

TIFFANY WOODFIELD

# Daily Manifesting Meditation and Guide



[TiffanyWoodfield.com](https://TiffanyWoodfield.com)

**How to Manifest More Money,  
Love, and Joyful Abundance**

# Begin Your Manifesting *Journey*

**As we all know, starting a new habit  
is always the hardest in the  
beginning.**

A few tips to get you started:

- **choose a spot** where you will regularly do this practice.
- **make sure it is private**, and you won't be disturbed
- **have a visual reminder** that you see when you walk by, such as a yoga mat or a cushion on the floor. Our bodies and minds respond to visual cues.
- **set your alarm 15 minutes earlier** and practice at the same time each day. It is easiest to practice in the morning because the mind is quieter.



Hi, I'm Tiffany Woodfield.  
Thank you for downloading  
this manifesting guide. I  
hope you use it daily and  
find greater fulfillment, joy,  
and success.

# *How to* MANIFEST *more* MONEY, LOVE, *and* JOYFUL ABUNDANCE

The goal of manifesting is to get your subconscious to work with your conscious mind.



Follow these steps:

## WEEK 1

1. Set aside 5 to 10 minutes each day to sit and listen to the guided meditation that is included alongside this PDF.

**[Download the Free Meditation Here >](#)**

2. Think about what you really want in life and picture it.

3. Listen to how your body reacts to your vision.

**Do you believe you deserve it?**

4. When you have listened to whether you deserve it, explore this for a moment. The goal is to unlock why or why not.

5. Go back to your vision, focus on what you want, and remind yourself why you deserve it.

6. After each manifesting session, take a minute to quickly write down your vision and then write down the percentage of you that believes you deserve it.

If you have time, include why you don't believe you deserve it. Close the notebook and go about your day.

*Example: I am envisioning my dream house, and I believe I deserve it about 50%. I don't believe I deserve it because "people like us don't own houses like that."*

## WEEK 1 - Days 2 to 7

### The next day you'll follow the same routine.

Set your intentional vision and sit with this.

Listen to your body and then check in to see what percentage you believe you deserve it.

Afterwards, take 2-5 minutes to write down your goal and the percentage of belief that you have around whether you deserve it and whether it's achievable.

1) my vision  
2) % I believe I deserve it  
3) % I believe it's achievable

### After 7 Days

After 1 week, when you have finished your manifesting session and journalling.

See if how much you believe you deserve it has changed.

#### Has the percentage changed at all over the week?

Sometimes it does on its own, and other times we need to focus on this negative pattern.



# Week 2 of Manifesting

## WEEK 2 - Day 1

In your next session, you are going to get quiet and **focus on why you don't believe you deserve what you're aiming to manifest.**

1) my vision  
2) why I don't believe I deserve it.  
3) % I believe that to be true.  
4) why I DO deserve it.

Think of all the reasons.

Write these down in your journal.

For each negative thought, I want you to consider **how much** you believe it to be true.

>How much do you believe this negative thought?

Focus on the **one idea** you felt most strongly about in terms of WHY you don't deserve it.

**Beside it, write why you DO deserve it.**

It may be hard at first, but even if you get one reason, that's fine.







## WEEK 2 - DAILY MEDITATION

**1. Imagine the picture of what you want for the first minute.**

**2.** Then think about the reason you think you **don't** deserve it.

**3.** Next, reverse it. Focus the rest of the session on why you **DO** deserve it.

**4.** If you find it hard to think of a positive reason why you deserve it, I want you to think of someone you love and think of why **they** would deserve it.

When you look at someone else, it is easier to trick your mind. You're probably judging yourself for wanting something.

By applying what you want to someone else you can start to see how you deserve it as well.

**In your mind, go over all the positive things around why someone is deserving of your vision.**

**5.** When you finish the 10 minutes of meditation, write down your vision.

**6.** Next, write down why you deserve it.

**7.** Consider your top negative beliefs about what you want to manifest.

I like to call these limiting beliefs because they limit your potential.

**Example of a Limiting Belief Holding You Back:**

You want to manifest a loving relationship. When you say this in the back of your mind, your subconscious is thinking:

- *There are no good guys out there*
- *All men are selfish*
- *I am not attractive, healthy, fit enough*
- *I don't have time to meet anyone*
- *I don't need a man*

You can see all these limiting beliefs are working in opposition to what you are wanting manifest. They are therefore holding you back.

**Consider if these beliefs are true or not.**

Great job! Do this again the next day.

Keep going with your daily meditations, exploring your vision and seeing how you can release judgment and accept that you deserve your dreams.

# But This Is So Much Work!

I have had people say,

**“Oh, this is a lot of work! I don’t have time!”**

But remember to be accountable.  
I don’t make time to do this.

Instead, for me, it is amazing that by doing this,  
I can suddenly find 10 minutes a day for myself.

**To be honest**, if you want your life to change and to be more in control of your happiness, you don’t have time not to do this.

## Beautiful Side Effects Include...

You’ll start to see really cool things along the way as you do this practice of visualization and internal cleanup.

You’ll see little opportunities, tools, and coincidences in your day.

It’s like a reminder that you are on the right track and aware rather than asleep walking through life.



Changing your frame of mind  
opens so many doors!



# Create Clear Goals Before You Start

**However you decide to start manifesting, the most important thing is to start.**

But make sure you do so by first creating clear goals.

Don't worry if they are perfect goals that can change over time, but the direction should be clear.

The second most important thing is to be consistent with your practice of manifesting and be patient.

**You will start to see results!**