

## 10 Steps to Successful Achievement

1. In a notebook, dedicated to your goal-setting program, write down all of your desires, no matter how large or how small.
2. Choose the 12 most important desires and write them on this paper in order of importance to you. Be very specific.
3. Be open and receptive to *change*. Pray daily, “\_\_\_\_\_, what must I change about **myself** in order to achieve my goals?”
4. Determine the date by which you desire to achieve each goal.
5. Read your goals at least three times every morning and every evening.
6. Imagine yourself achieving each goal--until you begin to actually *feel* the accomplishment.
7. Accept your success *now*. Act as if you have already achieved it. Take positive action toward your goals.
8. Don't tell others. Keep your goals private, between you and your Divine Source.
9. Cross off the goals as they are achieved and continue to add new ones.
10. Proceed with the premise that The Universe is conspiring to do **GOOD** in your life.

### My 12 Manifestation Goals\*:

1. \_\_\_\_\_ Date: \_\_\_\_\_
2. \_\_\_\_\_ Date: \_\_\_\_\_
3. \_\_\_\_\_ Date: \_\_\_\_\_
4. \_\_\_\_\_ Date: \_\_\_\_\_
5. \_\_\_\_\_ Date: \_\_\_\_\_
6. \_\_\_\_\_ Date: \_\_\_\_\_
7. \_\_\_\_\_ Date: \_\_\_\_\_
8. \_\_\_\_\_ Date: \_\_\_\_\_
9. \_\_\_\_\_ Date: \_\_\_\_\_
10. \_\_\_\_\_ Date: \_\_\_\_\_
11. \_\_\_\_\_ Date: \_\_\_\_\_
12. \_\_\_\_\_ Date: \_\_\_\_\_

\*These Manifestation Goals serves as an excellent foundation for the Vision Board Process.

Special Thanks and acknowledgment to the works of Edwene Gaines, Charles Fillmore, and Rev. Michael Bernard Beckwith.

## Manifestation Manual and Guide\*



“If you have no confidence in self, you are twice defeated in the race of life. With confidence, you have won even before you have started.”  
- Marcus Garvey

“When any of us puts our intention out there, and we make a 100% commitment to that intention, and we make every step a step of impeccability, a step of integrity—then somehow the universe opens up a way where before there was no way.”  
- Edwene Gaines

“Don't look for your dreams to come true; look to become true to your dreams.”  
- Rev. Michael Bernard Beckwith

“When you learn to give that which you seek, you activate and choreograph the [eternal] dance with an exquisite, energetic, and vital movement that constitutes the eternal throb of life.”  
-Deepak Chopra

“The highest form of Prayer is Action. We manifest our greatest wishes by wielding our unique gifts to create the change we desire. It's okay to get on your knees or sit on the floor and take a moment of contemplation--that has its place and purpose. but if you want to see something new, you have to get up and *do*.”  
-jeff obafemi carr

### The PERM™ Method of Prayer:

**Pour your Energy into Realignment toward Manifestation**

1. Open with Gratitude
2. Speak in Present Tense
3. Close in Proclamation

\*Based on *The Four Spiritual Laws of Prosperity* by Edwene Games

# Personal Manifestation Goals of

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I now claim and accept the very best in life for me.

*Affirm Daily:*

I am in tune with my Divine Calling and Purpose. I am healthy, happy, successful, loving, and prosperous right now.

Thank You, \_\_\_\_\_!!!

Amen • Amin • Hotep • Shalom • Namaste • Ashe!

**1. Tithe 2. Set Clear Goals 3. Forgive 4. Find Your Purpose**

*Photocopy the ruler below. It will keep you on track with specific weekly goals that move you closer to your overall objectives. Place the number of times you want to do an activity in the "Goal" box, then place a checkmark in the column on each day you practice the goal. Check your score at the end of the week to gauge if you met or even exceeded your goals. Forgive yourself if you fell short. Reward yourself for staying on track.*

*Pray often, utilizing the powerful PERM approach outlined in this guide.*

My Infinity S.N.A.P. Shot Ruler ∞		www.MyIF.org							
Here are My Actions for the Week:	Goal	S	M	T	W	T	F	S	Score
1 Meditation									
2									
3									
4									

## Tithing as Action

A tithe is 10% of all you financially receive, given gratefully and thoughtfully to **where you receive your Spiritual Food.**

It's purpose is to acknowledge God as the Source of your good and to provide a physical demonstration of such.

### Questions to ask yourself:

1. Am I willing to come into integrity about money now by acknowledging the God of My Acceptance as the Source of my good?
2. How much financial good has God given me this week? Ten percent of this is: \$\_\_\_\_\_.
3. Where have I received Spiritual Food? (church, minister, mosque, temple, teacher, friend, or any *Noun* that causes you to remember who you are.)
4. Am I willing to have the windows of The Universe open up for me? Am I truly ready to receive all the good God has prepared for me?
5. In what form would I like the windows of The Universe to open for me? Name clearly what you desire, then visualize yourself having the results you desire.
6. Am I willing to forgive myself and others and be forgiven completely? (Spend 30 minutes a day in prayer, forgiving yourself and others.) NOTE: The Universe doesn't hold anything against you, so be good to yourself and learn to let go.
7. Am I willing to send forth this tithe with love and gratitude, moving through my fear about money and my attachment to lack, to release it in order to acknowledge my absolute trust in God as my Source and provider?

## Affirm Your Intention \_\_\_\_\_ Is My Source!

I freely give my tenth to The Universe, with Gratitude, acknowledging my direct connection with Source, and demonstrating, by joyfully releasing, that I will be more than provided for.

I forgive myself for my past failings, and as I do so, I forgive others for the same. I proceed now with a clean mental slate and an open heart.

**Thank You, \_\_\_\_\_, for:**

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I visualize this as having already been accomplished, and I feel excited, enthusiastic, and grateful.

I am in alignment with my *Purpose* in life, and as such, I trust that *every* experience I am having is a learning lesson that brings me a step closer to my goals. I walk this path with no resentment in my heart, because I am focused on my goals.

**THANK YOU THANK YOU!!!**