MISCELLANEOUS INTENTIONS

1) I intend to _____

2) I intend to _____

3) I intend to _____

CONGRATULATIONS!

Congratulations on completing this workbook. You have just taken a major step in connecting with the good in your life, manifesting your desires, and getting clear on your intentions for the coming year!

And keep in mind, if one of your desires is for more support in healing from food and body image issues, I invite you to have a free Body Love Breakthrough Session with me. Check it out here:

<http://www.bodylovetwellness.com/workwithme/>.

I'm wishing you a joyous and wonderful New Year!

xo,

Golda

