

# The Manifesting Cheat Sheet

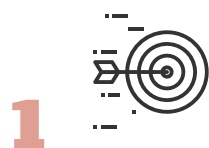


**94%** of people say they get "Poor To Zero" results with the Law of Attraction\*.

**Why?** Most courses aren't based on solid scientific principles.

**Revelation :** Manifesting is different from the Law of Attraction. Here's a simple manifesting technique that works every time, and is based on science.

## The 5-Step Manifesting Technique



### 1 FOCUS

**Be ultra-specific about what you want**

This triggers the RAS, the brain's spam filter, which will "filter" opportunities that could help you.



### 2 BOOST

**Get uber-excited about your goal**

This activates the amygdala, a mental "highlighter", which tells your brain what's important & keeps you super motivated.



### 3 RELEASE

**Delete mental & emotional blockages**

Use a releasing technique to remove internal blocks and obstacles that can destroy manifesting results. This also reduces cortisol /stress levels.



### 4 GRATITUDE

**Feel thankful for your blessings**

This restores your happiness and wellbeing levels, igniting your hypothalamus and putting you in the right mindset to manifest.



### 5 GO

**Take the next small step!**

Taking action reinforces neural pathways, through a positive feedback loop, allowing you to manifest quicker than ever.



### Next-Level Manifesting Hacks:

- Don't stress! Use Listen Along audios to manifest perfectly while you listen.
- Use Manifesting Autopilot hypnosis audios so your brain manifests automatically!

• Learn more at [manifesting.com/start](https://manifesting.com/start)

\* Source: Manifesting.com survey. See full detail in footer of website.  
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