

Goals and Manifesting



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Can Manifesting Help You Reach Your Goals?



Whether it's New Year's resolutions or a resolve to improve your life any time of year, manifesting can give you the motivation you need to reach your goals.

The secret with any success program is to "Start with the end in mind," as Stephen Covey would say.

When you work to create change in your life, whether it's to lose weight, to exercise more, to get organized, etc., the magic happens when you begin with a clear picture of what it is you are trying to accomplish.

Take a moment to see yourself in the new situation you want to bring to pass. If it's to have a new home, let your body feel what that feels like. In your mind's eye, take a virtual tour of your new home, your new fitness level, your new habits.



The key to staying motivated as we teach our bodies new habits is to believe our end result will surely come to pass.

The key to failure is to doubt this fact.

If success were sure, who wouldn't keep at it?

It's when we falter in our beliefs, when we allow contrary thoughts to enter our minds—that our motivation is challenged and often we succumb to our old beliefs, our old fears.

"You've failed at this before, why would this time be any different?"

"This is so much effort, and I probably won't make it anyway."

These are toxic thoughts that will leak away your resolve and you WILL be left with same old, same old.

But if you begin believing this time you will change, this time the habits will stick, THIS TIME, you will have the results you desire,be it according to your belief.

If you are a Harry Potter fan, you might remember in ***The Prisoner of Askaban*** that Harry must learn to ward off the Dementors. He has a chance to see a Patronus performed, and later realizes it was he who created the magnificent Dementor repellent. He goes back in time to that same moment, and this time performs with confidence. Why? Because "I already had," says Harry.



In like manner, when we make use of visualization and feelings, when we put ourselves in the energy of who we are trying to become, we give our bodies and minds a preview of what will come to pass. When we hold true to this belief, we get the results we desire. We learn to act from that magical place of knowing our success is sure. Why? Because we "already have."

Let manifesting help you shape your life into one that suits you, one that brings you great joy. Do you know what that looks like? Do you KNOW what you want to create?

Simply knowing is half the battle.

Most people don't really know.

Take some time with you. Ask yourself the tough questions:

What do I want from life?

What do I want to create?

What would I like to change about my life?



Then, become as a little child, and let your imagination soar. Remember the art of day dreaming. Let yourself be swept away in your thoughts and fantasies.

*What does your new life feel like? Look like?
Taste like? Smell like?*

*How does it affect you on a daily basis?
When you look in the mirror? When you take
that flight of stairs? When you crawl into bed
at night?*

Create the life you desire in your mind now. Give yourself that sneak preview that assures your success. Define the reality you want. And then hold to it. Trust that the new life you are creating is definite, will surely come to pass.

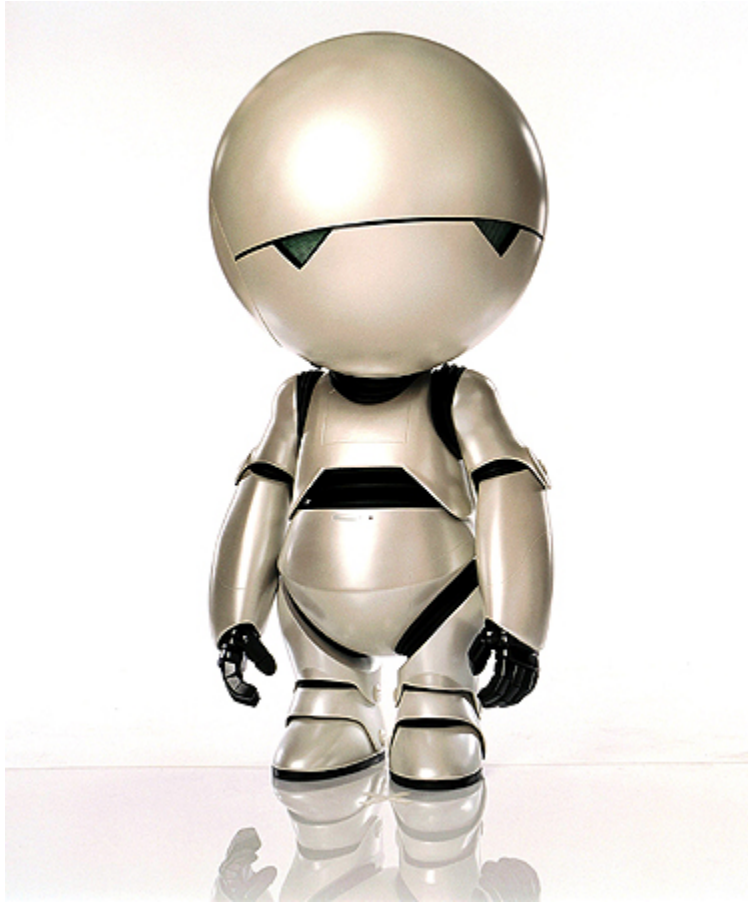
And then live your life from that creation. Live in that knowing that success is assured.

People most often fail to reach their goals because they stop trying.

And why do they stop? Because they believe in their own failure more than their success.

As the Marvin, from *Hitchhiker's Guide to the Galaxy* would say:

"What's the point?"



A belief in failure will drain you of motivation and enthusiasm.

A belief in success will fuel your dreams into reality.

Let the power of manifesting aid you in reaching your goals.

You can learn more about manifesting
at www.EverydayManifesting.com.

Sending Love and Light,

Apryl