

BE SHARP PRESENTS



The Guide to Manifesting YOUR Dreams!

A PRACTICAL STEP BY STEP MODEL

EASY TO USE WORKSHEETS

START NOW TO BRING YOUR DREAMS TO LIFE!



“

“If you talk about it, it’s a dream, if you envision it, it’s possible, but if you schedule it, it’s real,”

TONY ROBBINS

Having a compelling dream for your future is important but it is not enough, you must take the steps necessary to make your dreams a reality. In this guide you will find a step by step approach, that if used consistently, will support you in manifesting the life of your dreams

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- Get Clear
- Write it
- Visualize it
- Believe it
- Create it

Get Clear.

Without clarity on what it is that you want for your life you will go through life aimlessly not moving yourself towards your goals. You must create an image NOW of the person you want to be in the future in order to manifest your dreams. You can refer to my blog post "[A Practical Guide to Finding your Purpose](#)" for some guidance & a [printable guide](#) for support.

You can also use the space below to brainstorm ideas ~ imagine your dream life as if anything were possible and list all your dreams, don't hold yourself back. Then circle the top ones that you would like to focus on manifesting first.



Write It.

Now that you have chosen your top dreams to focus on using the following page for each one write:

- A "why" statement as to the reason you want to achieve this dream ~ tie into your emotions, what would it mean for you to achieve it (ex. Freedom, legacy, meaningful relationships, financial independence, etc)
- Put down how you will know when you accomplished it ~ be specific
- Put a date by which you would like to achieve the goal ~ be realistic
- Chunk it ~ the task will seem enormous if you don't break it down into manageable steps. Write down what are the next 3 steps you are committed to take toward your mission. Once those are accomplished plan your next 3 and so on.

Couple this with your personal value statements, your why statement and your purpose (see blog post & downloadable worksheet "[A Practical Guide to Finding Your Purpose](#)") you will have a full circle approach to tackle your goals.

Write It.

GOAL: _____

WHY: _____

HOW: _____

WHEN: _____

WHAT: 1: _____

2: _____

3: _____



GOAL: _____

WHY: _____

HOW: _____

WHEN: _____

WHAT: 1: _____

2: _____

3: _____

Write It.

GOAL: _____

WHY: _____

HOW: _____

WHEN: _____

WHAT: 1: _____

2: _____

3: _____

GOAL: _____

WHY: _____

HOW: _____

WHEN: _____

WHAT: 1: _____

2: _____

3: _____

Write It.

GOAL: _____

WHY: _____

HOW: _____

WHEN: _____

WHAT: 1: _____

2: _____

3: _____

ADDITIONAL NOTES:

NOW PUT THEM IN YOUR CALENDAR ~ SEE NEXT PAGE:

Plan it.

WEEKLY CALENDAR

WEEK 1

DELIVERABLES

Monday

Tuesday

Wednesday

Thursday

Friday

IN PROGRESS

-
-
-
-
-

NEXT STEPS

-
-
-
-
-

DEADLINE

-
-
-
-
-

Plan it.

WEEKLY CALENDAR

WEEK 2

DELIVERABLES

Monday

Tuesday

Wednesday

Thursday

Friday

IN PROGRESS

-
-
-
-
-

NEXT STEPS

-
-
-
-
-

DEADLINE

-
-
-
-
-

Plan it.

WEEKLY CALENDAR

WEEK 3

DELIVERABLES

Monday

Tuesday

Wednesday

Thursday

Friday

IN PROGRESS

-
-
-
-
-

NEXT STEPS

-
-
-
-
-

DEADLINE

-
-
-
-
-

Plan it.

WEEKLY CALENDAR

WEEK 4

DELIVERABLES

Monday

Tuesday

Wednesday

Thursday

Friday

IN PROGRESS

-
-
-
-
-

NEXT STEPS

-
-
-
-
-

DEADLINE

-
-
-
-
-

Visualize It.

Now that you have clear goals written down you need to see it to manifest it. It is time to create your Dream Board
~ complete the following steps:

1. Take some old magazines or print pictures from online that have a strong emotional tie and represent your dreams along with words and quotes that inspire you.
 - a. While the board may contain items you want to get, it is also really important that you use images that represent how you want to feel as well.
2. Cut out these pictures and create a collage on some cork board, in a picture frame on cardboard, etc that represent your dream future.
3. Put the final product somewhere visible where you can see it often, like on a wall in your bedroom or office.
 - a. You can also take a picture of it and put it in your planner & also as wallpaper on your phone so the visual is always with you.

For some more examples see blog post "[Everything you Need to Know to Manifest YOUR Dreams](#)" to see my completed board or visit by Pinterest board Purpose subsection "[Dream Boards](#)" for more inspiration

Believe It.

Now that you have clear goals written and a dream board to help you visualize it, you need to believe it to manifest it. Take time to do the following everyday:

1. Look at your dream board especially in the morning and before you go to bed
2. Close your eyes and visualize your dream life as if you are already living it.
3. Block out a small amount of time each day to meditate on manifesting your dreams
 - a. See Blog post "[Everything you Need to Know to Manifest YOUR Dreams](#)" for recommended free guided meditation to use & additional resources around meditation and its impacts
 - b. You need to use this as a tool to get free of your past and reprogram your mind for a better future.
4. Review your list of goals and the reasons what you must accomplish them and how you will feel when you do.

Create It.

Now that you have all the tools start manifesting your dreams:

- Have your goals close by and review them everyday
- Take time to look at your dream board and visualize your life as if you were already living it
- Meditate
- Set an intention each morning as to how you would like your day to go
- Schedule time in your calendar to take actions and take at least one action everyday toward accomplishing your dream no matter how small it may be
- Take 5 minutes each evening to reflect as to whether you made progress that day toward your dreams
- Review your list of goals and the reasons why you must accomplish them and how you will feel when you do.
- Review your plan and adjust as necessary

Remember there is no better investment that investing in yourself and designing a life that you love!

“

The best way to predict
the future is to create it.

ABRAHAM LINCOLN



Now go and...
Design 4OUR Life ~ Be Authentic. Be You.
Be Sharp!



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out the other blog posts and
useful resources to help you~**

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Be Authentic. Be You.
BE SHARP.**

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follow me on the socials:**

