

'Believe that you are healthy when you want good health; believe that you are prosperous when you want prosperity; believe that you are wise when you want wisdom - then health, prosperity and wisdom will come into manifestation.'

Yogananda

'Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.'

Mark 11:24

Be Grateful Now

6 Count your blessings.

Be truly grateful for all you have now not only for what is abundant in your life but what is often taken for granted such as your eyesight, the fact that you have learned to read these words or the fact that you are alive.

- Be grateful for what you are about to receive.
- Be grateful now for the goals and desires you are working on as they are manifesting.
- Faith and Belief are major driving forces in the manifestation process

'What you have believed will be done for you'

Matthew 9:29

'What is now proved was once only imagined'

William Blake

5 RELAX. Imagine what the final outcome (not the steps towards it) will feel like and then FEEL it!

- Visualise it
- Make affirmations
- 'Test drive' whenever possible
- Make a 'Vision Board'
- Act as if it is ALREADY achieved
- Keep a scrap book
- Dream it
- Daydream it
- Use any method you like that helps you experience the FEELINGS you will have when your goal manifests

'Ask, and you will receive. Search and you will find. Knock and the door will be opened for you'

Matthew 7:7

Take Action

4 If you are working on multiple goals there may be one goal on which the others depend. If so, make this your primary goal.

- Take action, however small, on the same day as the goal is defined
- As you work on your goals, spend most of your time and effort on your primary goal
- On any one goal, work on the highest priority tasks FIRST

3 Select up to six goals to work on.¹

- Write down in detail what outcome needs to happen for you to strike it off your list as completed (Just the outcome, not the 'how')
- State each goal as clearly and accurately as possible. It is important to word this correctly as you will tend to get what you have asked for - if you believe you will Beware - a poorly defined goal like "I want more money" can be fulfilled by finding a coin on the floor.
- Brainstorm! Make a list of ideas on HOW to achieve each goal
- Create a list of tasks, prioritise them and put them in sequence

1 The Realisations Life Balance Wheel is in the supporting book Realisations - The manifestation process in five steps at www.realisations.org

2 The goal/finance list groups down is in the free online at www.realisations.org

3 A proven system of goal setting is in the supporting book Realisations - The manifestation process in five steps at www.realisations.org

4 The Vision Board is the second phase of this free poster at www.realisations.org

Receive

7 Become a person who has already achieved your goal. Believe it is already in your life. Act and feel as if you have it now but tell nobody. Fake it till you make it. Avoid strict deadlines where possible unless YOU can deliver all the steps on time, otherwise allow the events to unfold - the universe will provide when the time is right. At this stage you can relax and let it go. Do not hanker as incessant yearning demonstrates impatience and diminishes faith. Ideally, just allow it to manifest. Complete any remaining actions as and when necessary, knowing that your request or something better is on its way.

- If no other actions are required then maintain momentum by starting on your next goal

'Man is made by his belief. As he believes, so he is'

The Bhagavad Gita

'Our true business is to be happy'

Dalai Lama

'We are what we think.

All that we are arises with our thoughts.

With our thoughts we make our world'

Buddha

Realisations

How to manifest your goals

This image reveals the steps for making your goals and dreams realities. You can use Realisations for achievement of personal, group or corporate goals but our earnest desire is that you take time out for yourself to identify and work on your own personal goals and dreams first. This process promotes a balanced, fulfilled life. It may be used for the smallest goals or the grandest of endeavours. The accompanying book Realisations gives, in greater detail, all the information outlined here and explains how your grandest goals can be within reach.

Follow these steps and you should find that doors begin to open, coincidences become more abundant and the world seems to conspire to help you. Always remember: Thoughts become things. Look around you. Everything achieved was once a thought and brought into existence because it was desired. When it comes to what you want to achieve, know that the more you desire it, the more passionate you are about it, the greater the likelihood of your success! Have fun! Be expectant! Be happy and positive as you pursue your goals and celebrate their Realisation!

Where Am I Now?

1 Before you embark on new goals it is best to know where you are starting from. Look at all areas of your life: work, home, leisure, finances, relationships, health etc., and score each area (from 1 to 10) on how satisfied you are.

Your overall happiness is affected by your level of satisfaction in all areas of your life. If any area is in need of attention you may want to make it one of your goals.

You can, if you wish, use the Realisations® Life Balance Wheel, which is designed to make this process quick, easy and enlightening.¹



It all begins with your thoughts!

Identify What You Want

'Whether you think you can or you think you can't, you're probably right'.

Henry Ford

2 Make a list of all the things you want to be, do or have.

IMPORTANT! Do not limit yourself by thinking about HOW. The 'how' will unfold later.

Imagine that you will have all the resources required.

What goals would you set:

- if you knew you could not fail
- if you had unlimited finances
- if you had nothing and no one to stop you
- to address any imbalances in your life

You may wish to use the free Realisations® Prompt List.

Inject intense desire into achieving your goal! You must feel good about what you want!

- Be passionate about it!

'Desire is the starting point of all achievement, not a hope, not a wish, but a keen pulsating desire which transcends everything'

Napoleon Hill



FAITH and BELIEF and your actions are major driving forces in manifesting your goals. Practicing step 5 provides a massive boost

Experience the Final Outcome in Advance

Define Your Goal Clearly