



**BEST LYFE EVER PRESENTS**

# **A Step by Step Guide to Manifesting your Best Lyfe**

**And the Secret Formula to How  
I Manifested My Dream Man**



# HOW I MANIFESTED MY DREAM MAN...

Ok...Before I spill out all my secrets for you I thought I would share my story.

Back in 2013, single, pregnant and raising a 3 year old, I decided that it was time I got very clear on what it was I wanted in life. Someone told me to watch the movie "The Secret". I know, I know, so cliché. Well that movie changed my life. No joke. You have to take the good and the bad and figure out what works for you.

This opened my eyes to a whole new world that I was never even aware of. Our thoughts create our reality? What?!?!? Mind blown because there were some pretty negative thoughts happening in my head.

From there though I started to research and read more. I read the book by Louise Hay called "Ask and It's Given". There was an exercise in there that made me write out all the things I wanted in my future man. Well at this point, I knew exactly what I didn't want and put this into the Universe many times. However, at that time, I did not know that the Universe did not understand the words "no, not, none, etc" so I just kept manifesting what I didn't want.

So this time I manifested EXACTLY what I did want. I wrote all the things down and made my list. I followed a few more exercises that I had learned at this point and I surrendered it. Truly. I forgot about the list until... OMG! I was dating him!

I pulled out the list and read through it and I kid you not, it was him. It's still on my phone to this day. Could this thing be real? There's something here. I was convinced. I then started to use it on other things like our perfect wedding (including the rainbow), our upcoming baby (ok I wanted a girl and didn't work that one through yet but he's healthy and that's all that matters), a \$10,000 check, and even a \$100,000 check!



So get excited, if I can do it, you will too and I'm going to be your guide along the way! Stay with me along this journey. I am so excited to hear the stories you create. Don't forget to email me or DM me your success stories!

# 5 Key Steps in Manifesting your Best Lyfe

## **\* DECIDE WHAT YOU TRULY DESIRE \***

In order to create something, you must get VERY clear on what it is you want. Often times we get caught up in what we don't want but we don't take the time to understand what it is we truly desire in life. This is your time to be creative and determine what is important and priority in your Best Lyfe.

## **\* WRITE A LIST OR JOURNAL ABOUT IT \***

Write out as much detail as you can come up with. All the characteristics, the visuals, the feelings. Think of all the non-negotiables and keep the list positive. Remember the Universe doesn't understand "no" so don't put anything on the list that you don't want.

## **\* VISUALIZE AND FEEL IT \***

Now is your time to use all of your senses to create this into reality. You need to truly feel what you want. Taste it, smell it, feel it, see it, hear what it sounds like. The key to manifesting is the feeling. If you are constantly doubting it or don't feel it, the Universe may not be clear on what you want. Remember another key concept is the Universe does not always know the difference between what is in your mind and what is reality. So if you feel it, the Universe will



## **\* SURRENDER & TRUST THE PROCESS \***

I know this sometimes can be the hard part but once you get the hang of it, it will become the easy part. Truly have faith in the Universe. If you sit around wondering when things are going to come true, you have not surrendered. The key here though is also don't expect your new man to appear out of thin air if you never left your house or went on a date. You must take some action too and be part of the process.

## **\*GIVE GRATITUDE WHEN YOU RECEIVE \***

The simple act of gratitude goes a long way in life. Not just with manifesting but also in appreciating the things that are around us each day. If you're reading this, then you have literacy, a beating heart and oxygen to breathe. You woke up today and have the desire to do more with your life or you wouldn't be reading this. Say thanks. Start in the morning or before bed but make it a practice.

**You got this! Go create your Best Lyfe!**

*dream*

## List all the things you visualize in your Best Lyfe.

Stick to one theme though for now whether it be your dream relationship, career, financial abundance, health, etc. Write it out as you feel it, smell it, see it...

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



# NOW VISUALIZE WHAT YOUR BEST LYFE LOOKS LIKE

Get comfortable, sit and start to visualize in your  
mind. Play it like a movie.

or

Use the guided meditation I created for you





# Surrender & Be Grateful

Surrender can be hard but it will pay off in the long run. If you put your faith in the Universe, it will always deliver.

Don't forget to be grateful. Not just when you ultimately manifest what you are looking for but for the little things along the way. There's so much we all can be thankful for each day starting with waking up and breathing.





**Take your first step today...  
Rome wasn't built in a day.  
Start working on you today.  
You determine your Best Lyfe.  
What will it be?**



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