

THE  
**MIND**YOUR  
BUSINESS  
WITH JAMES WEDMORE PODCAST

# THE ULTIMATE GUIDE TO MANIFESTING YOUR GOALS AND DREAMS THIS YEAR





## STEPS TO MANIFESTING WHAT YOU DESIRE

Ready to manifest your goals and dreams this year?

Awesome! First, let's review the easy step-by-step process to manifest ANYTHING! Tune into Episode 159 [here](#). While you're there listen our bonus audio of James's recent Instagram live with Kathrin from @ManifestationBabe talking all about manifestation. Once you're done listening to both of these, fill out the exercises below.

**STEP #1: GET CLEAR ON THE SPECIFIC OUTCOME YOU WANT TO MANIFEST.** Make it specific and enticing. It should excite you!!!

**STEP #2: EMBODY THE VERSION OF YOURSELF THAT ALREADY HAS WHAT YOU SELECTED AS YOUR OUTCOME IN STEP #1.**

Answer below: What does this version of yourself believe? What are her/his values? What are her/his habits? What kind of books does she/he read? Who they hang out with? What are her/his thought processes? How does she/he see herself/himself? What is her/his way of being? What has that version of yourself let go of? How does that version of yourself feel?

Then analyze: Where's the gap? Where do you need to step up to embody that future version of yourself?



*"The version of yourself who already has what you want isn't worried about if it's going to happen or not." – James Wedmore*

**STEP #3:** Write down what inspired action can you take based on step #2 so that you can manifest the outcome you selected in step #1.





**STEP #4:** Let it go! Let go of the how and the timeline.

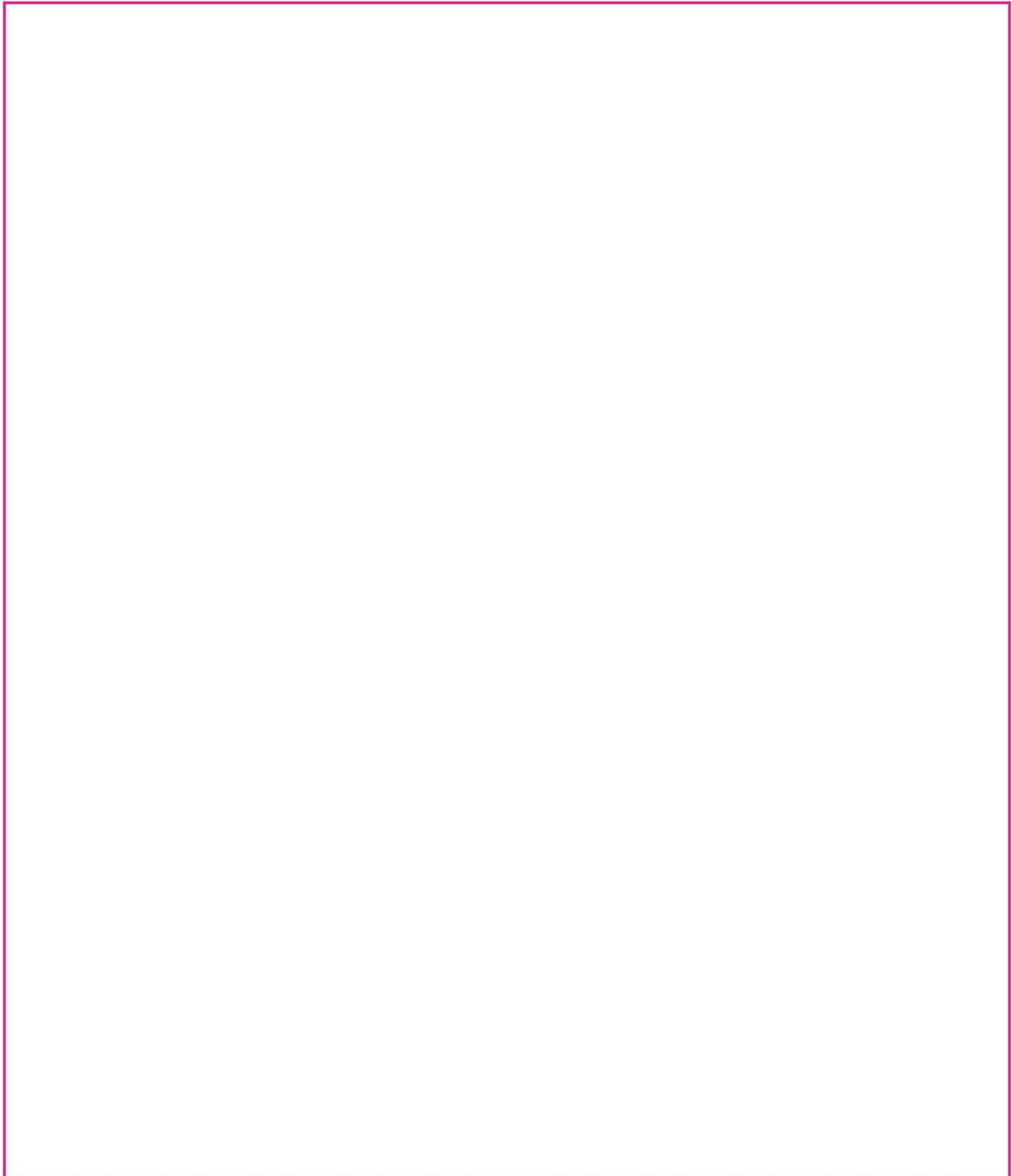
## **MASTERING YOUR STATE OF MIND TO BECOME A MATCH TO YOUR DESIRES (AKA STEP #5)**

By now you already know how KEY is that you master your vibration and state of mind so that you can be, for the most part, a match to what you desire. The following episodes from the Mind Your Business podcast give you step-by-step and simple strategies to achieve that.

Tune into the following episodes [here](#):

- Episode 151: Raise Your Vibration
- Episode 226: Master Your Vibration
- Episode 182: Un-Funk Yourself
- Episode 126: How The “F-Word” Makes You Unstoppable
- Episode 332: Best Of: Spirituality & Business with Brandon Lucero
- Episode 367: Why You Aren't Manifesting What You are Wanting
- Episode 412: 10 Spiritual Habits That Changed My Life & Grew My Business

### **NOTES**



LIST 30 THINGS THAT YOU CAN EASILY DO THAT INSTANTLY MAKE YOU FEEL GOOD AND HAPPY.

**PRO TIP:** TAKE A PICTURE OF THIS PAGE AND SAVE IT ON YOUR PHOTO FAVORITES! Access it whenever, wherever so that you have some quick strategies to get back to a good state of mind fast. Also, share your list on Instagram and tag me [@JamesWedmore](#), because- did it really happen if it isn't on the 'gram?





**IN EPISODE 378,** I identify the 5 types of beliefs that must shift before you can get what you want.

BELIEFS HOLDING ME BACK RIGHT NOW IN MY LIFE OR BUSINESS	HOW I WILL SMASH THESE BELIEFS





**AFTER LISTENING TO EPISODE 320**, write down what you think your purpose is and what you do every day to fulfill your purpose or what someone with that purpose would do every day.

### NOTES



**LISTEN TO EPISODE 303** and list the ways you can start applying impactful spiritual practices to your business. Be specific as to what outcomes you can achieve once applying these practices.

NOTES



## **BONUS CONTENT**

### **Removing Obstacles: What To Do When Manifestation Isn't Working For You?**

In episodes 259 and 238 I share a few common obstacles that can get in your way to manifesting what you desire.

List what obstacles can get in your way of having your most successful year and the steps to overcoming them. Tune into these episodes [here](#).

#### **NOTES**

YOU ARE NOW READY TO MANIFEST YOUR DREAMS AND GOALS THIS YEAR! WOOHOO!!

DM me on the 'gram and let me know what are you manifesting next and what you liked the most from this workbook!! [@JamesWedmore](#)