

3 STEPS FOR MANIFESTING LIKE A MANIAC



I put together this guide after I encountered a **WHOLE LOT** of frustration manifesting for myself.

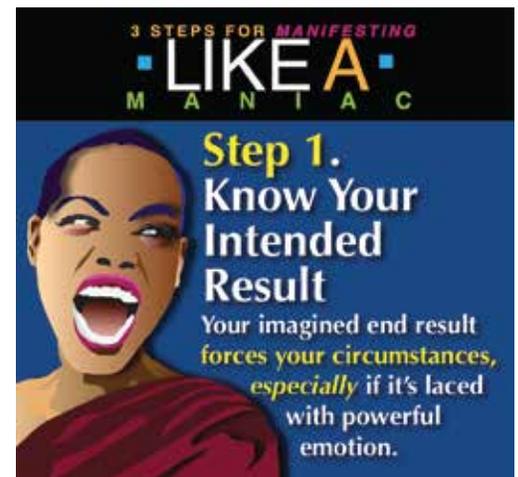
I did lots of research and finally came upon a formula that is simple and actually **WORKS**. *Once I understood that the language of the Universe or Law of Attraction was vibration not WORDS, everything changed for me.*

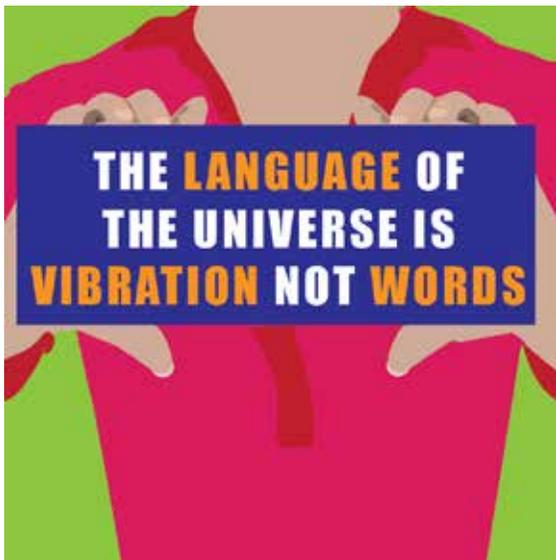
3 Steps for Manifesting Like A Maniac

- 1** Know the intended result but keep it general in the beginning. Think in terms of happiness, wealth, health, mind blowing...
- 2** Let go of the dreaded **HOW**.
- 3** Move. Have it, Hold it, keep rolling, rolling, rolling...

1. Know your intention but stay general with your intended outcome. Yes, you can get into the details, however **DO NOT attach to them**. This makes room for “**this or something better**” to show up as you let the universe work out the details.

Your imagined end result forces your circumstances, especially if it is laced with powerful emotion. The **greater** the emotion (feeling) around your intended result, the **quicker** the manifestation.





Watch your language.

The universal forces **DO NOT** understand **yes** and **no**.

Or

I want and **I don't want**.

Universal energy understands **focus**.

The language of the universe is energy and vibration, **NOT words**.

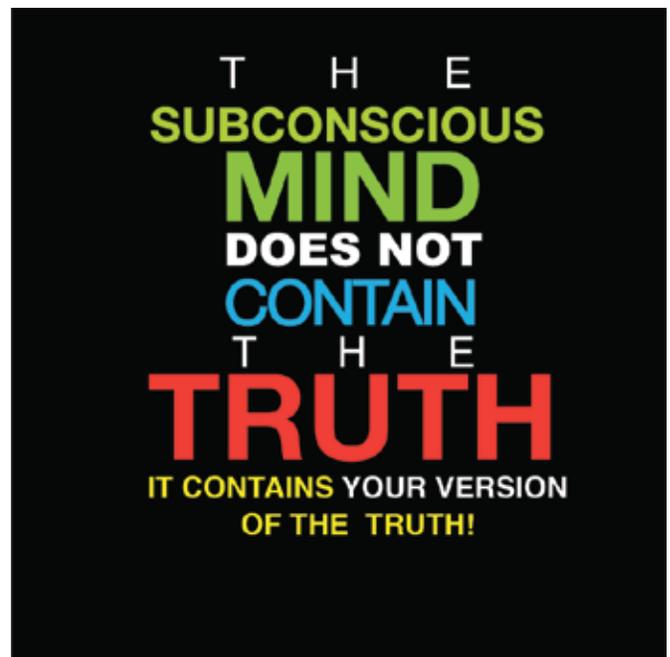
When you see **something wanted** and yell **YES** to it, you **include it** into your vibration, because you are **focusing on it**.
But,

and most importantly, when you see something **UNWANTED** and yell **NO** to it, you **include it** into your vibration, because you are **focusing on it**.

Whatever you consistently focus on will be delivered to you in the form of experiences and opportunities and people that show up for you.

Whatever you *believe* to be true about your abilities, the world, your neighbors next door, **WILL BE accepted by your subconscious as true** and it will work diligently, day and night, to match up your **outer experiences with your inner dialogue**.

So ***only focus on*** what you want to show up on your doorstep ***mañana***.



Want to know where your focus is? *Look at your results.*

2. Let go of the HOW

It's messing with your **magical life and your spectacular results.**

The need to micromanage one's life stems from the failure to understand life's magic. Wisely defining your dreams is **YOUR** job. **HOW** they manifest is **NOT**.

Creating a mantra for your **doubting self**, because she's there, can be very helpful.



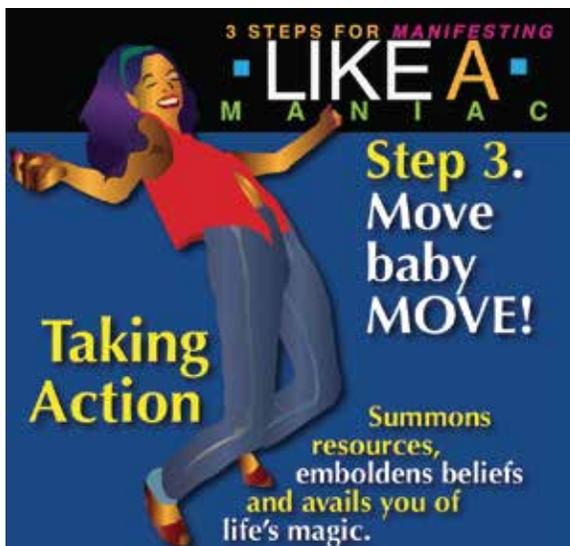
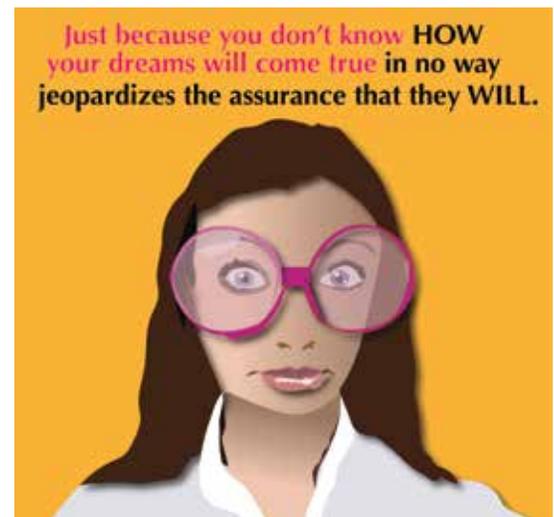
Your mantra could be something as simple as:

"The floodgates of prosperity, fabulous relationships and mind blowing career opportunities have opened. I have never been so healthy wealthy and happy. Thank you universal Energy!"

Consider this:

THINK of how many times have you said **HE/SHE** is the **One**. **THIS** is the **JOB**. **THAT** is where I want to **LIVE**. **But it wasn't.**

Letting go of the **HOW** allows for so many more opportunities, people and events to show up for you.



3.Action

Where most of us get it wrong, right out of the gate, is **we believe our will power and motivation will drive our results. WRONG.** It will in the beginning, but **unless you have daily actionable steps, it WILL burn out.**

Here is the secret to manifesting like a maniac. **Assign BEHAVIORS to your desires.** Not only **WHEN** but **WHERE** new behaviors will happen.

SPECIFICITY is the key.

For instance, if your goal is a healthier, stronger body (as opposed to, lose 20 lbs by next Sunday) you will need to **make a plan of action to:** go to the gym, exercise, walk, create a new meal plan, **shop for that meal plan** and/or create a list of healthy snacks to have on hand for those moments **WHEN YOU GUESSED IT,** you have **NO WILL POWER.**



Your plan for implementation are your action steps

And as you move,

”**PROVIDENCE** moves too.

All sorts of things occur to help one that would **NEVER HAVE OTHERWISE OCCURRED.**

A whole stream of events issue from this decision, raising in ones favor, **all manner of unforeseen incidents and meetings and material assistance** which no man could have dreamed would come his way.”



Baby steps will get you all the way up the mountain

Life has a way of filling itself up so **MAKE TIME** to implement your action steps.

If you don't plan your behaviors, you rely on will power and motivation to inspire you.

If you plan when and where you will perform the new behavior, your goal has a time and space to live in the real world.

Planning out when and where you will perform a new behavior turns your environment into *a trigger for a new action*.

If you **DON'T** change your behavior, nothing will change.

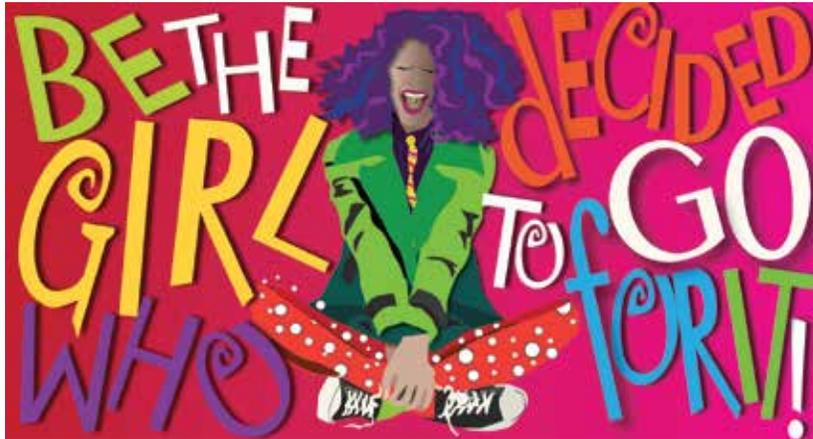
Implement with intention.

In order to change behaviors and reach

your goals, **your WHY** needs to be **BIG enough**.

What is your **WHY?**

Not just to be healthy, but to dance at my daughters wedding, run a marathon, live forever! **It needs to carry you through those times when you lack motivation**



Here's a Simple **Action Plan** to Begin

If you are new to *successful manifesting*, keep your time range short so you can see success. Break them down into 3 month, 1 month and weekly goals.

Create Goals Around These 3.

INCOME How much do you want.

IMPACT What kind of impact do you want to have on those around you.

INDIVIDUAL NOT tied to work

2 things to say yes to. (more time for naps, friends, family etc.)

2 things to say no to.(Other people's agendas, etc.)

Then choose:

3 action steps for each goal.

3 ways to celebrate when you achieve each goal.

NOTE: The quickest way to get burned out is to *ignore celebrating all the small steps it takes to get to the BIG goals*. So plan ahead at what point you will allow yourself to celebrate.

Get Started Today! You'll be a better YOU tomorrow!



Hi, My name is Kitt Depatie,
 Founder of **The Art of You. *Unfuck Yourself!***
 Spiritual Warriors Needed!
 You call them swear words. I call them sentence
 enhancers.
 Let's be clear, it is **YOU** standing in the way of **YOU!**
 I can help you **recalibrate your personal energy**
 so that you can connect to your highest self, which
 will, **by extension**, connect you to your **Best Life.**

I help you do this by insisting you take
 personal responsibility for your choices,
 your actions, your life. **When you do,**
 you will begin attracting a **higher**
caliber of people, opportunities and
experiences to you. I can help
 you shift your mindset, your beliefs,
 your vibration.

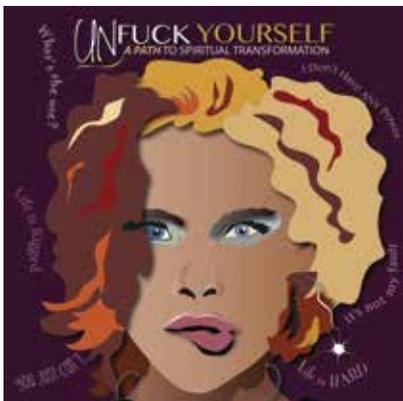
I can help you **let go of** your limiting
 beliefs, about who and what you are
 capable of.

I will show you how to activate your
 inner power, the only TRUE power you
 have.

I can help you learn to say **YES** when
 you mean **YES** and **NO** when you mean
NO, and get **off the Approval Seeking**
Hamster Wheel.

Your purpose is found in what you love.
 It's your reason for being here and the
 only requirement is your willingness to
 acknowledge it.

*“Everything is energy. That's all there
 is to it. Match the frequency to the
 reality you want, and you cannot help
 but get that reality. This is physics. Not
 philosophy.”* Albert Einstein



Products and Services

- **UnFuck Yourself Toolkit** - Book, Card Deck and Journal
- **Coaching Programs-** Hourly Weekly Monthly
- **Art of You Online Course**
- **60 Second Shift Cards** 50 Card Deck of Daily Shifts and Action Steps

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