



## Manifesting Positivity Worksheet

When we manifest, we take an idea or thought and follow it to fruition. When we dare to dream, dare to imagine the life that we really want, we begin engaging in the process of manifesting. So why then do so many people have dreams and ideas of how they want their lives to be but they are still stuck in unhappiness? How do we manifest positivity when all we feel is gloom?

Watch this video to uncover how feelings, thoughts, and words impact our ability to manifest the life we want.

[www.youtube.com/watch?v=r7cYsgB4G1s](http://www.youtube.com/watch?v=r7cYsgB4G1s)

When we live with depression, anxiety, or chronic pain it can be hard to get into the right frame of mind and heart to be able to manifest the things we want.

We will now go through a deliberate, 7-step process that you can use when you are in a low mood but wanting to manifest positivity.

**A NOTE ON AUTOMATIC WRITING:** For some of the writing exercises below, you will be provided a prompt and for 5-7 minutes you will engage in **Automatic Writing** (also called Free Writing). This is where you simply set a timer and begin writing. You do not worry about editing, spelling, grammar, punctuation - the page does not need to look pretty! If you run out of things to write, just keep your pen moving with random words or repeat the prompt. Automatic writing is a way to get in touch with the unconscious mind. It is recommended that if you are physically able to that you do these writing exercises with a pen and paper rather than by typing.

### 7 Step Manifesting Process for People with Chronic Mental Health Conditions

(developed by Dr. Saira Sabzaali)

#### 1. Personal Check-In

Is this the right time to engage in this exercise? You will need the energy and time to do some self-reflection and writing. If now is not the right time, set a goal for yourself to re-visit this exercise again tomorrow to see if you are up for it.

You can also begin with step 2 and see if you are coming up with positive ideas after the 5-7 minutes of writing. If you do, continue on to the next steps and trust the process.



## 2. Imagine

If we want something, first we have to be able to imagine it. Begin this process with 5- 7 minutes of automatic writing using the prompt below. Remember to make this about YOU - so if you have dreams or wishes for others in your life, hold on to those for another time instead of writing them down as part of this manifesting process. You can change yourself, and it is up to others to change themselves. If you run out of things to write, just repeat the prompt again in your writing.

I imagine a life where.....



I imagine a life where.....



### 3. Live As If

In order to create the life we want, we have to act and feel like we already have it. For many people, this takes practice and concentrated effort. Complete the sentences below, and re-visit the positive words on days you feel discouraged. To deepen this experience, make a visual representation of these words through a vision board or displaying these words to yourself around your physical space.

If I were to live as if I had the life I imagine, my **days** would be more...

_____	_____
_____	_____
_____	_____

If I were to live as if I had the life I imagine, I would need to **change** my...

_____	_____
_____	_____
_____	_____

If I were to live as if I had the life I imagine, I would have to **let go** of...

_____	_____
_____	_____

If I were to live as if I had the life I imagine, I would **be able** to...

_____	_____
_____	_____

If I were to live as if I had the life I imagine, **my friends and family** would...

_____	_____
-------	-------



### 3. Expose Shadow Thoughts

Shadow thoughts are the unconscious programming that magnetize us to our past and keep us in the way things have always been. Shadow thoughts look around for all the exceptions to a happy life, and bring them to the forefront as proof that what we want is impossible. Once we become aware of these shadow thoughts, we can choose to first challenge them and eventually discard them.

**As I think about the life I imagine, I am becoming aware of certain thoughts that will hold me back. These thoughts are:**

(fill in the box below with the first words that come to mind)

I am	The world is
I am	The world is
I am	The world is
People are	The problem is
People are	The problem is
People are	The problem is
Life is	Manifesting is
Life is	Manifesting is
Life is	Manifesting is

Once you have completed the box above, place both hands on it, close your eyes, take three deep breaths and surrender it to your Higher Self.

Say out loud: "Today I release all known and unknown, internal and external resistance to having the life I imagine for myself," and then clap three times above the paper.



#### 4. Intentional Planting

What seeds do you want to plant? If you plant an apple tree, don't expect mangoes! Write 1-3 sentences you that capture what you are planting. You can come back to these sentences through the day by recording yourself speaking them and listening when you have gaps in your day or writing them out and keep them somewhere visible. You could even set them as an reminder in your phone!

My intention is

My intention is

My intention is

To remind myself of my intentions I will: \_\_\_\_\_

When I am in a low mood and want to focus on my intention I will: \_\_\_\_\_

\_\_\_\_\_



## 5. The Greatest You

Describe the greatest you. How would those closest to you describe you when you are at your best? What are the unique and outstanding qualities you have? What are you doing in the world? How are you relating to others and yourself? What do you spend your time doing? How are you feeling on the inside? Write for 5-7 minutes in present tense (ie: I am, I know, I feel, etc.)

The greatest me is.....

The greatest me is.....





## 6. Trust and Surrender

Just like ordering a meal in a restaurant, the life we are creating has a certain timeline. At a restaurant, we place our order, and then we wait, talk, and enjoy ourselves until the food arrives. We don't go back into the kitchen and make sure the chef knows what they are doing!

Think about how you will surrender to the unfolding and trust the process. Who is your "chef"? It could be your Higher/Best Self, the Universe, God, the angels, the Light, the ancestors, whatever works in your understanding of spiritual principles.

Write down your intention to surrender here:

Today I surrender my plans to \_\_\_\_\_ so that \_\_\_\_\_  
(your "Chef") (outcome)

\_\_\_\_\_ .  
(outcome)

Take a few minutes now to reflect on the video and 7 step manifesting process, then summarize your key learnings below.

Empty rounded rectangular box for summarizing key learnings.