

Dream, Believe, Do!

A Workbook Dedicated to
Manifesting Your Best Life

Jill Featherstone

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Believe,
Do!*

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Manifesting Your Best Life

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Jill Featherstone
P.O. Box 92
Grand Rapids, MB Canada R0C1E0
www.jillfeatherstone.com

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The author of this workbook does not dispense counselling advice or prescribe the use of any one spiritual or religious belief as a means to remedy physical, emotional, or mental problems, directly or indirectly. The intent of the author is to offer information based on research as well as experiential findings to help people in their quest for well-being and living their best life.

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This workbook is dedicated
to the dreamers,
the believers and the doers.
Grab hold of the magic
and don't let go!

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Section ii: Affirmations

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Introduction



Introduction

If you answer **"YES"** to any of the following questions, then this book is right for you!

___ Do you ever look around at your life and think, *I'm grateful for all that I have, but I just know there is more out there waiting for me?*

___ Do you ever wonder if there is a possibility that just maybe you CAN achieve the life you want?

___ Do you ever think about setting yourself on the path to chasing your dreams, but just don't know where to start?

___ Do you end up putting your ideas on the back burner because they seem to show up as unorganized chaos?

If any of the above ring true, I am glad this manifestation workbook found its way to you!

In the next few pages I am going to share tips and tools that I have learned over the years to manifest your goals and make your dreams a reality.

All that I ask of you is **commitment**; not to me or to this book, but to yourself and your dreams.

You won't be sorry!

I have broken down this book into **3 sections**:

i. Goal Setting

ii. Affirmations

iii. Manifestation Journaling

Each section can be done on its own, and each practice
is highly effective; but when combined,
they are **magical!**



***The best time to plant a tree
was 20 years ago,
the next best time is NOW!"
~Chinese proverb***





Section i: Goal Setting



Goal

Setting

What is a Goal?

A goal is a **dream with a deadline!** But more specifically, a goal is a desired outcome that you commit to achieving within a set timeframe.

Did You Know?

- Only 13% of people have clearly defined goals.
- Only 3% of the 13%, actually have their goals in writing.
- These 3% have the most comfortable incomes, lead the most meaningful and exciting lives and find happiness within each day.

»»»»»»» which % do you fit into?

The reason that most people are not actively setting goals is **not** because we do not have the desire to achieve our wants.



It is simply because we don't spend enough time strategically thinking about where we want to go or what we want to do, achieve or have.

Setting goals helps us **organize, prioritize** and **focus** our dreams and desires. They give us something to strive toward and keep us moving forward. Goals also give us the extra motivation to pick ourselves up when life knocks us down.

Goals can be **large**, like "what do I want to achieve in a lifetime?" Or they can be **small**, like "what do I want to accomplish today or by the end of the week?"

Lifetime Goals are goals that you would like to achieve over your lifetime or in 5 + years.

Ex. Own a home, obtain a degree, write a book.

Long term Goals are goals that you set over an extended period of time: 6 months, 1 year, 2 years.

Ex. Lose weight, finish a program, get a license.

Short-term Goals are goals that you set over a shorter period of time: daily, weekly, or monthly.

Ex. Organize my closet, quit smoking, eat healthy.

Steppingstone Goals are a series of smaller goals that help us move toward our larger goals.

Ex. Larger goal: graduate from University. Stepping-stone goals: apply, find an apartment, apply for student loan, find childcare, create a budget.

Important: When goal setting, make sure that your goals are something that you really want and not just something that sounds good or like a goal.

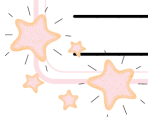
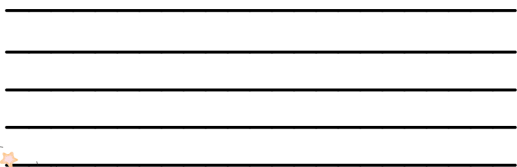
Goals are achieved *faster* and are more *rewarding* when they are *meaningful*

And **don't be afraid of being laughed at!** In fact, take it as an indication that you are on the right track. Some of the greatest inventions and accomplishments ever made were laughed at.


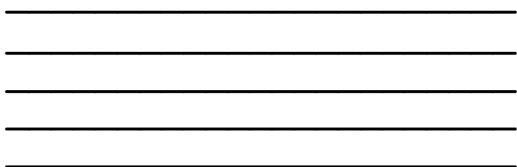
**"If people are not laughing at your goals...
your goals are too small"**

- Azim Premji

*what goals have you
achieved already?*



*what are some goals that
you'd like to achieve?*



*reach
for the
stars!*

Let's get Started!

First things first, your goals must be:

- Realistic - don't set goals that are silly or unrealistic. Ex. My goal is to become the Queen of England.
- Challenging - set goals that make you do some work for them. Ex. My goal is to gain 20 pounds of lean muscle.
- Achievable - set goals that you know are possible to achieve. Ex. My goal is to save \$5000 for a hot vacation.

Sometimes goals **change** and that's okay. Goals change because we change. Sometimes what we want for our life and our future grow and evolve as we do. The key is to keep moving forward. As long as we are moving forward, we are further ahead than we were yesterday.

"Life is like riding a bicycle.

**To keep your balance,
you must keep moving."**

- Albert Einstein



KEEP MOVING
FORWARD

Examining Our Goals

Write down a goal you want to achieve. It can be a short term goal or a long term goal.

*the goal I want to
achieve is...*

*I want this goal because...
this goal will give me...*

*I want this because...
this result will give me...*

This process is important because it makes our goals more **meaningful** and it shows us the **truth** behind our goals. Sometimes this process will end up changing our goal. Ex. Goal: Join a paint night, Underlying Goal: Get out and socialize more.

We should do this for ALL goals we set.

On the next page you are going to be asked to answer some very definitive questions, although you may not know the answers quite yet. So in order to aid you in this process, it's always best to brainstorm first.

Write down a goal: _____

I will accomplish this goal by:



In this space, **brainstorm** how you will achieve this goal by set date. What do you have to do daily, weekly, monthly? What help, materials, supports do you need? What life changes need to be made?

*Allow your mind to explore these questions and much more...

**"Begin with the end in mind."
~Stephen Covey~**

Clarifying & Strengthening

DO NOT skip this part — Answer ALL !!!



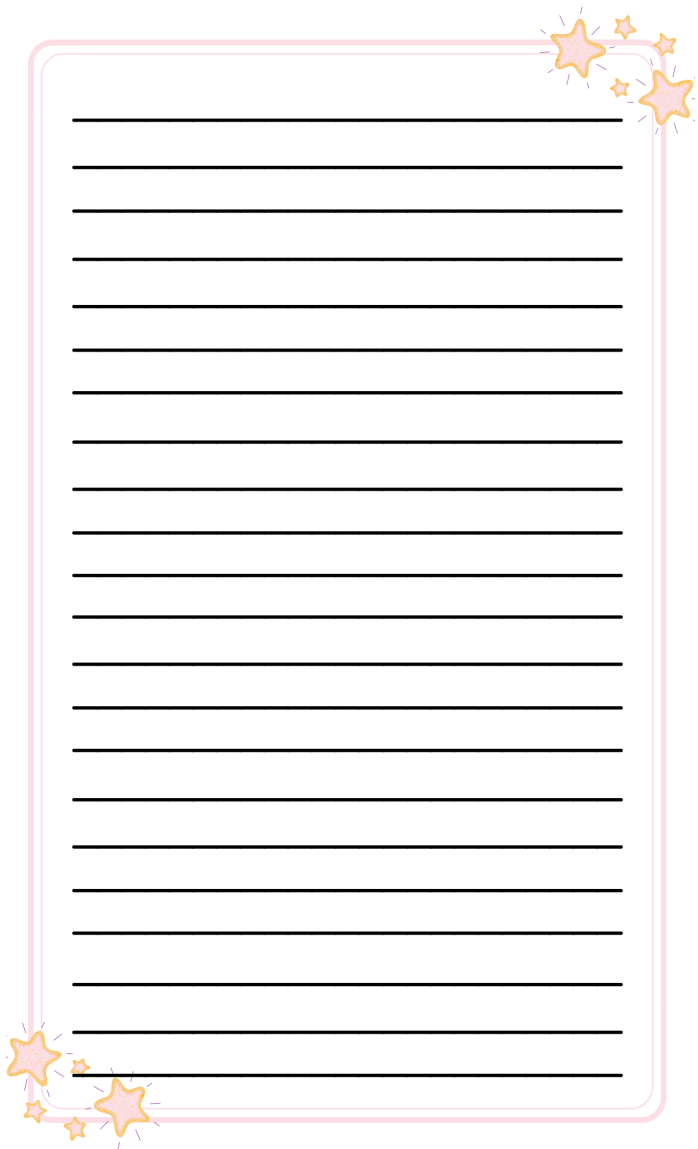
1. How long will this goal take to achieve?
2. What are some barriers that I might face?
3. How can I overcome them?
4. Who can I tell my goals to that will support me?
5. How long will I have to remind myself to stay on track?
6. What am I currently doing that supports my goal?
7. What could I be doing?
8. What steps do I need to be taking to achieve my goal?

Answer thoroughly! Writing steps is essential, just like a recipe or a roadmap.

Use the space on the next two pages for your answers.

Find some extra paper if you need it!





The Power of the Subconscious Mind

The next few pages will involve a lot of writing and some find this task tedious so they try skip over it. I'd like to take this time to explain why you shouldn't!

When we write down our goals, we are storing them in our **subconscious mind**. The subconscious mind is the part of your brain that stores anything you have seen, learned, heard and experienced. It has the power to retrieve information automatically and it is always working; even when you are not actively thinking about something.

For example, when we learn to read or ride a bike. We learn how to do it and then it becomes automatic. Meaning we do not have to consciously tell ourselves to put one foot in front of the other and push, or tell ourselves that in order to read we need to put each letter together and sound out the words each time.

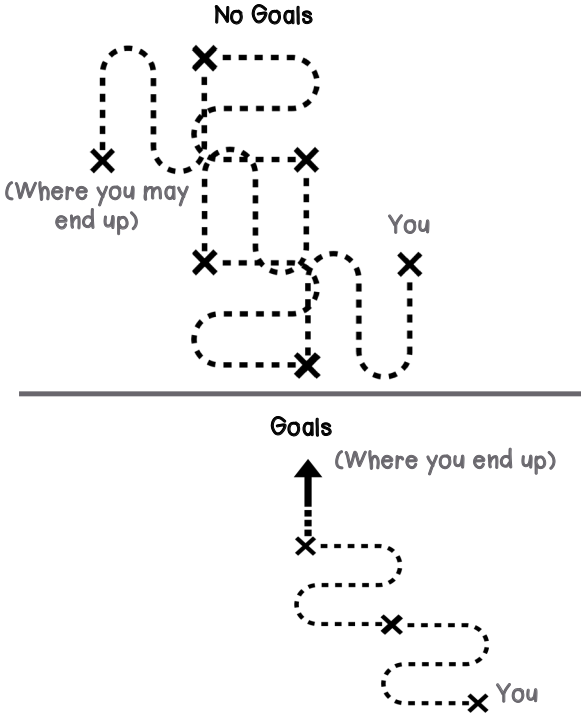
When we write out our goals and the steps we need to achieve them, we are creating a road map for the mind. We are giving our subconscious mind a set of instructions to carry out so that we will always be working toward our goals even when we are not intentionally thinking about them.

Your task is to create a roadmap for your mind. You will then rewrite the entire roadmap out on a clean sheet of paper that you can hang up somewhere or refer to from time to time. But the trick here is, by the time you are done, you will have written your goal & goal steps **3 times!** You will have also given your mind a visual snapshot of these steps.

As a result, your goal will become ingrained in your subconscious mind and if you lose this book or your roadmap, your steps have become embedded deep within for your subconscious to retrieve when needed.

No Goals vs. Goals

For those of you that need visuals (like me), here is a diagram of how your goals are working in your subconscious.



When you have a goal(s) you will always have a direction in life. You will have set backs from time to time and you will veer off course. But when you are ready to pick yourself up and continue, you will always have a destination and eventually **you will get there!**

MY ROADMAP TO SUCCESS...

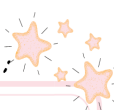

my goal is to:

*this goal is important to me
because:*

*this goal is important to me
because:*

*my goal is realistic,
achievable, and challenging
because:*

the amount of time I
need to achieve my goal:



I will remind myself to
keep on track:

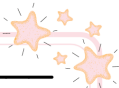

(every day, once a week, once a month, once a year? Write
down how often you need self-motivation)



the steps I will take to
achieve my goal are:



*the barriers I might
face are:*



*I will overcome
these barriers by:*

*the person who will assist
me in my goal is:*

(if you don't have anyone, write your own name)



**Re-write the roadmap in entirety on the next page &
add the following statement (or a statement similar)
to the end**



I have no doubt in my mind that I can achieve this goal and I believe in myself 100%, even when times get tough, because I know that storms don't last forever. I keep away from all people who do not support my goal or who don't believe in me. And I won't forget to enjoy the lessons and the gifts life brings me along the way.

[illegible]





Section ii: Affirmations



Affirmations

An affirmation is a statement you make that you believe exists or is **true**.

We make affirmations all the time without even realizing it, but too often they are negative. Ex: I'm fat, I'm stupid, I'm broke, I hate my life, I'll never catch a break!

Let's try making affirmations that are more positive and are things that we actually want for our lives.

Write down 3 things that you want. They can be material things, mental, physical, social things, achievements or accolades — Basically anything that is realistic. Ex: I want motivation, I want a car, I want to obtain a degree, I want happiness.

Your wants can be short and to the point, Ex: I want to own a house. Or they can be more detailed and descriptive, Ex: I want to create financial wealth and freedom to fulfill all my greatest desires.

Now you try...

I want...

I want...

I want...

Now, in order to turn your wants into affirmations you will need to remove the word '**want**' and replace it with a more affirming word such as: HAVE, AM, WILL...

Why?

Because 'want' means that we do not have it. Want means that it is out of our reach and that it does not really belong to us.

On the next page you are going to re-write your affirmations removing the word 'want' and replacing it with a word that will help bring your want into your reach.

Ex: I ~~want~~ **have** a new car

I ~~want~~ **will obtain** a degree

I ~~want happiness~~ **am** happy

You may ask, "Why would I say I *have* a car when I don't actually *have* a car?"

You do this because you are creating a new inner dialogue for your subconscious mind to obey.

If you constantly tell your self that you are without, that you lack, and that you are unhappy, your subconscious mind will give you more of that which you are affirming.

* Remember, your subconscious mind's job is not to think on its own but to carry out instructions. So take control and instruct your mind to carry out the things you actually want.

And avoid negative self-talk like the plague!

Now re-write your new affirmations removing the word want and replacing it with a word that feels right for you. If you do not feel quite ready to use the word have or am just yet, you can use: I intend, I will have, I am working toward, I am committed to...

>>>>>>>>> _____

>>>>>>>>> _____

>>>>>>>>> _____

The next step is to get into the habit of repeating them everyday.

This can be done each night before bed, while you shower, daydream, or look in the mirror, basically anytime you remember. You can repeat them once or you can repeat them over and over again. It will not be long before you begin to see your life moving in the direction of what you are affirming.

Why does this work?

Because the repetition of affirmations leads to **belief**, and once that belief becomes a deep **conviction**, our lives begin to **move** in that direction. ~ adapted from Muhammad Ali

Just to clarify that a bit more, I'll give you an example:

If you walked around with the internal dialogue of: *I'm such a failure, I'm never gonna get out of debt, my marriage is over and I just can't catch a break.*

You are giving your subconscious mind the message that this is your reality, that this is what you truly desire. So your subconscious mind will find a way to give you more of that. With every negative affirmation, you are strengthening that unwanted pathway in your brain.

Now... if we have the internal dialogue of: *I am beautiful inside and out. I am happy, kind, intelligent and funny. I am living in my dream home and each day I go to my dream job and come home to my loving husband.*

We are creating a new pathway for our subconscious mind to believe that all these things exist for us. The mere act of changing our inner dialogue gives our subconscious a new set of instructions and a new picture of what we truly want and desire. Our subconscious will now be in search of all these things for us.

For example, if your affirmation is to find a new job, you may begin to notice things like ads or posters for jobs that you may have walked by 100 times and not noticed before. But now that your subconscious has the "instruction" that you *have your dream job*, then that is what it is on the lookout for. Some call this coincidence, divine intervention or a sign from above (and maybe it is all of these things), but what I know for sure is that your brain, the most amazing creation on earth, is always working with you and for you, strengthening the pathways of your desires. So make sure the things you ask for are what you truly want, and then **repeat** them **often**.

**"Whatever we plant in our subconscious mind
and nourish with repetition and emotion
will one day become a reality."**

~Earl Nightingale

Tips: Write them in a journal, repeat them before bed, say them as you get ready in the morning, hang them on the mirror. Try to say them everyday or whenever you can remember.

And lastly, **you need to believe**. I'm going to share a poem with you from Napoleon Hill that basically sums up this notion.

If you *think* you are beaten, you are,
If you *think* you dare not, you don't.
If you like to win, but you *think* you can't,
It is almost certain you won't.

If you *think* you'll lose, you're lost,
For out in the world we find,
Success begins with a fellow's will—
It's all in the *state of mind*.

If you *think* you are outclassed, you are,
You've got to *think* high to rise,
You've got to be *sure of yourself* before
You can ever win a prize.

Life's battles don't always go
To the stronger or faster man,
But sooner or later the man who wins
Is the man WHO THINKS HE CAN!



*Section iii: Manifestation
Journal*



Manifestation Journal

In this section we will **manifest** our greatest desires. We will use the art of repetition, visualization, and belief to bring into our lives the things we truly want and to create the life we truly desire.

The art of manifesting involves setting clear intentions to create your own reality. It is about setting your sights on something and making it happen for yourself.

Manifesting is not a **magical** occurrence and does not happen by chance. It will take work, action and mental discipline and dedication. The things you are going to ask for in the next several pages will not appear in your life without all of these. However, this process that you are going to commit to will help in such a way that it **will feel like magic!**

This process involves a deep commitment and like I said in the beginning, the commitment is not to me or to this book, but to yourself and your dreams.

If you are ready to commit, let's begin...

Carefully choose 10 things you want to manifest. You can take some of your goals and affirmations if you like or you can create an entirely new list. The list can be comprised of material things, ambitions, values, financial goals, spiritual aspirations, etc...

In this section I don't want you to be afraid to **dream big**. This is a space for you to declare your deepest desires for your life.

If there is something that you want, but it seems out of reach at the present or even in the near future, **write it anyway**. I don't want you to be concerned with the how or the when... just the what.

You will then write these desires as an affirmation statement beginning with:

I am so happy and grateful now that...

It is important to write out this statement each time you write your manifestation goal because it adds two key elements: **gratitude**, with an end result of **happiness**.

The final step is the commitment. You are going to commit to writing out your 10 manifestations **EVERYDAY for 4 months**.

Tips: The best time to write your manifestations is first thing in the morning. It helps to set your intentions for the day and the path to your subconscious has less obstacles.

After you write your manifestation, visualize how your life would be if that statement were true.

Allow yourself to feel all the emotions tied to this manifestation; the gratitude, the happiness, the excitement, the joy, the appreciation...

You are about to set your life on a remarkable journey. I am excited for you and wish you strength, self-belief and wondrous experiences.



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I am so happy and grateful now that...

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Jill Featherstone (pseudonym) is an Indigenous author, blogger, University Professor, motivational speaker, and proud wife, mother & grandmother.

She is a member of the Misipawistik Cree Nation in northern Manitoba, Canada and holds a Bachelor of Education degree and a Master of Education degree in Guidance and Counselling. In 2013 she founded Featherstone Support Services, a business dedicated to providing motivational workshops for Indigenous youth and young adults.

"Empowering our Indigenous young people is always at the forefront of whatever I am doing, and whether it is through writing, speaking, workshops or blogging, I am always in search of ways to reach people on a larger scale."

Grab hold of the magic and don't let go!

