



PRACTICAL MANIFESTING FORMULA

PRACTICAL MANIFESTING FORMULA

WITH

DENISE DUFFIED-THOMAS

PRACTICAL MANIFESTING FORMULA

WITH
DENISE DUFFIELD-THOMAS

5 SIMPLE STEPS, NO FLUFF, JUST RESULTS (FINALLY!)

Hey, gorgeous,

I'm so excited for you to get my brand new ***5-Step Practical Manifesting Formula***.

The Law of Attraction gets a lot of hype, but do you ever wonder about the practical mechanics of it? Like, what do you actually do to manifest your wildest dreams? Meditate? Pray? Chant naked? Think really really hard?!

For years, I was secretly afraid I was the only person on the planet immune to the Law of Attraction, this apparently infallible law of the Universe. Obviously there was something wrong with me...

When I figured out that lucky women are made not born, the most outrageous things happened. I manifested just-in-time bank errors in my favour, the perfect job with the 5 minute commute, scholarships to courses and then the biggie, wait for it... 6 months all-expenses paid travel around the world with my hubby!

Everything on my dream board showed up like magic. Finally I was getting somewhere and I recorded **EVERY** practical action as proof. My friends started joking and calling me a "lucky b****" and the name stuck.

I started teaching it to my clients and like magic they were attracting like crazy too – money out of the blue, exciting opportunities, new clients... one single girl even MAN-ifested a husband!

The gurus like to make it sound complicated and mysterious, but if you're anything like me, you want the HOW without all the fluff.

With this guide, I'll prove to you that luck isn't a mystery; it's a deliberate combination of purposeful dreaming, self-belief and bold, dramatic action. I know this stuff works. It might even shock you how quickly it happens. Just follow the process and let me know what you manifest, ok?

xx Denise



PRACTICAL MANIFESTING FORMULA

WITH
DENISE DUFFIELD-THOMAS

WELCOME TO YOUR NEW LIFE



You're about to become a powerful manifestor, using my practical, 5-step formula for manifesting anything you want, no matter whether you've struggle with manifesting it the past or just about given up on ever being able to create your dreams.

My formula works, and it works fast. But you have to actually follow along and take action on each step, okay? That's the biggest key I want you to understand right from the start: you can read through this entire guide, and if you don't actually do anything differently, nothing will change.

If, however, you act on each step I give you, you'll discover that this formula really DOES work, and that manifesting your dream life really IS something absolutely anyone can do. That includes you. Yes, **YOU**.

First up, I want to talk about why most people fail at manifesting. Let's be true. Let's be honest here. It's such a fuzzy concept.

When you first learned about the Law of Attraction and manifesting, you were probably like, "This is too good to be true. I can just think about things and they'll fall from the sky. How amazing!" I totally felt like that.

Yeah, it really does not work like that in the real world. But nobody tells you what to do! The Law of Attraction is awesome, but it's not very practical. What do you in the real world? What do you do next and then what should you do today?

You may have thought, "I'll just fake it until I make it. Maybe that's the way to manifest stuff. Just act confidently and it will all come in."

Maybe you think that you've had to meditate five hours a day and only think good thoughts. Then you can manifest anything that you want. You're like, "Is that how it works? Do I have to deserve this?"

Maybe you think that manifesting is just for some people who were born under a lucky star or somehow they found a pot of gold at the end of the rainbow. I was like that. I was like, “I don’t know how to do this!”

Several years ago, I had a crazy lucky year that really made me think about the Law of Attraction in a different way. It started off just winning things like competitions. I started winning at bingo – because I used to play bingo a lot with my mom.

Then I got two scholarships in a row that I didn’t kind of even apply for. I even got a bank error in my favor just a couple of days before my university tuition was due.

Then, a crazy thing happened. I won a competition for six months, all expenses paid travel around the world – after setting a goal about going traveling.

Now, I really did think the first few things were a coincidence, but I absolutely, 100% manifested that travel experience. I’ll tell you about that in a bit.

***From the outside, my friends were saying, “Oh, you’re so lucky.”
But you know what? I consciously manifested it.***

I’m going to break down what I did for you, and once you see how I won it, you’ll realize that manifesting isn’t magic at all. There’s a lot of stuff you can do behind the scenes to virtually guarantee your success. Or at least give you a much better chance of achieving your goals.

When I actually found out about the travel competition and I knew that I totally manifested the actual opportunity... I also knew I had to pull out all the stops to actually win it.

With my Virgo brain, I started breaking down everything that I’ve ever read about the Law of Attraction and tried to put it into really practical actions. That’s actually how I came up with the formula that we’re going to talk about today.

It works amazingly. Not just to win that competition, which was obviously a crazy story, but you can use it to manifest new clients, dream houses, friends and even some of my clients have used it to manifest their soulmate as well. It works on everything.

I’ve asked the Universe for help when I’ve needed it and it always, always delivers when I follow this process. The last couple of years, I’ve refined it and distilled it down into the really important points so you know it works. It’s been tested on tens of thousands of women.

Here’s what I’m going to share with you today: that exact formula, broken down into some actions that you can take right now.

We're going to break it down because I'm sick of those manifesting courses where you don't know what to do, but you have this underlying feeling that you have to deserve it or you have to be perfect. Like, it's got something to do with being a really good person.

Let me ask you... how would you know when you're perfect enough or you're ready, anyway? You absolutely can't tell.

And anyway, that's NOT how manifesting works. We're going to break it down together and you'll see that you can manifest absolutely any goal that you want, just by following these simple steps.

Don't worry if you feel like you've sucked at manifesting in the past. Maybe you've attracted some amazing things, but you don't know how to replicate that success for something else.

The first thing I want you to do is to watch the [Manifesting Formula Workshop](#). There's also a free cheat sheet to download so you can follow along or you can use your diary as well. Think of a specific goal that you want to manifest right now, something that's a short term goal for you. We're going to try it out together.

PRACTICAL MANIFESTING FORMULA

WITH

DENISE DUFFIELD-THOMAS

STEP 1: DECLUTTER



Basically honey - if you want to create more success in your life, it's time to deal with your crap. It's virtually impossible to create an outrageously successful life when you have yucky emotional baggage sabotaging you constantly.

It takes super-woman effort to deal with those old resentments, emotions and self-beliefs, so make life easier for yourself and put down the goddamn shovel. It's time to stop working so hard and simply be happy.

So, the first step in my Manifesting Formula is decluttering your negative beliefs about that goal.

Now, after the Law of Attraction being kind of woo-woo, the second biggest problem that may be stopping you from manifesting what you want is your mindset. I know you've heard this a million times and you're probably like, "Yes, yes, Denise. I know. Mindset is really important. Yep, mindset. Got it. That's not very unique."

The problem in the personal development industry is that apparently we're expected to be positive all of the time. It's almost taboo to say anything negative about your goal.

But guess what. You do have the negative thoughts. You already have those negative feelings about your goal, they're just inside.

If I had a dollar for every time someone said to me, "Denise, I don't have any blocks to success. Of course I want my dreams to come true," I would seriously have a mountain of dollars.

The thing is, it's totally okay to go to the dark side for a little bit. The dark side and that stuff deep down is just information for you to clear. It's totally okay to acknowledge that some things in your life are not working as well as you want them to.

Whenever there's kind of a really big goal that you want to manifest - whether it's a new house, new job, new clients, more money or whatever - this is the first thing that you need to do. Declutter your mindset around that goal.

If you refuse this one and you just push through with sheer willpower, then you're going to miss out on the sheer power of deep transformation that you really, really need to do.

For example, if you insist on only positive affirmations like, "I am wealthy, I am a millionaire, I am rich. I am rich, damn it. I am rich!" There's a part of you that's going, "No, you're not. You're not at all."

Your subconscious mind actually doesn't believe you. That is what is going to stop you actually achieving your goals. This is step one that we're going to do together: declutter your beliefs about that particular goal and don't be afraid to go to the dark side and find your really true, deep and hidden feelings.

Let me give you some specific examples. Recently, I've lost a little bit of weight. This has been a goal of mine for ages.

I found it really difficult at first because I was trying to do things the old way. First of all, I felt like I needed to deserve it before I was allowed to lose weight.

I felt like I had to be perfect with my diet all the time and go to the gym all the time before I was allowed to lose weight. It felt way more difficult than it needed to be and I knew that I had some big mindset issues to declutter.

Step one, I made a quick list of all the reasons why I didn't want to lose weight. This is where you have to go deep, even if you're not quite sure that you really believe those things on a surface level.

A few quick things I wrote down: I thought, "Oh, my god. I'm going to have to re-record all my videos. I'm going to have to have new headshots. What a hassle."

Then I was like, "It's going to be so hard and boring to lose weight. I don't think I want to do it." I was like, "I have to buy new clothes." Then I went, "Maybe my audience won't like me anymore if I was thin." I just wrote everything down that I could think of.

This is just a weight loss example, but this is the first step in the manifesting formula that you can use for your own goal -- that one you identified a moment ago -- or for anything else you want.

What beliefs do you need to declutter, that are in the way of you manifesting what you want?

For example, if you want to manifest a big house, what are some of the downsides of that? Maybe you write down, "I hate moving. Moving's a big hassle."

Maybe you're worried that your family or friends might be jealous if you had a bigger house. Maybe you're worried about paying the mortgage and it would be scary and you wouldn't be able to do it.

You really need to go to that dark side and be honest with yourself about all of your fears.

Why wouldn't you want this goal to come true? What are some of your fears around it? What are some of the negative beliefs that you might have about actually achieving that goal?

If you had a really successful business, life or whatever, what would be some of the downsides about that? What would be bad for you about making more money?

You might be so reluctant to go there because you've been taught for a long time that you have to be super-duper positive in order to manifest what you want.

But you're not going to manifest this bad stuff if you talk about it. You're just bringing it to the surface so you can declutter it, acknowledge it and release it. You're bringing in your true feelings and your worries to the surface.

Even if you've done a LOT of personal development work, there is always more to uncover and at each new level of success you'll repeat every old pattern in an effort to protect yourself. Here are some of my best tips.

Forgive Like It's Your Job

Forgiveness is my number 1# manifesting tool. Trust me - it will change your life. Forgiveness is non-negotiable, because you can't build a new life on an old, crappy foundation. It's kind of like a spiritual enema - it cleans out all the shit.

Forgiveness is an incredibly powerful tool and best of all, you don't have to call up anyone and have an actual conversation with them. You can do this by yourself and there's no need to make a huge production out of it - waiting for the full moon or getting naked is not necessary! It's really easy and free!

Simply make a list of everyone who's hurt you in the past; parents, bitchy friends, 3rd grade teachers, everyone. Release yourself from the memories and mentally say, "I forgive you. I'm sorry & I love you."

Repeat as needed until you have no further charge or angry feeling towards them. Go crazy, you can't overdose on forgiveness, but you will feel a peace in your heart. When you forgive others, you give yourself permission to be happy.

Declutter Your Environment ***Time to get ruthless!***

Cull everything in your environment that doesn't make you feel a billion bucks, clean up your house, be brutal with your wardrobe and delete toxic friends from your phone or Facebook account. Go on a major declutter and release anything that's not welcome on your new journey.

You'll be surprised how light you feel when you give yourself permission to dump the old and unwanted distractions from your life. You're no longer a crap magnet. You make space for new and amazing things to come into your life.

Heal Yourself

You show the Universe how to treat you by how you treat yourself, so constantly upgrade your self-care. If you're avoiding a health problem, go to the doctor and sort it out. Pay for the physiotherapy, and get your teeth checked. You're worth it.

If you're struggling with anything major, just deal with it or it will NEVER go away. Treat yourself like a VIP and challenge yourself to go one step further every time.

The awareness of where you're holding yourself back is a great first start at decluttering, even though there's loads more ways you can declutter.

You might find something really obvious. You might be like, "Oh, I didn't realize I had that fear. Now I see I have to release that before I can achieve the goal."

Write it all down and dig deep, even if it's just one negative belief you have around achieving your goal right now. It's going to give you some really juicy, valuable stuff to clear.

Have you done step one? Awesome. Time to move on to step two.

PRACTICAL MANIFESTING FORMULA

WITH

DENISE DUFFIELD-THOMAS

STEP 2: GET SPECIFIC



Step two is getting very, very specific about what you want. Otherwise known as goal-setting. But, to be honest, probably not in the way that you've done it before. I'm just going to say it, your goals might completely suck.

You might actually be asking for the wrong things, which is very common. You might be giving mixed messages to the Universe. You might actually be sabotaging your own success because you're actually not asking for what you want in the right way.

Trust me. I've worked with so many women now. I was a life coach, and then I was a business coach, and now I work with tens of thousands of women from my blog and thousands of women in my Money Bootcamp.

So, trust me when I say that women are just not used to asking for what we want. We can be very unclear, we can be very fuzzy on our requests to the Universe.

Let me give you an example of some really crappy, fuzzy, indistinct goals:

I just want to be happier.
I don't want to worry about bills anymore.
I just don't want to think about money.
I want more clients.
I want more money.
I just want to feel at peace with money.
I just want to be a good mother.

You might be thinking, "Oh, crap, Denise. Those are my goals. Why aren't they good?"

The truth is, if you want to activate the Law of Attraction and manifest some very, very specific things, you're going to have to become better at goal-setting. You might find that the results you're getting back from the Universe right now are not quite right.

So go ahead, share your desires with the Universe. Not what you think you're "allowed" to have, but actually what you really want and desire.

A gazillion dollar business, an Oscar and that seriously cool yoga mat? It's all the same to the Universe (and by the way, it's okay to ask for everything).

Lots of women get shy and modest or totally wimp out at this stage because we're told as little girls: "Take the smaller piece of cake, have 'realistic' dreams & always be polite".

Screw that - nobody is going to hand your dreams to you on a plate, unless you ask for them. But when you do... magic happens because the Universe moves time and space to accommodate you. It's amazing when it happens, so you have to trust, take a deep breath and just ask.

You're an adult now and you're allowed to have the biggest and shiniest of everything, so make sure you're asking for what you really want, because the Universe is ridiculously and frustratingly literal.

***You always get what you ask for... no exceptions.
If you're too vague or play small, don't be annoyed at
what shows up because YOU asked for it, girlfriend!***

So, you've been setting these goals, and getting so-so results. They're almost there, but not really what you want. That's not your fault. You just haven't been specific enough.

A great way to start is - it's easy - all the Ws; what, when, why and what's it going to cost.

What - what do you want? Do you want more clients? How about something more like, "Three graphic design clients by the end of the week." That's a much, much better goal. You're specifying the what - graphic design clients - and the when - by the end of the week.

If you want to turbocharge it, you could add to the end a why - "So I can pay for the deposit for our next holiday."

Here's another example of one of the crappiest, most vague goals ever. "I just want to be happier." I hear this from women all the time.

I'm really sorry to be the bearer of bad news, but this is a really difficult goal to quantify. How is the Universe going to know what is going to make you happier?

It could be that your husband brings home a doughnut for you. Awesome. You're happy for five minutes. The Universe is like, "Tick! Done! We made her happy." You're like, "That's not what I asked for." How will you know when you're happy? That changes over time.

A better way would be to figure out something that could make you happy right now and get very specific on an upgrade that you'd like to make in your life.

Speaking of doughnuts, I just remembered something. When I was pregnant with my first child, I had this really specific craving for strawberry doughnuts from Doughnut King - very specific. I texted hubby and said, "Can you bring me home some doughnuts?"

He brought me home caramel Krispy Kreme ones, and I was like, "What the fuck is this?" and almost threw them back in his face.

(Yes, I am a dream to be married to. Thank you so much for asking. Especially when I'm pregnant.)

The problem was that I wasn't being specific. I could have said to him, "Honey, I'm craving strawberry doughnuts from Doughnut King. Please bring me those particular doughnuts. If you bring me any other doughnuts, I will literally throw them back in your face."

If you're not being specific, don't be surprised if you get random results in return!

I hear this all the time. Someone will say, "I've set a goal saying I want more money." Then they'll go, "Denise, what's happening? I'm getting all these job offers I don't want. What's going on?"

If I dig deeper and I say, "Cool, what have you been asking for? What do you really, really want?" They'll say, "I just want more money."

Here's the problem with that. The Universe has maybe given you a job offer because it's money, you'll make more money from that. You're like, "I didn't want that. I wanted it to come from my business, not from a job income."

However, you're going to have to be more specific. You've got to ask for what you want.

Don't be afraid to set goals for fear that you'll get it wrong. You can refine this and get better at asking for what you want. You don't have to take what you get just because the Universe has delivered it to you.

It's like with the doughnuts. I could have sent Mark out again for new doughnuts. I could have said, "Nope. Wrong. Out you go," and it would have been fine. I actually did eat the doughnuts, even though I still was cranky about it for like an hour because it wasn't what I wanted. But I still ate them.

It's kind of a bad example, but you can absolutely ask for the new thing and set a better goal. Refine it.

Grab your cheat sheet or even your journal. Then look at that goal that you wrote at the top of that cheat sheet. Now let's improve it. Let's make it a little bit better.

First of all, can you quantify it a little bit more? If you want more money, how much more money would you like? If you want more clients, how many? If you want a hot guy to show up, what kind of hot guy do you want to have show up?

Can you break it down into something a little bit more specific and maybe even wording that's not open to interpretation. By when? When do you want this to happen?

Some people say, "I want it now. I want it right now. I want a million dollars right now." But it has to feel realistic to you.

Yes, miracles can absolutely happen very quickly. I absolutely believe in miracles around the Law of Attraction. But if you don't believe it, then that's going to be a big problem.

What, when and then why. Why is this goal so important to you? Why is it so important to have three clients by the end of the week? Why is it important to you to have your dream house?

What is that going to give you? Why is it so important to you to lose a dress size?

Your why around your goal is going to be the thing that drives you forward towards your dreams. That emotion, that strong emotion is going to help you get through that resistance.

Is that money earmarked for something really emotional and special? For some goals, you can specify how much that goal is going to bring you. For example, if it's three clients by the end of the week, how much is that going to bring you? What does that actually mean for you in terms of goals?

It could be that the Universe sends you three clients who want a huge discount. You're like, "I didn't ask for that. I asked for high-paying clients."

The Universe is like, “Hey, you didn’t specify. How am I supposed to know what you really want?” You can improve your goal by adding something like, “Three clients by the end of the week who want my top package and who pay full price.”

Now, on the other side of manifesting – if this is a goal that’s going to cost you money, for example, a new house – you have to find out actually how much that is going to cost. Sometimes you can set up in your mind that it’s going to cost way more than you actually think and you psyche yourself out.

For example, recently I heard someone say, “My dream, dream, dream house is going to cost me \$3 million.” I was like, “No, it’s not. You don’t have to come up with \$3 million. You’re going to have to come up with the deposit – like a 20% deposit – because the rest of it is on a bank loan.”

You’ve got to find out what that actually means and how much it’s going to cost. Get specific. You might not believe that you can manifest \$3 million, but you actually don’t need that. You’ve got to know.

Knowledge is power when it comes to manifesting, so get as specific as you can get and then it will be heaps easier.

Grab your journal... Get accountable here. What’s your goal? By when? Why is it important? What’s it going to bring you or what’s it going to cost you?

That’s step one and two of the manifesting formula. Remember, first up, you’ve got to declutter any negative belief that you have around your goal and, secondly, get way more specific about your goal-setting.

When you’ve got those two things, you can move on to step three of the manifesting formula.

Here’s a hint: one of the biggest problems when you’re manifesting a big goal is that it’s really easy to sabotage yourself.

You might be doing great and then, suddenly, you’re out of the flow one minute and you stop believing that you can achieve it. You might face a lot of internal resistance. Or you think, “The Universe doesn’t like me anymore. I’ve lost my mojo!”

How to deal with that? All will be revealed in the next step.

PRACTICAL MANIFESTING FORMULA

WITH

DENISE DUFFIELD-THOMAS

STEP 3: CREATE RIPPLES



I actually just want to say congratulations for getting this far into the Manifesting Formula. I know the steps aren't too long or complicated, but you would be surprised at how many people sign up for something like this and then they just can't be bothered reading through it, let alone taking any action.

That's the biggest thing about the Law of Attraction. You don't just do something once and expect it to happen for you. You actually have to participate in it.

That's why I want to say congratulations. Out of of people who actually sign up, only a really small percentage will actually even read this book, let alone take action on what I'm going to tell you to do. I just want to say you're awesome. Thank you.

We've already talked about steps one and two of the manifesting formula. The third step starts with an "A."

You might think it stands for "action," but it doesn't. It actually stands for something else, which I'm going to reveal in a moment.

Let's talk about another big problem around manifesting the Law of Attraction. It's really easy to get excited at the start when you set your goals. But, then you can very quickly lose enthusiasm and you lose those positive vibes very quickly.

It's like in Peter Pan. The children learn to fly by thinking happy thoughts. But when they lose those happy thoughts or negativity comes in, suddenly they're splat down to the ground because they can't maintain it anymore.

This has happened so many times to the women that I've seen who really struggle with their goals. It's easy to psyche yourself out and lose that initial excitement and lose those happy thoughts.

This is when the Universe starts to go, “I don’t think you really want this.” Or maybe it gets all too hard and then you even question yourself. “Do I really even want this? This feels too hard.”

You’ve got a couple of choices here if you’re really struggling with your positive vibes.

First up, you can go back to step number one, because maybe as you’ve gone through you’ve uncovered some new negative beliefs that you need to declutter. Go back and do that.

Or you can go back to step two because maybe the Universe has started to bring you some opportunities and you’re like, “That’s not quite right. I need to refine that.” You have to go back and get a little bit more specific, which you can just do in a moment.

It doesn’t take months to go back and do it. Don’t just push through or think that you have to accept what’s being presented to you. Just go back and refine your goal a little bit more and see what happens.

If you’re ready to move on, let’s talk about step three and what this “A” really stands for.

This one actually stands for “anchors” -- creating positive anchors for you to stay in that positive flow of your goal. This is really the biggest secret. This is what helped me win that massive travel competition, by the way, and it’s probably my most favorite and most enjoyable manifesting technique.

Halfway through that all expenses paid trip that we won, I was in a luxury cabin in Bali and I couldn’t sleep. I started to think and I got up and journaled all of those positive anchors that I used to manifest winning that competition. I actually came up with more than 50 different things that I did.

What does that mean? What are positive anchors? It just means that I had 50 different manifesting techniques that I used to keep me in the positive mindset all the time.

***Honestly, that is what it’s going to take.
You can’t just get excited about your goal for a couple
of minutes or even a few days and that’s it.***

You have to get into that vortex of positivity that Abraham Hicks talks about.

When you do, that’s when the synchronicities will start. That’s when things will start to feel a little bit magical and that’s when you’re in the flow. That’s when it’s really easy and fun.

Now, you might feel that when you're in that moment of positivity, you've found that magic pixie dust and you're flying and it's really awesome. But it can be really hard to maintain that.

Especially in that lag time between when you set the goal and when you achieve it. You're like, "Dude, where's my stuff? I can't be positive!" Let's be realistic, you cannot be positive and happy 100% of the time.

Here's the good news. You don't need to be. You really don't. I think people think that because I call myself the Lucky B****, I am 100% positive all the time. I'm not.

That's why these positive anchors are so important. They're going to remind you about your goal and they're going to keep your intentions focused without actually really thinking about it that hard.

When you feel good about your goal, you're going to start to act in subtle, subtle ways. That's what's going to make the next two steps easier -- cracking that positive anchor thing.

What kind of anchors should you do? You might be thinking, "Denise, can you just explain? I'm not quite sure even what you're talking about." Let me give you a couple of really practical examples.

When I had applied for the travel competition and I was in that lag, I was like, "30,000 people have applied to this competition." I knew it was kind of a long shot, but I still was convinced that I was going to win it.

Still, it was kind of exhausting just to continually write down a million times a day, "I've won the competition! I've won the competition! I've won the competition! I've won the competition!"

I started getting a headache trying to think about it all the time. I was getting exhausted, I was getting overwhelmed and I was starting to kind of psyche myself out.

I embraced this positive anchor mentality and made everything automatic.

I just put all these little reminders in my day to get back into that manifesting zone as quickly as possible.

For example, I changed the password on my work computer to CompetitionWinner. Fifty times a day I had to type in CompetitionWinner, CompetitionWinner. It became positive brain training. CompetitionWinner, CompetitionWinner.

I've talked about this passwords things before. I talk about it in all my courses and I know other people talk about it, too, now. But, have you actually done it? Have you actually actioned it? Have you actually changed your passwords?

It makes a huge difference to your daily manifesting if you don't really have to think about stuff like this too much. You already have to type in a password, so it may as well be your income goal, for example.

Make sure you update it regularly so it's not an old goal that you're typing in. It's going to make you smile every time you type it in or it's going to make you go, "Oh, exciting!"

Another thing I did was I changed my husband's name in my phone. Every time he texted me, every time he sent me a message, it would come up, "Mark, co-competition winner." I'd be like, "Oh, my god!"

It was such a really simple little thing, but it just added to my daily happy thoughts feeling. It was enough to send me right back into that positive place where I was convinced I was going to win, but it took no effort on my part.

As I said, I did about 50 different positive anchors and all of those little tricks really helped and compounded. Here are a couple of my favorite tips.

Choose Positive Brain Washing

Purge your language of words like "can't" or "impossible." Be particularly vigilant about the messages you put into your brain (the most powerful computer on earth) and choose to be inspired daily.

This includes the TV and movies you watch, the books you read and even the music you listen to. Everything in your world has a subconscious effect, so be snobby - only the best is acceptable.

Visualize Your Success

Visualizing is powerful and it works. When I was trying to manifest my free travel competition, I imagined myself lying on the beach, swimming and travelling on the plane.

Even though I was living in cold London, I took every chance to imagine it despite the reality to the contrary. I'd stand on the snowy train platform on my commute rehearsing the speech I'd give and the books I'd write about how I manifested it.

Before you actually get it, pretend you do! See yourself speaking on stage wearing a glam outfit, winning that competition and most importantly feel it.

Experience the pleasure and anticipatory little thrill in your belly. Pretend it's already yours. Just a couple of minutes a day will make a HUGE difference in your manifestation ability and will help you be positive in the meantime.

Create An Up To Date Dream Board

Don't worry about saving up your magazines, you can create a dream board in minutes using free photo software like Picasa or on Pinterest.

Once you've created the dream board, make it your screensaver, print it out and look at it every day.

The best thing is if you layer all of these anchors into your life so you're not working hard to remember what your goal is. You're trying to build a really strong foundation of belief, especially that unconscious belief. This is not about being the luckiest person. It's about not leaving anything to chance, filling all of those little gaps of time so it's all building on top of each other. Your belief is compounding day by day. That really is kind of the lazy Lucky B**** way. You set some of these anchors up - like the password or the phone thing - and you don't even have to think about it.

When I turn my phone on, you can see it's a picture of me outside of a house that I wanted. I actually just manifested that recently. Every time I saw it, every time I picked up my phone, it was just another visual like, "Wow." You can't overdose on these things, so use everything you can think of. Put dream boards everywhere.

***Add visual reminders of your goal all over your house.
Just keep reminding yourself what you're manifesting.***

Why are all these little things so important? Why bother? Do they really make a difference? They really do. The magic is in those details.

I always think of the difference between someone who is just really good at running and someone who is an Olympic athlete. In reality, they're both good at running and there's probably only a few seconds - probably hours for me - between good and someone who is the best in the world. Literally, a few seconds.

That's what it takes for people who succeed big time in the world. It's not magic, it's just those little tweaks. We might call it manifesting in the woo-woo world, but manifesting isn't just about magic.

Manifesting just means to make something real. Doing these anchors is about not leaving anything to chance, trying everything that you can do to give yourself the best chance at achieving your goals.

Sometimes, I pinch myself about how different my life is compared to just a few years ago. You know what? I didn't grow up rich. No one expected me to be financially successful and I definitely did not have any business role models at all. I come from a single-parent family and it wasn't expected of me.

Sometimes I'll meet a friend from back home and they're like, "Denise, how have you done this?" because it looks like an overnight success. But all of these little lessons have been compounding for years.

I've been laying in all of these manifesting secrets for a long time. Now I've got a really strong foundation and I can manifest things pretty quickly without thinking about it too much.

This is exactly what can happen for you as well when you take this formula and actually implement what I tell you to do. Actually action it.

What positive anchors are you're going to implement right now? You can do some of these as you're reading this. Be accountable and actually do the because it will make a huge difference.

PRACTICAL MANIFESTING FORMULA

WITH
DENISE DUFFIELD-THOMAS

STEP 4: MAKE IT HAPPEN



Let's talk about number four because it's quite simple to understand, but a little trickier to actually implement. Step four is inspired action. The truth is, fortune follows action, and money loves speed.

Nothing, nothing will happen until you take action, but every time you knock on a door, the Universe knocks on a thousand for you. Take a big, scary leap and the 'lucky' opportunities that come your way will astonish you.

So, inspired action is way more than a to-do list. It's about an action that really shifts the Universe and proves that you're serious about your goals.

For example, your goal might be to publish a book. But if you say your action is, "I'm going to research self-publishing," that is not inspired action. That doesn't push you out of your comfort zone. It doesn't actually do anything that's going to make a huge difference in the world.

Research? No. It's a great start, but it's not necessarily going to move you forward in a huge way and make those ripples in the Universe that you need to do.

A much better action – an inspired action – could be to make a public commitment like writing on your Facebook page, "Hey, guys. My book is going to be out by the end of the month."

That is going to scare you, but if you want to take it even one step further, you could say, "My book is out at the end of the month. Sign up here for a VIP waitlist and you'll be the first to know." If you want to go even bolder, you can pre-sell the book before it's actually finished.

If you tell people that you're going to do it, they'll believe you and then you'll start to believe it as well. Then you'll move heaven and earth to make that deadline. That is what an inspired action is.

Guess what? When you do that – these big, bold actions – the Universe will meet you halfway. You'll start to see synchronicities and you'll get new ideas about how you can make that happen. It's not magic; you need to take the action that will make those big ripples and the Universe will meet you halfway.

Let me tell you a story. When we applied for that travel competition – 30,000 competitors. Then we got short-listed to the top 50 and then finally we got short-listed to the top 10. I was like, "What inspired action can I take and really show the Universe we are serious?"

We took two very bold inspired actions. First of all, we started looking for tenants to rent our apartment while we were on the trip. Yes, before we even won it. We were that convinced. It was probably the boldest actions we could think of.

We were so passionate about changing our lives and traveling that we honestly left no other option. We would have been willing to leave no matter what.

The second one was so scary. We both told our bosses that we were probably going to win this competition and we'd have to leave our jobs. Again, before we even won it. It was scary, but it was inspired. It was inspired action.

You don't have to go this far, but I bet you can think of something that you can do that's going to have long-reaching ripples throughout the Universe and actually prove that you believe in your goal 100%.

Now, don't blow up your life unnecessarily. Don't email me and say that you've quit your job and you've done all this stuff. But you probably already have a few things in mind that scare you and excite you in equal measure. That's the action that you've got to take next, not "I'll research it."

Now, if your dream is so big that it's causing anxiety attacks and bouts of procrastination (that's normal by the way), just take one teeny, tiny baby step towards it.

Publish one blog post, make a quick video or ask someone for help. Don't just sit there and hope the Universe will serendipitously discover your brilliance. It's doubtful that someone will come knocking on your door and say "You there! We heard you're a Superstar – come with us!"

Want to make it in business? Offer to work for inspiring mentors for free, write your first ebook (it's just a pdf after all) or create a blog. Just start.

***True manifestors know there's no huge secret to success.
They just decided to do it no matter what.***

Your dreams just have to be greater than your fear. That doesn't mean that fear never goes away. It's just that successful women move forward in spite of the fear.

Have you ever felt jealous of someone and thought “I could do so much better than that!”? Don’t be intimidated, she just did it one step at a time too. She was probably scared at first too, but persistence often wins over pure talent.

Success is inevitable if you take it one step at a time and never give up.

So, what action are you going to take ... in the next 5 minutes ... in the next 24 hours?

Grab your cheat sheet or your journal and commit to just one or two things that you’re going to do to make your goal happen and then write them in the comments section. That can be your first big public accountability. Tell everybody what you’re doing. Be public about it.

Let me give you a couple more examples. Say, for example, that you want to manifest your dream house. What’s your inspired action around that? Guess what, you have to actually make a phone call and go and see all of the houses that fit that definition for you, even if you’re not really in the market for it yet, you’re not ready or you don’t think you’ve got the money yet or you’re worried that the agent thinks that you’re a fraud.

You can’t just say, “I’ll only go and look when the Universe sends me the money for the dream house.” That’s not how this works. If you don’t believe it, even enough to go and look at a house, why would the Universe send you the money to actually buy it?

Stop waiting for those external forces to give you permission.

You’ve got to meet the Universe halfway and put yourself out of your comfort zone. You have to make the phone calls. You have to send the scary emails. You have to send those invoices, ask for the sale. You have to make it happen.

If your actions are like, “Oh, I’m just going to research until I feel ready,” nothing has ever come from just researching stuff. Big things happen when you make a big commitment and you take big inspired action.

In our community when you go public, nobody is going to judge you. We just want to witness your commitment. When you make those big goals and other people see it, you’ll start to believe it for yourself as well.

That’s four steps down. We’ve done decluttering the negative beliefs of your goal, we’ve gotten better at doing more specific goal-setting, we’ve created those positive anchors, and now you’re taking inspired action.

Now we’re going to move on to the final step. In this next step, I’m going to explain how it all ties together. Missing this step has the potential, honestly, to derail everything.

Everything else could be for nothing if you don't follow this step because you might just give up before your goal manifests. This is also the thing that women resist the most.

So keep reading to discover this all-important step. Plus, I'm going to tell you about something really special if you want to take your manifesting to the next level and how you can work with me further. We're so close now. We're almost at that final step of the manifesting formula.

Go and take that bold, inspired action. And then read on for the last step in the formula.

PRACTICAL MANIFESTING FORMULA

WITH

DENISE DUFFIELD-THOMAS

STEP 5: THE MAGIC WORDS



Okay, gorgeous. Welcome to the final step of the manifesting formula. This is the piece that really ties it all together. This is about receiving.

A lot of women are really not good at receiving and I think it just comes down to naturally women want to give more than we receive. It's really natural for women to want to give to others, but it's often the biggest thing that is holding us back.

In big and small ways, you are probably blocking abundance from the Universe all the time.

How often do you feel guilty for maybe having a success in your life because you're worried that it's going to make your best friend feel bad about yourself? How many times do you reject abundance because you think it should be given to someone else who deserves it more than you do?

This shows up in big ways and even really small things. Maybe you never let your friend pay for coffee. This is really the key because you can ask for what you want, but you have to learn to actually receive it.

This is where things really get derailed in the manifesting formula. You can declutter your beliefs, you can define your goals and you can have all of those positive anchors set up and be taking action like a crazy mo-fo.

But, when it comes down to it, if you say no to the Universe and shut it down, then it's all for nothing.

Let me ask you a question. How good are you at taking compliments? That's a form of receiving as well. Do you completely deflect the compliments and say, "This? I got it on sale and it's got a broken seam. Let me show you how crap it is." That's a form of rejecting abundance.

You've got to learn to allow yourself to receive. Maybe receive pleasure. Give yourself permission to take time off to make things easy in your business.

Maybe you have to let yourself use your good china or wear your perfume instead of just for special occasions. Maybe you have to receive income by saying yes to big opportunities, by letting your clients actually pay you, by not discounting and not doing things like bartering.

You've got to allow yourself permission to be taken care of. Let your friend pay for coffee this time. I've even said to friends the Magic Words: "Okay. I'll receive that," if they've said, "I'll pay." I'll go, "Okay. I'll receive that," just to remind myself that it's okay to receive and not just give all the time.

So, what area in your life you are rejecting abundance right now?

Here are some more examples.

Maybe you know something is broken on your website. It could be your Work with Me link, which is a really symbolic one, but it happens all the time. That's rejecting abundance.

Maybe you pick up the bill all the time when you eat with friends and family. You're just shutting it down. Receiving, no thank you.

Maybe your kids have really awesome clothes, but you never spend money on yourself even if you can afford it.

Maybe someone's recently offered to pay you, but you're like, "Don't worry. This can be a freebie. I'm not going to charge you."

Where are you rejecting abundance?

Where are you saying, "No thanks." Where are you saying, "That's okay. You take it. It's okay. Give it to someone else. Someone else deserves it more than me."

Write it on your cheat sheet, and let us know in the community. What opportunities have you sabotaged recently?

I've been practicing this for a while now. Actually, someone the other day gave me a compliment. They said, "Wow. You've lost weight." I just said, "Yeah, I have. Thanks for noticing." I actually received that compliment instead of, "No, I haven't. I'm really fat," or whatever it is.

You can just say that, "Thanks for noticing," or "Thank you. That's so nice of you," instead of deflecting all that kind of stuff.

This is really the final step in manifesting -- learning how to become an amazing and gracious receiver by using the Magic Words: "I'll receive that."

This, in turn, makes the Universe love you even more. Who wouldn't want to reward someone who takes such delight in receiving?

This is why gratitude is so important and this is why it's talked about all the time as a personal development tool. It energizes you when you receive. Be grateful and receive absolutely everything.

Pick coins up in the street and don't feel guilty about it. Revel in the abundance that the Universe is trying to give you and say, "Thank you."

That's the final step of the manifesting formula.

And, the entire formula is just a circle. Just go around again and again.

If you haven't manifested what you want yet, go back to step number one and maybe you have to declutter some more negative beliefs.

Maybe things have started to flow but it's not the right thing. Go back to step number two and refine based on what you know now that you want to manifest.

Maybe you're feeling like a bit of a Debbie Downer. Go back to step number three and create some more positive anchors.

Maybe you're feeling frustrated, stagnated. Go to step four and take some inspired action. Meet the Universe halfway and don't just sit back and wait for it to happen.

Then, the final step: actually receive it. Make sure that you don't sabotage yourself and be super grateful for the Universe and everything that it's trying to give you.

PRACTICAL MANIFESTING FORMULA

WITH
DENISE DUFFIELD-THOMAS

MY FINAL MESSAGE FOR YOU...



Enjoy Your Awesomeness Now

Instant manifestation is cool but unless you've made friends with a magic genie there's usually a time lag before it actually shows up. Bummer!

You've put in your order to the Universe, so you can't check back every 5 minutes and say "Dude, where's my stuff?"

If you freak out and let your doubts take hold, you'll jam the manifestation pipes and press pause on the delivery of your dreams.

Gracefully allowing your wildest dreams to come to you is an art, but don't put your life on hold until you get everything on your wish list.

Go out and enjoy yourself. Wear your fanciest clothes, use your special tea-pot and buy yourself flowers for no reason. Treating yourself like a VIP will only speed up your success and your manifesting muscle.

For some reason, the Universe loves to help happy and positive people who already consider themselves awesome, as opposed to the desperate and down in the dumps.

Practice Gratitude

Be grateful for everything you have because your life is already freaking awesome, right? Showing gratitude is a great way to show the Universe that you're paying attention.

Find a penny in the street or get a free coffee, and say thanks to the Universe for the shower of abundance. Become a “reverse paranoid” and take everything as a sign that the Universe is conspiring to help you!

Feeling Jealous?

It's ok to admit that you're jealous of others. And when you're lucky, people will think it comes easy to you too.

Take jealousy as a sign from the Universe that you're on the right track. Affirm to yourself 'Good things happen to me too'. Be happy for another woman's success and when the time comes, she'll be happy for yours.

Dream Bigger

What happens when you get everything you want? Awesome right? Keep on dreaming, challenging yourself to go brighter and shinier.

How much success and bliss can you handle? How delightful can your life get?

If you get stuck, go back to Step 1# and see what else you can declutter. At each level you'll uncover more layers of fear.

Life is about growth and you're just a work in progress you Lucky B****!

PRACTICAL MANIFESTING FORMULA

WITH

DENISE DUFFIELD-THOMAS

WHAT NEXT?



Choose one really juicy goal and test out the Manifesting Formula for yourself.

It really works... I've used this exact process to help gorgeous women like you manifest goals like:

- Finally quitting the temp jobs to make a full time living in acting, writing and creative businesses, like coaching, astrology, Feng Shui and everything you can think of!
- Manifesting a husband after being single for more than 7 years
- Finally finding a true passion and purpose after years of searching
- Manifesting free plane tickets, pay increases and travel opportunities

Lucky Bitch Manifesting Formula

Your Goal: _____

Step 1: D _____

Your ahas from this video:

Step 2: D _____

Your ahas from this video:

Step 3: A _____

Your ahas from this video:

Step 4: A _____

Your ahas from this video:

Step 5: R _____

Your ahas from this video: