

# WHY AREN'T MY MANIFESTATIONS COMING?

## REASON 1:

**YOU HAVE THE TOOLS TO MANIFEST, BUT YOUR ENERGY, THOUGHT PATTERNS, AND BELIEFS TO NOT YET MATCH THOSE OF THE PERSON YOU DESIRE TO BECOME.**

Manifestation is taught by the media to seem like it is all vision boards, meditating, journaling, and gratitude lists. While these are incredibly helpful tools for manifestation... if you're using them and your thought patterns and beliefs don't align with the future you desire, your manifestations won't come.

You must already embody the energy, thought patterns, and beliefs of the person you desire to become.

Example: If you want to manifest more \$, but you're talking crap about money all the time and you're judging the people you see who have \$ and luxurious things... you aren't embodying the energy of someone who has more \$. Instead, you're saying to the Universe, "If I attract more \$, then I would become someone I would judge."

You're blocking yourself. You must reframe your limiting beliefs around what you want to attract. Visualize the person you desire to become, and ask yourself, "What would she say instead?"

Takeaway: What you want to manifest must match what's inside of you. You cannot out-manifest your subconscious beliefs. Write your limiting beliefs below. Then, write a more loving version of these beliefs that align with the future you desire. How does that feel?

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## **REASON 2: YOU ARE DESPERATE FOR YOUR MANIFESTATIONS.**

Manifestations only come when we ask the universe for them, we intend for them, and we trust that they're coming in divine timing without obsessing over them. NOT when we "need" them.

Example: When I was working at my 9am-5pm (\*7am-7pm), I dreamed of manifesting a job from which I woke up PUMPED for the day, felt fulfilled, and had control over my schedule. But in order to manifest that, I had to get comfortable with the worst case scenario. What would happen if my manifestation didn't come? What if I ran out of \$? What if I completely failed?

Solution: I decided that I would create happiness with myself and my life that was detached from whether this all worked out. Worst case, if my manifestation didn't come, I would choose to see it as an important lesson.

For whatever it is that you desire to manifest, intend for it, trust that it's a part of your future, and avoid desperation. Find other sources of daily joy that you can cultivate in your life. Your happiness comes from within!

Takeaway: Are you desperate for your manifestations? Are you basing your happiness on whether or not they come? What are 3 things you can do to create more joy in your life separate from your desired manifestations?

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## **REASON 3:**

### **YOU HAVE NOT YET MADE SPACE FOR YOUR MANIFESTATIONS.**

You must first clear things out so that you can receive things that are better! This could be external things (e.g., relationships, obligations) or beliefs that are no longer serving you.

Example: You want to manifest soulful friendships... the ones that light you up, enrich your life, and make you feel so good about yourself... but you are still holding onto toxic friendships.

Example: You want to manifest a romantic partner, but you haven't made space yet. Does your schedule allow time for a partner? Or even for yourself? Are you still holding onto unresolved feelings (positive or negative) for an ex?

Takeaway: Your beliefs, thoughts, and ACTIONS must align with the future you desire in order to manifest. If they don't currently align - that's okay! You've just got some cleaning out to do. Is there anything (external or internal) that can be cleared out to make space in your life for your desired manifestations?

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## **REASON 4: YOU ARE IGNORING THE LESSONS.**

The Universe is always working FOR you and not against you. If you're not yet a vibrational match for your manifestations, the Universe will always send you a lesson or opportunity for growth so that you can become a vibrational match.

It's all about how we respond to the obstacles. If a hardship is thrown your way, and you complain about it and fall into victim mode (e.g., "WHY ME?!")... instead of asking yourself, "Is there a lesson here that the universe is trying to teach me?"

... the universe is going to keep sending you the same lesson over and over.

Example: You say you want to invest in yourself this year, but then an opportunity (financial or otherwise) comes up to do so, and you don't invest! Maybe because of fear? You're missing an important lesson here. Are you actually that committed to this?

Example: You want to manifest a romantic partner, but you keep staying way too long in unhealthy, unhappy relationships where you're not getting treated the way you want to be treated. Is there a lesson here? Maybe about how you feel about your own worth?

Takeaway: Everything that is happening to you - good or bad - is happening for a reason. Use the obstacles as an opportunity to uplevel. What are some lessons you've been avoiding?

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## **REASON 5: YOU ARE NOT READY FOR YOUR MANIFESTATIONS.**

The question to ask yourself: "If my manifestations came tomorrow, would I be ready for them?"

Example: If I had manifested the success I dreamed of when working in health coaching, I would NOT have been ready. I didn't have confidence in my impact, hadn't healed my own relationship with food, and wasn't fully committed to starting a business.

Example: You want to manifest \$1k, but you truly don't know what you would do with \$500.

Example: You want to manifest that beach vacation (ayyoooo), but you don't even have a suitcase or passport yet.

Takeaway: Whether it's something big like not being ready for a successful business, or something smaller like not having what you need to travel... what can you do to GET ready for your manifestations?