

The one critical first step for women to get unstuck

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How I got unstuck... and how you can too.

On July 2, 2020, right in the middle of COVID, I deleted my work email from my computer and celebrated the first day of my new life with an all-day hike with my husband in the redwoods at Point Reyes National Sea Shore. We dropped by the Cheeseboard for a treat dinner of pizza afterwards and toasted this huge moment with my favorite, apple cider.

It's my dream to help you have your version of this moment. xo

If you're like me, you may be feeling stuck and unseen in your job and your life.

Even if it's a "good" job and a good life in so many ways. Still, we can feel like a hamster on a wheel, working ourselves to exhaustion. Knowing that there is something missing.

But how to change?

In the summer of 2018, I discovered manifesting. It sounded kind of weird to me and maybe too woo woo, but I was intrigued and decided to give it a shot.

I dove in, and over the summer and into the fall I learned some simple manifesting practices that I started doing every morning.

My routine felt so simple and easy, but it began to transform my life.

Over the next two years I...

- retired early from the job I had been too afraid to leave
- lost 10 pounds
- stopped the exhausting habit of working nights and weekends
- reconnected with a few loved ones, and
- started full time on the online business that is my true heart and passion, and that I never had enough time for until now

It all started with the simple practices below that you can use to get unstuck too.

You can learn them in under ten minutes a day, in four days.

To get started:

- Print this PDF (or just grab a notebook) and a pen.
- Do the Day One Gratitude practice today, no matter what time of day it is
- Tomorrow morning, do the Day Two Blessings practice
- Keep going for four days.

Just take it one day at a time and watch your mind and your life begin to shift.

Let's dive right in...

Day One: Gratitude



Write 10 things you are grateful for, big and small.

We're going to focus on developing your gratitude muscles – and lucky for you, it's simple and fun “work.”

My husband Lobsang and I say 5 gratitudes at breakfast and it's ridiculously fun. One of us will sort of shout “What are you grateful for?” And the other one will start with something like “I'm grateful that I'm alive today because it means I still have a purpose on this earth!” (Thanks for that one, Kathrin Zenkina!) And we go on from there: “I'm grateful that it's Friday!” And on and on.

It doesn't matter if the gratitudes are deep, important things or trivial things – I'm grateful that my brother and sister-in-law are taking such good care of my mom, and I'm grateful for peanut butter, both.

Just thinking of what we're grateful for makes us happy. And how cool is that to start the day off happy, even if nothing else ever came of it?

For today, just to get a good roll going, think up 10 things you're grateful for, no matter how great or small. And start to notice the feeling of gratitude — how does it show up in your body, in your mind and your heart?

In a way, manifesting is nothing more than gratitude. Being grateful for what you already have, and learning to deeply experience — right now — the gratitude for the life you are manifesting.

Eventually, we will build up to experiencing gratitude every day, in many ways.

We'll learn more about that later. For now, the idea is to practice gratitude today.

TODAY'S PRACTICE

Write 10 things you're grateful for. If 10 feels like too much, then make it 5, or 3. And as the day goes on find a few things to be grateful for. “That was nice. I'm grateful that girl let me go first.” Just find any excuse to be grateful. Bonus points for using colored pens to write (or draw) your gratitudes.

Day Two: Blessings



Name three people you'd like to bless and spend one minute blessing each one in your mind.

For my blessings, I usually say something (silently) like: "May you be happy, may you feel loved, may you feel appreciated, may you feel seen and understood, may you know peace, may you be safe and may you feel safe, may you have abundance, may you feel smart and worthy, may you know the joy of community and companionship."

You may want to start with people that are easy to bless — people you love. As you do this more, you can move on to people that are more challenging. You can even bless your enemies. Lobsang blesses some world leaders that we strongly disagree with, which I think is truly beautiful and inspired! Sometimes I bless people that I hear about in the news that are suffering.

You may like to include yourself in the people you are blessing.

I find that blessing people that challenge me gently opens my heart, sometimes just a tiny bit, if the person is really tough. When I'm blessing people that I love and feel close to, a deep feeling of tenderness springs up. And when I'm blessing people, I'm so much more aligned with the person I dream of manifesting – I feel kinder, more relaxed, more open.

For my practice, I set a one-minute timer on my phone that I repeat for each of the three blessings, and I usually close my eyes, and imagine the person's face. You can do it however works best for you.

TODAY'S PRACTICE

Who are you blessing today?

Day Three: Visualizing



Write down three outcomes or results you'd like manifest in your life and spend one minute visualizing each one in your mind.

A key part of manifesting the life of your dreams is that you need to “pre-experience” the things that you want.

As I've mentioned before Olympic athletes often visualize themselves performing a perfect ski jump, or 400-meter butterfly race, or floor routine. Olympian Emily Cook says: “You have to smell it. You have to hear it. You have to feel it, everything.”

Now you get to try it for yourself.

You can do this with anything: more income, a home, a partner in love, greater success and recognition in your career, a new job, a better situation in your current job, a raise, greater income in your business, a better relationship with your friend or partner or family member.

If you are visualizing weighing a certain weight, for example, imagine everything you can about how you look and feel and move at the new weight. “I'll be wearing a crisp, soft white shirt tucked into my boyfriend jeans, which are loose at my waist. When I look in the mirror, I feel so happy and proud, and so “me.” I am beautiful and healthy. I feel fit, firm, flexible and strong. My friends comment that I look great and ask me how I did it. I'm eating beautiful, colorful, plant-based food. I can taste the fresh tomato and cucumber salad with my lunch and the sweet watermelon.” Go on and on, make it a game, like play-acting when you were a kid.

TODAY'S PRACTICE

What are you visualizing today?

Day Four: Miracle Minutes



Spend one minute each...

- **being grateful for one thing**
- **blessing one person**
- **visualizing one outcome that you want to manifest in your life**

Today we're going to combine gratitude, blessings and visualizing into a single practice that I like to call Miracle Minutes. This practice comes from Tony Robbins' morning routine. (If you haven't heard of him, he's an enormously successful life coach.)

Today, just do one gratitude, one blessing and one visualization. I set a one-minute timer on my phone that I repeat for each of these, and I usually close my eyes, but you can do it however works best for you.

Today we are just getting familiar with this wonderful practice. When we get to Part Two of the book, this will be a core manifesting exercise that we practice every day.

I have done this almost every day since the summer of 2018, whether home on the weekend, working at home, or even when I was working in San Francisco. If I'm home, I sit on the couch, close my eyes, and do it almost like a meditation. When I needed to go to my day job, I did it while I was on the 40-minute BART train ride from my home to my job in San Francisco. I put in my earbuds, set my timer, and closed my eyes. It may have looked a little weird, but I don't think anyone actually noticed or cared.

When I'm doing it, I'm exactly the person I want to be — grateful for what I already have, kind and compassionate towards others, and deep into the experience of everything that I want to manifest into my life — "already there." But also because it works. More on that later. For now, let's get to it.

TODAY'S PRACTICE

Do your Miracle Minutes

Spend one minute each...

One Gratitude _____

One Blessing _____

One Visualization _____

Taking the Next Step...

I'm guessing that this first step of creating a morning practice has already opened your mind and your heart and created some space for change.

And I'm so excited for you, because there is so much more for you to learn on this journey toward living your path of joy and fulfillment.

Would you like to discover more ways to get unstuck from what's holding you back?

I've created a book called *Manifesting Mastery: A Ten-Week Practical Workbook and Journal* that shows you the exact process I used to transform my life.

In fact, the practices in this PDF come directly from the first part of my book.

Manifesting Mastery is available on my website: www.yolandaobannon.com



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