



The Badass Butterfly Manifestation Process

[The Badass Butterfly Spiritual Life Coach Mindset Training Program](#)

I know what I desire.

Write down what you desire.

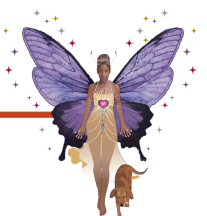


I accept what I desire.

Write out your statement of acceptance.



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I know why I am doing this.

Write out your reason for choosing your desire.



I take responsibility for what I desire.

Write out your responsibility to your desire.

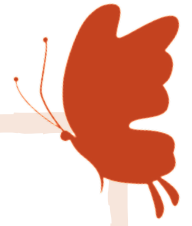


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I listen to my inner wisdom and Spiritual Guidance Team to take inspired action on what I desire.

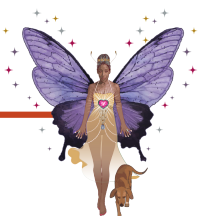
Write out the feedback from your wisdom and SGT. What do they say to do?



A large, empty rectangular box with a light brown border, intended for writing feedback from the wisdom and SGT.

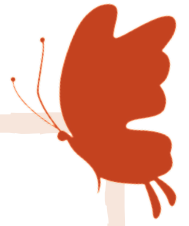


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What is the action plan? What do I need to do to manifest my desire?

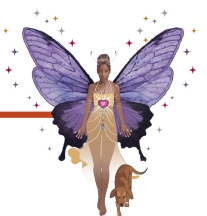
Write out everything you need to do to manifest your desire and organize it adding timelines and milestones.



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I follow-through with the action plan.

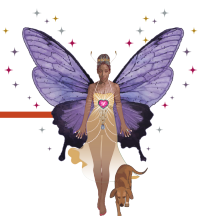
Take a moment to visualize yourself following through and doing the steps you need to do to make your dream real. You can write down some notes about how you feel. Be sure to note any resistance and address that through healing and shadow work.



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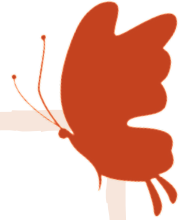
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I identify the vibration, mindset, and feeling signature of my Future Self who has achieved the desired outcome and obtained her goals.

Use your imagination and your intuition to reach out to your Future Self who has achieved the outcome you desire. What's she like? Write down your initial impressions about her.

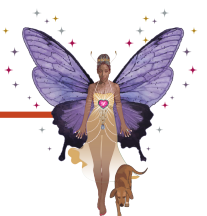
My Future Self's mindset is



My Future Self's vibration is

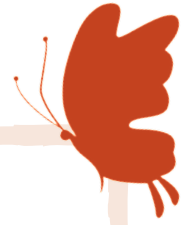


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I now conjure the vibration of my future self who has attained my desires. I must look at my current circumstances and I must raise my mindset and feeling signature to that of the Future Self who has attained her desires.

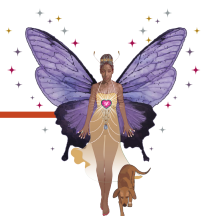
Do this in your mind. You can write down any notes that come to you.



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I clearly express what I desire.

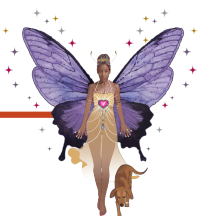
Now that you have done some powerful energetic work to sharpen your connection to the thing you desire, articulate exactly what you want. Don't be afraid to be specific and own what you desire. If you notice you are wish-washy or vague, go back and sharpen up your connection to the thing you want. Revisit your reason for wanting what you want, for example.



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I visualize myself with my desired outcome.

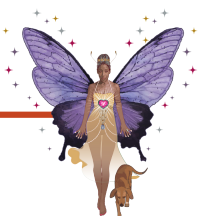
Take a moment and relish the deliciousness of having what you desire. Dive full in with your senses and your emotions. See all the details of your vision. Hear the sounds associated with it. Taste the pleasure. Feel it in your body, in you mind, in your Soul.



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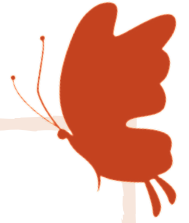
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I connect with my Future Self.

Return to you Future Self and study her intensely. Make note of the following questions. Be sure to write down your findings because as you advance along the path of manifesting your desire, you will forget what you discovered today. Writing it down will help refresh your memory.

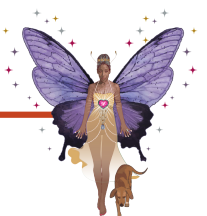
- Who is she?



- How does she carry herself?



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- What does she do every day?



Empty rectangular box for writing the answer to the first question.

- What are her habits?



Empty rectangular box for writing the answer to the second question.

- How do I need to change my current now to become her?



Empty rectangular box for writing the answer to the third question.

- What am I willing to do today to BE her?



Empty rectangular box for writing the answer to the fourth question.



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I embrace my Future Self's feeling signature and vibration.

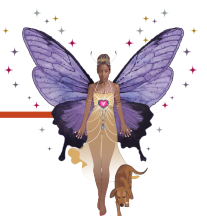
This is pure mindset and pep talk. You have to make the decision to own this signature and vibration and carry it all day every day. If you let another vibration come in and take it away, it's up to you to get it back. Write down whatever you need to do to make this real TODAY... and then practice being and feeling this every day.



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I commit to practice being her and feeling the way she feels.

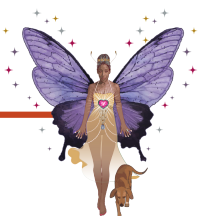
This is a practical step that you must live through every day. I recommend you start your morning off by setting an intention to live this every day. Then set a timer to remind yourself of what you've promised yourself to do. At the end of the day, assess how you did and handle any obstacles or challenges that blocked you. Then start over the next day and do it again. Print out multiple copies of this process so you can keep coming back and upgrading your experience.



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I am the Tarot Magician, the Master Manifestor. I work with the four elements (spirit, air, emotions, and earth) to make my manifestations real.

Learn the following Magician's Affirmations to help you organize your energy, thinking, emotions, and actions.

• **Wands: Spirit/Energy/Action**

- I WILL ACHIEVE MY GOAL.
- I am the leader of my energy.
- I have the energy and power of my Future Self who has achieved my goal.
- I am aligned with Source and I recognize the power in my Being to achieve my desires.
- My energy is clear and I am constantly moving toward my goal, even expanding even beyond my goal. I can see and conceive of achieving more than my goal.
- I consistently take daily action toward my goal.
- I maintain the high vibration that is aligned with my goal by keeping my mind positively focused and my emotions life-affirming, open, joyful, and expansive.



• **Swords: Mindset/Thoughts/Thinking**

- I KNOW I WILL ACHIEVE MY GOAL.
- I am the leader of my mind.
- I have the mindset of my Future Self has achieved my goal.
- I use my mind to plan the steps to achieve my goal.
- I control my thoughts. I am in charge of my thinking.
- I keep my thoughts positively focused on what serves me.
- My mind controls my emotions, so I keep my thought energy positively focused, optimistic, and KNOWING.



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- **Cups: Emotions/Feelings**

- I FEEL I WILL ACHIEVE MY GOAL.
- I am the leader of my emotions.
- I embody the emotions of my Future Self who has achieved my goal.
- I manage my emotions.
- I am aware of my emotional state, and I manage it by working with compassionate healing practices.
- I tend to dark emotions by being present, doing shadow work, the Completion Process, the Emotional Submersion Process, and other compassionate healing processes.
- I manage my emotions by keeping my thoughts positive and expansive.
- My emotions are life-affirming, open, joyful, and expansive.
- My emotions affirm my goal with excitement, curiosity, and welcoming.

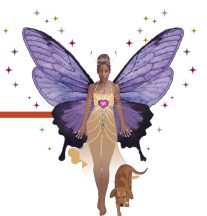


- **Pentacles: Matter/Physical Action**

- I TAKE ACTION TO ACHIEVE MY GOAL.
- I am the leader of my life.
- I follow all the steps of the plan that I have created.



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I allow the Universe to deliver my desire to me.

Notice any resistance you have to any part of this process. Most importantly notice where your energy and vibration dip away from alignment with your goal.



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