



# Manifestation Workbook: Aligning Science and Action for Meaningful Change

*Your guide to turning dreams into reality with practical, evidence-based steps.*

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## Step 1: Define Your Goal

Write down a goal you want to manifest. Be specific, focusing on a positive outcome that excites you.

Example:

*I want to increase my small business' revenue by 20% within six months.*

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## Step 2: Visualise Success

Imagine yourself achieving your goal. Describe how it feels, what you see, and who is celebrating with you.

Prompt:

*Close your eyes for one minute. Visualise the moment your goal becomes reality. Write down what you see and feel.*

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## Step 3: Identify Potential Obstacles

Manifestation is not just positive thinking. Prepare for setbacks by listing challenges that could arise.

Example:

- Lack of time for marketing efforts.
  - Difficulty finding new customers.
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## Step 4: Create a WOOP Action Plan

Use **WOOP (Wish, Outcome, Obstacle, Plan)**, a method developed by Dr. Gabriele Oettingen, to structure your manifestation.

- **Wish:** What do you want to achieve?
- **Outcome:** What will it look and feel like?
- **Obstacle:** What's in your way?
- **Plan:** What will you do to overcome it?



Fill in the template:

- Wish: \_\_\_\_\_
- Outcome: \_\_\_\_\_
- Obstacle: \_\_\_\_\_
- Plan: \_\_\_\_\_

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### Step 5: Anchor Your Goal in Daily Life

- **Morning Journaling:** Spend five minutes each morning writing affirmations in the present tense. Example:  
*I am confident and capable of growing my business.*
- **Micro-Habits:** Identify one small action you can take each day to get closer to your goal.
- **Mindfulness Practice:** Use guided meditations or breathing exercises to stay present.

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### Step 6: Reframe and Reflect

When setbacks occur, reframe them as part of the learning process. Use this space to jot down reflections after challenges arise.

Prompt:

- What did I learn from this?
- What can I adjust to keep moving forward?

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### Stay Grounded, Stay Action-Oriented

Manifestation is a powerful tool when combined with real, intentional effort. Download this guide, use the steps regularly, and witness your mindset and results transform together.

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