

SEVEN STEPS

TO MANIFESTING YOUR DREAMS



CONSTANCE ARNOLD



MANIFESTING

*your
dreams*

1

Begin in a state of gratitude and happiness

2

Set your intention

3

Write out what you desire

4

Create affirmations

5

VISUALIZE

6

Take baby-step action steps

7

Faith and expectancy!



1. BEGIN IN GRATITUDE AND HAPPINESS

Begin each day with gratitude.

A friend of mine, Pastor Lonnie Holloway, has a powerful saying: "Get Happy and See What Happens."

Happiness and Gratitude put you in one of the most powerful vibrations for creating anything that you desire in life.

So, before you move to the next step - Get happy and grateful, about every little thing.

A woman with long dark hair, wearing a white lace wedding dress and a tiara, stands in front of a chalkboard. The chalkboard has handwritten text in cursive. The background is a light-colored wall with decorative moldings. The text on the chalkboard includes: "opportunities to also hurried to also", "in a hurry. if not seize will lose opportunities", "we need to live Andrew. ready to meet.", "opportunities to also hurried. live", "caught. not possibly. Andrew.", "issue. understand faith. can't make", "opportunities is always. come for.", "ready to ready to meet.", "is when I love you.", "bride prepared. not love", "I love you. love her.", "in this room. yes.", "my marriage".

2. *SET YOUR INTENTION*

Oprah Winfrey says, "Intention Rules the World."

Your intentions set the course and determine the direction you're headed and ultimately the results you achieve.

Get as clear as you can in your mind about what it is you want, why you want it, and how it would feel to have it.

Scientists now know that for your brain to figure out how to get what you want, you must first decide **what** you want and **feel** what you want, as if you already have it.

Once you lock-in your desires, your mind and the universe can step in to help make your dreams a reality. I teach my clients to start very general with their intentions and gradually add details.



3. WRITE OUT YOUR DESIRES

Write out what you want, why you want it, and what it would feel like to have it.

Writing your intention is a form of prayer and it gets you into the vibration of having it now.

When you write your desires, you are saying to the Universe, "Here is What I Desire." You are literally giving the universe clear directions of what you desire.

Research has shown that you are 42% more likely to achieve your goals and dreams, simply by writing them down on a regular basis.

Writing out your intentions begins to invite into your life what you desire and keeps you focused on your manifestation. Once you are clear about what you want, write them down and turn each item into a measurable objective.

4. *CREATE AFFIRMATIONS*



You create your world and reality with your words. Words are powerful when released out of your mouth because they carry spiritual forces.

Many people do not realize the power of their words. Do you realize that the things you are speaking out of your mouth are setting the cornerstone of your life? Words transmit and they are filled with either fear or faith.

When you speak your affirmations with faith and expectancy, you actually begin forming and creating your reality.

Exercise: Find affirmations that align with your Intentions and speak them out loud daily. You are actually calling in your intentions or dreams with your affirmations.

Make sure that your affirmations are in the present tense. (Example: "I am healthy, wealthy and purposeful," or, "I am fit, toned, and have unlimited energy.") I personally record my affirmations on my iPhone so that I can not only hear them, but repeat them out loud as I listen in my own voice.

5. *VISUALIZE*



Seeing Is Believing.

Before you can believe in a goal, you first must have an idea of what it looks like.

In simple terms, you must see it before you can believe it. This is where visualization comes in, which is simply a technique for creating a mental image of a future event.

Take time every day to visualize your desired outcome, and you will begin to "see" the possibility of achieving. When you visualize you catch a glimpse of your future!

Remember, your subconscious is most impacted by emotion and images. Images with emotions are processed 60% faster in your brain than just thinking alone.

Exercise: I instruct my clients to begin visualizing for 5 minutes twice daily and then increase to 10-15 minutes.

Remember to visualize your desired goal in the present tense with emotions.

See yourself having it. Imagine what it looks like and feels like and think of yourself talking about it as if you already have it.

6. TAKE BABY-STEP ACTION STEPS

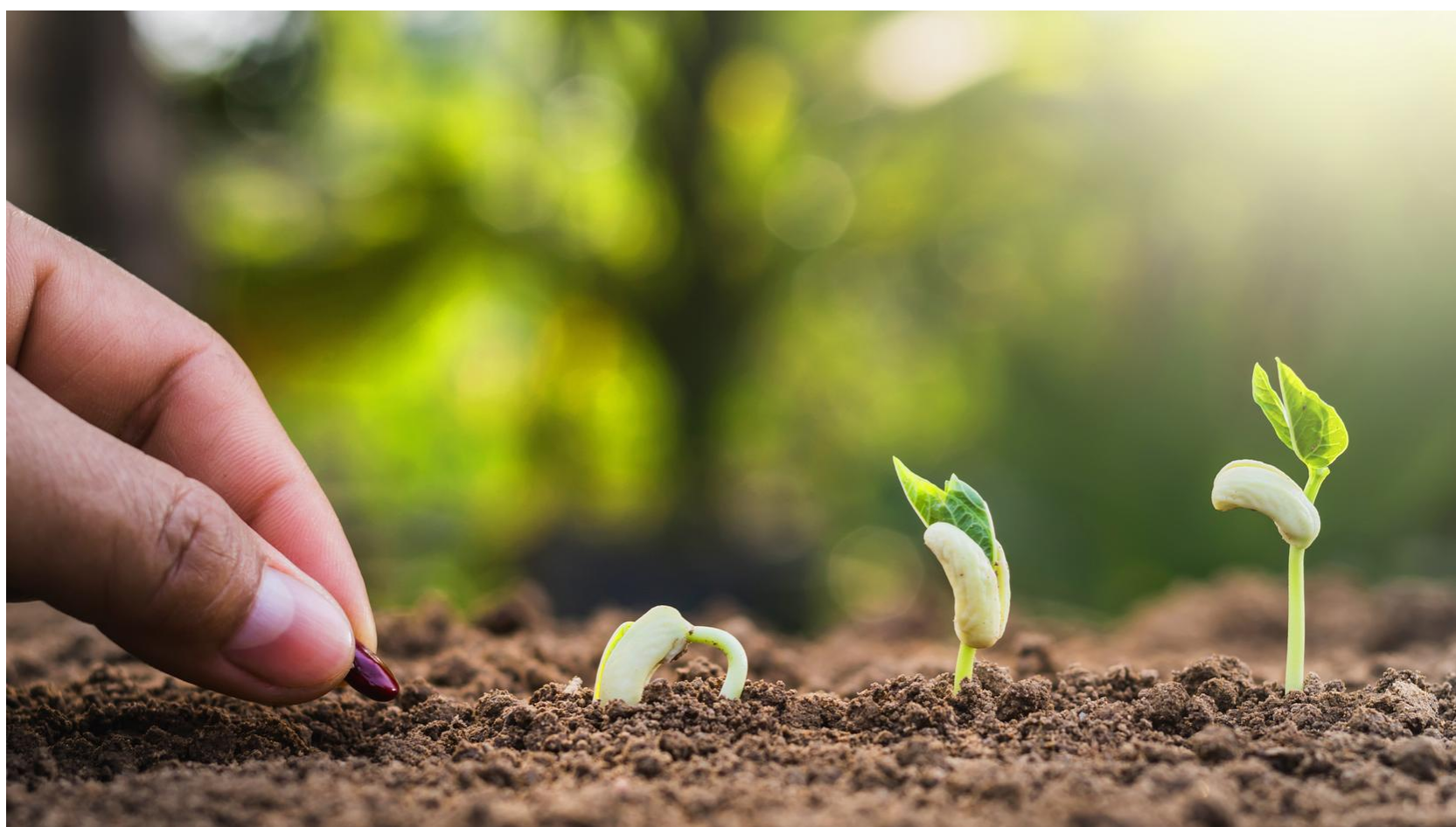
I often get asked the question about taking action.

I believe that the previous steps are actually a precursor and motivate you to take action.

I suggest to my clients to begin with small, consistent baby steps and take actions towards your desired intentions every day.

It doesn't matter how small the step is as long as it is a step toward your goal.

I believe that having an accountability partner also really helps you maintain your consistency as you move towards your dream.



7. *FAITH AND EXPECTANCY*

Expectation is a powerful form of faith.

You do not have to know HOW.

Believe that your next steps will be revealed and downloaded to you.

Expect for things to change in your life. Expect for your manifestation to happen quickly.

Live a lifestyle of **Faith and Expectancy.**

Never forget that you are co-creating with the God of the Universe who supports, loves and adores you. Anything is possible!

HAPPY MANIFESTATION!





Constance Lane Arnold is the host of, "Think, Believe, and Manifest," and one of the world's most popular international radio talk show hosts whose platform has reached and served over 10 million people.

She is a renowned motivational speaker, author, leadership trainer and success coach.

For more than 25 years, Constance has been a private coaching and training consultant.

Constance has hosted her radio program for ten years and she teaches and interviews New York Times best-selling authors and experts.

Her show broadcasts on 27 internet stations and in 300 countries. Globally, she has numerous loyal fans, including 10 million listeners and over 500 archived inspirational, motivational, and empowerment shows.

Constance lives in Atlanta, Georgia with her Shih Tzu, Angel, and when she's not motivating or manifesting, she loves to travel and meet people.



Connect with Constance



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