

Manifest Your Dreams Easily!

MANIFESTATION

Daily Routine Guide

10 Daily Habits to Help
You Manifest Your Goals

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Speaking from Experience...

Why Am I Qualified to Teach You This?

I'm Dr. Tiffany Shelton Mariolle, PhD in Clinical Psychology and Owner of Conscious Life Shop. With my psychology experience and education I have spent almost a decade helping clients shift their mindset to attain peace and happiness.

I have combined my psychology expertise with my training in yoga, meditation, and the law of attraction to help many clients develop a mindset to manifest their dreams.



And not only have I used my expertise to help others, I have personally used my manifestation mindset and techniques to manifest my husband, my baby, a book deal, and a successful business. Using the law of attraction I have gone from burned out hustler to abundant go-getter.

As a psychologist, my expertise of the human mind makes me uniquely qualified to teach people how to reprogram their minds and develop a manifestation mindset. This is something you just won't find from most manifestation teachers and coaches. Through many years of study, practice, and working with clients, I have developed a strategy to clarify goals, restructure limiting beliefs, and manifest quickly.

Morning Routine



1. Thought Meditation

Start your morning with 15 mins of meditation observing your thoughts. Without attaching to them, watch them come and go and take note of common themes.

Our *thoughts impact what we manifest* and it is important to monitor them so you can restructure any unconscious limiting beliefs and thoughts.



Tips for Meditation Newbies

- Start Small with 5 minutes a day and then slowly add more time week by week
- Meditate everyday at the same time
- Create a sacred space to meditate
- Remember not to judge yourself, distractions are normal and will lessen the more you practice
- Use a journal to take note of any common themes or limiting beliefs

Morning Routine

2. Raise Your Vibration

Another key component of deliberate creation is **manifesting from a place of joy**. If you are experiencing negative emotions while you are manifesting, you are negatively creating. So spend about five minutes raising your vibration to a state of joy and peace.



Tools to Raise Your Vibration

- Listen to a song you love,
- Read an inspirational devotional or text,
- Watch a motivational video on YouTube.
- Dance or Sing
- Notice something beautiful
- Eat something healthy and pleasurable
- Call to mind someone you love
- Imagine your happy place

Morning Routine

3. Review what you want and why

Prewrite: You will need your vision board and a list of your top three goals right now. Your vision board should consist of pictures that represent your goals and evoke emotion. Your list of top three goals should include: 1) What you want; 2) Why you want it; & 3) Why you believe you will have it.



Routine: After meditating and raising your vibration, spend time looking at your vision board and feeling the emotions associated with each goal. Then read your goals and why's and imagine how you will feel when you manifest these things.



Vision Board Tips

- Use Pinterest to search for images
- Use powerpoint to organize pictures
- Print Multiple Copies
- Place in visible places
- Save as jpeg and use as a background on your phone

Deciding What You Want

- Be Clear and specific
- Include how you want to feel
- Only focus on the positive, do not include anything about what you don't want (i.e. Don't say "I want to get out debt", instead say "I want financial freedom")

Morning Routine

4. Intention and Visualization of the Day



Segment intending is a vital part of creating momentum with your manifestation process.

As a last step in your morning routine:

- Set an intention for the day that aligns with the top three things you want.
- Keep your intention simple, such as "I intend to be productive and happy today".
- Then take a few minutes to visualize your perfect day and how you would like the day to go.
- As you visualize your perfect day be sure to connect with how you feel.



Midday Routine

5. Self Care Grounding Technique

After lunch, around midday, is a great time to realign with your manifestation process. Take a moment to offer yourself self-compassion and moment of grounding so that you continue to positively create in your life. Choose a grounding exercise to soothe any of the 5 senses.

Some ideas include:

- Smell: Smelling essential oils like lavender or chamomile
- Sight: Taking a brief stroll, noticing nature
- Hear: Listening to calming nature sounds on youtube or the Insight Timer app
- Taste: Mindfully eating and savoring a small piece of chocolate
- Feel: Using deep breathing to feel your belly expand and contract like an ocean tide



Midday Routine

6. Forget Affirmations, Ask Questions!



PRO TIP!



Many psychology studies have shown us that affirmations do not work at changing our beliefs. This is because they create conflict between the conscious mind (affirmations) and the unconscious mind (negative core beliefs). This conflict causes the unconscious negative beliefs to become louder, and they will always win.

Instead research has shown that what does work in changing limiting beliefs are questions. Instead of making declarative statements (affirmations) ask questions.

For example:

- Instead of saying "I am attracting money easily" (affirmation),
- Ask "Will I attract money effortlessly?"
- Potential answers may be, "I don't feel like I am right now but I have before"
- Then you might ask, "How can I expand on that today? What worked for me before? How can I do more of that"

Questions spark curiosity and creativity while also acknowledging unconscious fears and negative beliefs. Then you are able to work with the unconscious instead of against it.

So after raising your vibration with habit #5, ask yourself a question that challenges one of your limiting beliefs! Keep asking questions until you have come up answers that reflect positivity!

Midday Routine

7. Segment Intending

The Law of Attraction dictates setting intentions for various segments of your day to help stay aligned with you want to manifest. Take this opportunity to check in with your morning intention for the day and set an intention for the remainder of the afternoon and evening. This may mean changing your morning intention, adding to it, or just recommitting to it.

The Purpose of Segment Intending:

- Focus our thoughts (the gasoline for manifestation).
- Increase Decisiveness. We are always creating, whether we know it or not. Segment intending empowers us to deliberately create.
- It ensures our vibration (attraction energy) is where we want it to be and not just decided by circumstances of the day.



How:

1. Take a moment to be mindful that you are stepping into a new segment of your day.
2. Recall your morning intention and decide if you want to change it, add to it, or keep it the same.
3. State your intention for the afternoon and evening.
4. Quickly visualize what this would look like and how you want to feel.

Bedtime Routine

8. Gratitude Journaling



This is a *simple but mighty* habit that will propel your manifestation powers. Not only are gratitude practices shown to decrease depression and anxiety, they help develop the abundance mindset needed to manifest your dreams.

Every night before bed, raise your vibration by writing down 5 things you are grateful for that day.

- Try to keep these fresh and don't always repeat the same things.
- Tap into the emotions that come along with each thing you are grateful for.



Bedtime Routine

9. Visualization Workshop



After raising your vibration using gratitude, take 15 minutes to go into what is called your "[Visualization Workshop](#)". This is where you will go in your mind to envision your life once you have manifested what you want.

Pre-work: Throughout your day, look for things that you want for your life and bring them into your workshop. For example, you might take note of a relationship you want or home that inspires you. Take note and envision these things for yourself in your workshop.

Emotional awareness is key here.

- Pay attention to any negative emotions that arise, this means that you have tapped into some unconscious resistance or limiting belief.
- Use negative emotions as a cue and back off and envision something more general.
- It is helpful beforehand to make a list of things that make you happy when you envision them.
- Then when you envision something that evokes negative emotion, instead of chastising yourself and repelling from the thought, take note of what you are resisting, then refocus on something from your list for positive alignment.
- And at a later time once positively aligned take a look at your resistance and work on limiting beliefs.

Bedtime Routine



10. Acknowledge Your Higher Power

The Law of Attraction dictates a state of allowing that cultivates faith, trust, and surrender.

End your day with a prayer thanking your higher power, whether it be God or The Universe, for:

- Having your back
- Being on your side
- Paving the way for your blessings
- Divine synchronicity
- Hearing your desires
- Helping you manifest your dreams in divine timing

FAITH

TRUST

SURRENDER

Print this Cheat Sheet for Easy Referencing

Morning

- **Thought Meditation**
- **Raise Your Vibration**
- **Review Wants and Why's**
- **Intention + Visualization**

Midday

- **Self-care Grounding Technique**
- **Forget Affirmations, Ask Questions**
- **Segment Intending**

Bedtime

- **Gratitude Journal**
- **Visualization Workshop**
- **Acknowledge your Higher Power**

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WHAT'S NEXT?

*Create A Sacred Space for Your
Manifestation and Meditation Practice*

SACRED SPACE

Meditation Cushions from
Conscious Life Shop



Get \$5 off with the code MANIFEST5