

MANIFESTATION CHECKLIST

AWAKENING  
BLUEPRINT



# YOUR MANIFESTATION CHECKLIST

3 Essential Keys for  
Attracting What  
You Want...  
Without Doubt  
and Fear.



*Ben Arion*



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# How to KNOW What YOU Want In 3 Easy Steps, Which Will Help You Attract What You Want More Easily.

To help you embody the Dreams of Your Higher Self, I've put together this checklist for you. Just follow the steps below; it's that simple.

People fail to manifest what they want in their lives because they don't know what they want or why they want it.

So define those things, and you'll be ready to attract them.

Most of the Manifestation Process is "automatic." You can compare it to a vast waterfall; it falls effortlessly and gracefully without needing to DO something... but if there's debris like logs just before the fall, it slows down the natural flow of water.

**These logs are likened to your Beliefs and Thought Patterns...**

Your part is to set the direction with clear intent and a burning desire and belief that you can achieve it.

As a simple comparison, imagine a boat for which the wind blows into the sails by itself (you don't have to force the wind to blow).

Your job is to navigate the ship with the help of the "rudder" towards your destination. Otherwise, you won't end up where you want to go.

Thunderstorms may come and go, but you still have a clear idea of

where you're heading in your mind, with a focused intent. So the KEY is that you have to know your Destination with clarity before you even arrive.

**When you've gone through the 3 simple steps below, you've laid the most important foundation for your LIFE...**

I recommend that you print the checklist you see on the next page and hang it somewhere where only you can see it daily, to remind yourself of what you want and why you want it.

Draw a "cross" with a pen over all the items you've attracted into your life.

**This is a POWERFUL WAY of seeing results. Your confidence will skyrocket because you will see evidence of it, planting powerful seeds in your subconscious mind that GOALS can be manifested ... and it's easy, just one step at a time!**



# MANIFESTATION CHECKLIST

## STEP #1

**Write 10 things on a piece of paper, notebook or below that you want to have in your life. They can be goals, dreams, desires or experiences. Be creative and give yourself a few minutes to write this list. (Do not limit yourself; the more specific you can get, the better!)**

**I WANT THIS IN MY LIFE...**

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

4. \_\_\_\_\_

\_\_\_\_\_

5. \_\_\_\_\_

\_\_\_\_\_

6. \_\_\_\_\_

\_\_\_\_\_

7. \_\_\_\_\_

\_\_\_\_\_

8. \_\_\_\_\_

\_\_\_\_\_

9. \_\_\_\_\_

\_\_\_\_\_

10. \_\_\_\_\_

\_\_\_\_\_

You may wonder why you wrote this list above. It will help you clearly specify and focus your ideas, making them more tangible for you.

## STEP #2

Next put these 10 points you just wrote in the order you believe you are capable of achieving first, with little effort.

Number one will be the simplest thing on your list, while 10 will

be the point you have the hardest time believing in.

## I HAVE A STRONG BELIEF IN...

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

## and LITTLE BELIEF IN...

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

It's always easier to manifest circumstances you have a strong belief in, as your subconscious may believe in something different from your conscious mind.

**This is why you cannot manifest the 10th item on your list, as you must begin with the first and second. “Build or create” a stronger belief in each step, and your subconscious will start to reflect this. It is all about stretching your “beliefs” by seeing results,**

but you can't lift those heavy weights the first time. You'll have to start with the lighter ones.

Now to the last part...

## STEP #3

For every point from 1 to 10 you've written, ask yourself, "Why do I want this in my life?" and write down your answer. You can apply the question again until you reach the core "why" of what you truly want.

### WHY DO I WANT THIS?

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

4. \_\_\_\_\_

\_\_\_\_\_

5. \_\_\_\_\_

\_\_\_\_\_

6. \_\_\_\_\_



- 
7. \_\_\_\_\_  
\_\_\_\_\_
  8. \_\_\_\_\_  
\_\_\_\_\_
  9. \_\_\_\_\_  
\_\_\_\_\_
  10. \_\_\_\_\_  
\_\_\_\_\_

Now you know the “Core Why” and Feeling behind why you want that specific thing or experience in your life.

This is the feeling you should focus on while looking at your list. Appreciate that feeling within you and make it stronger because it will “guide” you towards the specific experiences you wanted, and even surprise you.

We do not always want the specific thing or experience, but we TRULY WANT the feeling that comes with it to fill our being, like Health, Wealth, Happiness, Love, Abundance and so on.

People often “try” to manifest the 10th item on their list, which easily creates a sense of doubt and conflicting feelings, as it’s so far away from what we believe ourselves capable of attracting into our lives. Now you know what to focus on first, without fear

or doubt, which “block” the process of manifesting.

**Your mind isn't used to MANIFESTING, so you have to remove those “Logs” one at a time, slowly until you get “Evidence”.**

That's when your belief will skyrocket. Self-doubt will drain you and make you feel unmotivated.

Instead, you should start to focus on the number one item on that list and simply go for it, building a stronger belief in your inner power.

The belief will grow stronger for each step, and, of course, this list will be rewritten many times as your dreams and desires change...it's a part of the process and is completely NATURAL!

You can rewrite your Goals, Dreams, and Desires once a month, as you may realise that what you wanted appeared in your life, or simply changed because you just “thought” you wanted it but didn't need it.

**The dreams of your “soul” are forever changing and evolving; embrace that.**

## **HOW DOES IT WORK AND WHY?**

For a FACT, you have a strong belief in what you wrote at the No. 1 spot on your “manifestation checklist” - you will probably know what you can do to “attain it”- go ahead and take action.\_

You simply look at your list everyday, and tune into the feeling of appreciation of having what you've written, as it is already in your

life. And when No. 1 is done, go for No. 2, and so on.

**This is important:** Remember that your Job ISN'T TO KNOW exactly *how* you will get it, because that is handled on a different level, through “synchronization,” or what some may see as coincidences or luck.

**It's handled by your subconscious mind**, which is a part of your “higher” self. This power is working for you; you just have to allow it. Trying to force the “how” will drain you.

**Your subconscious mind has all the answers, and your ONLY JOB is to ACT upon the nudgings you get on a day-to-day basis.**

It may be a feeling to do a “certain” thing, a sudden idea to call someone or an idea in the shower. Be sure to act upon it or write it down, as it is your subconscious giving you “clear” direction on how to “GET WHERE YOU WANT TO GET,” step by step.

Play with it, don't be afraid. The process is happening, you just have to be “alert” and ready, trusting that everything you do and experience is a part of the “process” to get to your “destination.”

We can't see the full picture, why exactly things are happening. This is the “hard” part: to know you will attract it without KNOWING THE “HOW.” BUT YOU CAN DO IT!

**Use your “Manifestation” checklist to remind yourself of what you want and why you want it.**

If you start to trust these spontaneous feelings, without “hesitating,” knowing it's a part of a bigger whole, you will

eventually reach what you "asked for."

Your anticipation, on a "thought" and "emotional" level, of the outcome you want plays an important role in the "manifestation process." For example, if you go on a job interview and want the job, picture yourself, "in your mind," having that job and talking with this person you'll meet. See the conversation and the positive energy you share in the room.

This is BECAUSE; your energy influences other people too... so if your mindset is charged with positive anticipation, you'll notice that you'll attract that job without effort. Don't give up; if that job wasn't meant for you, you have to TRUST that another, a better job will show up! It's all about persistence and knowing what you want and why you want it!

**So, why do this work?**

Because you're focusing on the "anticipation" of receiving it instead of focusing your thought energy on what you don't have or on worrying. Most people's thought energy is focused towards what doesn't work and what they don't have.

This list you've just written is more powerful than you realize\_ because KNOWING what you want and WHY is the key to achieving it! You now have a RUDDER in your life.

To be honest, there is a lot more to share, but you have, to begin with, this. It's like the foundation of a house; it has to be strong. Remember, you BUILD YOUR LIFE; no one else does.

Enjoy your manifestation journey!