

MANIFEST

DIVE DEEPER

ROXIE NAFOUSI



ABOUT THE AUTHOR

Roxie is a self-development coach, author of *Sunday Times* bestseller *MANIFEST: 7 Steps to Living Your Best Life*, ambassador for the Mental Health Foundation and contributor to Kourtney Kardashian's wellness platform, POOSH. Roxie works one-to-one with clients as well as hosting self-development workshops and webinars. She is the host of the popular podcast series *The Moments That Made Me*. Roxie's commitment to transforming the lives of people who suffer with emotional and mental-health issues and helping them to fulfil their potential has seen her become a well-known and respected figure in the wellness world. She has been named 'The Manifesting Queen' by *Forbes*, and 'The A-lists favourite manifestor' by *Sunday Times Style* magazine.

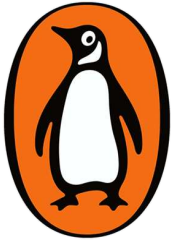


WRITE-ON PAGES

Any references to *'writing in this book'* refer to the original printed version.
Readers should write on a separate piece of paper in these instances.

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To Wade,

Thank you for teaching me so much, for your unconditional love, for supporting my manifesting journey and for being the best dad in the world to our perfect little boy.

INTRODUCTION

The night before we entered 2022, I sat down, as I do every year, to make my new-year vision board. I set the scene by lighting my favourite candles and then I lay down on my yoga mat and sank into a deep state of relaxation as I followed a guided visualization meditation. Afterwards I got out a large sheet of card and started writing down, in detail, all the goals I had for the next year. I dreamt *big*. My debut book, *MANIFEST: 7 Steps to Living Your Best Life*, was six days away from release and of course I had some apprehension about how it would be received. (I would be lying if I said imposter syndrome wasn't something I was battling – *more on that later*.) But, taking my own advice, I made sure not to allow my fear and doubt to influence what I would put down on my vision board. I penned a heading, *the MANIFEST book*, and underneath it I wrote *Sunday Times bestseller, America, Vogue, multiple languages*. Nine days later, *MANIFEST* debuted at number five on the *Sunday Times* bestseller list (and as I write this now, it has remained on that list for the last sixteen weeks), a month later I signed with American publishing house, Chronicle Prism, to release the book in autumn 2022, and then shortly after that *British Vogue* dedicated an entire article to the book and named it '2022's answer to *The Secret*'. Oh, and *MANIFEST* has been translated into seventeen languages *and counting*.

Can you imagine what my younger self would have thought of all this? I often think about that, and about the person I was less than four years ago: an extremely lost girl, battling addiction with zero self-worth, no career prospects, and who had never really known what it was like to be happy. I wonder what I would tell her. I think I would say this: **Life is wonderful and you have the power to make it so.**

It's hard to put into words how the last few months have felt. It's as though I've been thrust into a magical whirlwind, fuelled by manifestation, and the response to, and reach of, my little orange book has been completely mind-blowing. Manifesting is a practice that means so much to me, one that has transformed my life beyond recognition. I live and breathe the steps that I teach, and I wholeheartedly believe they have the power to transform the lives of anybody and everybody that follows them. I am honoured, humbled and in a permanent state of deep gratitude that I have been able to share what I have learned with so many of you.

While my first book *MANIFEST* was the introduction to my unique seven-step guide to manifesting, in this book you will *dive deeper* into the inner healing required to really unlock your limitless potential. I will be presenting new ideas and concepts to help expand your understanding of the practice, and also answering some of the questions I have been asked most frequently. For example, *why should I put my vision board away? How do I stop caring so much about what other people will think? Do I have to be positive all the time to manifest the things I want? How do I know the difference between a test from the universe and a sign that I need to change direction?*

What makes this book so unique, though, is that it is also *filled* with practical exercises for you to complete, which will encourage the self-reflection, self-awareness and clarity needed to empower and *up-level* your manifestation practice. I encourage you to work through this book slowly, taking your time with each exercise and giving yourself the space and opportunity to feel the effects of them. By the time you reach the final page, you will have a greater understanding of yourself and what you really want from your life and you will have begun healing parts of yourself that you may never have even known needed healing. You will be living more authentically, you will be manifesting powerfully and effortlessly, and you will know what you need to do to ensure that you are living a life that finally brings you the contentment and fulfilment that you so deserve.

I may have been the author of *MANIFEST*, and my name may sit on the cover of this one, but as you dive deeper into my seven steps to manifesting and work through the exercises provided, *you* will be

required to become the writer and storyteller. You will learn how to be your own healer, your own guru, and in doing so you really will become the author of your own story. What could be more powerful than that?

KEY MANIFESTING TERMS

The universe

When I refer to ‘the universe’ throughout this book, I am referring to an energetic force greater than ourselves. For me it is the universe that holds the power and magic behind manifesting that is greater than our conscious awareness. If, for you, this energetic power is something different, then please feel free to replace ‘the universe’ with your own interpretation at any time throughout the book.

High-vibe

An abbreviation for *high-vibrational frequency*. The law of attraction states that like attracts like, so if we are vibrating at a high frequency, we will attract things that match that high-vibrational frequency.

Low-vibe

An abbreviation for *low-vibrational frequency*. If we are vibrating at a low frequency, we will attract things that match that low-vibrational frequency.

Abundant mindset

A belief that there is more than enough for us all. This mindset helps us keep attracting abundance into our life.

Scarcity mindset

A belief that there is not enough for everyone. It creates a constant feeling of lack and hinders our ability to attract abundance.

STEP 1

BE CLEAR IN YOUR VISION

'Everything you can imagine is real.'

PABLO PICASSO

OVERVIEW OF STEP

- You can't get to where you want to go if you don't know where you are heading. So, before anything else, you must first decide what it is you really want.
- You must try to gain as much clarity as possible around what it is you want to manifest. Being vague simply won't be enough. *The more details the better!*
- If you don't know exactly what it is that you want, think about how you want your life to *feel*. You can manifest a feeling.
- Visualization (*creating a mental image of the future using your imagination*) is a powerful manifesting tool that will help you reach your goals more easily. This is backed by neuroscience; research has found that regularly visualizing your goals will help your subconscious work towards reaching them by filtering out unwanted information and seeking opportunities that are in line with that imagined reality.
- When visualizing the things you want, immerse yourself in the feeling of having them. For example, if you want to manifest your dream home, visualize the details of the house and then immerse yourself *in the feeling* of walking through the front door. *We attract what we feel.*
- The most important question of your manifesting journey is this: *who do you want to become?* When visualizing your future self, visualize the highest and most empowered version of yourself. Know that this version of yourself already exists; it's dormant but waiting to be unleashed as you follow my seven-step guide to unlocking the power of manifestation.
- A vision board is a visual representation of how you want your life to be, and I encourage everyone to make a vision board to mark the beginning of their manifesting journeys.
- Dream big and don't hold back.

Thinking about the future can be daunting and exciting, terrifying and exhilarating, all at once and in equal measure. When you try to imagine what

you want your life to be like in a year, or five years from now, you may be able to instantly visualize all your dreams playing out like a movie in your mind with no hesitation, or you might feel like you are staring into an abyss of nothingness. When we think about what our future could hold for us, there is so much possibility, so much potential and so much room for vast expansion. Yet there can also be so much fear, concern and apprehension that comes with that. The fear presents itself as internal questions that ask **what if it doesn't happen the way I want it to?** or **what if I fail?** or even **why can't I see what I want?**

As we work through this step, I am going to ask you to let go of that fear, concern and apprehension. Simply set it aside. Right now, all you need to do is come with me as we open your mind's eye (*your imagination*) to your future so that we can replace that fear with excitement.

Before we begin, I think it's worth reminding ourselves of this: **manifesting is not just about attracting 'things' into our lives or manifesting how we want our lives to *appear to others*. No, it is about manifesting a life that makes us feel content and fulfilled, and one that allows us to experience joy, excitement and love. Getting to the crux of what will bring you those feelings is the key.**

I recently hosted a workshop and during the Q & A, a woman asked me, 'How do I even begin to figure out what I want? Sometimes I don't know the difference between what I really want and what I think I should want.' I get it. It is so easy to get trapped in the idea that we should all want the same thing. We can feel pressured to say, or feel, that we want to get married and have children and live happily ever after with one person forever, or that we want to have an impressive job title that's high-pressure but comes with a six-figure salary and a company car. But the truth is, that's not for everyone. Not everyone wants to have those things and *nor should they*. Isn't it time we gave ourselves permission to figure out what we actually want, instead of allowing the pressures of society to dictate it for us? Isn't it time we gave each other that permission too? It's OK if you don't want children; it's OK that you don't want to start your own company in an age of freelance; it's OK if you don't feel the need for a fancy job title; it's OK if you crave nothing more than simplicity; it's

OK if you want to go slow rather than race through life. Basically, what I'm saying is that it's OK to want whatever it is *you* really want, and just because that's different to what anyone else wants, *or what you may have wanted in the past*, it doesn't make it any less valid, exciting, valuable or inspiring.

DON'T BE AFRAID TO SHINE IN YOUR UNIQUENESS AND LIVE LIFE ON YOUR OWN TERMS.

To help the woman in the workshop understand what she *really, authentically wanted*, I first asked her this: when did you feel most content, fulfilled and at peace? What were you doing at those times? Who was around you? What else was going on in your life at that time? When you think about the answers to those questions, you can start to get to the core of what makes you feel happiest. You can use those memories as clues. Then you can begin to cultivate and manifest more of that into your life.

EXERCISE

Before we go on, I'd like you to answer these questions for yourself:

Describe when you felt most content, fulfilled and at peace. What were you doing, who was around you?

Using your answer as a guide, now answer these two questions:

1. What clues does that memory give you about what you want to manifest?
2. Are there things in your life that are blocking you from experiencing that contentment, fulfilment and joy more often?

I love doing this exercise myself, and I come back to it often. In the hecticness of life, reflecting on what *actually* makes me happy is so important. It reminds me to cultivate more time for simplicity and to stop chasing things that I think I should want or that I used to want. In doing so, it also helps me to live in greater alignment with who I truly am. Also, by recognizing what is currently blocking me from experiencing those feelings more often, I am able to identify which areas of my life I want to change and what, perhaps, I need to let go of.

HOW DO YOU WANT TO FEEL?

If you're having trouble figuring out what it is you want, start instead by identifying how you want your life to feel. Remember that you can manifest a feeling. In the following exercise, identify how you want to *feel* within your life. To make this a little easier, let's categorize our lives in four main areas:

1. love & relationships
2. career/work
3. home/day-to-day
4. experiences/leisure

EXERCISE

For each category write down any words or phrases that describe how you most want to feel in this area of your life. For example: joyful/at peace/safe/comfortable/confident/empowered/respected/valued/excited/inspired/organized/challenged/stimulated.

LOVE & RELATIONSHIPS	HOME/DAY-TO-DAY
CAREER/WORK	EXPERIENCES/LEISURE

You can use **the answers to help guide your understanding of what you can specifically manifest to cultivate those feelings.** For example, if you want to feel a greater sense of peace in your home life, then you could use that to inform what kind of environment you'd like to create for yourself. Or if you want to feel challenged and stimulated in your career, then perhaps consider whether the career path you are currently on can provide that for you, or whether there is something else that may be more aligned with those feelings?

The intention of this exercise is to help you clarify how you want to feel within different areas of your life and to use that to offer greater clarity on what you want to manifest. I suggest that now, using this as a starting point, you **create a vision board.**

Vision boards

A vision board is a visual representation of what you want your life to look like. For me it is an integral part of this first step. It is an opportunity for us to

paint the picture of our lives and get crystal clear on what specific dreams, hopes and desires we want to manifest, and *when* we want that to happen by.

In *MANIFEST* I shared a vision board guide, and I am resharing the steps here for when you are ready to make your new vision board. What I ask of you, though, is to really challenge yourself to write down *everything* you want to attract into your life and be mindful of anytime you are being held back by your fear and doubt. Every time you go to write something on your vision board, ask yourself these three questions:

1. Could I dream bigger?
2. Is this something that will fulfil me and cultivate the feelings I want my life to be filled with?
3. Is this completely authentic to my own desires, dreams and wants?

If you've created a vision board already, but it doesn't accurately represent your deepest and wildest dreams – now is your chance to make a new one.

Creating your vision board

1. Set the scene

Light some candles, play some relaxing music and create a calm and meditative environment. Make your vision-boarding exercise a sacred event for you to enjoy and indulge yourself in.

2. Choose your medium

Take a large sheet of card or paper and choose whether you prefer to write down your goals using different coloured pens (either in bullet points or as a free-flowing description) or whether you want to use images (draw them yourself or cut out pictures or words from magazines or newspapers that reflect the things you want to draw into your life).

Choose whatever feels best for you – just remember to have fun with it.

3. Choose your timeline

At the top of the page, write the exact date by which you want to manifest what's on your vision board.

You could choose to do a six-month, one-year or even a five-year vision board. Personally I like to do all three.

I sometimes find that people can struggle to know, and visualize, what they want their life to look like one year ahead, yet they may feel much more able to visualize their lives in five years' time, or vice versa. So if you are feeling a little stuck, remember you can always choose a different timeline.

4. Get in the zone

Before you start adding things on to your board, make sure you are already embodying the feeling of your future self. Pause for a moment, take a few deep breaths and imagine yourself exactly six months, or one year or five years, from now. Create a clear and vivid image in your mind as you ask yourself the following questions:

- How do I feel within myself?
- What kind of relationships surround me?
- What kind of home do I live in?
- What is my profession?
- What am I most proud of?
- What do I want to change in my life?
- What do I want to keep the same?

As you answer these questions, allow yourself to be completely free in your dreams, desires and wants. Do not allow fear to hold back your imagination; instead, take your mind's eye to the exact place that you want to be. Allow the image of your future self to really come to life as you sink into that visualization.

5. Separate your life into categories^{[fn1](#)}

Split your vision board into six categories: