

# SWEET SPOT MANIFESTING TECHNIQUE



Subconscious <sup>☆☆</sup>  
Servant

I am so happy you are here to start manifesting your desires ✨.

This workbook will be used in conjunction with what you learned in the Sweet Spot Manifest Technique webinar.

The worksheet on page 11 is for you to write down what you TRULY want to manifest in the next 12 months.

Also I added some additional resources at the end of this workbook. That will include helpful information on visualization, affirmations, scripting, audios and other recommended tools to help your manifestations even more!

Having said that let's not waste anymore time and jump straight in.

So the first thing you should do is write down what you want to manifest in your life in the next 12 months.

In a sec I'll give you some simple prompts that will help you when choosing the desires you want to manifest.

I also suggest you get yourself comfortable and in a nice relaxing setting.

It's a good idea to play some relaxing yet uplifting music to help raise your vibe.

Then when relaxed and feeling good, close your eyes and start to think what would your best life look like.

What would you do if there were no limits?

Go wild and imagine your perfect life.

And don't put any restrictions on this life.

Have fun with it!

What would you do? What would you wear? Where would you eat? What places would you see? Who would you spend most of your time with? Is there anyone you would help?

This is a fun exercise so be free and enjoy what your ideal life would look and FEEL like.

And if you are not quite sure, then that's ok.

Most people don't ever sit down and imagine what their best life would look like.

So you might need to give yourself a little time to let your life vision unfold in your mind.

To help get your creative juices flowing, I've given you some prompts below that should help the imaging process...

**What did you enjoy doing as a child?**

***Who are the people you admire (or envy) most? And what do you admire about them?***

***What's a great moment in your life that you'll never forget? And what makes it so unforgettable?***

***What are your hobbies?***

**Where do you enjoy working?**

***What do you dream about?***

***What's one activity that fills you with joy?***

***How do you would you make the Universe a better place?***

***What are things that make you smile?***

***When you're feeling down what do you like to do to feel better?***

***What type of videos bring tears of happiness to your eyes?***

***What is the feeling you want most? To feel secure? To feel healthy? To feel loved?***

***What would your ideal body look like? How would it feel?***

***What kind of friends would you want?***

Those questions should get you thinking about things that make you feel good.

And things that make you feel good are going to be things you'll want more of in your life.

Once you've sat down and imagined your best life, it's time to write down the list of things that you intend to manifest.

And one last thing, don't write something down if you don't have a strong desire for it.

I used to put things down that I thought I wanted, things that I thought would make me happy.

I wrote things down like expensive sports cars, mansions, and lots of other things similar as I thought that's what success was.

I soon realized it didn't muster any positive emotion when I thought of them because it wasn't what I TRULY DESIRED.

It was just stuff I thought success was because that was the picture of success that had been painted by TV, films, social media, friends and family.

When I sat down and gave some good thought to what fills me up with joy and excitement, I found it wasn't what I had originally put down.

I just wanted to travel more. Spend more time with my family. I wanted a medium sized house that would be easy to maintain. I actually didn't care what car I drove as long as it was reasonably new and comfortable to drive.

My ideal life was a lot simpler than I could have first imagined.

Something to pay attention to is how you FEEL when you think about the things you want to manifest in your life.

If it feels good, then write it down.

If you feel nothing, then don't bother putting it down.

Desire is essential, so make sure you do wholeheartedly desire what you write down.

This quote by Napoleon Hill says it perfectly.

**“THE STARTING  
POINT OF ALL  
ACHIEVEMENT IS  
DESIRE. KEEP THIS  
CONSTANTLY IN  
MIND. WEAK DESIRE  
BRINGS WEAK  
RESULTS, JUST AS A  
SMALL FIRE MAKES A  
SMALL AMOUNT OF  
HEAT.”**

**- NAPOLEON HILL, THINK AND  
GROW RICH**

I know, you probably think it's obvious not to put things down that you don't want to manifest, but the problem is, most people put things down they think they want.

Things that society can lead us to believe will make us happy.

But sometimes those things are not the things that will fill you up with happiness and joy.

So with that said, it's time for you to write down the things you intended to manifest.

You can print up the 11th page of this workbook and use that to write down your manifestations, or simply get some paper and write them down on that.

It's up to you.

Just enjoy this exercise as you are about to start the manifestation process.

Once you're done, rate each manifestation on your DESIRE and BELIEF scale for manifesting what it is you want in the next 12 months. 0 being the lowest and 10 being the highest.

After you've rated your desire and belief for each manifestation only keep the things that are in the Sweet Spot,

The sweet spot is a 7,8,9 or 10 in your DESIRE in what you want and also a 7,8,9 or 10 in your BELIEF for what you want.

You need to be 7 or above in both for this to work.

If you have plenty of desire but no belief then this won't work.

And vice versa, if you have lots of belief but no desire, then this won't work.

Once you've done this then as I said in the webinar you need to then focus on how much good feeling emotion you have when you think of your desires and how often you're giving attention to your desires.

You can't just think about your desire once and forget about it. You need to embody the feeling of experiencing you manifestation.

The more time and energy you put into thinking about your desire whilst FEELING GOOD, the quicker it will manifest.

That's where these tools I'm about to share with you come in.

Use these tools often and it will help you focus on what you want whilst feeling good at the same time.

Also as a result using these tools you will increase your desire and belief which will help bring your manifestations to you quicker.

Here they are.

## **TECHNIQUES TO HELP YOU MANIFEST YOUR DESIRES**

### **Audios**

Audios are great for raising your emotion.

Here's some recommendations that I mentioned in the webinar.

Listening to music. I highly recommend you listen to uplifting cinematic music when visualizing, it's POWERFUL.

Brainwave entrainment to train your brain to operate at a higher frequency and cause brainwave synchronization.

Sacred solfeggio frequencies are great to listen to. They are audio tracks made from from divine tones that are known to heal and help you manifest miracles.

NLP Tracks which which act as seeds to plant in your subconscious mind.

NLP is a powerful technology built around the best schools of psychotherapy and hypnosis.

It allows you to “program” your subconscious mind - planting seeds into the fertile ground of your mind and heart.

This means you can listen to these tracks before going to sleep and change what you think, putting no effort in at all.

Manifestation Magic is a great resource for these types of audios.

[Take the time now and watch this amazing video to see how the Manifestation Magic audios can help with your manifestations.](#)

## **Visualization**

This is a foundational exercise you should do often.

When you visualize you literally “trick” your mind into thinking it is real.

The feelings and emotions you conjure up when you visualize are so close to their real life versions that your mind thinks they are real.

To visualize get yourself in a relaxed state of mind and then spend a 5-10 minutes mentally experiencing a few scenes that illustrate in your mind the outcome as already achieved.

Aim to feel as good as you can when doing this, as strong emotion will help you manifest much quicker.

Listening to uplifting cinematic music really helps elevate your emotions when visualizing.

If you really struggle to get good feeling emotions when visualizing, then it could be you don't have a strong enough desire or it could be that your mind unconsciously doesn't believe that you can do, be or achieve the thing you want.

### Visualizing Tip.

A good trick that helps bypass any resistance from your mind is to say just before you visualize...

*"What would it be like if I... ?"*

*How would it feel if...?*

*What would my life look like if...?*

Saying "if" before saying your goal allows you to embrace the feeling as "if" already achieving the goal.

It allows you to experience the scenes in your mind because you're only asking what would it be like "if" this were to happen?

It stops you from getting that conflicting feeling of "I don't truly believe this will happen."

So say you wanted a new Mercedes. You would say...

*"What would it be like if I did get a new Mercedes?"*

You can also keep asking more similar questions in line with the desire.

For example,

*"What would it be like if I did get to pick up my friends in a new Mercedes."*

*"If I was getting a Mercedes, how would it feel to get a phone call and told my new car is ready to be picked up?"*

*"What would my life look like if I could afford a new Mercedes?"*

Can you see how this works? Just doing this now makes me feel good.

Doing this exercise will help you “feel” like you already have the thing that you desire, without the internal resistance.

And when you feel like you already have what you want then you will be in vibrational alignment with your desire.

It's a truly powerful way to visualize.

## **Affirmations**

Affirmations are positive statements that can help you to challenge and overcome self-sabotaging and negative thoughts.

When you repeat them often, you'll start to believe in them, then when you believe them you start to make positive changes in your life which will reflect the outcome you are trying to achieve.

I wrote a really helpful article on affirmations that I suggest you check out.

Check that article here: [Why your affirmations are not working](#).

## **Scripting**

Scripting is a Law of Attraction technique where you write a story about your life based on how you want it to be.

Pretend you're writing your autobiography and you are writing the best version of your life story from this day forward.

It's that simple.

Just get a pen and paper and start writing the best story ever where you are the star.

What you the best version of your life look like? How would it feel? What would you do? Who would you be friends with? What would eat?

Really let you imagination run wild and embody that vision as you write.

This is a really fun exercise to do.

Try it and see what you think. One thing for sure it will keep you focused on what it is you want whilst feeling good at the same time.

## **Additional Resources**

[Manifestation Magic](#) is great for those audios I mentioned before. It's POWERFUL. I listen to it everyday. Highly recommended if you want to take your manifestations to the next level.

[Watch this video here to learn more.](#)

You'll be glad you did :-)

Well, that's it for the tools & techniques to help you manifest your desires.

I hope you take action on the sweet spot manifesting technique and manifest some wonderful things into your life.

Please remember to message me with your successes using this powerful technique.

All the best 🙌

# Dear Universe

I accept these things into my life now or something better for the highest good of all concerned.

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Subconscious ✨  
Servant ✨