Manifestation Map: The Ultimate Manifesting Shortcut  
*By Kristen Howe*

**Manifestation Map Instructions:**

Hi, this is Kristen Howe and I’m excited to walk you through exactly how to use my Manifestation Map to put your Manifesting on Auto-Pilot before you go to sleep tonight.

First I’m going to assume that you have already downloaded and printed out the Manifestation Map, if you haven’t, please stop the recording and do that now…

Great, now that you have your Manifestation Map printed, let’s get started.

This Manifestation Map is truly the ultimate manifesting shortcut that attracts money, success and happiness almost like magic. I have personally used this shortcut for years and I’m excited to share it with you today…

There are 5 steps you need to go through with your Manifestation Map – they are quick, and fun, and when you do them in the right order, you will be amazed at what happens.

Before we get started with the steps, here’s a tip that really puts this over the edge…

Do steps 1, 2 and 3 by hand; meaning write them out instead of type them. I’ll be honest, I don’t know why this works so well, but I do know that when you write them out, instead of type them, the results are magnified significantly.
STEP 1: NAME YOUR MAGNETS

Let’s get started with Step 1 which is Naming your Manifestation Magnets.

As you look at your Manifestation Map, the head in the center signifies YOU – not a limited version of you (which may be how you currently see yourself) but the all-potential and extraordinary you (which is who you really are).

Around the head, you see 8 ovals with arrows around them. These are your Manifestation Magnets. In other words, these are the areas in your life where you consistently focus on manifesting. Typically these are the areas that we stay focused on through our lives. Examples of the most common Manifesting Magnets are: Money, Health, Relationships, Spirituality, Creativity, Business, Adventure, and Giving Back.

You may find that the manifesting magnets I just named all resonate with you, if so, that’s great, feel free to use them. But, they are certainly not the only manifesting magnets; you can add, delete or change at will. Naming your manifesting magnets is a very personal thing, so make sure whatever you name them resonates with you.

Once you decide on the names of your Manifesting Magnets, I want you to write them on a separate piece of paper. It isn’t time to put them into the Manifestation Map yet, and that’s because before you do, you want to complete step #2.

STEP 2: PERSONALIZE WITH PASSION

Step 2 is to Personalize with Passion. I’ve found that when I just take the name of the Manifesting Magnet and put it in the Manifesting Map, it works, BUT, when I take a second to personalize it with passion, it’s like I inject it with adrenaline and everything manifests faster.

You can personalize with passion in several ways, you can use symbols or words that evoke powerful and positive emotions, come up with a more
descriptive name for that specific Manifesting Magnet or create a positive, supporting statement.

Again, this is personal, so it is whatever resonates most with you. Use your imagination with this. You may find that for one of your manifesting magnets you use symbols, while with another you use a positive, supporting statement and with another you simply use the original name you came up with. It’s all perfect if it comes from your passion.

Take a minute to brainstorm on that separate piece of paper where you wrote the names of your manifestation magnets, and discover what works for you.

Now that you have finished brainstorming on your separate piece of paper, it’s time to actually fill in the manifestation magnets on your Manifestation Map.

To help you out, I’ve filled out a Manifestation Map. I made sure to show examples of the different ways you can personalize your manifestation magnets with passion. Here’s the example for you to take a look at now.
**STEP 3: BRANCH OUT**

Now it’s time for Step 3, which is Branch Out!

Go back to your separate piece of paper for this one. And for each manifestation magnet, I want you to branch out and write down all of the potential ways you can think of that would be fuel to each specific manifestation magnet.

Here’s what I mean, let’s say 1 of your manifestation magnets is Relationships. Here’s how you might branch out. First (on your separate piece of paper) you’d write the name of the manifestation magnet and then you would write down all of the different fuel sources you can think of. So for relationships, some of those fuel sources may be things like: Family Day, Weekly dinner with friends, Date Night, Expanding the social circle and so on.

Once you have branched out for each of your manifestation magnets, it’s time to actually fill it in on your Manifestation Map.

To help you out, I’ve done this for 2 different magnets on my sample Manifestation Map. The two different magnets I did this for are relationships and money. Here’s the example for you to take a look at now.
You are ready for the next step, and you’re not going to believe how easy this step is. Are you ready?

**STEP 4: PUT IT AWAY**

Step 4 is: PUT IT AWAY – you heard me, once you have completely gone through steps 1, 2 and 3. It’s time for you to put your Manifestation Map away. And I mean really put it away. Don’t put it somewhere where you are going to bump into it and see it every day. Put it somewhere that would require you to actually go and get it on purpose. Please make sure you remember where you put it since you will need it for step 5, and then, trust me, and put it away.

Once you complete step 4, you have put the power of your manifesting map into motion and you have put your Manifesting on Auto-Pilot – as I promised, all before you go to sleep tonight.

**STEP 5: REVIEW**

Step 5 is fun and doesn’t happen for 6 to 12 months. WHAT? Yup, I said it, you don’t even look at your Manifestation Map again until 6 to 12 months have passed. So, here’s what you do now, go to your calendar and pick a date that is 6 to 12 months from today and schedule 15 minutes for step 5 which is: Review. I’ll tell you that personally I have found the MOST astonishing results to be when I wait the full 12 months, but it is up to you what you choose for a time frame as long as you wait at least 6 months.

On that date, when it pops up in your calendar to review your Manifestation Map, go get it and review everything you wrote. Take a look at what has manifested in your life. Take a look at how you have grown. How many of those fuel sources are now fueling your manifestation magnets.

And then go through the steps again so your Manifestation Map grows with you. Here’s the cool part, every single time I have done this, I have been shocked to find that every single thing has manifested on some level!
MY PERSONAL EXAMPLE

Many of you have asked for a filled out example of a Manifestation Map and who am I to say no ;)

Here’s my very own:

If you’re having any trouble along the way, feel free to adopt from my example. Take your time and make your Manifestation Map uniquely yours...that will generate the most success.

Now don’t forget...this is ONLY the transcript of the instructions, you can also watch the video training for the Manifestation Map at any time to really hammer in the process, both visually and physically. I recommend at least watching the video training once for maximum benefit.
So there you have it, this amazing tool is now in your hands, this really is The Ultimate Manifesting Shortcut that Attracts Money, Success and Happiness - Almost Like Magic, and I can’t wait for you to use it!

You Are Extraordinary!

Kristen Howe
The Manifestation Map: The Ultimate Manifesting Shortcut
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