




# Manifesting Change

week 1

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

- Maya Angelou

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# About *your* instructor

Amy Backos PhD, ATR-BC

- Registered and Board Certified Art Therapist
- Licensed psychologist
- Author & educator
- Present, teach and study nationally / internationally
- 25 years experience
- What I enjoy: family, dog, knitting, reading, learning, art, alone time, cake, being of service, fashion, urban hiking, writing, running, waking up early.

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**What do you hope to gain from this  
workshop?**

**Put your answer in the chat.**



# Housekeeping

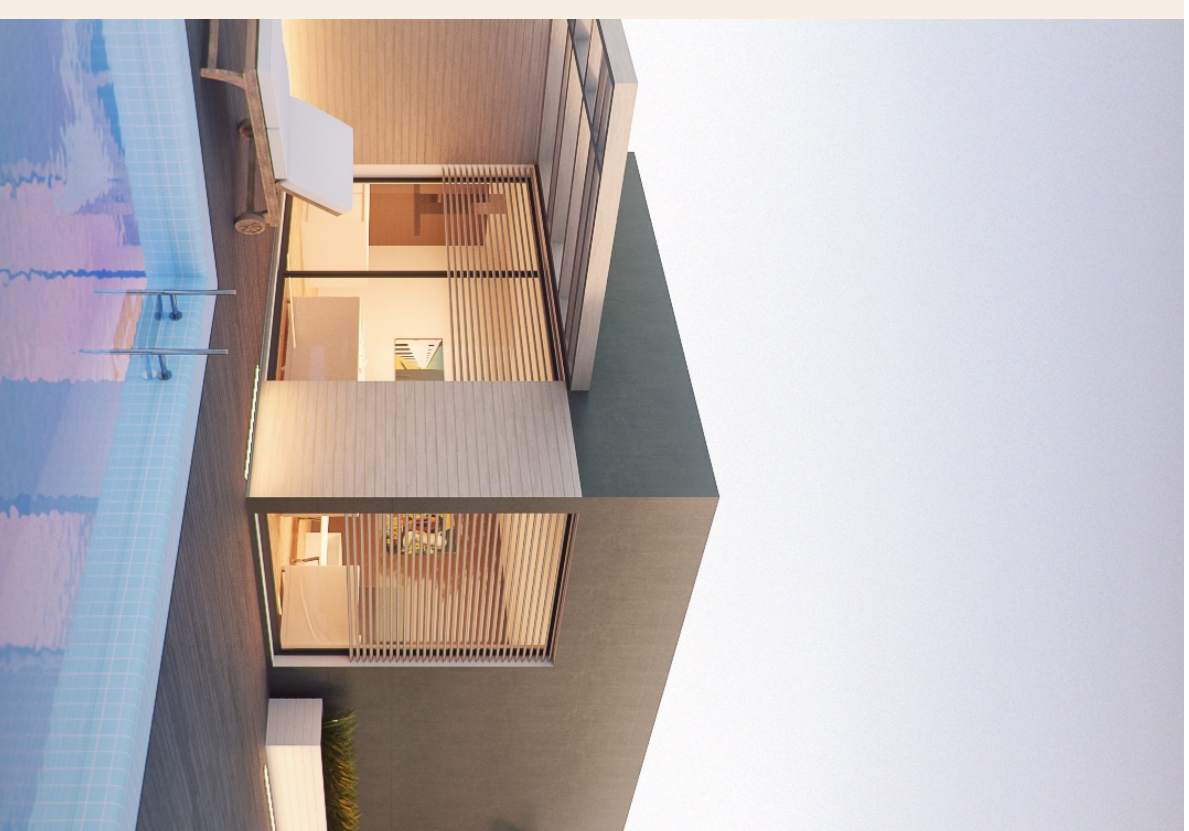
Be kind, positive and respectful in the chat. Share solution-focused ideas about what works for you. Avoid negative venting, complaining, or problem-focused sharing. Everyone is welcome here.

This book and classes are for education and inspiration. This is not therapy and participating does not constitute a therapeutic relationship.

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# What You Can Expect



## Knowledge

Understand joy and  
how to cultivate it.



## Tools for Change

Learn proven  
techniques to  
move towards  
your values and  
more joy.

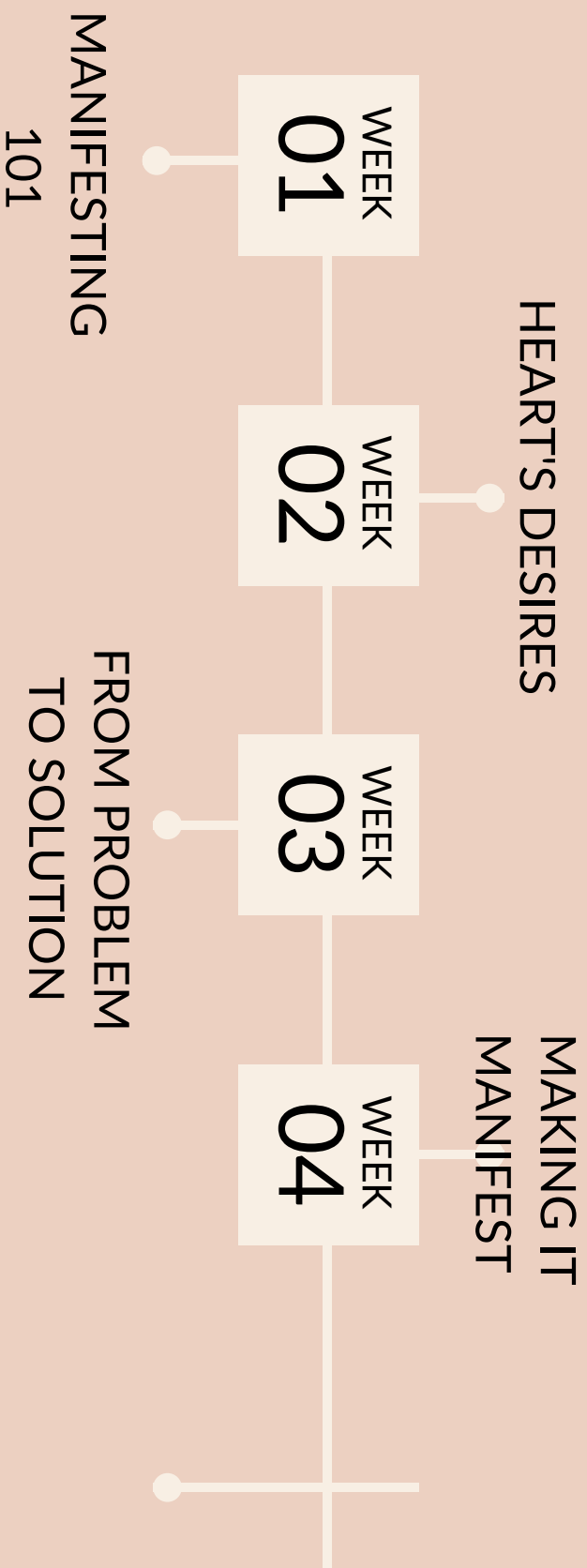


## New Relationship to

### thoughts

Daily practice of  
writing, art, and  
scheduling.

# Timeline





**What is one thing you would like to  
change about your life?**

**Put your answer in the chat.**

A close-up photograph of a dandelion seed head. The seed head is brown and textured, with several long, thin, white seeds attached. The seeds are blowing away from the head, creating a sense of movement. The background is a soft, warm-toned gradient, possibly a blurred face or a natural setting, which adds a contemplative and artistic feel to the image.

# What is Change?

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# Defining **CHANGE**

- Action or instance of making.
- Becoming different.
- Replace something with something else that is newer or better.
- Substitute one thing for another.







# What **CHANGE** is...

- Choosing what you want tomorrow to look like.
- Selecting your future.
- Not allowing things to just happen to you.
- Not allowing time to just pass you by.



Consciously  
acting,  
in line with your  
values,  
to select and live  
a life you love.





# Manifesting 101

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# **Manifesting goes by Many Names**





# Creativity

Creating  
Building  
Actualizing  
Magic  
Miracles  
Manifesting  
Blessings  
Externalizing





# Psychology

Externalizing

Acting on Insight

("ah-ha" moment)

Accomplishing a goal

Post Traumatic Growth

CBT: Behavior Expression

ACT: Value Based Behavior



# **Psychological Jargon**

**"Successive approximation  
towards the goal"  
GETTING CLOSER!**

**"No longer meeting  
Diagnostic Criteria"  
FEELING BETTER!**

# **Manifesting is**

- display or show a quality or feeling by action or appearance; demonstrate.







# **Manifesting is NOT**

- Only thinking positive thoughts.
- Making things happen by thinking of them.
- Only meditating.
- One dimensional.

# **Manifesting requires far more than...**

Wishing

Hoping

Thinking

Looking at pictures

Saying mantras

Waiting







**Manifesting requires**

**clarity**

**focused attention daily**

**commitment**

**action**

**persistence**

**patience**



# **Manifesting something we like from nothing**

Create: knit, draw, paint, etc.

Words: Speak kindness, write

Make money

Fall in love with self/others

Pray & meditate

Cultivate joy (Happiness for no reason)

Love your body

Meaning

Act on your purpose



## **What is a favorite way you manifest?**

art, speak kindness, write, make money, fall in love with self/others, pray & meditate, cultivate joy, love your body, focus on meaning, act on your purpose

**Put your answer in the chat.**





# **Manifesting something we dislike from nothing**

Complain, unkind words, yell

Focus on external/Ignore internal

Judge/blame others

Recall sad memories

Lack of movement, no exercise

Ignore mental health/purpose

Believe someone else will fix/save

Hate our body

Use awareness to judge ourself

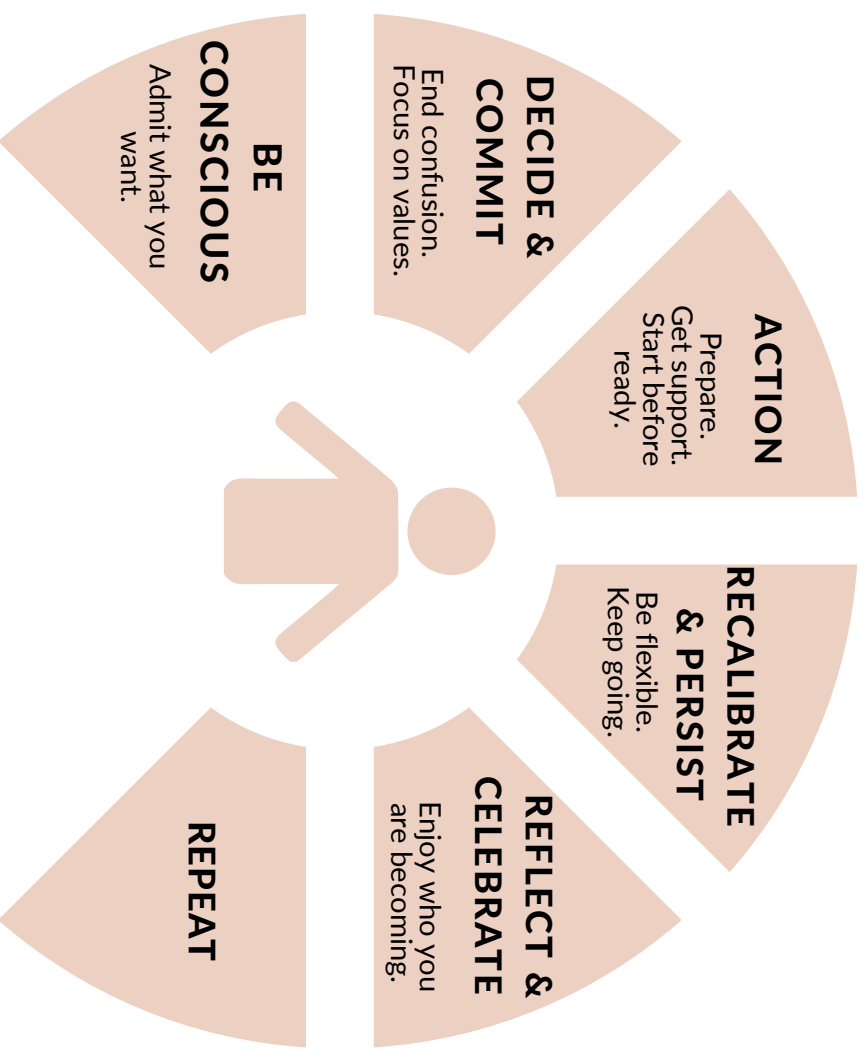


# Guide to Manifesting

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# Stages of Manifesting

Stages apply to big & small goals.  
Use these steps over and over.





# **1. Be conscious of what you want.**

- Admit what you want.
- Let go of confusion.
- Make time to know yourself.
- Do the work necessary to allow desire.





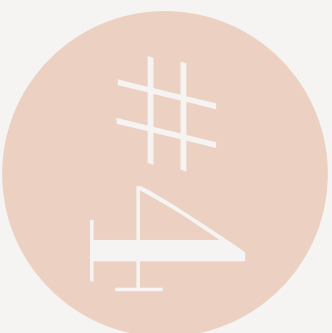






# YOUR FUTURE SELF





**Describe your future self.**

**Where were you? What were you doing, feeling, saying, wearing?**

**Write for 5 minutes.**





# What was most exciting about your future self?

(doing feeling, saying, wearing, location, etc.)

Put your answer in the chat.



## **2. Decide and Commit.**

- Make a decision about what you want.
- Focus on values.
- Do the work necessary to release hesitation.





# Embrace ambivalence

- **VALUES:** Why is this really important to me? Why do I want this?
- **RELATIONSHIP TO SELF AND OTHERS:** What will be the sacrifice/drawbacks? Who might not like the change? What are my negative thoughts?
- Let go - Change - Ambivalence.



### **3. Action.**

- Prepare.
- Enlist support.
- Start before you are ready.





Action  
that is  
inspired  
from aligned  
thoughts  
is  
joyful  
action.

- Abraham Hicks



## **4. Recalibrate & Persist.**

- Be flexible in how you pursue your dream.
- Keep going towards your destination and explore many paths to get there.
- Keep going.



Ready for  
the secret-  
sauce of  
manifesting?

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Keep Going!

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# **The Secret to Manifesting KEEP GOING**

- even when you want to quit.
- even when you forgot why you are doing it.
- even when you feel self conscious about what others think.
- even when you want to be confused.
- each time your effort fails.

## 5. Reflect & Celebrate.

- Enjoy who you are becoming.
- The goal in obtaining each goal is to enjoy the process.
- Celebrate each small win - internally and externally.





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



Celebration  
is  
mandatory!

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# Why Celebrate?

- Moments of celebration make us pause, be mindful, and this boosts our well-being!
- Research says: when we stop to savor the good stuff, we buffer ourselves against the bad and build resilience!
- Even mini-celebrations plump up the positive emotions and make it easier to manage daily challenges that cause major stress.

Campbell, P. (2015) Psychology Today.



# Celebration Stoppers

- ☐ Work b/f play. Dinner b/f dessert.
- ☐ What is next? On to the next!
- ☐ I'll sleep when I'm dead.
- ☐ Just be grateful for what you have.
- ☐ Who do you think you are?



# How to celebrate

- Notice! What is going well? What do you like? What did you achieve?
- Move out of routine. Get out of auto-pilot, pause, go someplace else.
- Commemorate the moment. Light a candle, sing a song, special meal, high five and a smile.

Campbell, P. (2015) Psychology Today.





# **Benefits of Celebration Gratitude**

**Better sleep**

**Better immunity**

**Higher self-esteem**

**Decreased stress**

**Lower blood pressure**

**Less anxiety and depression**

**Stronger relationships**

**Higher levels of optimism**



An aerial photograph of a wide river with a large dam in the center. The river is a deep reddish-brown color. The dam is a long, low structure with a series of small, repeating arches. To the left of the dam, there is a smaller bridge with a single arch. The water flows from the top of the image towards the bottom, creating a sense of movement. The sky is a pale, hazy blue.

Celebrate!



# What will you celebrate today?

Put your answer in the chat.



# The Practice of Making Change

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# Make a Commitment

**noun:** the state or quality of being dedicated to  
a cause or activity

**verb:** actions which reflect your values

- **Committed action** is behaving in a way of your choosing. And this month, you choose change!
- **Behavior change** includes creating opportunities to respond differently & lots of decisions to persist at chosen actions or alter how you typically respond.

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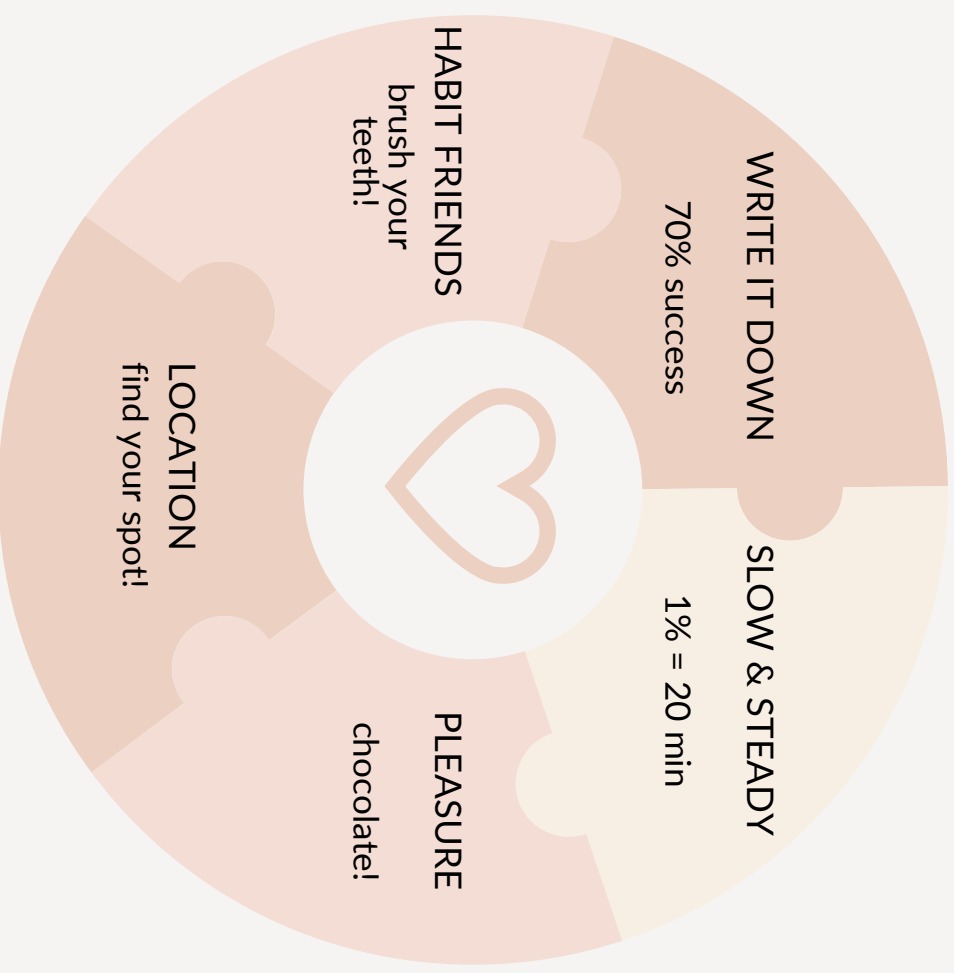


# Research says...

## Success follows a pattern:

If you have If you have had difficulty with consistency in the past, don't worry! This time you will succeed using the best psychology research!

You will learn and use all of these tricks for success this month.



# Committed Action

- Commitment of 1% of each day this month
- 20 minutes a day
- Are your values important enough for you to set aside time for conscious change?

**YES!**

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Committed Action



# Homework Example

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# Your Inspired Action

20 minutes a day will give you more than enough time to complete tasks this week.

1

**Cool Manifestations.**

2

**How do you Manifest?**

3

**What to Manifest.**

4

**Creative Expression & Reflection**





# Cool Manifestations

pg. 23

- Document the cool and amazing things you have already manifest. Whatever enjoyable parts of your life exist, you had a role in creating!
- 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?
- Make a long list here about how much goodness there is in your life!



## **How do you Manifest? pg. 24**


- 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?
- What strategies did you use? (Think? Act? Get help? )
- What worked?



# **What to Manifest and How**

**pg. 25-26**

- Brainstorm what you might want to manifest - just practice!
- You will do this exercise more precisely later on.
- Have fun! Be patient.
- "Brainstorm" and How are two different exercises.
- Do not jump back and forth - one at a time!



# Visual Expression

pg. 27

- Show what a happy manifestation looks like to you.
- It could range from just one line to a fully fleshed-out, abstract or representational picture.
- Be spontaneous.





## **Week in Reflection pg. 29**

- 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.
- Avoid judging yourself for what you did or did not do this week.

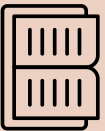


**How do you feel about making a  
conscious choice to manifest the  
future you want?**

**Put your answer in the chat**

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# What To Do Next



## **Review**

Review pages 2-19 in your workbook.



## **Make the commitment**

Schedule 20 minutes a day & write on your planner.  
Complete commitment worksheet on page 12.



## **Week 1**

Read and complete Week 1 exercises and complete worksheets.



# Want More?

For supplemental inspiration about your values and self kindness, find me each Friday at noon

PST on IG live @dramybackos

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Thank you!

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