**The 28 Day Abundance Challenge Master Manifestation Cheat Sheet**

Hey team abundance. So this week I want to bring it all together. Here is the summary model of this process we have been doing this last few weeks, that you can continue to follow on with this week and beyond the 28 days to assist you in creating abundance and the business and life you love, and in receiving all the gifts the universe is just dying to deliver after you’ve done all the right stuff this last few weeks.

**THE 8 STEP MASTER MANIFESTATION PROCESS**

1. **LOVE-** As step 1, andat least once every day, take at least 5 mins to,in the form ofSelf Love**,** take time to acknowledge and appreciate how amazing you are and how valuable everything you know is. Gratitude Love- Also remember to acknowledge and appreciate the gifts you have and receive each and every day. Win love- remember to celebrate your achievements and wins every day. Give Love- each and every day, also take a few moments to appreciate all of the amazing people in your life and wish abundance upon them, see them living the lives they love and breaking through their greatest challenges.
2. **VISION-** Remember the exercise you did with the video in week 1 and the alignment practice step 7 from the self care sheet? This step involves taking time to connect at least once a day with your vision and soul purpose. And see yourself living, breathing, feeling AS IF it’s happening right now in this very moment. And as well as seeing it, allow the energy of it to circulate through every cell and in between space of your beautiful being, for just a couple of minutes. As per Abrahams Law of Attraction, this helps align you with it and attract all the parts of it to you. (Remember to always finish it with “THIS OR BETTER”) so that, just in case your soul and the universe can think of an even quicker or more clever way to help you manifest your dream on the physical plane, you’re open to that possibility too.

1. **DEFINE-** This step involves clearly defining your goals in specific terms that the universe can deliver easily and quickly. Remember the **SMARTA** acronym I gave you? Make sure they are Specific, Measurable, Achievable, Realistic, give them a Time Frame and check in that they feel Aligned.
2. **CUES-** Setting up cues and grounding the vision into your environment. Now that you’ve done those, you can create some reminders to place around you in your personal space or workspace to act as anchors and constant reminders of your already manifesting vision. Which might be messages or post it notes on your vision board, or on your fridge, screensavers, passwords you set or pictures. Anchors that support you to live AS IF and hold the energy of your vision might also be songs you listen to or movies you watch, crystals, jewellery or clothes your wear, crystals, candles, ornaments of gods or goddesses which are all about manifestation and abundance too. It’s all about getting as many of these as you can into your physical world to help ground your manifesting vision in physical reality and support you to be you.
3. **CLEARING-** Out any abundance blocks. Mindset, past experiences, energy. Remember, any time we start creating something thing and align with that reality, it will start to show us things that might also need to move out of the way for its realisation. So this step is about continuing to address and clear as they come up any thoughts or experiences, like the old abundance blocks and thoughts we have identified and worked through on this program, as they come up. Attached to help you with this is the Realign your Mind 7 Step Process.
4. **REALIGN-** This step is all about reprograming in your abundance affirmations (just as we did in week 2)**.** The Realign your Mind 7 step process also involves a step for creating and applying any new abundance affirmations that will aid your progress and correctly program your inner computer for the physical creation and manifestation of your vision you connected with previously (and of course are still living AS IF right now.)
5. **ACT-** Now that you’ve connected with your vision and soul purpose, defined your goals, and programed your environment and your mind, now it’s time to commit to inspired action!Close your eyes, take some deep breaths and check in, what actions can you take today or this week yourself to help in the manifestation of this reality and achieve those SMARTA goals? Who do you feel called to connect with? What services can you ring? What resources can you seek out or search on the web? Where do you feel called to go? What do you feel an urge to create? Or write about? What clients do you need to contact? Or other practitioners? What communities can you join who match your goals and what you desire to achieve? Or mailing lists to sign up for? Choose at least 3 and take action on them faster than you can talk yourself out of it.
6. **RECEIVE:** This is all about making sure you continue to stay in a state of being open to see and receive the gifts, clients, support and resources that will help make your vision a reality. And also, being willing to adjust course when the universe brings you things in an even more clever way than you originally thought up, possibly also through people you hadn’t previously thought of**.** Also, sometimes the vision we see is spot on at 3pm today but will have altered slight as the whole board game of life rearranges by 4pm. So receiving is also about staying open for the updates and being willing to adjust and receive accordingly.

Finally, if you get stuck at this step, go back to step 1 and cycle back through, or if short on time, go straight to step 5 and 6 and run the process again. Great job! Give yourself a pat on the back and enjoy the manifestation of your vision. You are awesome! And I really look forward to hearing all about what unfolds for you in the coming weeks and months. Please keep me posted!

**Summary: Week 4 Tasks**

* Call in a Clear Sign exercise
* Utilise this Manifestation Mastery Cheat Sheet and the 7 Step Realign my Mind Sheet
* Keep checking out the daily thoughts in the FB group this week
* Stay tuned at the end of the week for an opportunity to do some more work together
* Go forward and BE and give of your amazingness and affirm again I AM READY FOR THE NEXT STEP AND OPEN MY ARMS AND HEART TO RECEIVE LIFE’S GIFTS AND ALL I HAVE DREAMED OF

That’s it for this download my friends!

Thank you so much for taking the time to be a part of the challenge. Would love to hear any feedback on how you found it or what else you might think it needs or need taken out ☺

I am deeply committed to supporting you in any way possible to reach your personal outcomes, to enjoy your participation and succeed in your efforts to have the business and the lifestyle that you love! So If you have any questions or concerns, please don’t hesitate to email nat@natalieferrier.com.au or call me on 0427 449 005.

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