FIND CLARITY ON WHAT YOU WANT
+ LEARN HOW TO GET IT

Manifestation Guide

CALL IN THE ABUNDANCE YOU DESERVE
USING YOUR HUMAN DESIGN

JESSLITTLE.COM

MEET THE *Author*

Jess Little is an Intuitive Guide and Soul-led Business Mentor for Creatives, a Grateful Wife, and a Mama of One. Her mission is to inspire other creative business owners to build a life of freedom by helping them align with their higher vision, live their true purpose, and share their talent with the world. She lives through her motto, "Vision without inspired action is just a daydream."

"Define your own success, write your own rules, and build a life you're deeply proud of."

- Jess Little

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The Power of Manifestation

We all have hopes, dreams, and desires. What's even better, we all have the power to attract and actualize those things into our realities. I am so excited to share this guide with you and show you exactly how to claim the life of your dreams.

The power of manifesting relies heavily on the Law of Attraction to get the job done - to attract all that you desire and actualize it in your life. The part most people miss, however, is the actionable strategy associated with calling in our dreams.

There's a five part process to manifesting anything you want:

1. Understanding How
2. Declare Correctly
3. Supercharge with Feelings
4. Take Inspired Action
5. Match the Vibration

And while this is a real, proven method for manifestation, this guide is going to take it a step further.

To harness the power of manifestation for you individually, we're going to use human design to determine how you have been uniquely designed to manifest your heart's desires. This is going to make it even easier to call in abundance.

Ready to get started? The first step is throwing out any and all negative thoughts you have about the process.

Negative thinking is what I call "the quick sand of life." You really don't want to get caught in it.

In order for manifestation to work, you must have a positive attitude and believe that you will accomplish your goals.

Your mindset is truly the key to your success.

You are not your circumstances. You are all your beautiful possibilities.

Before we jump in, you will need your human design chart to use this guide. Grab that HERE if you don't already a copy.

Manifesting Roadmap

01 DOWNLOAD YOUR HUMAN DESIGN CHART & DISCOVER HOW YOU HAVE BEEN DESIGNED TO CALL IN YOUR MANIFESTIONS

02 DECLARE YOUR MANIFESTATIONS CORRECTLY BASED ON YOUR HUMAN DESIGN PERSPECTIVE

03 USE YOUR STRONGEST SENSE TO SUPERCHARGE YOUR MANIFESTATIONS

04 TAKE THE CORRECT INSPIRED ACTION THAT COMPLIMENTS YOUR IDEAL ENVIRONMENT

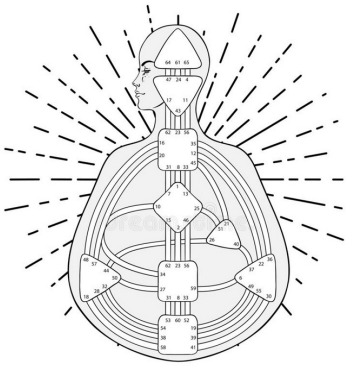
05 VIBRATE AT YOUR HIGHEST FREQUENCY BY LIVING YOUR DESIGN & EMBODYING YOUR SIGNATURE

STEP

your manifestation style

ONE

Manifesting Correctly
based on your human design



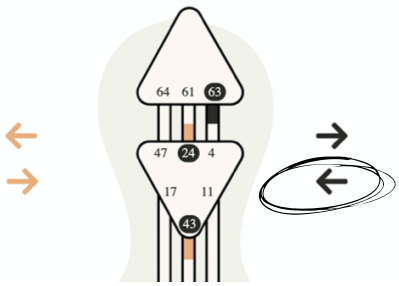
Before you start manifesting all your desires, you need to determine *how* you have been designed to manifest. Everyone can manifest, but not everyone does it in the same way. You can find out the method meant for you by looking at your human design chart.

When you look at your chart, you'll notice that there are four arrows surrounding the head of your bodygraph. Your manifestation style is indicated by *the the bottom right arrow.*

Once you uncover your manifestation style, you can create an aligned plan for manifesting your goals and more easily speak your biggest dreams into reality.

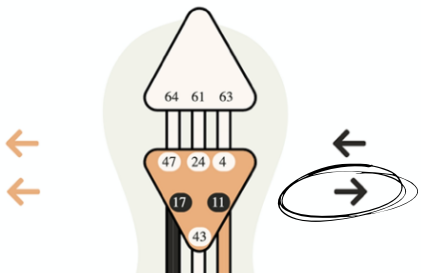
If your arrow points left:
You are a Specific Manifestor

You have a more focused perspective. When you envision your dreams, it's important that you envision all the details of your manifestations.

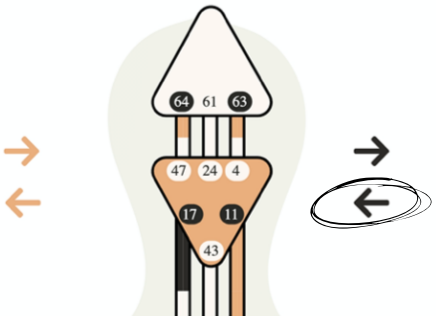


If your arrow points right:
You are a Non-Specific Manifestor

You have a more passive perspective. Your vision of your dreams is more general. Knowing all the minor details isn't necessary to your manifesting process.



Specific Manifestor



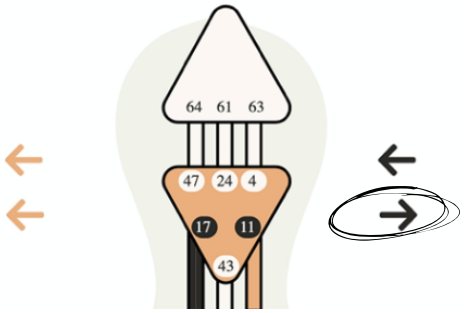
You are designed to be very specific when calling in your desires. When declaring your manifestations, you should do it in a detailed way.

Get specific about your goals, and speak every detail into existence. When clarifying your dreams, you should determine...

1. **What you want, down to the finest detail.** How many clients do you want to work with? At which price? Exactly how much money do you want to make? Is that revenue, profit, or personal income? Break it down and get very specific.
2. **When you want it.** What's your timeline? The next week? Next six months? Five years? However quickly you want this abundance to come into your life, set a specific timeline for receiving it.
3. **How you want to get it.** If you want to sign more clients, where will they find you? On Instagram? Through your podcast? Once they find you, what will convert them? Your personality? Your results? Again, the more details the better.
4. **What your life will look like once you reach your goal.** How will you spend your dreamiest days? What are the activities you will participate in daily? Envision your dream life in great detail.

Once you've nailed down the details, speak them all into existence and don't settle for anything less.

Non-Specific Manifestor



You have a more passive approach to manifesting your desires. You can (and should) be more general when calling in what you want. Allow the universe take care of the smaller details.

If you attempt to operate in the style of a Specific Manifestor, you run the risk of cutting yourself off from abundance.

Use more of a generalized approach when calling in your goals, and leave the details and specifics out of it. Here's how this plays out for your manifesting style:

1. "A six-figure year in business." You don't necessarily have to break it down by project, numbers, or dates. You just know that $100k is your minimum.
2. "A lake house." Again you don't need to be specific on the colour of the house, which lake it's on, or when you'll move in. Believe that this is enough. The universe will fill in the details for you.

The universe may throw you a curveball. As a Nonspecific Manifestor, you've got to roll with it! Accept a new idea, business opportunity, or income stream for what it is: a gift from the universe.

No matter what, your manifestations get you to the same general goal: more abundance. You just have to be open with faith that the universe is delivering that goal in whichever way works best.

STEP

your declarations

TWO

Declare Your Dreams

Now that you know how you have been designed to manifest, let's get to work declaring your dreams. This is where you sort out exactly what you want for all areas of your life.

There's so much power in writing your visions and goals down on paper. This small act brings the goal to the forefront of your mind, creates accountability, and sets the intention for your life moving forward.

By declaring your dreams and desires, you send a signal to the universe about what you want to receive, and by doing so, you keep your eye on the prize and your desires top of mind.

When you're constantly thinking about your goals, you're more likely to take inspired actions towards them. According to neuroscience, whatever you focus on grows.

Essentially, these declarations are promises you make to yourself and expressions of the positivity and faith you have in the universe. You can't expect to receive anything you don't explicitly ask for.

PRO TIPS: Complete this exercise often. Repetition creates conviction! To keep these goals and desires top of mind, print the next two pages and display them somewhere you'll see them often (in your home office, near your bed, on your mirror, etc.).

- Write it.
- Envision it.
- Speak it.

My Ideal Life

In order to receive your manifestations, you have to envision the life you want for yourself. What will your days consist of? Where will you be and who will you be with? What experiences will you have? And what will your professional life be like? IMPORTANT: This is just an exercise to give you a vision to work towards - it's not set in stone and can change any time you wish it to. **REMEMBER use your manifesting style when declaring your goals.

Manifestation Wishlist

Declare what you want in each area of your life.

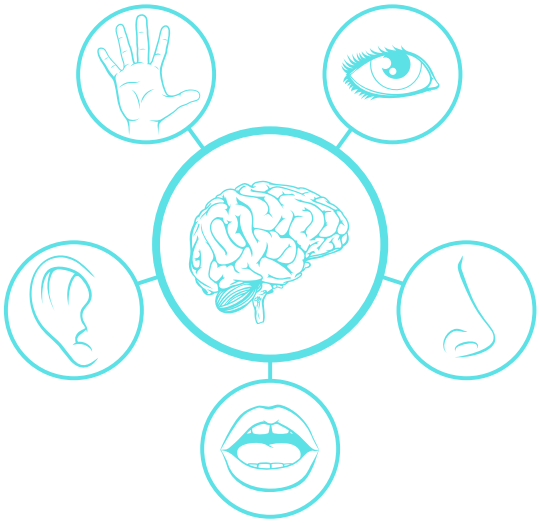
Career	Finance
Relationships	Self-Love
Personal Growth	Health
Leisure	Home

STEP

your strongest sense

THREE

Supercharge Your Manifestations



We each have one of the five senses that are strongest for each of us.

While declaring and connecting with your manifestations it's important that you bring this strong sense into the rhythm of doing so.

Tap into your imagination and engage your strongest sense (vision, smell, touch, taste, and hearing) to supercharge your desires and bring them into your reality.

If you'd like to manifest more clients, for example:

- Vision - See the emails appearing in your inbox.
- Smell - Smell the strong aroma of coffee as you sit at your desk.
- Touch - Visualize your fingers hitting the keyboard as you respond to these new inquiries.
- Taste - Taste the coffee as you sip it during your consultation call with your dream client.
- Hearing - Hear the laughter pour out from your computer as you spend that call connecting with this client. Hear them say 'yes' to working with you at your desired rate.

If you neglect the other four, non-sight senses, you miss out on 80% of your brain power. Use every tool you have to bring your vision to reality.

USING YOUR STRONGEST SENSE

Your life is affected every second by what you absorb through your five senses. Look to your human design chart to uncover which of the five senses are the strongest for you.

SENSE	ENGAGING TIPS
	Have clarity in your **vision**. Meditation & Vision boarding is a great tool for you.
	Connect with an **aroma** that makes sense in the scene of your manifestation. Essential oils can be helpful for you.
	What does this reality **feel** like? Bring textures into your routine of meditation to get connected.
	Connect with a **taste** that makes sense in the manifestation you are calling in. Herbal teas as a ritual could be powerful for you to get connected.
	What do you **hear** in this manifestations? Use music and sound healing as a way of supercharging your manifestations.

STEP

your inspired action

FOUR

The Law of Inspired Action

Acting on what you want is a huge part of allowing your manifestations to come to fruition. You can't just sit on your couch envisioning your dreams and expect absolute miracles to fall into your lap. Your success in manifesting depends on your inspired action.

So what exactly is the Law of Inspired Action?

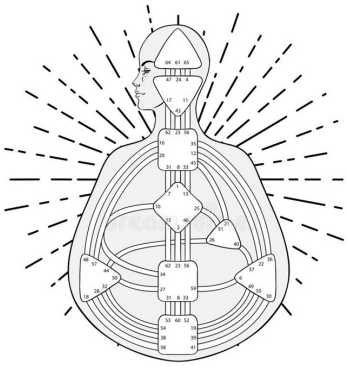
When you get a strong inner urge to do something, do it! Your inspired action will come with a strong positive emotional pull. Trust that drive, and allow passion and motivation to move you forward.

Your inspired action will generally feel very exciting and energizing so truly tune in to how things make you feel. But that's not to say the inspired action *won't* feel a bit scary or out of your comfort zone. When in doubt, lean into your fear.

REMEMBER: All these actions are bringing you closer and closer to your manifestation. All action - big and small - counts here. Sometimes, something as minute as a simple conversation can open up a door towards what you want.

Through the lens of human design we are either here to be active in our approach or passive. Either way, it's not that you are here to do nothing at all. Action is still needed.

Active vs. Passive

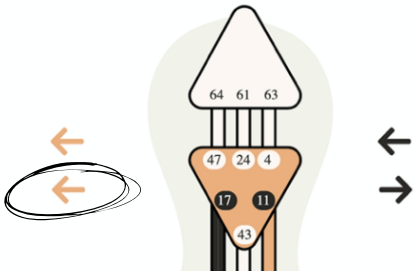


Some of us have been design to have an active approach and some of us are here to lean back in a passive approach. Both are still here to participate in a co-creation process with the universe.

When observing your human design chart, take notice on the arrows floating around the head of your bodygraph. Your top left arrow will indicate whether you are an active manifestor or passive.

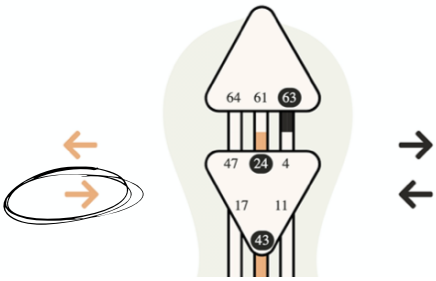
If your arrow points left:
You are an Active Manifestor

You are designed to have an active role in making your manifestations come to life. It's important for you to take control of putting your manifestation in motion.



If your arrow points right:
You are a passive Manifestor

You are designed to be someone who takes a step back and leans into trust. Allows the universe to meet you in your manifestation and bring things into your awareness. Your actions are about responding to what comes into your aura.



Your Aligned Actions.

Taking responsibility for your own actions, emotions, and current situation is the first step toward breaking old patterns and changing your life for the better. The things that you actually take responsibility for are the things that you can change - or if you can't change them, you can improve them going forward. Answer the following questions to gain insight into how you can take more responsibility of the things that are holding you back. If you don't accept personal responsibility, you approach the problem as a victim - meaning you can't do anything about the circumstances, which is counterproductive to manifestation.

These are areas I am feeling resistance.

How am I responsible for the way things are for me right now? Am I living in alignment? Have I tried EVERYTHING in my power to improve things?

If I overcame this resistance, how would my life (or the lives of those around me) improve? Is this problem worth solving?

What can I do to start making things better? What little steps can I start taking today to start improving my situation?

What would taking responsibility for my RELATIONSHIPS look like? What steps can I take? How would this improve my life?

What would taking responsibility for my FINANCES look like? What steps can I take? How would this improve my life?

What would taking responsibility for my CAREER look like? What steps can I take? How would this improve my life?

What would taking responsibility for my HEALTH look like? What steps can I take? How would this improve my life?

What would taking responsibility for my WELLBEING look like? What steps can I take? How would this improve my life?

STEP
your vibration
FIVE

Raise Your Vibration

In human design we all have a signature theme that we feel when we are living in alignment. Alignment allows us to live without resistance.

Here are the 5 energy type & their signature theme:

Manifestors - Peace
Generators - Satisfaction
Manifesting Generators - Satisfaction & Peace
Projectors - Success
Reflectors - Surprise

When we get intentional about living our signature we raid our vibration. Meaning, we welcome in more clarity, joy, peace, and self-empowerment.

As the great Albert Einstein said, "Everything in life is a vibration." He taught us that everything is energy. The trees, our bodies, our emotions, and our thoughts, all of it - meaning everything we feel and do is a vibration we are actively putting out into the world. The key: What we put out comes back to us.

Claim your emotions, and lead with gratitude for the journey. When we lead with gratitude, we raise our vibrational state. By giving awareness to the little things in life, we make a conscious effort to sink more deeply into appreciation.

Raising your vibrational energy can be very practical. It really just comes down to tuning in and paying attention to how you feel. When you feel less than great, do something about it!

Our thoughts and what we say hold great power. Take an honest inventory of how you talk about your goals, and make sure your self-talk and affirmations are dripping with positivity.

Raise your vibration

What is your signature & how does it feel:
List 5-10 activities that make you feel aligned:
Practice some self-love & give yourself a few compliments:
Make a gratitude list for what you have right now:

Affirmations

Here, you'll write down affirmations that will have a positive impact on the aspects of your life you're trying to improve. A few important points: First, always write your affirmations in present tense using "I" pronouns. Second, use affirmative and positive words (avoid *can't, won't, will not,* etc). For example, instead of "I'm not lazy," try "I'm full of energy and always take action." Third, build a habit of using these affirmations when you're doing the opposite of what you know you should be doing.

Self-Love & Personal Growth

ex. "I'm loving and giving in my relationships." "I'm in control of the people I let into my life."

Career & Finance

ex. "I'm capable of creating my dream financial life through hard work and dedication."

Relationships

ex. "I'm always striving to develop myself professionally."

Health/Fitness

ex. "I'm in control of my physical fitness."

Overall Happiness

ex. "I am surrounded by people who love me."

Final Thoughts

No matter what, you are worthy of whatever is on your heart. You are *quite literally* one in a million, and you deserve to shoot for the stars. Whatever the stars look like for you - you deserve to shine.

I am a true believer in the power of manifestation, affirmations, and declaring what we want of our lifetime. I hope that, after reading this guide, you get everything you wish for and become a true believer as well.

Allow this to be a journey of faith.

~ Jess
xx

PS. I've included a bonus Daily Intention Sheet to support you in setting up your days for optimal success and self-satisfaction. Making this a habit will bring intention and mindfulness to your days.

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