

# 5 Scripting Manifestation Examples

## 1. Scripting manifestation for moving abroad

*"I'm so lucky to live where I live, and have the support network I have. A year ago, I never would have thought I could be living in another country, learning a new language, and making new friends. Sometimes I still can't believe it: I live on an island in the Caribbean. My apartment has a view of the ocean, and I can see the sunrise each morning. My life is richer than I ever imagined. I want to tell the "me" of a year ago to be brave and take a leap of faith, because the rewards are greater than you'll ever know. I'm grateful for the changes I've made in the past few years that have allowed me to reach this point."*



## 2. Scripting manifestation for love

*"Who could have imagined that in just a year, I could go from being single and frustrated with life to finding the love of my life and moving in together? It's beyond my wildest dreams and I'm so grateful life has taken me to this place. I took a chance and put myself out there in order to meet her, and I'm so glad I did. When we first met, we clicked immediately, and by the second date, I knew we were meant for each other. She's funny, smart, attractive, thoughtful, outgoing, and adventurous. Meeting her is the best thing that's ever happened to me and I'm so thankful that it happened."*

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## 3. Scripting manifestation for a new job

*"For years, I worked a job I didn't like much because I thought I had no other option. But I'm grateful for that experience, and all of my past jobs, because they helped me understand myself, what I want, and what I don't want. Where I am today wouldn't be possible without where I've been. After just a few months of soul-searching and exploring, I've finally found a career that feels right for me. I'm using my skills and passions in a way that feels natural and exciting, while also allowing me to make a good living. Each day, I wake up excited to get on with the work of the day. Sunday nights are no longer spent dreading Monday! I never thought I'd find a career that I wouldn't mind keeping for the rest of my life, but now I have. Instead of dreaming of retirement, I'm now dreaming of new projects I can build in my professional life. I'm thankful for the direction my life has taken and all the experiences that have led me to today."*

## 4. Scripting manifestation for money

*"I'm grateful for everything that I have, and I know that it's already enough. For years, I've made it a goal to reach a stage where I don't have to think about money. Where, rather than coming from a place of scarcity and lack, I'm able to live life without worrying about money coming in. Where I'm able to make decisions in my life driven by what I want to spend time on, rather than what makes money. I'm so thankful that over the past two years, I've reached that point. It happened much sooner than I thought. When I look at my bank account, I feel gratitude and abundance. When I think about how to spend my days, I feel joy and excitement and appreciation. It feels like money is now no longer an obstacle, but a tool to live more fully, now that I don't have to focus on it."*

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## 5. Scripting manifestation for happiness

*"I'm thankful for who I am and all of the personality traits that make me "me." Searching for happiness has been a lifelong pursuit for me. For some, happiness comes easier than others, and for me, it hasn't always seemed to come easy. That's why I'm so grateful to realize that looking back, the past few years have been a time of increasing happiness in my life. I now look less and less to external events and circumstances to make me happy. Instead, I focus on cultivating inner peace and living each day with joy and a sense of adventure and playfulness. It hasn't happened right away, but zooming out, I can see a huge difference between how happy I am now and how happy I was a few years ago. I want to reach out and tell that version of myself to have patience, that it takes time, but that the rewards are immense. Whereas I used to wake up each morning with a sense of frustration, I now wake up with a sense of possibility. For the first time in a long time, I feel like I can call myself a "happy person." I'm grateful for having had the chance to cultivate the skills needed to reach this point."*

