



The EXPECTATION GAPS

Can You Really Manifest What You Want?

This worksheet will help you gain a better understanding of manifestation so that you can develop life-changing habits that will help you manifest what you want.

What do you think manifestation is? Do you think it can be used to manifest what you want?

When you hear the term Deliberate Thinking what do you think of? Do you think it can help you manifest what you want?

Is there any overlap in your answers?



What expectations/limiting beliefs are you holding on to that you are no longer willing to accept in your life?

Blank white rectangular area for writing answers to the first question.

Why are you no longer willing to accept these expectations/limiting beliefs? Be as specific as possible.

Blank white rectangular area for writing answers to the second question.

What would your life look like if you let go of these expectations/limiting beliefs? Vividly visualize it.

Blank white rectangular area for writing answers to the third question.



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Focus your awareness on this intention (of letting go of your expectation/limiting beliefs). How do you feel?

Focus your awareness on your vivid visualization of what your future life will look like. How do you feel?

Let these feelings guide you to the path that will lead you to realize your intention. What is your inner voice telling you?



Is your inner voice pointing you toward a more authentic version of yourself? If so, should you listen to it?

What opportunities have you begun to recognize now that you are focusing on living with intention?

If you choose to listen to your inner voice, what is the first step you will take to realize the vision you've created?