



5-Step **Manifesting** CHEAT SHEET

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Introduction

What do YOU want out of life?

Would you like to:



Rocket your relationships?



Boost your career?



Turbocharge your confidence?



Dramatically increase your wealth levels?

Perhaps you'd like to manifest ALL the above, as well as anything else you could possibly imagine.

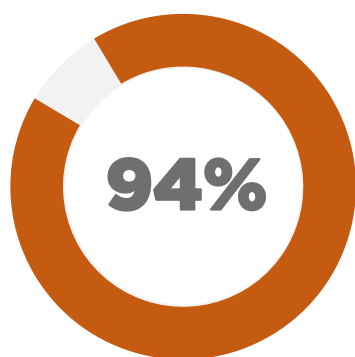
This Manifesting Cheat Sheet can help you do just that.

We'll start with a quick look at why most people fail with the Law of Attraction, then briefly uncover a five-step science-based manifesting process that guarantees results.

Let's begin...

The L.O.A. is an L.I.E.

Over **94% of individuals** using the Law of Attraction report they are failing to achieve the results they desire. We explain the full reasons for this inside *The No-BS Manifesting Course* from Manifesting.com.



of individuals report failure to achieve desired results using the Law of Attraction.

In brief, it’s largely because methods put forward by popular gurus simply aren’t based on real science. They’re typically based on ideas of a wish-granting universe, or pseudo-scientific references to “quantum physics.”

The 5-Step Manifesting Technique

The team at Manifesting.com follow science. That means they only ever share techniques that have been empirically proven. And in *The No-BS Manifesting Course*, they provide the references to prove it.

Over the past decade, the team has refined its discoveries into a simple five-step manifesting process that gets guaranteed results *every single time*.

And the only ingredient required... is YOU.

In a nutshell, here are the five simple steps in the manifesting process:



You’ll learn more about the incredible (almost unbelievable) science behind these steps in *The No-BS Manifesting Course*. You’ll uncover precisely how to use them as part of a 5-10 minute routine that you can either do in your head, or with the help of our Listen Along audios.

The course also comes with a special hypnosis audio, which puts your brain on “manifesting autopilot”; an exclusive 50-minute Q&A Manifestation Conversation; a copy of the Manifesting Movie, where experts explain the real secrets behind making the technique work for you, and much, much more.

To download the full course, visit manifesting.com/start

For now, let’s briefly review each of the five steps in the manifesting process.

Step 1

Focus



Focus gets you clear on what you want.

Choose one thing you'd like to focus on for the manifesting process.

Get specific about what you want. Narrow it down to the smallest detail, so that your mind knows what it's aiming for. Set realistic, measurable goals, and fix them to deadlines.



The Focus step works by activating the Reticular Activation System, the brain's spam filter.

This helps you naturally gravitate toward situations that will help you achieve your goals.

TODO: Start this step by getting absolutely clear on what you want to achieve.

BEWARE: There's more to Focus than you think. Read the main course to avoid mistakes.

***PLUS:** Discover the shocking truth behind focus, and how your brain is actually LYING to you, with the two videos at the start of the Focus section of The No-BS Manifesting Guide.*

Step 2

Boost



Boost uses emotion to rocket your motivation.

Get yourself hyped up about manifesting your goal!

Ramp up those feelings, as you picture that mental image getting bigger, brighter, and bolder.



The Boost step works by activating the amygdala, a mental “highlighter,” which tells your brain what’s important, and keeps you super-motivated.

TODO: Start this step by getting excited about your goal, and amping up your enthusiasm.

BEWARE: To ensure you get this exact process right, use the Listen Along audios to manifest while you wait!

***PLUS:** Our emotions are responsible for more of our success than we think. Use exercises to trigger a chain biochemical reaction, involving the amygdala, hypothalamus and hippocampus. The No-BS Manifesting Guide contains the best four techniques for this exact purpose.*

Step 3

Release



Release is about letting go of internal blockages that stop you manifesting.

First, let go of wanting your goal. This seems paradoxical, but is crucial. *The No-BS Manifesting Guide* explains why.

Secondly, let go of any emotional or mental blockages that may be sabotaging your manifesting efforts.



Releasing removes the internal blocks and obstacles that can destroy manifesting results.

It also reduces the stress hormone cortisol, which feeds on anxiety and contributes to depression.

TODO: Follow a releasing process. Connect to a negative feeling, then ask yourself: “Can I let this go?” Answer “Yes” or “No.” Repeat as required.

BEWARE: This is so easy to get wrong. Listen to the Manifestation Conversation audio to *hear* real-world versions in action.

PLUS: *This is one of the most powerful steps in the process, but it’s the one most people find hardest to really “get.” Try the four methods in the Release section of The No-BS Manifesting Guide for immediate results. Use them in conjunction with the audios, which guide you through each of the steps as you listen.*

Step 4

Gratitude



Gratitude is about getting yourself in the right mindset to manifest.

Be grateful for the things you already have in your life. Get excited about them all over again by counting your blessings.



Feelings of gratitude trigger the hypothalamus, and release the “feel good” neurotransmitters, dopamine and serotonin.

This reduces stress and anxiety, and improves wellbeing, putting you in the ideal mental state for effortless manifesting.

TODO: Start this step by writing down three things you feel grateful for today.

BEWARE: This process is easy to forget! Use the Manifesting Autopilot hypnosis audio to get your brain to follow this (and other) steps, automatically.

PLUS: Gratitude really works. Discover the surprising technique uncovered at the University of California Berkley, and the shocking outcome after just 10 weeks – all inside the Gratitude section of The No-BS Manifesting Guide.

Step 5

Go



Go is about taking the next step to manifesting your goal.



Action is what will ultimately lead to your success. Without action, your dreams remain just that – dreams.

Decide on the next step you can take to move you closer toward your goal, no matter how small that step may seem. Taking action helps establish neural pathways that keep you moving forward to success.

As soon as you take action, you reinforce whatever you're focusing on, and this boosts your emotional energy, allowing the whole process to create its own self-perpetuating cycle.

TODO: Start by asking yourself: “What small step can I take today to bring me closer to my goal?”

BEWARE: It's easy to lose motivation here. Make sure you follow the secrets of the 'EAST' inside the main course.

PLUS: Pay special attention to the William James technique in the Go section of The No-BS Manifesting Guide. His incredible discovery will dramatically speed up your manifesting results.

Moving Forward

This cheat sheet provides a very brief overview of the five-step manifesting process.

But there's a LOT MORE you still have to uncover.

Yes, these five steps may seem simplistic. Maybe even dull.

You might even think you already *know* what they're about.

Hold that thought.

When you uncover what's TRULY behind each of these steps... HOW they connect together and WHY they exist in this specific order... Plus, the incredible techniques you can use to activate them, and the fascinating science behind why each is so crucial... You'll open up a whole new world of manifesting.

A world full of greater wealth, happiness, success, relationships, abundance and more – all because you followed a simple process in your head, for just a few minutes a day.

It's truly incredible.

It's not what you think.

And the next step is *yours* to take.

Learn more about this incredible method, in *The No-BS Manifesting Course* – which includes a 100+ page guide, listen-along manifesting audios, the Manifesting Movie, hypnosis audios for putting your mind on “manifesting autopilot,” live Q&A audios, and much, much more.

Get ready to question everything you thought you knew about the Law of Attraction.

Download your copy online at manifesting.com/start