

# Squiggly Careers PodSheets



## How to make manifestation work for you

### Manifesting is about taking ownership of your future

It can be both a self-empowerment tool and a self-action tool.

It can help you:

- think about where you want to be in the future
- take action in the present to get you closer to it.



### The Manifestation Equation

**aspiration**

*what energises and motivates you?*

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**action**

*what steps can you take to make aspiration real?*

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**adaptability**

*how fixed are you on your future and what it could look like?*

### Don't let the language get in your way

The language of manifesting can feel uncomfortable. Reframing the words to ones that work for you can be helpful to stay open minded.

*manifesting*  
*law of attraction*  
*vibrational energy*



*imagining*  
*optimism*  
*motivation*

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Manifesting is not a massive spiritual undertaking, it's a little shift in perspective and energy expenditure.

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**Jordanna Levin, Author of Make it Happen**

### Successful imagining / manifesting requires...




- 1** **...clear intent:** An intention is active. It's not just a 'want' or a 'wish'. It's something you can be or have. *How can you articulate an aspiration with intention? Use 'I am / I have / I feel' sentences*
- 2** **...positive thought:** What we think, we become. Stop negative self-talk getting in your way and invest in healthy habits to build your self-belief. *Practice gratitude and reflect on daily successes. 'I feel grateful for....' 'I am proud of...'*
- 3** **...emotion:** Thinking about how your intentions make you feel creates the energy you need for action. *Emotion = energy in motion*  
*Intention: I am taking ownership of my career*  
*Emotion: It makes me feel confident and in control*
- 4** **...action:** Manifesting without action is just wishful thinking. We need action to move forward. *What small action could you take this week to get you closer to your intentions and feeling?*
- 5** **...flexibility:** Don't force your future. Focus on what feels motivating and meaningful for you but stay flexible about how you get there. *How fixed are you on your future?*



### Coach Yourself Questions

- ?** What are you motivated to manifest?
- ?** What are five feelings that come to mind when you think about the thing you are motivated to manifest?

### Recommended resources

-  **Make it happen** a practical book on manifesting by Jordanna Levin
-  **How to shape your future with confidence** A playlist curated by Ted featuring talks to inspire and empower.
-  **How to build your self-belief** Squiggly Careers episode #187

Amazing if