



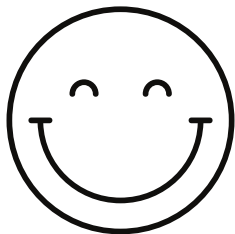
FROM THE
MANIFESTING
PSYCHOLOGIST

Ambitious Manifestor PDF

DR. TIFFANY SHELTON MARIOLLE

CONTENTS

This binder contains practical tools to help you manifest happiness.

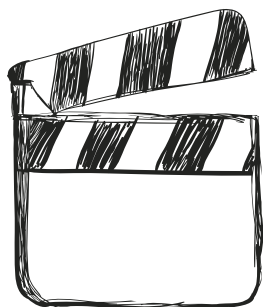
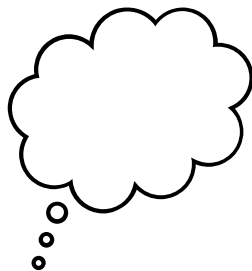


JOYFUL EMOTIONS

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- Personal Mantra Worksheet
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Joyful Emotions

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HAPPINESS*

Mood Tracker

Week of:

Date	Morning	Afternoon	Evening	Grateful for:

Notes:

Manifestation Journal Template

Goal in the present tense

I'm Grateful for:

- _____
- _____
- _____

Today's Intention:

Affirmation for the Day:

Scripting My Abundance:

Reflection: How am I growing + expanding



GUIDE

HOW TO CREATE A MEDITATION PRACTICE YOU CAN STICK TO






Starting off

Goal Setting- We can only reach goals that have been defined. Be specific about what you eventually want to achieve with your meditation practice. For example, a great goal to work towards when you are beginning meditation is "I want to meditate 5 times a week for at least 5 minutes."

Linking- Link current habits to your new meditation habit. Linking is a powerful tool to create any habit. Link meditation to the habit you already have directly after brushing your teeth. Another powerful tool is to link meditation to something that you are highly motivated for. For instance, try not drinking your morning tea or coffee until after you meditate.

Reward Yourself- Thanks to psychologist B.F. Skinner, we know the power of reinforcement and habit-forming behavior. To reinforce your meditation practice, try rewarding yourself with a small treat, like smelling essential oils each time you meditate.





Timing and Place

Duration- Starting off too ambitiously can hurt your meditation practice. To not make your meditation practice seem too daunting, start small by sitting short periods of time to meditate. I suggest starting with one minute per session until that becomes easy and slowly increasing your sitting time by increments of 3-5 minutes.

Consistency- Habits form when we do something at the same time every day. So make sure that whether you choose morning, noon, or night, that you stick to this time of day for your meditation practice. It also helps to meditate twice a day (usually morning and night) to help develop your ability to sit for meditation faster.

Sacred Space- Creating a sacred space like a meditation room or conscious corner will contain your practice and remind you to sit when you stray. Having a placeholder for your practice makes it tangible and gives it an anchor in your life. For help building your sacred space visit consciousliveshop.com.






Sit Comfortably

Posture. One of the keys to expanding your meditation practice and being able to sit for longer periods of time is your ability to sit comfortably without pain during meditation.

Here are some tips for sitting in a crossed leg meditation position:

- Elevate your hips to support your spine and hip flexors. This can be done using a zafu meditation cushion. Consciousliveshop.com offers crescent zafu meditation cushions for optimal support.
 - Support your knees using a zabuton meditation cushion.
 - Position your pelvis forward and spine up to reduce back pain. This can be done by pushing your hands into the ground while lifting and tilting your pelvis forward. At the same time reach the crown of your head to the sky and gently lower yourself down and release your hands for optimal positioning.
- 




Practice Consciously

Tracking - Be sure to stay conscious of how your meditation journey is going. This is the only way to know areas where you are doing great and other areas that you may want to work on. For example, your ability to meditate frequently may be great, while you may find yourself challenged in your ability to sit for longer periods of time. Using tracking apps or a simple meditation journal can help with this.

Reviewing- Tracking is only helpful when you go back to review what you have tracked. Set a date in your calendar to review your meditation practice and take stock of what you might want to add or take away in your practice. For example you may notice that you are able to sit longer when you stretch or do yoga before meditating.

Compassion- Stay conscious of your internal dialogue when you are tracking and reviewing your meditation practice. Remember to thank yourself for small goals, and be gentle with yourself if you don't meet a goal. Meditation is a life long journey and requires self-compassion along the way.



Positive Thoughts

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Thought Tracker

Week of:

Date

Negative Thought

Replacement Thought

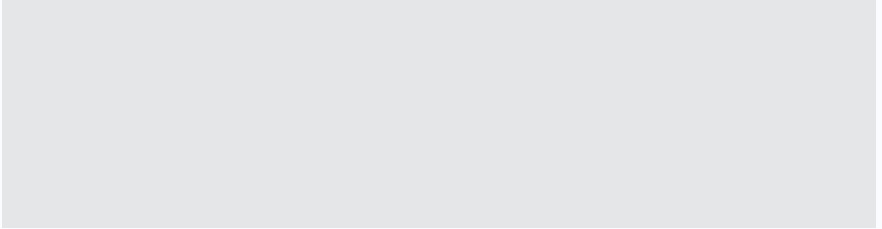
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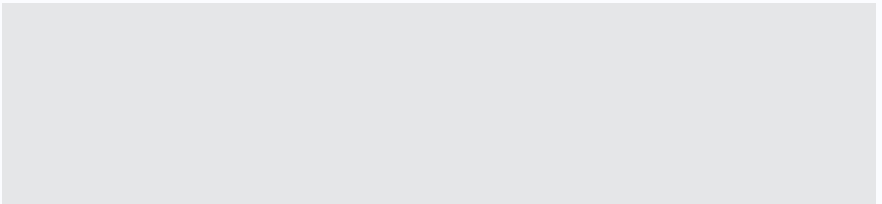
Personal Mantras Worksheet

Use these mantras to evoke feelings of joy when you need a dose of happiness!


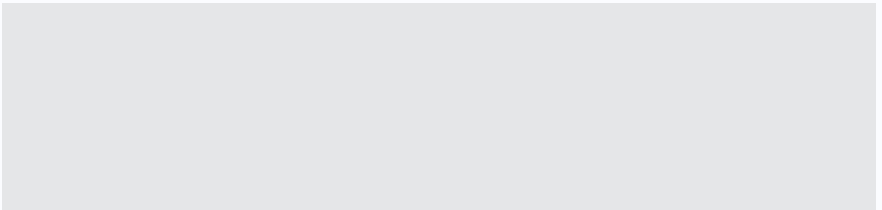
WHAT'S SOMETHING YOU CAN SAY TO YOURSELF TO REMIND YOU THAT YOU ARE SAFE AND SECURE?



WHAT'S SOMETHING YOU CAN SAY TO YOURSELF TO REMIND YOU THAT YOU ARE POWERFUL AND THE CREATOR OF YOUR LIFE?




WHAT'S SOMETHING YOU CAN SAY TO YOURSELF TO REMIND YOU THAT YOU THE UNIVERSE HAS YOUR BACK?



GUIDE

HOW TO STOP NEGATIVE THOUGHTS





#1 Remind yourself that it's just a thought

When you experience a negative thought it's important that you keep in mind that this thought:

- Is not your True Self
- It's not necessarily a fact
- And it's definitely not helpful

Dr. Wayne Dyer said, "No one can create negativity or stress within you. Only you can do that by virtue of how you process your world. – Wayne Dyer

Use this first tip to process your world with a more accurate perspective that thoughts are just thoughts





#2 Lean into positive facts


Just as you have negative thoughts in your mind, you also have positive thoughts about any given topic. We just have to use awareness and focus to tune into them.

Dr. Rick Hanson says "The brain is like Velcro for negative experiences, but Teflon for positive ones." The result is tilted against lasting contentment and fulfillment.

When you notice a negative thought, take a moment to come up with two positive facts that refute this thought.

This will help you bring in new positive emotions to your experience and help you balance your thinking.

If you think of your emotional experience as a pie pan, and the negative thought has caused your pie pan to be filled with a slice of sadness, imagine that these two positive thoughts will fill your pan with a slice of joy, and a slice of excitement, and a slice of peace. So it isn't about getting rid of the sad pie slice but is about bringing in other emotions.





#3 Take a playful response

Once you notice a negative thought, the hard part is over. Now you have the power to hold it lightly and not take it so seriously. This will take the power out of the thought and remind you that you are in control.

Here are a couple of Acceptance and Commitment Therapy hacks to do this:

- Repeat the thought in a silly voice
- Imagine the thought as words bouncing around in a white room





#4 Leaves on a stream

This tip is particularly helpful for intrusive thoughts that you can't seem to get out of your head.

Imagine putting the thought on a leaf and letting it float down a river.

There is a great Acceptance and Commitment Therapy youtube video that can guide you in this exercise which I will link here:

<https://www.youtube.com/watch?v=vjKltKKSUR8>



5 Ways to Deal With Negative Thoughts



#1. Remind Yourself that it's just a thought

It's not your true Self, it's not necessarily a fact, + it's definitely not helpful!



#2. Choose two positive facts to lean into

This will help bring in new emotions and balance your thinking



#3. Take a playful response

Acknowledge the thought but hold it lightly and don't take it too seriously



#4. Leaves on stream

Imagine putting the thought on a leaf and letting it float down a river.

#5. Use Metaphors

Allow the beach ball to float; the uninvited guest to party; the bus passengers to chatter

Print Out This Cheat Sheet

Happy Actions

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Action Tracker


Week of:

Date

Happy Actions Today:

Misaligned Actions today:

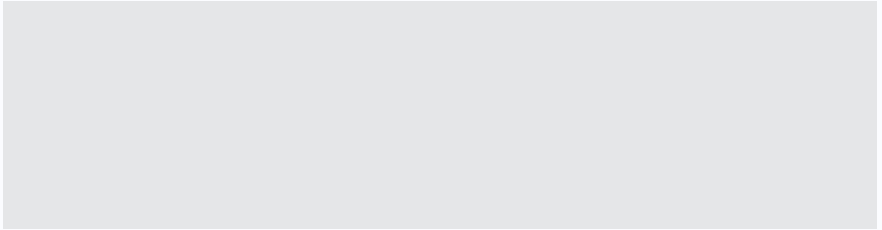
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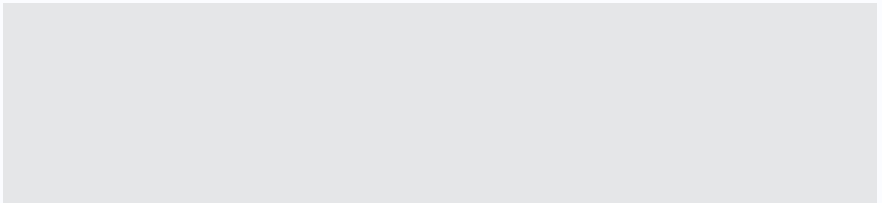
Joyful Activities Worksheet

Use this worksheet to brainstorm activities that will bring you meaningful joy!


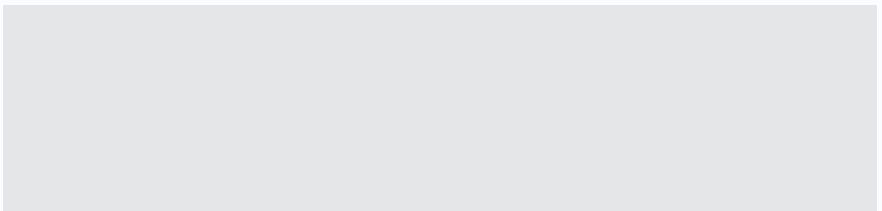
WHAT VALUES WOULD YOU LIKE TO BRING MORE OF IN YOUR LIFE?



WHAT TYPES OF ACTIONS BRING YOU CLOSER TO YOUR VALUES?



BRAINSTORM A LIST OF ACTIVITIES THAT BRING YOU PLEASURE, FUN, OR JOY!



GUIDE

10 INSPIRING QUOTES TO MOTIVATE HAPPY ACTION!



“

*Dream big. Start
small. But most of
all, start.*

SIMON SINEK

”

“

Take the first step
in faith. You don't
have to see the
whole staircase, just
take the first step.

DR. MARTIN LUTHER KING JR.

”

“

The big secret in life is that there is no big secret. Whatever your goal, you can get there if you're willing to work.

OPRAH WINFREY

”

“

Success is liking yourself, liking what you do, and liking how you do it.

MAYA ANGELOU

”

“

*The secret of life...is
to fall seven times
and to get up eight
times.*

PAULO COELHO

”

“

*Do not wait to
strike till the iron is
hot; but make it
hot by striking*

WILLIAM B. SPRAGUE

”

“

*Do not let what you
cannot do interfere
with what you can
do*

JOHN WOODEN

”

“

*The future depends
on what you do
today.*

MAHATMA GANDHI

”

“

*Vision without
action is daydream.
Action without
vision is nightmare.*

JAPANESE PROVERB

”

“

*God provides the
wind, but man
must raise the sails.*

ST. AUGUSTINE

”



Good Luck Manifesting

HAPPINESS

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Academy:**

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products/dream-life-academy-
self-taught-track-1](https://www.modambition.com/products/dream-life-academy-self-taught-track-1)**



Good Luck Manifesting

HAPPINESS

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