

Manifesting Change



EVIDENCE BASED STRATEGIES
AMY BACKOS, PHD. ATR-BC

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This book and workshop are offered as an educational tool to inspire you to reflect, create, grow and change. The class is not therapy and participating does not constitute a therapeutic relationship. The assignments are offered as inspiration to increase authenticity in your relationship with yourself, and achieve your value-based goals.
Enjoy the process!

Want more? Email me!
Have any questions/concerns? Email me!
Amy@Amybackos.com

Love the class? Tell a friend!!

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2022

WELCOME

Welcome to this amazing community of people who are building authenticity and making real, lasting changes in their lives. Manifesting change is all about making changes to create a life you are excited to wake up to each morning. You will be learning tools to manifest a life you love! Change takes time and happens one day at a time, and one small change at a time. A quick fix is only a fantasy - however, if you are willing to work 20 minutes a day on one small change, you will be amazed at what you will have accomplished at the end of the month. Additionally, you will build your confidence and increase your bravery in making larger changes in your life.



The Manifesting Change Workshop utilizes evidence-based strategies from psychology and Art Therapy to teach you the action steps necessary for change. These tools help you relate to yourself in positive ways and move you towards your values and dreams with excitement.

Enjoy the process of self-discovery with curiosity, acceptance, and joy!

A handwritten signature in black ink, appearing to read 'Amy'. The signature is fluid and cursive, with a large, sweeping loop at the end.

Amy Backos, PhD, ATR-BC
Licensed Psychologist & Board Certified Art Therapist

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Ask
for what
you want
and
be
prepared
to
get
it.

- Maya Angelou



BEGINNING

Whether you think you can
or you can't,
you are right.

Henry Ford

Before class starts

1

Plan your mode of writing

Print this workbook and find a lovely binder to keep it all together, or have it bound at an office store. If you prefer to skip printing, get a blank journal for the writing and art exercises.

2

Schedule the Class

Use your calendar or the planner at the end of this book to mark the time of live classes, or the time you will watch the recordings the next day.

3

Schedule Committed Actions

Schedule time for inspired action! Use your calendar to invest 20 minutes each day on yourself for the next month. For maximum impact, schedule 7 days a week.

4

Find an Accountability Partner

Tell someone about your commitment to the class who can help you be accountable to your daily 20 minute commitment.

5

Get ready to create!

Gather some tools for drawing - crayons, colored pencils, markers, or pens, etc. It is unnecessary for you to have anything fancy - just pick ones you like!

Weekly Outline

1

Manifesting 101

Orientation and introduction to manifestation.

Inspired action (complete before class 2)

- Review pages 1-18.
- Complete week 1 writing and art.

2

Heart's Desires

Allowing your dreams to surface.

Know you are worthy of your dreams.

Inspired action (complete before class 3)

- Complete week 2 writing and art.

3

Imagine your Future

Visualizing the desired outcome.

Creating the solution.

Inspired action (complete before class 4)

- Complete week 3 writing and art.

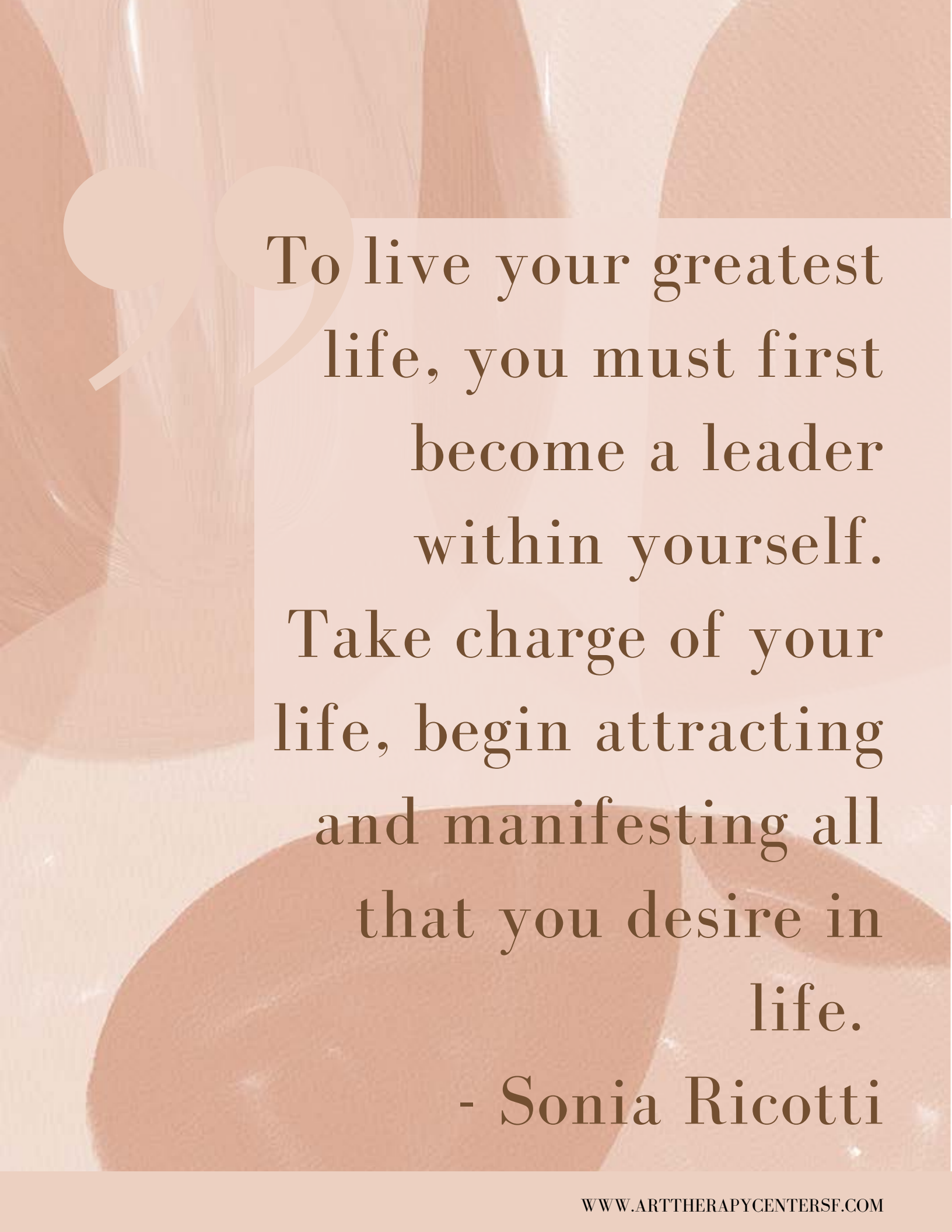
4

Making it Manifest

Setting your intention and goals to manifest the change you desire.

Inspired action (complete after class 4)

- Complete week 4 writing and art.
- Create your plan for further action.



To live your greatest
life, you must first
become a leader
within yourself.
Take charge of your
life, begin attracting
and manifesting all
that you desire in
life.

- Sonia Ricotti

How to Keep a Commitment

If you have had difficulty with changing in the past, don't worry! This time you will succeed using the best psychology strategies! You will learn and use all of these tricks for success this month.

If you have taken a class with me before, you know some of these tips. However, make sure you are calibrated to success by checking to make sure you are still using these strategies.

- **Write it down!** Research shows when you write down your goal, you are 70% likely to succeed! That's right! Simply writing down your goals gives you 70% of what you need for success. Using this workbook and your calendar will give you the leverage you need for consistency and change!
- **Discipline before motivation!** We often wait until we "feel" inspired to take action. Motivation is a feeling and discipline is an action. Take action through a consistent schedule and you will soon feel the motivation to continue.
- **Slow and Steady!** Making small daily progress is more likely to lead to big success! Research shows people making small incremental movement towards goals ultimately surpass people attempting to tackle multiple goals at once or trying to do too much.
- **Changing Habits!** Research shows pairing a new habit with an old one is the recipe for success. Pair your 20 minute a day for this class with another well established habit. For example, brushing your teeth in the morning, eating your breakfast or lunch, washing your face at night. Schedule 20 minutes before or after one of these times or pick another regular habit and schedule 20 minutes around that.

More about Commitments

- **Pleasure!** There are decades of research demonstrating you can increase a new behavior with a reward! All you have to do is pair a new behavior with something pleasurable. Add something you enjoy to your 20 minutes and you are significantly more likely to succeed! For example, you can fix a cup of hot chocolate or tea to drink while you write and make art (I encourage you to choose a non-alcoholic beverage). Deciding you don't need a reward, is the opposite of self-compassion! Schedule your simple pleasures!
- **Location! Location! Location!** Research demonstrates if you practice in the same location, your mind will be ready to learn just by going to that location! Pick a comfortable spot and work there each day.
- **1% more!** All you need for this workshop is 20 minutes a day. This is about 1% of your day! You have already made an important commitment to complete this workshop...all it requires for success is 1% of your day for the next month.
- **Be decisive!** Make your commitment and stick to it! Keep manifesting as your priority for one month. Practicing indecision reinforces that habit, prevents us from making progress, and increases stress. Stick to your commitment!
- **A word of caution!** Reading and knowing these strategies is not enough for success. Actual practice is required! Avoid letting your mind fool you into thinking you can skip these steps. The next page is where you make your commitment. Tempted to skip this step? Go back and reread the research above about success.

Your Personal Commitment

I _____

(Your name)

commit to 20 minutes each day this month.

&

I will focus on manifesting change.

I will complete my 20 minutes a day at this time:

I will complete my 20 minutes a day in this location:

I will complete my 20 minutes a day with this additional pleasure:

Your signature _____

date

Commitments



Joyful actions

We make time for self care. We create an internal environment to welcome joy. Each week we create a healthy environment by attending to our mental and physical health, nutrition, rest, friendships, education, and fun.

Commitment

We commit to a life-long process of learning and relearning self-compassion. We seek new actions to show kindness to ourself and others. We look for and manifest joy in each day.

Self Compassion

We speak kindly to ourselves. We patiently redirect ourselves to speak with love and compassion. We are compassionate about our pace as we manifest change.

Kind Thoughts

We learn to relate to our thoughts in new ways. We see thoughts for what they are - just thoughts. In this way, we free up time and psychological energy for things we want to bring into our lives.

Authentic Presence

We show up for others with self compassion and love. Our kindness and joyful example are gifts to others in our family and community. We manifest new opportunities to elevate ourselves and others.



Instructions

You manifest what
you believe, not
what you want.

- Sonia Ricotti

Committed Actions

Now that you have identified to the time and place, the additional pleasure, and made your commitment, it is time to get started!

You have just made a life changing commitment to yourself to prioritize 1% of your day to manifest what you desire.

Each week, you will have a lesson and then work on the topic for the whole week. You have journaling and art prompts to complete each week and 20 minutes a day is plenty of time. Once you complete the worksheets and art each week, you can use any remaining 20 minutes as you wish - writing and making art, reading, silent contemplation, and written reflection about how to put your manifestation into action.

Here is a sample schedule you can use each day - use your timer for maximum focus.

1 minute breath and relax, get comfortable, smile
18 minutes write / make art
1 minute breath and relax, stretch, smile

It is most important that you stick to your 20 minute schedule each day! No need to try and catch up if you miss a day - just return to 20 minutes a day. Whatever you do to enhance your self-compassion, kindness, and joy will be great!

Instructions: Write

It is essential you to reflect on your thoughts and feelings about yourself. Why is this important? As you grow in your relationship with yourself, you begin to know what you like and what brings you joy. This certainly increases your happiness and gives you direction for your goals and purpose. A compassionate attitude towards yourself uplifts your spirit, makes room for joy, and allows you to move forward with what you want to manifest. Each week of the "Manifesting Change" workshop includes practice for 20 minutes each day where you will write and make art.

Writing helps you know yourself.

Writing offers an efficient way to explore your thoughts - we write to "know" ourselves and to learn more about our thoughts and feelings. We tend to think the same thoughts every day for years. The writing will allow you to unpack your thoughts and decide if you want to keep or change your thoughts.

Negative and critical thoughts towards yourself makes everything more difficult, limits happiness and joy, and likely stops you from manifesting your glorious vision. Observe these thoughts without judgement and work on your thoughts to be more positive. We pick up negative self talk from childhood, society, and how we interpret uncomfortable experiences. Because our brains tend to naturally focus on the negative, we engage in negative thoughts a lot! You may find you feel a little sad, angry or surprised at the negative thoughts you discover this month. When uncomfortable thoughts and feelings arise, you have the chance to practice kind thoughts with yourself.

Try telling yourself something gentle like this:

Hello old thought. I see you are here again. I am learning to relate differently to you. I am not trying to get rid of you. I am learning to respond with curiosity and ease, even when you are here with me I feel uncomfortable.

You might want to write that sentence (or create your own) on a note card to hang by your bed, on your mirror, or in your car. Text it to yourself or make it your screen saver.

Instructions: Art

Art Therapy is a creative process to understand ourselves, express feelings, clarify thoughts, promote flow, and feel great. In fact, creative expression is a human need!

The use of Art Therapy dates back to the early 1900's. Furthermore, art for storytelling, expression, and healing is as old as human history!

The art process helps you solidify feelings and allows your brain to deeply explore why some thoughts seem to have so much power and stop us from manifesting what we want. The creative process incorporates more parts of your brain than writing can do alone. You can use what you learn in this class about your creative process anytime you want to understand your feelings or manifest a different result.

Art allows us to know our preverbal self.

You can spend as much or as little time on the art as you wish - however, it is important to engage in a creative expression each week. Avoid thinking too long about what to create and avoid judgment. Be spontaneous and have fun!

When you are done with each drawing, take a moment to reflect (without judgement) on the PROCESS of creating. It's important to suspend judgement about what your art looks like. Whatever you create will be great for understanding yourself and manifesting self compassion! If you are tempted to skip the art, please reconsider so you get the most impact from this workshop.

Remember to schedule 20 minutes each day to complete these inspired actions. You are committed to one month of manifesting change. Give yourself the gift of completing your commitment each day to get the most value from this class!

If you want to work with an Art Therapist, reach out to the Art Therapy Center of San Francisco. Always look for a Registered and Board Certified Art Therapist (ATR-BC). Registered and board certified art therapists are both trained artists and counseling professionals who can help you express yourself to the fullest using visual art and creative thinking.



We become
what we
think
about.
Energy
flows
where
attention
goes.

- Rhonda Byrne

Summary

Get ready to start manifesting change in your life! Start small, only 20 minutes a day. Be easy on yourself when you discover uncomfortable feelings, or have thoughts with a lot of strong emotion. This is normal so avoid judging yourself. Acknowledge the thought and call it by its name - an unkind thought, an unhelpful thought, or an old negative story. Even if you have piles of evidence that a thought might be true, you are learning to relate to thoughts differently. They are only thoughts and you are not your thoughts. You are only aware of them.

Research shows when we push away or distract ourselves from an unwanted thoughts and memories, they will definitely come back, and even feel worse the next time. Take a deep breath, notice the thoughts and feel the feelings. Then move on. No need to mull it over or ask why you keep having the thought. Just "be" with it for a moment and then move forward. Thoughts lead to feelings and research demonstrates a feeling will last about 90 seconds if we avoid pushing them away or clinging to them. If you are really stuck on a memory, be compassionate with yourself, take time to write about how you can take care of yourself, and consider working with an art therapist.

Remember, research confirms that making a small commitment and sticking to it leads to success, while taking on too much leads to burn out, frustration in lack of progress and ultimately giving up. You can succeed here by being consistent with just 20 minutes a day. Avoid trying to complete all the tasks in a day or two. Focus on small, daily actions.

TO SUCCEED

- Work only 20 minutes a day.
- Practice self-compassion - gently redirect yourself when you notice unkind thoughts or uncomfortable feelings.
- Work everyday at the same time and place.
- Pair your time with another habit (eg., right after your brush your teeth).
- Pair your time with a simple pleasure (hot tea, flowers, a chocolate, etc.).
- If you skip a day, get right back on track with 20 minutes a day. Do not work 40 minutes to try and "make up" for a missed day. You are right on time and there is no hurry. Avoid judgement. Just move forward.

20 minutes a day can change your life!

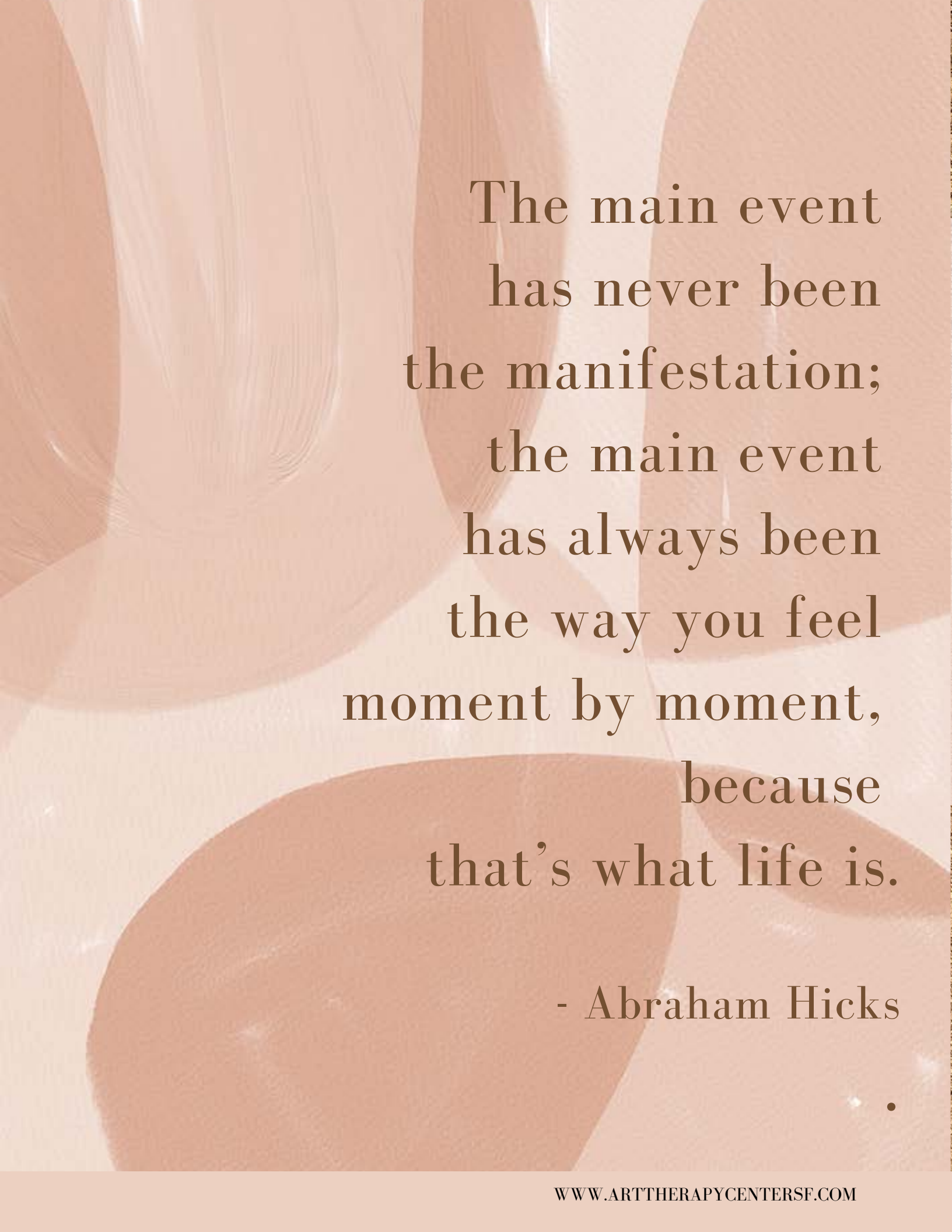


Week 1

Manifesting 101

Action that is inspired from
aligned thoughts is joyful
action.

- Abraham Hicks



The main event
has never been
the manifestation;
the main event
has always been
the way you feel
moment by moment,
because
that's what life is.

- Abraham Hicks

•

Manifesting 101

Here are the areas you will cover in week 1.
Spend 20 minutes a day, take your time, and savor them over the week.

1

What cool things have you already manifest?

Reflect on what you have already manifest. Be proud of the things you manifest that you like and love.

2

How do you Manifest?

What is your process for manifesting things you like? Document the strategies that worked for you so far.

3

What to Manifest

It's time to start dreaming about your future self and what you want in life. This is a rough draft and you will work on this throughout the month.

4

Creative Expression and Reflection

Creativity hones in on emotions and helps you connect your feelings with your manifesting strategies. Enjoy this process and see what emerges for you! Reflect on the week and note what you have learned.

COOL MANIFESTATIONS

Document all the cool and amazing things you have already manifest. Whatever enjoyable parts of your life exist, you had a role in creating! While other people and circumstances helped you along, you had to manifest and maintain these circumstances.

Do you have a friend, a dog, a degree, a family, a job, a collection of books, some art you made, a roof over your head? These are all awesome parts of your life which required you to manifest. Make a long list here about how much goodness there is in your life!

How do you Manifest?

Reflect on your successful manifestations - the times you manifest what you wanted. This might be your job, degree, art, family, pet, friendship, home. Anything you like in your life will work here. What did you do to manifest it? For example, to get a job, you had to apply, interview, make a good impression and accept the job. How did you do those things? What strategies did you use? Perhaps research, good communication skills, dedication, commitment, say yes, etc. Be as specific as possible and describe how you manifested the cool things in your life. What did YOU do?

1

2

3

4

5

6

7

8

9

What to Manifest

Brainstorm some ideas of what you might want to manifest. This is just a practice exercise to get you in touch with what you might want. You will do this exercise more precisely later on. Remember, the goal of a brainstorm is to get your mind into creative mode about what you want to manifest. We first generate a lot of ideas based on family or social expectations of what we should want (a certain type of relationship, lifestyle, job, home, etc). Over the month, you will uncover what YOU really want. It usually takes a lot of practice before we find a sparkling dream which is in alignment with our true selves.

When your brain judges your brainstorm ideas, thank your mind for doing its job and say out loud, "Brainstorm" and get back creative mode. Remember these are just ideas to get your brain warmed up.

1

2

3

4

5

6

7

8

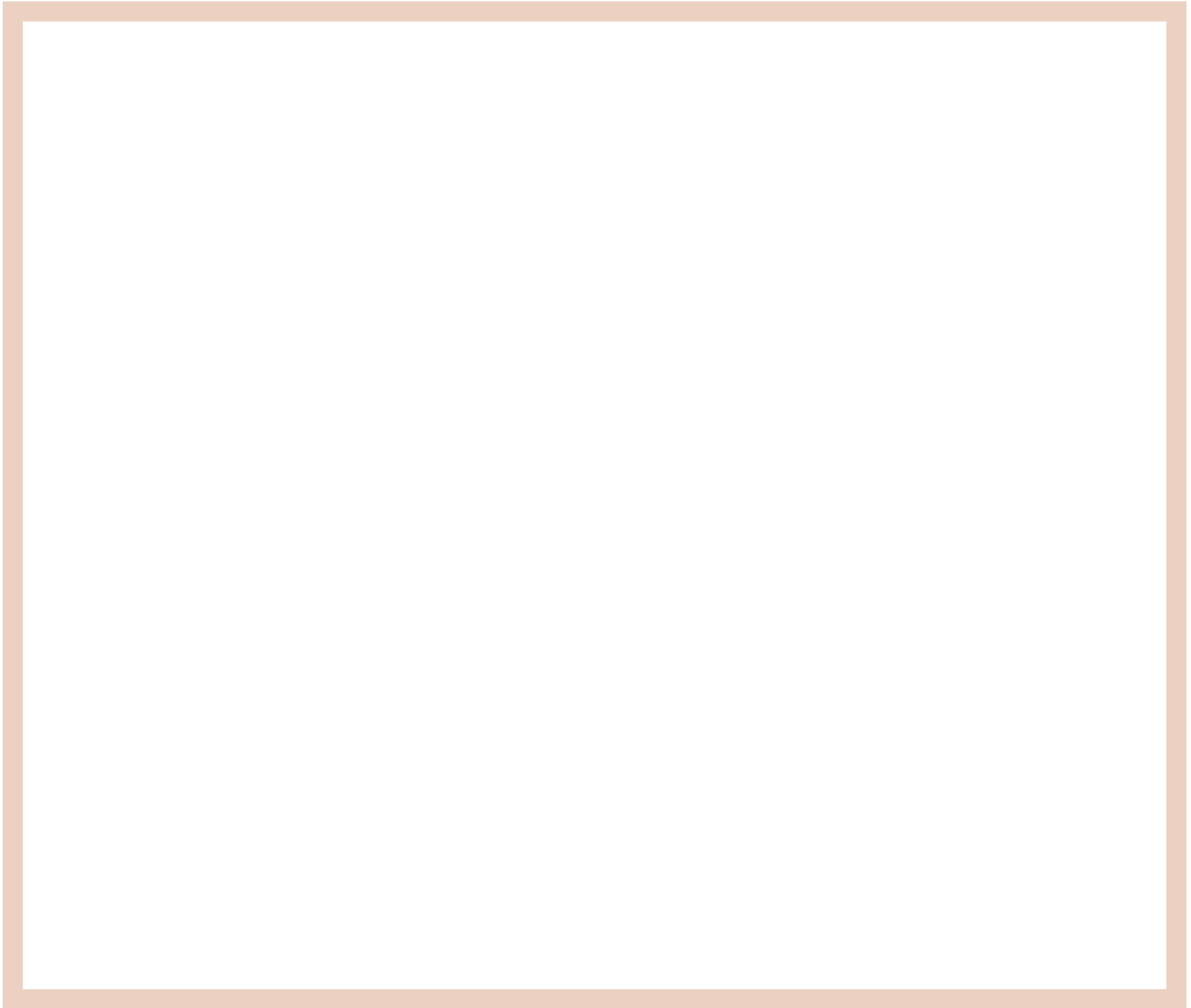
9

Manifestation Ideas

Time to practice new ways of thinking! Circle an idea from the previous page which you want to explore. Now, write HOW you could/would make it work. For example, if you want to dig deep and manifest healing and radical change, ask yourself "HOW can I make that happen?" When your brain thinks "that is not for me" or "that is impossible" or "I can't afford that", thank you brain and keep asking HOW you can make it happen. Do not let these thoughts stop you from answering the question. This is a creative process to help your brain, so keep your mind open. Keep writing until you figure out HOW you could make the change happen. Remember, this is just practice. Zero commitments to make these actually happen.

Visual Expression

Take a few moments to show what a happy manifestation looks like using lines, shapes and colors. It could range from just one line to a fully fleshed-out, abstract or representational picture. Avoid thinking too long about it and be spontaneous. This will help you connect to your feelings empowerment as you reflect on how you can create what you want. Enjoy the process of creating and don't worry about the finished product. However you do it will be great!



Title:

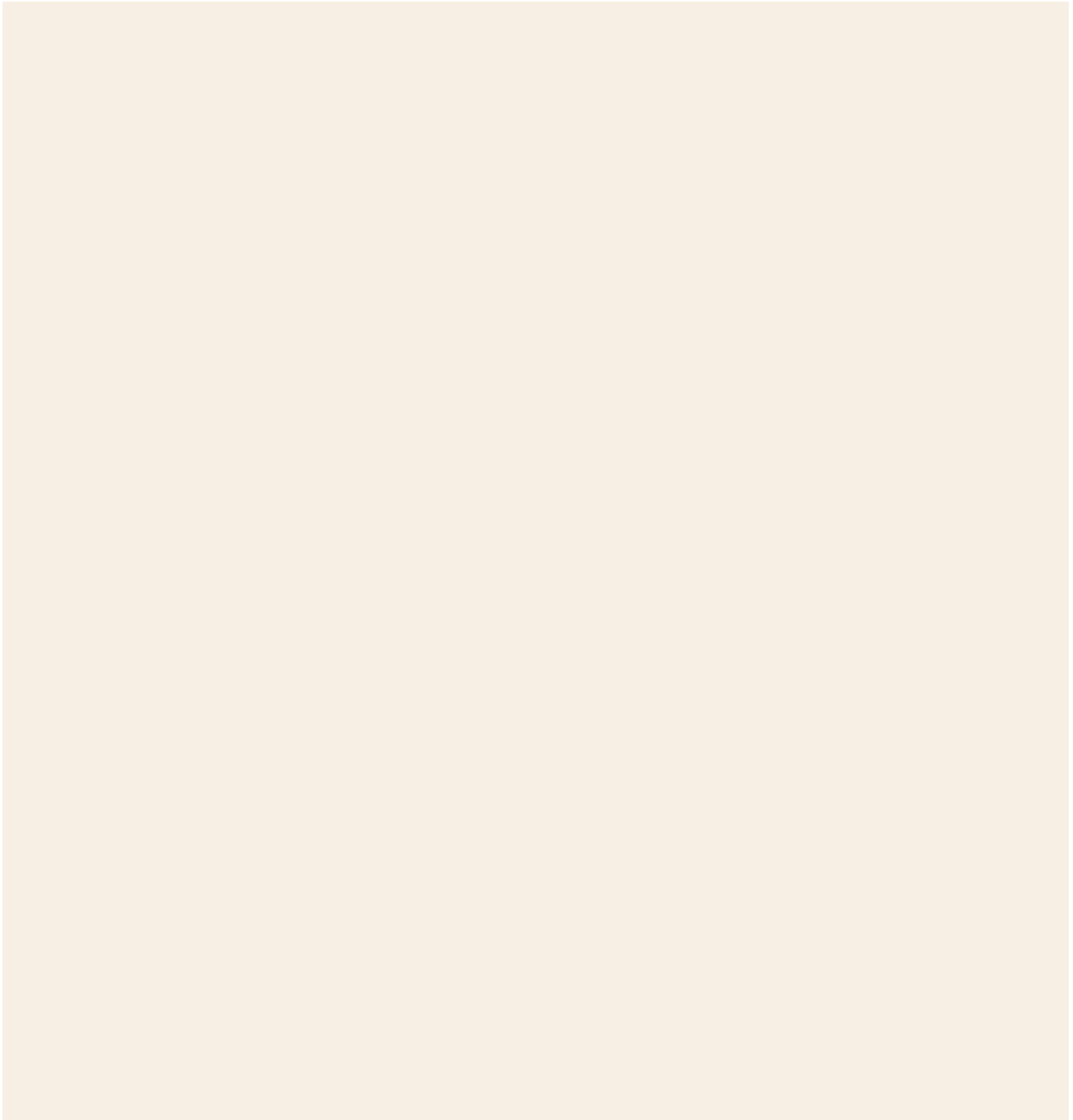
Three words or phrases to describe your art.

-
-
-

How do you feel?

REFLECTION

Reflect on what you have learned about how you manifest in the past. Notice what you did to manifest the things you like and appreciate in your life. Appreciate your strengths and celebrate your insights this week. Avoid judging yourself for what you did or did not do this week. How did you feel paying such close attention to your life and what you have created? How did you feel practicing new ways of thinking about your dreams and how to make them happen?





Week 2

Heart's Desires

Imagination is everything. It is
the preview of life's coming
attractions.

- Albert Einstein

Heart's Desires

Here are the areas you will cover this week.
Spend 20 minutes a day, take your time, and savor them over the week.

1

What you really want

You might be so accustomed to taking care of others or running on auto-pilot, that you are out of touch with your desires. Here is where you get back in touch with what you really want.

2

Blocks to Manifesting

Society likely trained you to feel selfish focusing on your desires. However, when you focus on your desires, you can also give the best of yourself to others. Here you unpack your judgements about having and moving towards your desires.

3

Whatever you want

You get to want whatever you want. And you are allowed to have your desires without judgement. Create a new list of desires after you have challenged the idea of being selfish. This list is for fun - go wild on this list.

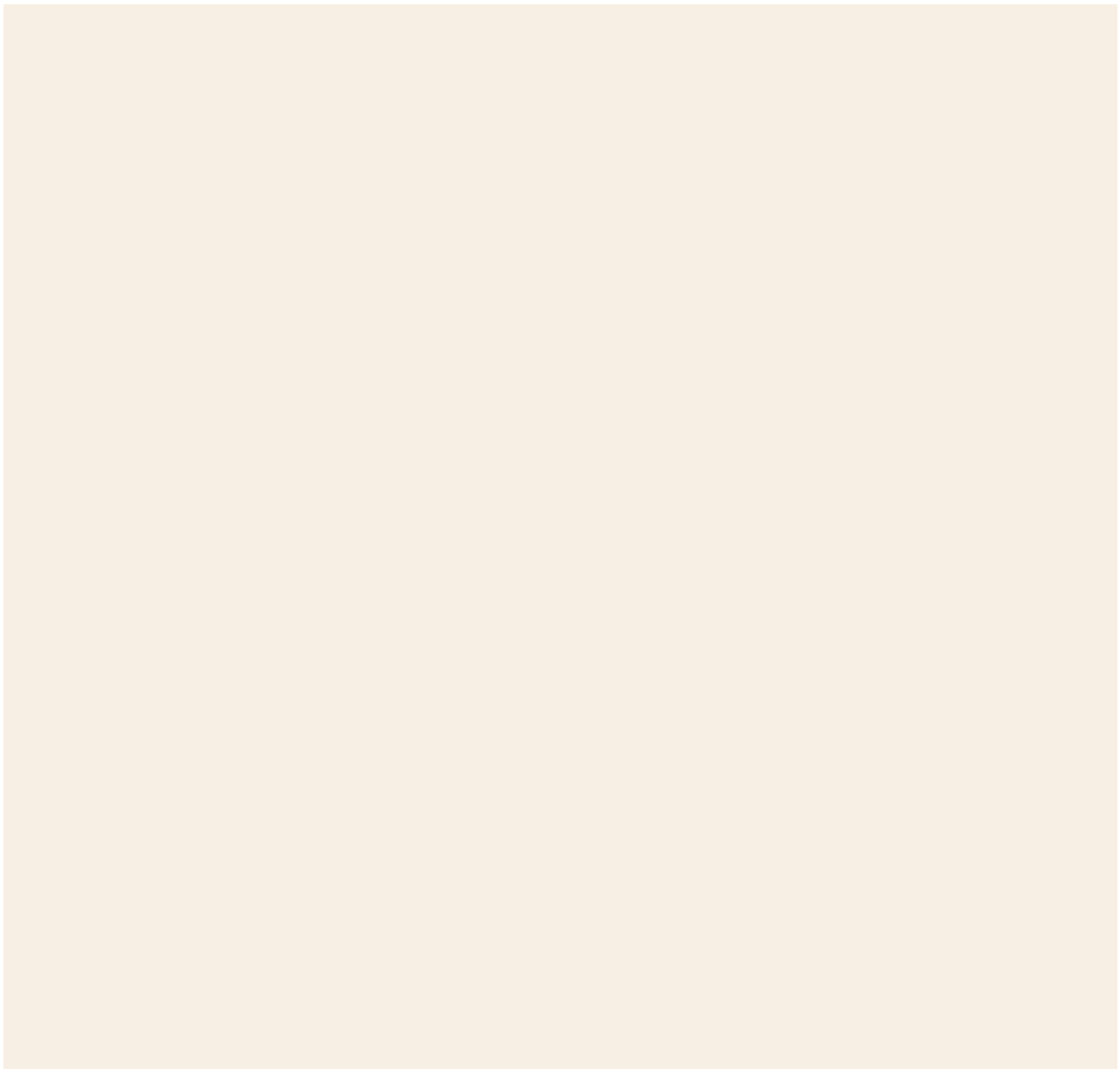
4

Creative Expression and Reflection

Creativity hones in on emotions and helps you unpack feelings about desires. Enjoy this process and see what emerges for you! Reflect on the week and note what you have learned.

What you REALLY Want

Spend a lot of time taking care of others or focused on your work? Forgotten your passions or neglected what you love? Society often suggests that women should take care of others and men should work hard - all of this is at the expense of paying attention to our desires. You might have become accustomed to taking care of others or running on auto-pilot at work, that your desires seem secondary. Your culture may have imprinted judgement about having desires. It is time to get back in touch with what you really want. You are allowed to want whatever you desire, without judgement. Withholding your desires from your conscious awareness leads to frustration, boredom, and apathy. Write down as many things as you can think of that you want. Go wild with this list - write all the things you really desire and even things you might sort of want. Thank your mind for any limiting thoughts and judgements which arise while doing this. You do not have to commit to act on these- you are practicing getting in touch with what you want.



Manifesting Blocks

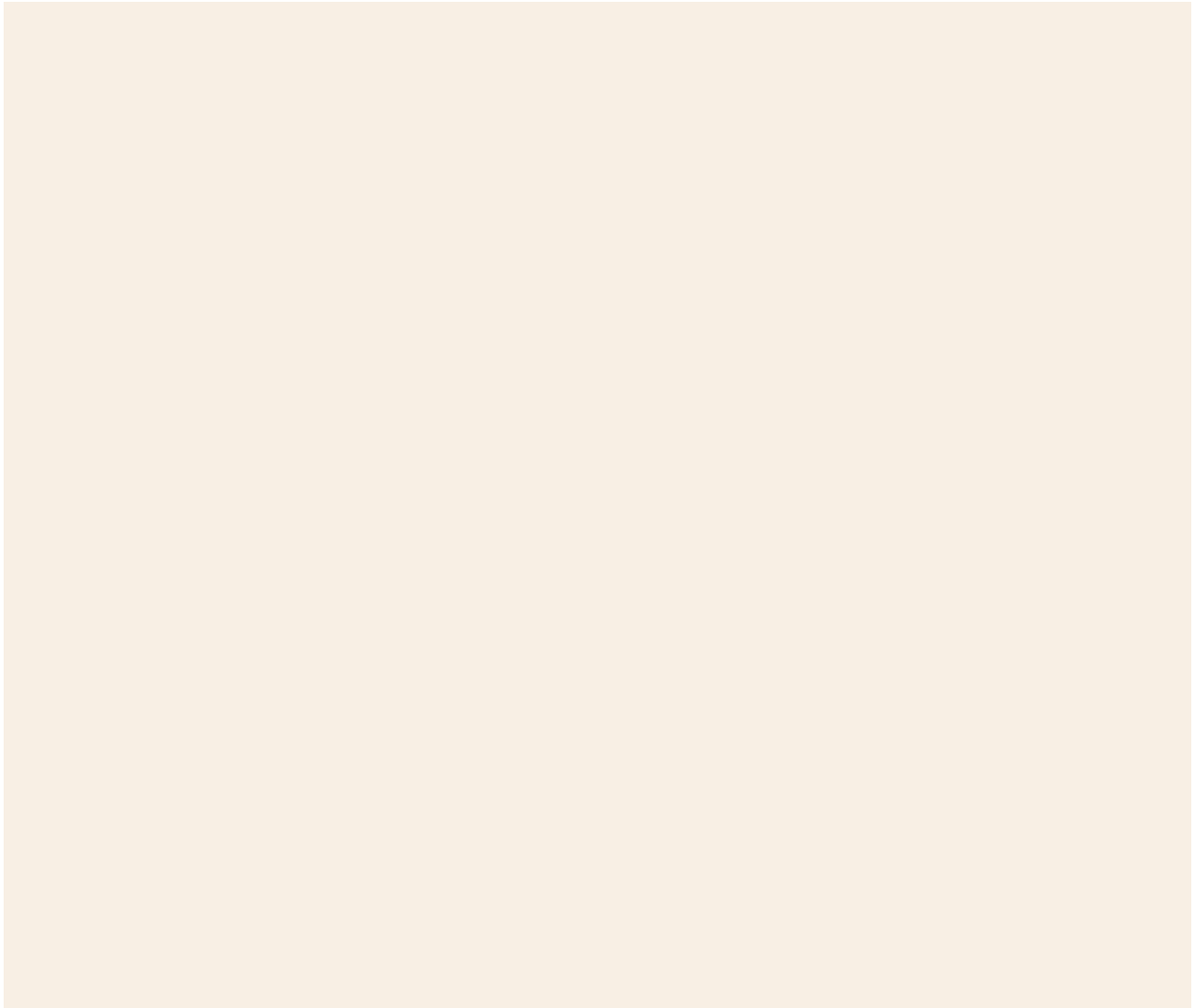
Reflect on your experience of creating your list of what you want. What thoughts and feelings emerged during the process? What judgements appeared as you wrote your desires? Write all these down in as much detail as possible. Pay close attention to these thoughts and feelings because they will give you important clues about how your brain stops you from manifesting what you desire. If your brain is judging your desires, we must explore the judgement and feelings.

Here are some examples: "I was not raised to think like this" might lead to feelings of guilt or shame.

"This is not for me" might lead to feelings of insignificance or wanting to be small. "Nobody would support me if I did that" might lead to feelings of scarcity or loneliness.

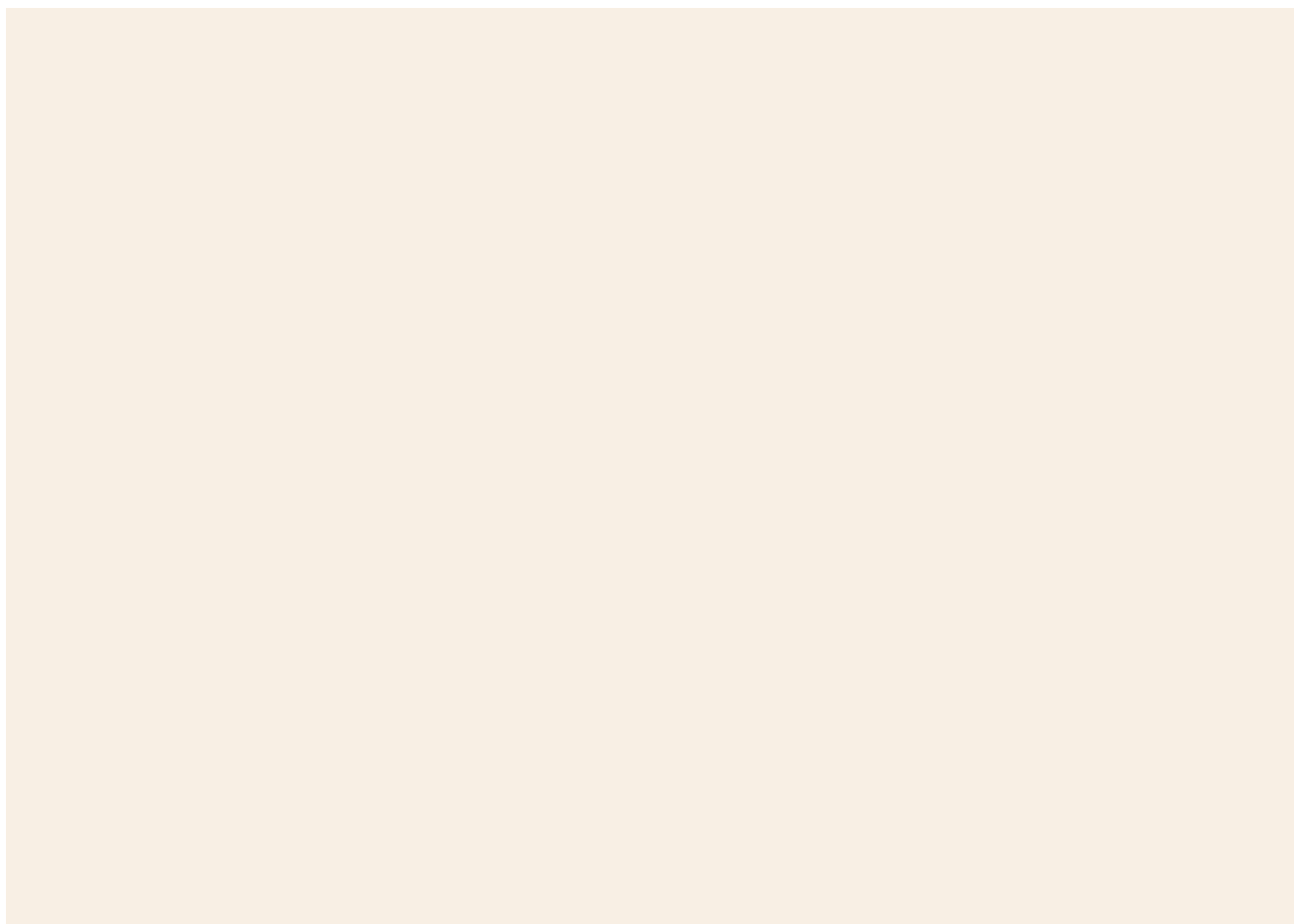
Next, carefully replace each limiting thought with a new possibility like this: "I was not raised to think like this, yet I am willing to learn and try new things." "This is not for me" becomes "I am thinking about this for me." "Nobody would support me if I did that" becomes "I can find people to help me."

Knowing your limiting thoughts becomes a superpower to help you overcome self sabotage, freezing, or quitting before you accomplish your goals. Furthermore, knowing your brain's limiting thoughts, well as frees you so you can let go of acting from a place of guilt and shame about dreams.



"Whatever the heck I want!"

In the previous exercise you observed how your mind tries to keep you safe and unchanging. You know what kind of tricks our mind plays - these are all normal brain strategies. Now that you have unpacked some of the ways your mind blocks you from even thinking about your desires, create a new list called "Whatever the heck I want!" You have permission to write whatever you want. And you are allowed to think about and even pursue your desires without judgement. Sounds good, right!? Now create a new list of desires - whatever you want! This list is for fun so be bold!



Read your list OUT LOUD - don't skip this step! Put a star next to five statements where you felt excitement or interest when you read it out loud. Perhaps you liked how it sounded, or it gave you a thrill. Finally, pick three desires you liked the best and write them below.



Visual Expression

Take a few moments to show what your happy and joyful desires looks like using lines, shapes and colors. It could range from just one line to a fully fleshed-out, abstract or representational picture. Avoid thinking too long about it and just be spontaneous. You might enjoy using magazine collage for this exercise - cut out images from magazines or print images from the Pinterest website. Cut neatly, arrange artfully, and glue them onto paper. Enjoy the process of creating and don't worry about the finished product. For added manifestation, hang this picture where you can see it each day. However you do it will be great!



Title:

Three words or phrases to describe your art.

-
-
-

How do you feel?

REFLECTION

Reflect on what you have learned about your desires, what society tells you about having desires, and how your brain judges desires. What was it like to allow yourself to reflect on what you really want? Appreciate your strengths, and focus on your willingness to feel tension and list your desires anyway. Notice your thoughts, feelings and actions in alignment with your heart's desires. Avoid judging yourself for what you did or did not do this week. How did you feel paying such close attention to your desires? Did you notice or do anything differently after writing your second list?



Week 3

Imagine your Future

You create your thoughts,
your thoughts create your
intentions, and your
intentions create your
reality.

- Dr. Wayne Dyer

Solutions

Here are the areas you will cover this week.
Spend 20 minutes a day, take your time, and savor them over the week.

1

What are you ready to change?

Time to implement specific, evidence-based strategies and prepare for manifesting. Get ready to imagine your dreams more fully!

2

Hello You!

Imagine yourself one year from now when you have manifested the life you love. Strategies will emerge and you can choose actions for change.

3

Goal setting

Time to implement specific, evidence-based strategies to set a goal. You will practice setting a small goal and accomplishing it.

4

Creative Expression and Reflection

Creativity hones in on emotions and helps you make sense of your wish and the solution. Enjoy this process and see what emerges for you! Reflect on the week and note what you have learned.

What do you want to be?

It is time to define what you want to change about your life by imaging your future. Jot some notes about how you want to be. Use this page to get more clear on possible changes you want to make. Write about what you want rather than what you don't want.

Here are some examples:

Skip this

want to lose weight
stop worrying
stop living in a messy house
get out of dull job

Write this instead

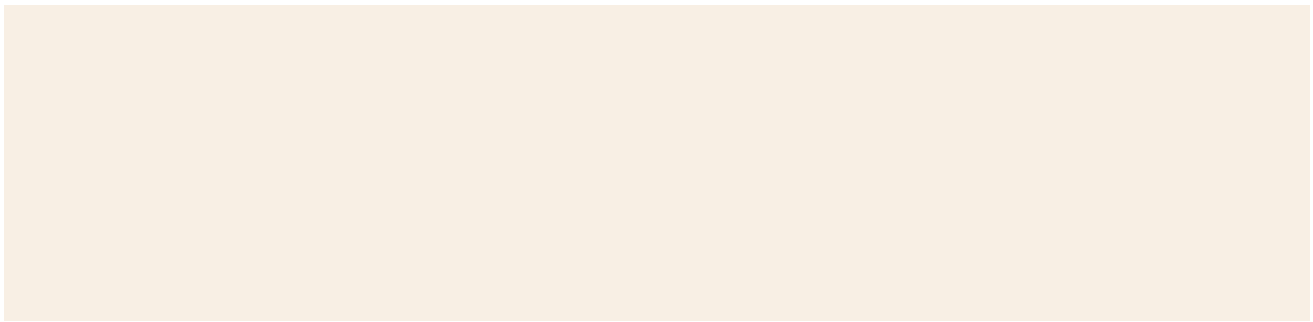
be strong and healthy
feel confident
live in a tidy and attractive home
find satisfying and fun work

Create Your Future

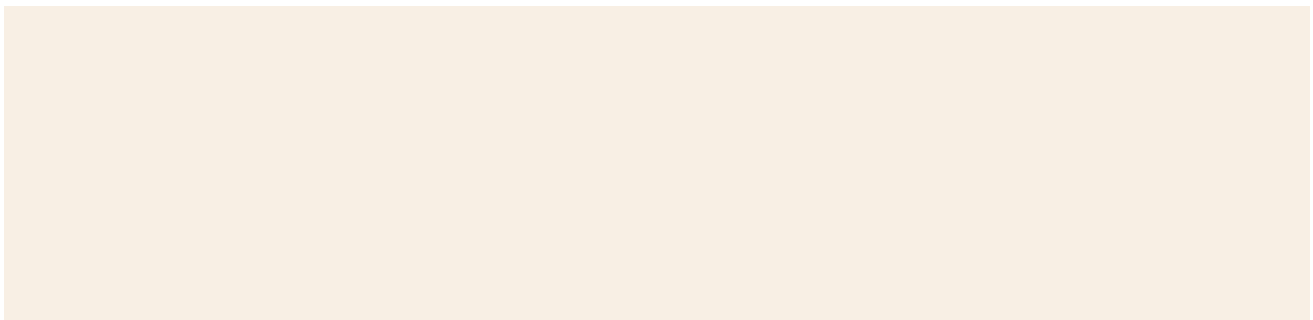
Time to image the changes you will be making. This is a very powerful exercise! Answer these questions as if the changes already happened. Write in present tense and imagine yourself one year in the future after you already made the changes you desire.

For example, you might write, "Now that I have made the big leap to change my job, I am feeling fulfilled and love being with my coworkers. I have time to exercise in the morning since my commute is so much shorter." Answer each question in as much detail as you can, describing how things ARE, now that you have already changed. Relax, take a deep breath and picture yourself at your best, one year from now.

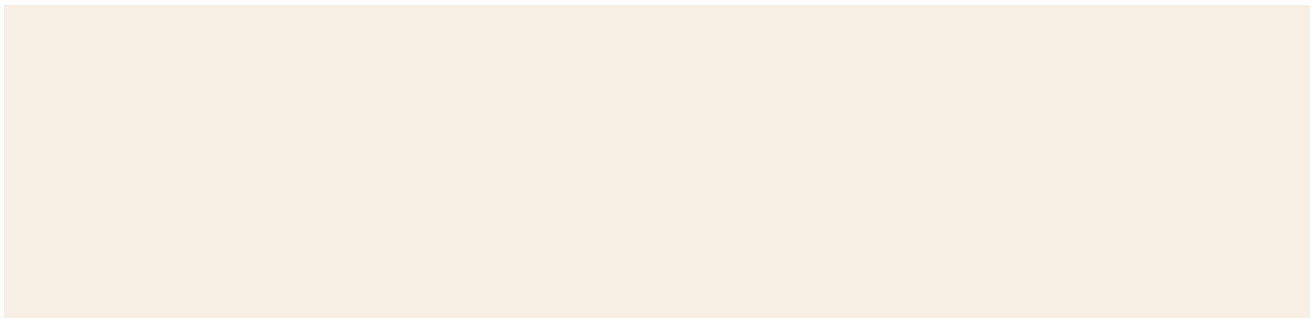
Here are the important situations which have changed in my life over the past year.



The things I do to maintain these changes in my life.



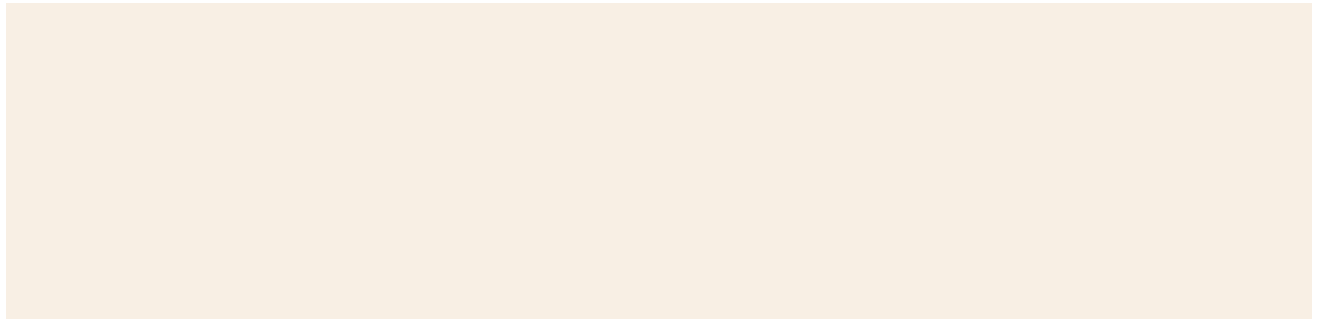
Three new thoughts I started thinking and three new feelings I embraced this year.



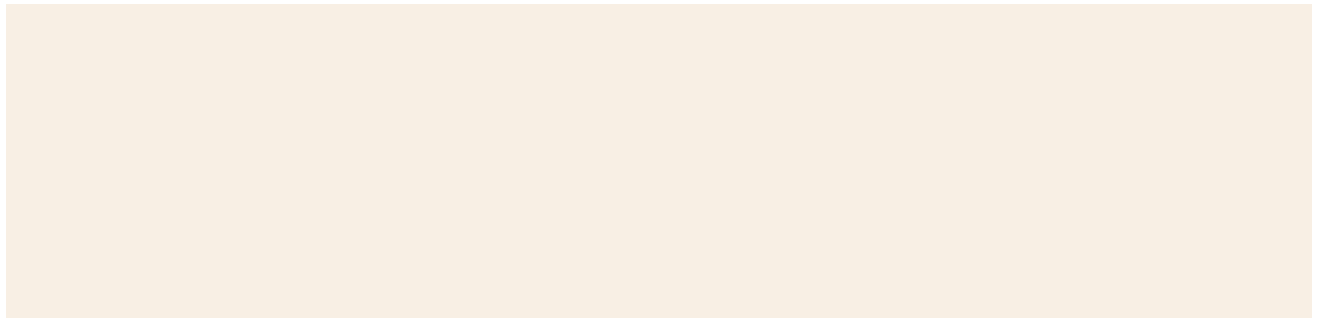
Create your Future

Bumps in the road are just that - only bumps! A few potholes does not mean we abandon the trip! We must predict how we will face challenges and be prepared to handle them. A bump in the road might be criticism from others or yourself, a day or week of being off track from your goal, a challenge from the outside world, etc. Planning for these events is essential for your success - failing to plan for these makes the bumps in the road seem much bigger and more likely to derail us from our goals.

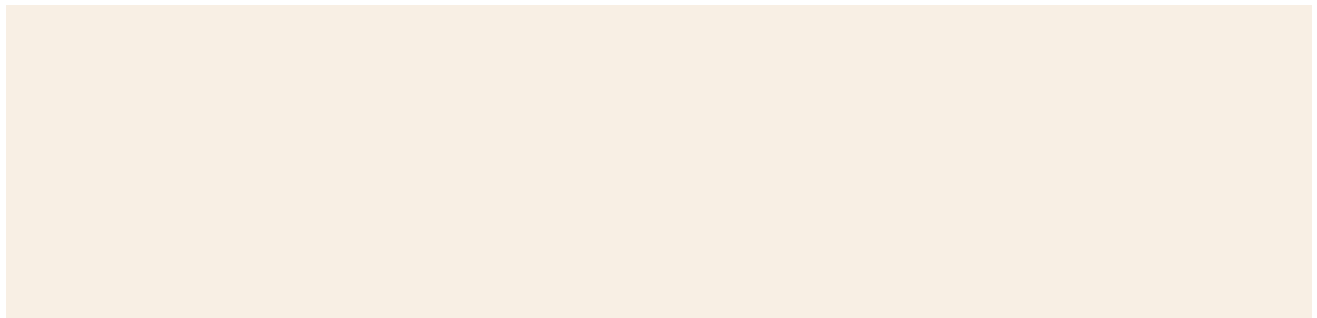
Three challenges I faced in the last year and how I overcome these inevitable bumps in the road.



This is how I turn down the volume on my own criticism and strategies I use for encouragement.



How I stopped listening to critics and those people who wanted me to stay the same.



Create your Future

Start imagining your best life in more detail. Write from your future self to answer these questions. Write in present tense, as if the change has already happened. For example, you might write, "Now that I have set clear boundaries around my exercise time each day, I am feeling stronger and it has become a habit to protect my time for exercise." Answer each question in as much detail as you can, describing how things ARE, now that you have already changed.

The three new habits I added and three old habits I let go of in the last year.

How I talk to myself now. The kind things do I say to myself everyday.

Who I enlist for support.

Create your Future

Your future self celebrates and appreciates each small and big change. Research strongly demonstrates that celebration and rewards are vital to create and maintain change. You must not wait until you have accomplished everything - daily, weekly and monthly celebrations are necessary for change. There is no change too small to celebrate! How does your future self celebrate wins? What rewards does your future self love receiving after each success? Celebrations can be free or cost money.

Identify lots of simple, free/inexpensive ideas so you can celebrate often. For example: positive self talk, a hot bath, a walk around the block, a trip to your favorite cafe for tea, an outing with friends.

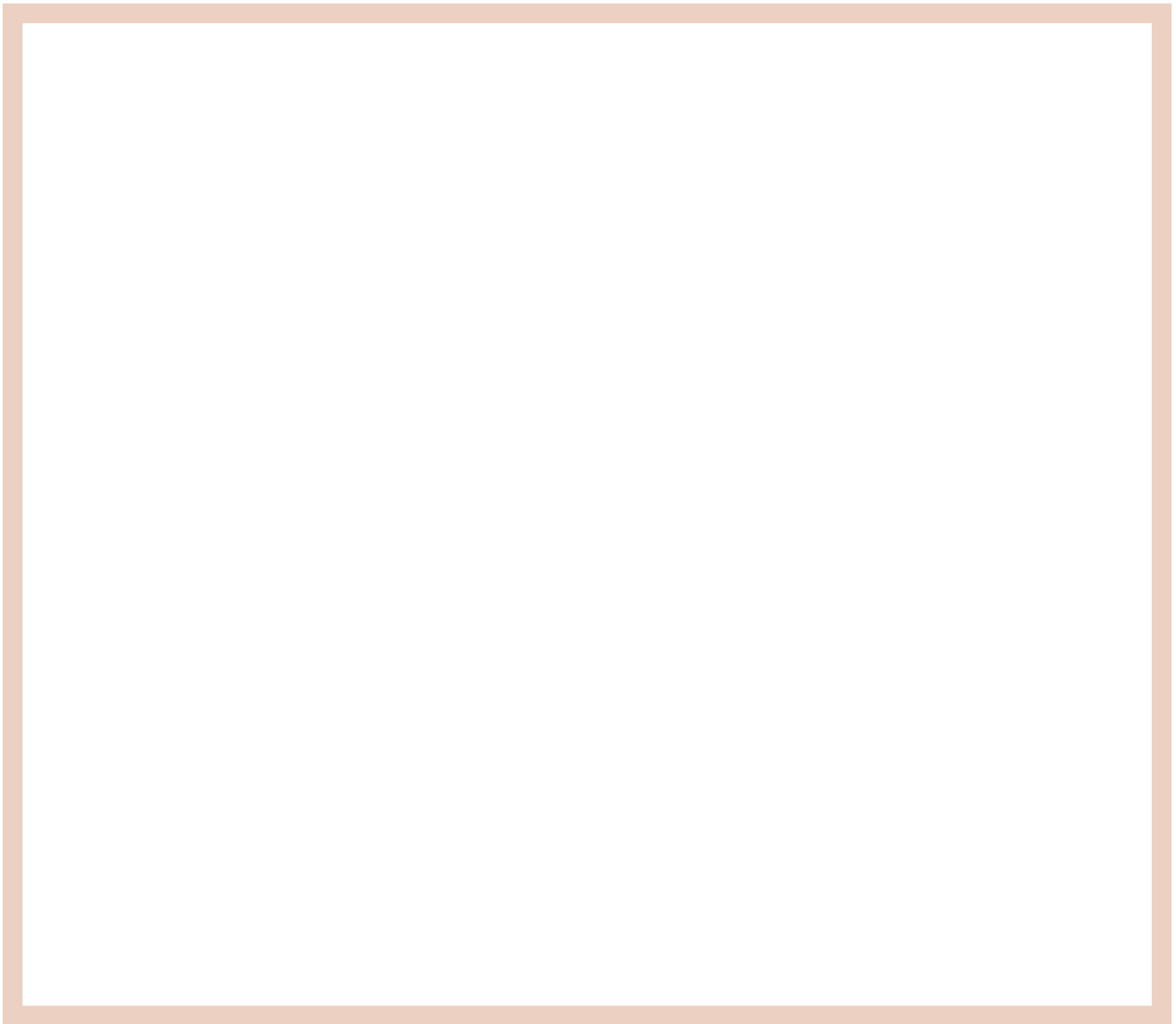
How I celebrate my small wins everyday and every week.

What I am grateful for everyday.

How I track my progress and celebrate each month.

Visual Expression

Take a few moments to show some aspect of your future self by using lines, shapes and colors. You might even consider creating an image of you at your best, one year from now. It could range from just one line to a fully fleshed-out, abstract or representational picture. Avoid thinking too long and be spontaneous. This will help you connect to your pre-verbal and physical aspects of experiences of your future self. Enjoy the process of creating and don't worry about the finished product. However you do it will be great!



Title:

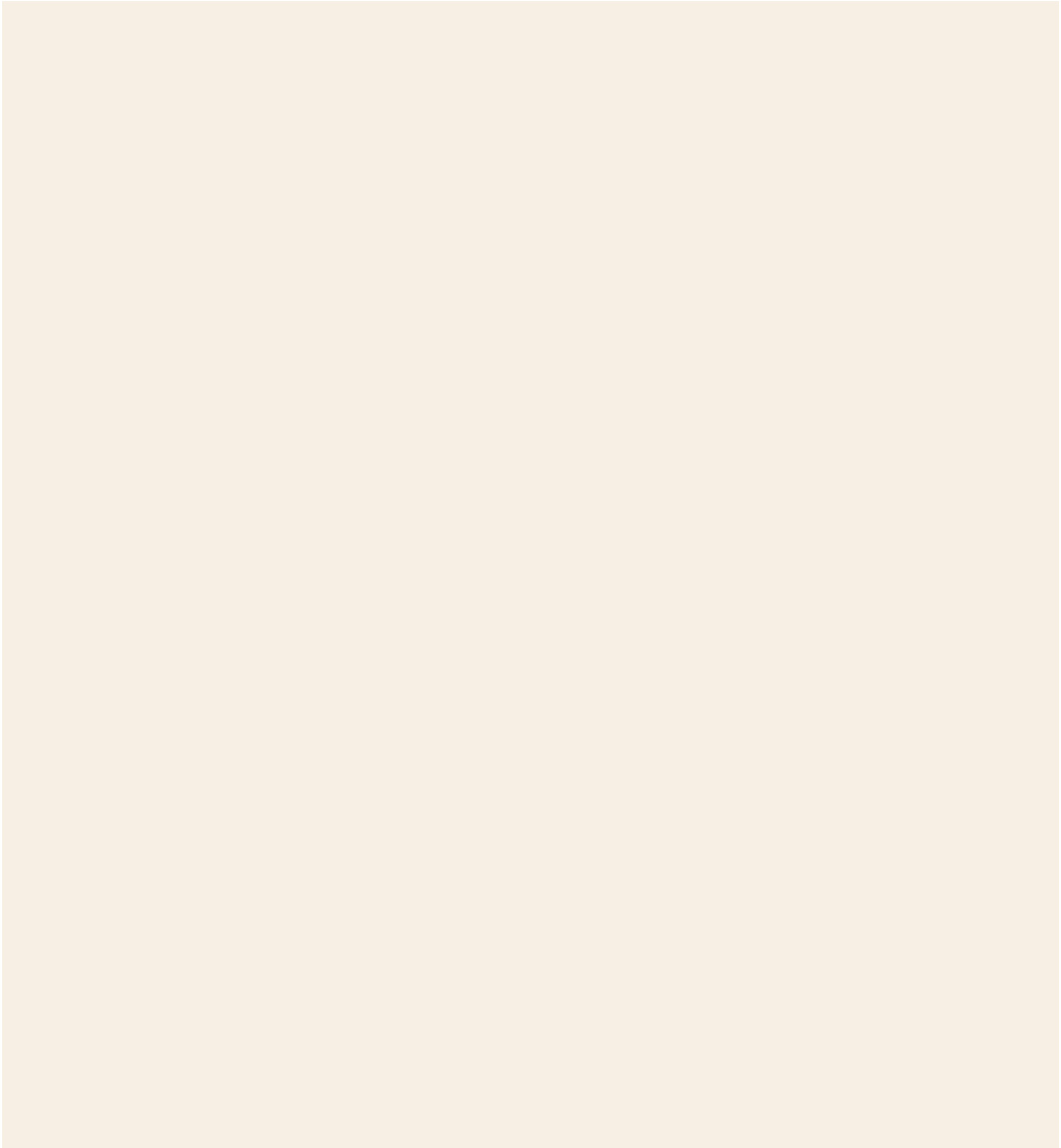
Three words or phrases to describe your art.

-
-
-

How do you feel?

REFLECTION

Reflect on what you have learned from your future self. Notice your thoughts, feelings and actions in alignment with your future self. What can you implement today to be more like your future self? How did you feel paying such close attention to your future self? Are you starting to feel as if this is possible for you?





Week 4

Making it Manifest

Once you make a decision, the
universe conspires to make it
happen.

- Ralph Waldo Emerson

Making it Manifest

Here are the areas you will cover this week.
Spend 20 minutes a day, take your time, and savor them over the week.

1

Time to choose

This week you identify one vision you want to manifest and making the goals clear and easy to follow.

2

Time to plan

Planning is mandatory in manifestation - dreaming is only the first step. Setting clear goals and planning for success is how manifestation happens.

3

Scheduling change

Scheduling ensures you make time for your dreams. Time will no longer "get away from you" when you schedule your dreams.

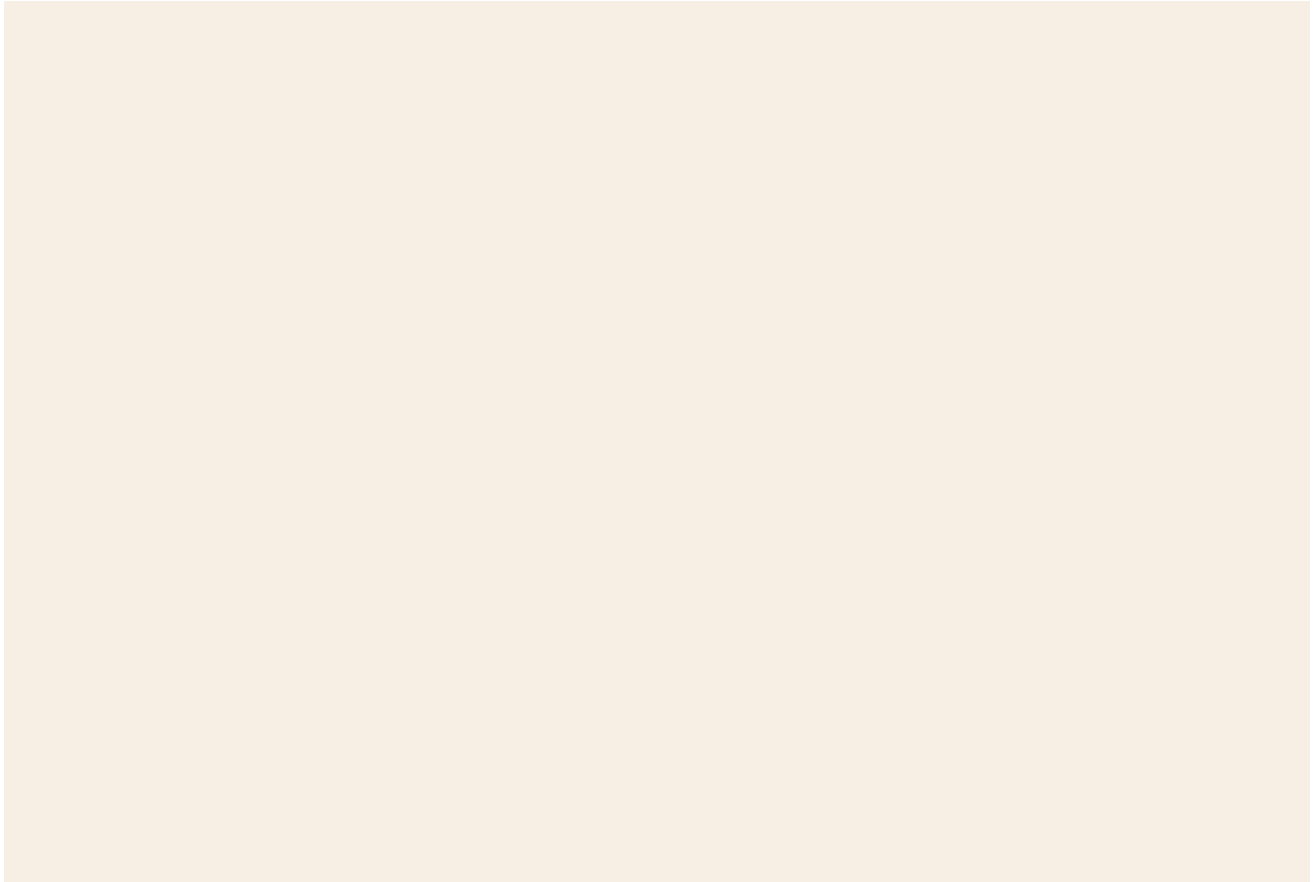
4

Creative Expression and Reflection

Creativity hones in on emotions and helps you connect your dreams to your reality. Enjoy this process and see what emerges for you! Reflect on the week and note what you have learned.

Time to Choose

It is time to decide what you will manifest! Write down one vision you want to make a change. Having trouble choosing? Tempted to write several things you want to work on? Think of it this way - it is impossible to make a wrong choice! It is however, impossible to work on many changes at once. Research shows success happens when you focus on one change at a time. Other areas of your life will benefit as your success brings you confidence and courage. Once you choose - stick to it! Zero changes! Use positive, present-moment language to describe your future vision. Here are some example: "I am healthy and strong. I can walk easily up the stairs and my pants fit comfortably." "Everyday I choose happiness at work."



Reflect on what you just wrote and write three behaviors which will help you manifest your vision. For example: For health you might write: exercise daily, invite a friend for a walk, quit drinking, or purchase only healthy food at the grocery store. For happiness at work you might write: create positive attitude, appreciate your coworkers, dress professionally, or use positive language without complaining.



Pick a goal

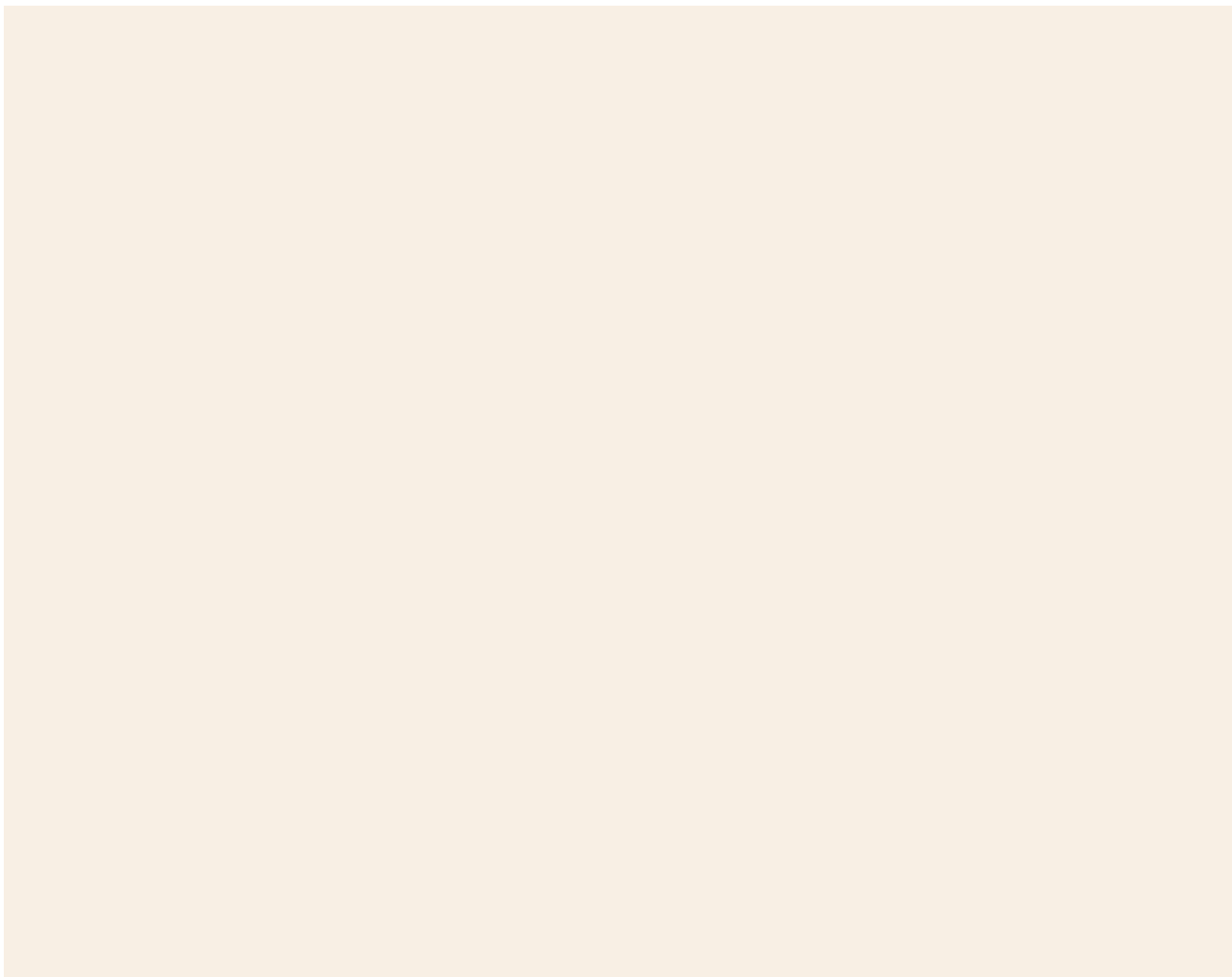
Choose one of the behavioral changes from the list you created above. Let's strategize how you can make it happen with great results. It involves thinking small. For example, if you wrote "exercise everyday for one hour", cut that in half: exercise 30 minutes a day. Now cut it in half again: exercise 15 minutes a day.

Another example. If you wrote "positive language without complaining", cut that in half: positive language without complaining while at work. Now cut that in half again: positive language without complaining at work for the first three hours of the day.

Trust me, cutting your goal into quarters will make it possible! You can move your body 15 minutes a day right? You can use positive language for just three hours a day, right? These goals are so small, you might be tempted to keep your goal big. That is your mind trying to set you up for failure! Resist the temptation of your brain to keep you at status quo!

Keep working on your goal until you have a small, specific, measurable goal, that can be checked off at the end of the day. For example. "Exercise 15 minutes a day" is too vague. Write very precisely what you will do and when: "walk 15 minutes a day, to the park and back, at noon, right before lunch." Your brain might argue that you need to keep things "open" because sometimes your schedule gets away from you. This open schedule leads to failure. If a true emergency arises (there are very few in life), you could reschedule for later in the day. With a specific plan, you are more likely to keep your boundaries and stick to your goal.

Urgent tasks will always be waiting for you, so best to keep your exercise schedule!



Schedule

Now you schedule your change! With all seriousness, you must write it on your calendar! This is one of the most important steps in manifesting! Setting aside time for your dreams to manifest shows that you are serious about making change and devoted to your future self. You may be tempted to skip this step - resist this urge!

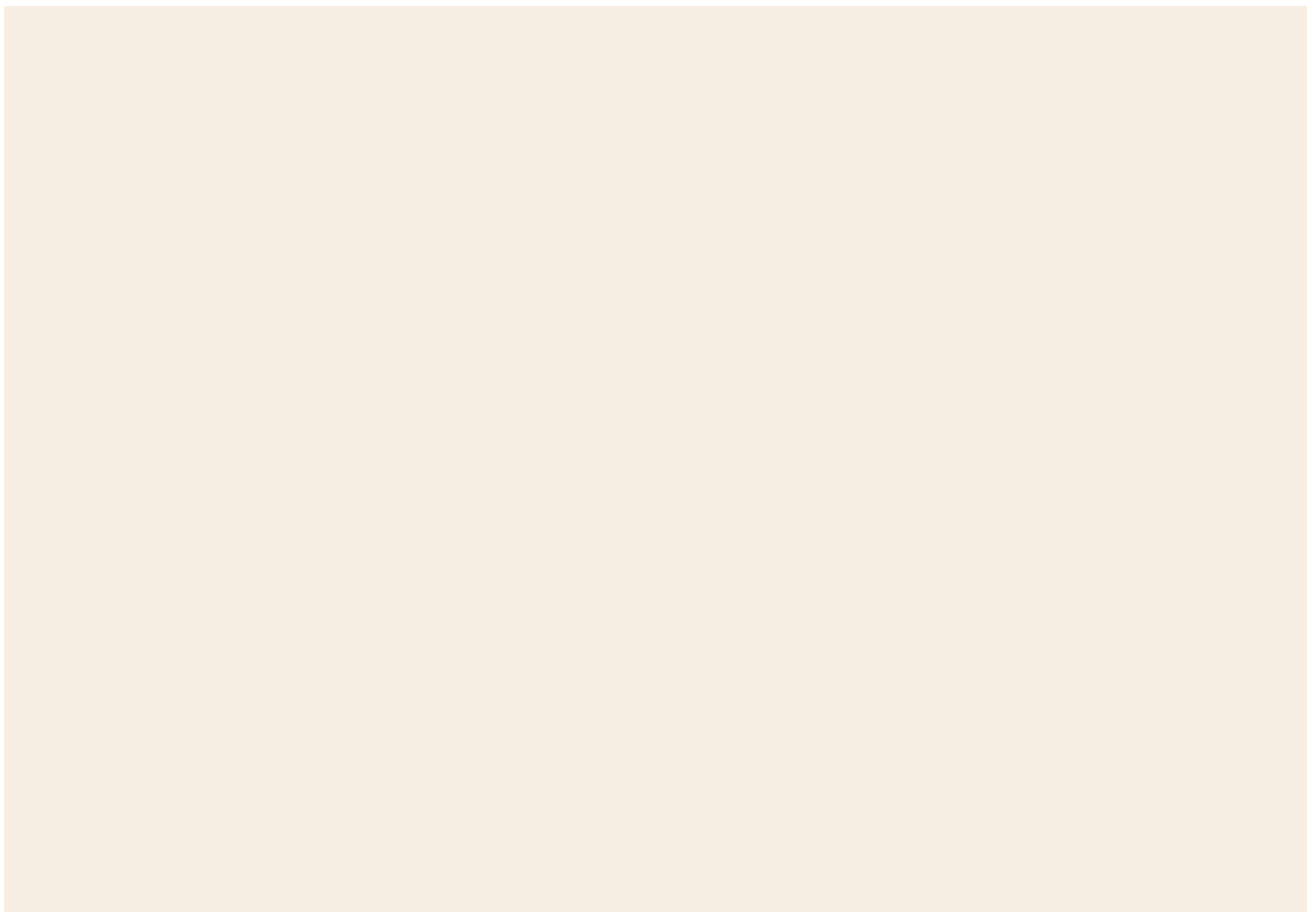
You might be surprised at these instructions. Schedule four days at a time. That's it - only four days. You can exercise four days in a row, right? You can speak positive language for three hours a day, four days in a row, right? On day four, schedule the next four days.

These goals should feel small, completely manageable, and require attention without too much effort. If the goal seems almost too small, you are exactly on track! Your brain will start telling you "This will never work with such little effort." This is a lie your mind has created to ensure you stay the same and avoid change. Avoid listening to these thoughts, which will keep you stuck and unchanging. Taking on a large goal has likely led to failure in the past. Do it differently this time! Remember to pair your change with an existing habit such as brushing your teeth, walking the dog, having breakfast, etc.

Use the calendar on the next page to write your goal. At the end of each day, draw yourself a little star when you accomplished the goal. If you think star charts are only for children, think again! See how good you feel with your own star chart - research says you will feel accomplished! There are more copies of the calendar at the end of this book - print out a month's worth.

If you have doubts about the process of scheduling your very small change, write about it below. Notice you are arguing in favor of staying the same and arguing in favor of your own failure. Write about how you can set boundaries with yourself and others to keep your manifestation schedule.

Plan ahead for this!



MY WEEK

MON

DATE:

TUE

GOAL

WED

THU

COMMENTS

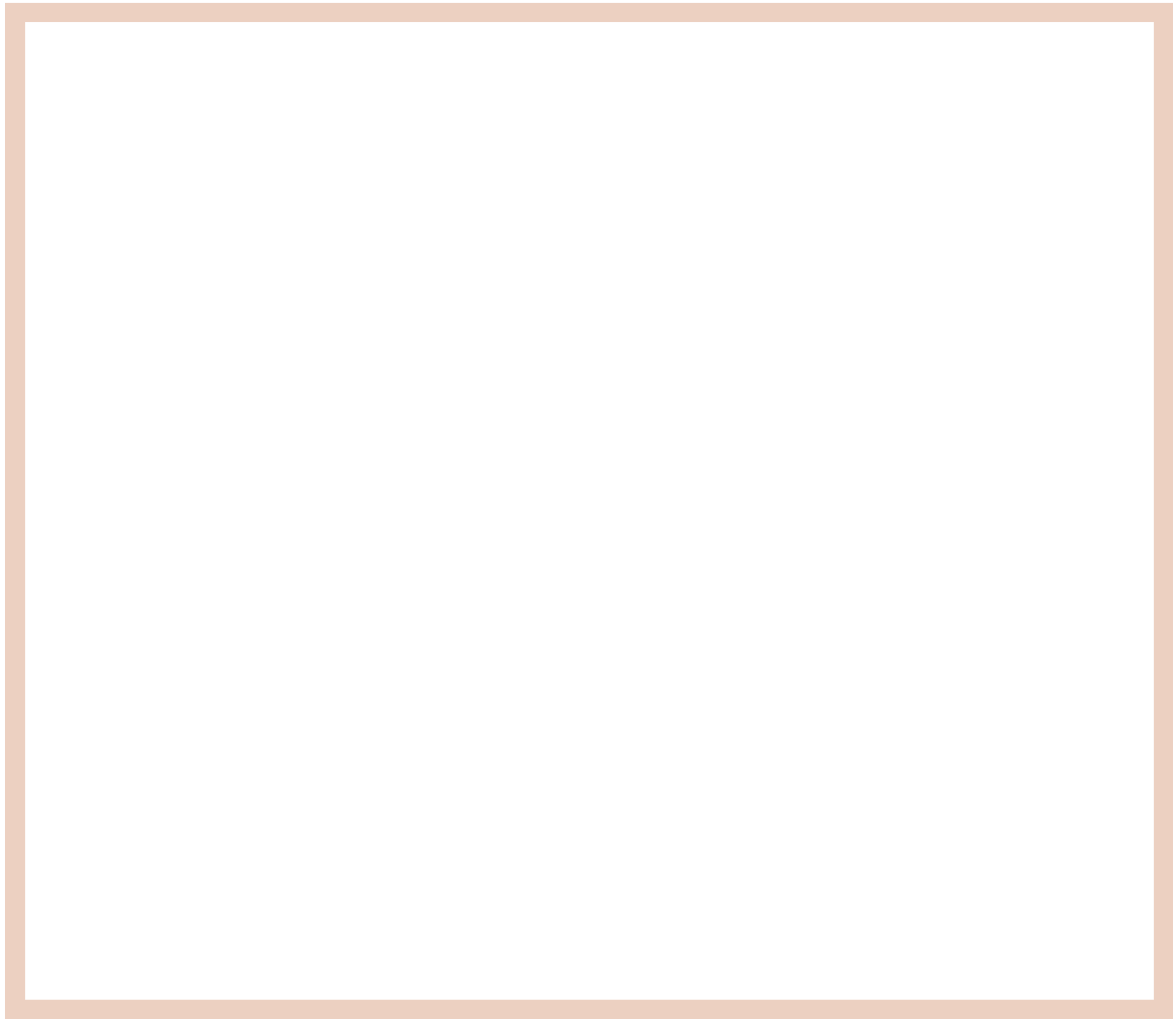
FRI

SAT

SUN

Visual Expression

Take a few moments to show some aspect of scheduling your dreams and using boundaries to keep your promise to yourself. Use lines, shapes and colors to show your feelings. This may range from just one line to a fully fleshed-out, abstract or representational picture. Avoid thinking too long about it and be spontaneous. This will help you connect to your success strategy on a deeper level and hope you bring your dreams to the world. Enjoy the process of creating and don't worry about the finished product. However you do it will be great!



Title:

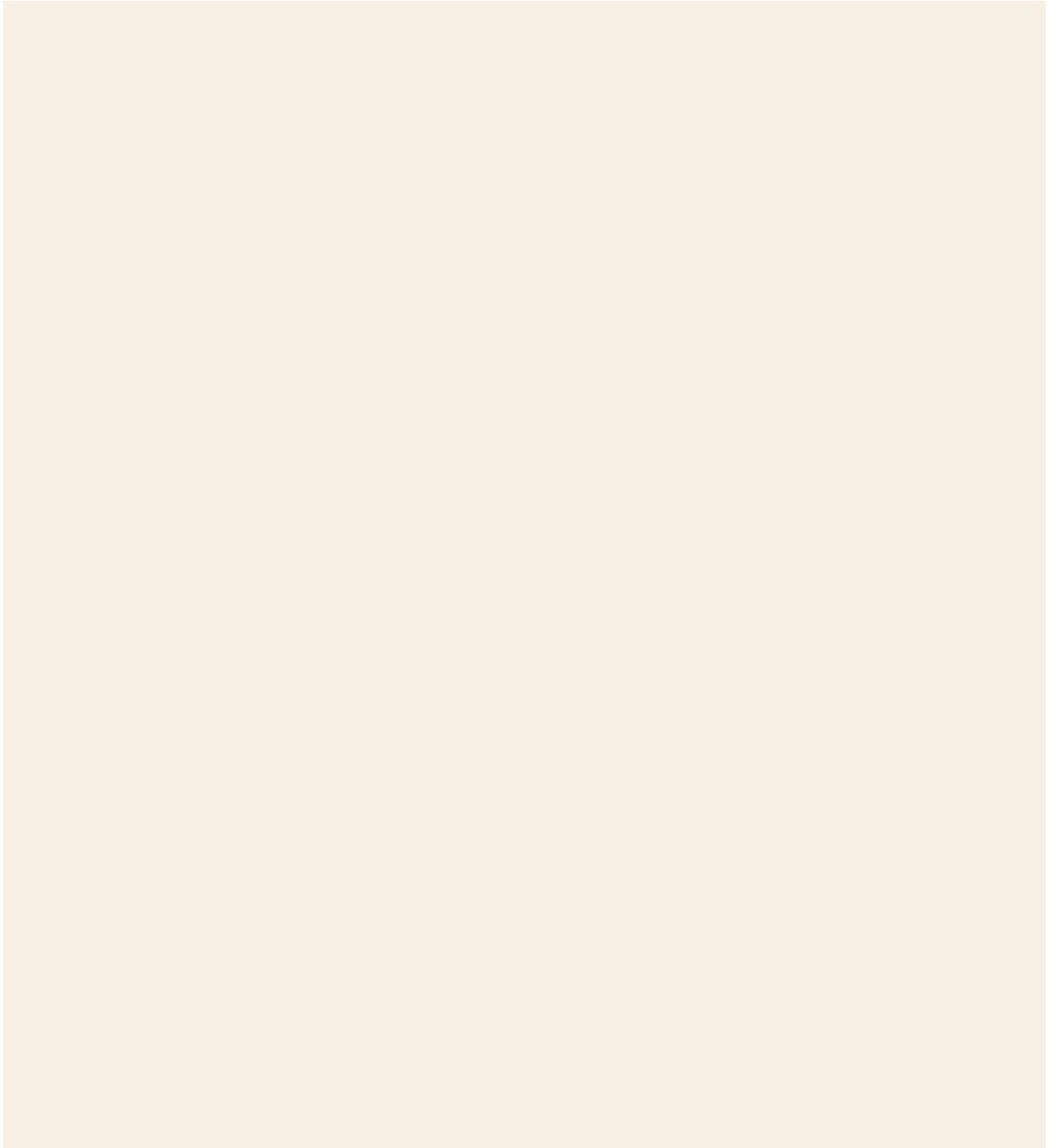
Three words or phrases to describe your art.

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-
-

How do you feel?

REFLECTION

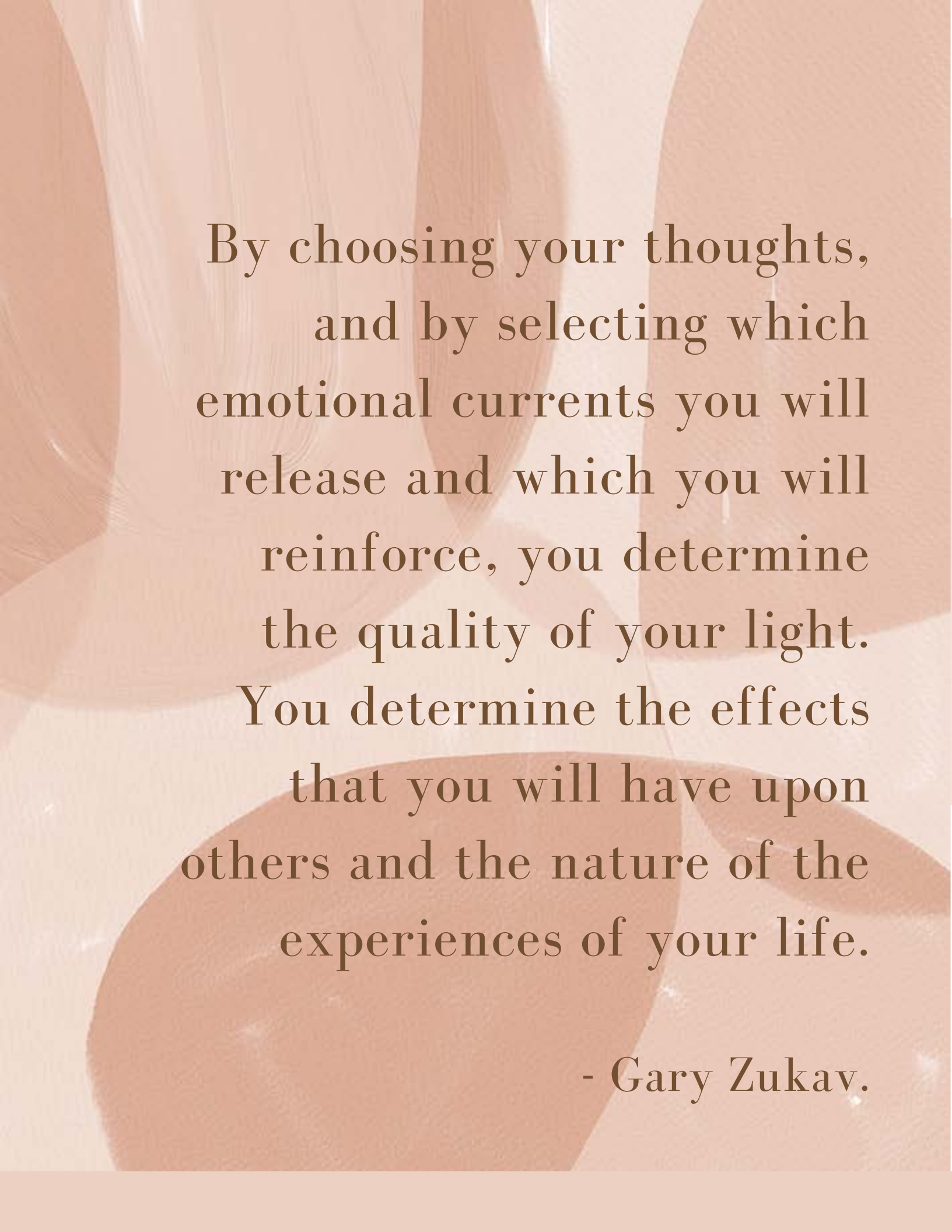
Reflect on what you have learned about your dreams and manifesting them in the world. What do you know about yourself now? How will you ensure you stick with your daily commitment? What boundaries will you set up? Remember, manifesting your dreams is a real gift to you AND everyone around you. As a person who pursuers their dreams, you become an inspiration to others around you. Notice your thoughts, feelings and actions in alignment with manifesting your dreams.





What is next?

Go confidently in the direction
of your dreams. Live the life
you have imagined.
- Henry David Thoreau



By choosing your thoughts,
and by selecting which
emotional currents you will
release and which you will
reinforce, you determine
the quality of your light.
You determine the effects
that you will have upon
others and the nature of the
experiences of your life.

- Gary Zukav.

CELEBRATE!

You have completed a month of manifestation. Congratulations on all your progress! What new thoughts will you keep? What new actions will you take with you into the world? I am delighted you joined this community of people who are living more compassionately and making the world a better place. Manifesting your dreams through your committed actions is part of creating a better world. Imagine if everyone knew how to manifest their dreams...the world would be a happier place indeed!

If you are excited about continuing this work, reach out to The Art Therapy Center of San Francisco for more workshops. Consider the Women's Search for Meaning signature packages, or individual psychotherapy and mentoring.

It was my pleasure to share the evidence-based information which has helped people all around the world manifest their dreams. I look forward to hearing from you about what you learned in this workshop. I hope to see you in future workshops and you can reach out to set up a 20 minute consultation to see how you can continue living a life of joy and meaning. It is my wish that you continue to engage in the process of self-discovery with curiosity and compassion!



Amy Backos, PhD, ATR-BC
Licensed Psychologist & Board Certified Art Therapist





RESOURCES

To accomplish great things we must
not only act but also dream, not
only plan but also believe.
- Anatole France

RESOURCES

01

Art Therapy Center of San Francisco
Center for creative expression, psychological
wellness, positive psychology and value-based living.
Email for complementary 20 minute consultation.
Arttherapycenter.com Amy@amybackos.com

02

Instagram: [@dramybackos](https://www.instagram.com/dramybackos)

Join me each Friday at noon PST while I gently
guide you to strategies to live a meaningful and
joyful life.

03

You Can Heal Your Life

This best selling book by Louise Hay offers a
philosophical and spiritual approach to self
compassion and healing.

04

Finding Your Way in a Wild New World

A meaningful book by Martha Beck, full of
interesting stories and ways to approach the
question of what you can be doing with your one
"wild and precious life".

MY WEEK

MON

DATE:

TUE

GOAL

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MY WEEK

MON

DATE:

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