



SPEED

MANIFESTING

Workbook

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SPEED Manifesting™ Method Workbook

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Personal stories in this book are true and some names have been changed to protect the privacy of the contributors.

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Speed Manifesting: Workbook

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Exercises Section I. Beliefs

1. What beliefs have I been taught by my family?
2. How is this different from my true experiences of life?
3. What do some of my friends believe that I notice are different from what I believe?
4. How can I *use* this new distinction about the difference between my Beliefs and the Universal Laws?

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Exercises Section I. Balanced Wealth

1. When was the last time I saw the sun *rise*?
2. How often do I treat myself to something special?
3. If I could have more of one thing in my relationships, what would that be?

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4. Where do I think I may be in or out of balance in each of the four areas?

(+ or – beside each item to identify areas of balance in your wealthy life)

Money	Others	Self	Nature
Pay bills with ease	Relationships	Exercise	Pets/Animals
Circulate money	Family	Feel well and vital	Experience the earth
Travel	Children	Eat raw foods	Tend garden
Gifts	Workmates	Meditate	Plant new life
Donations	Employers	Give love	Walk in nature
Free spending	Parents	Receive love	Enjoy rain/snow
Future savings	Partners	Healthy Sex	Buy flowers
Luxuries	Friends	Have quiet time	Sunrise/Sunset
New items	Acquaintances	Personal Growth	Moon awareness
Decorative items	Associates	Body care time	Beaches, forests, mountains
Useful items	Cultures	Music	
Entertaining items	Sports friends	Art	
	Allow Free Will	Aware of purpose	
	Reactions		
	Listening		
	Keep agreements		

As you review this list, be aware of the emotions different words give you, and ask yourself if you need to take any actions to experience more on a daily basis.

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Money Task 1:

Imagine yourself with cash in your wallet, cash in your bank accounts, and cash at home tucked away in a drawer or jar. How do you feel?

Good feelings:

Bad feelings:

(accept and let go of the feelings as they come up, good or bad)

Money Task 2:

Choose one affirmation that feels good.

Walk around all day long saying to yourself (with anticipation):

“Thank you for the money in my bank, money in my wallet.”

“How did I get to be so rich?”

“It’s fun to earn lots of money!”

“Earning money is easy for me.”

“I feel secure when I earn money.”

“I am growing and learning about earning money every day.”

“I make money whether I work, rest or play.”

“I earn money continuously.”

See what shows up within 9 days.

Exercises Step 1A - Values

Write a list of at least 5 values that you think are important to you.

- 1.
- 2.
- 3.
- 4.
- 5.

Here are some examples: *Integrity, Friendship, Family, Freedom, Independence, Love, Harmony, Calmness, Security, Trust, Respect, Accomplishment, Excellence, Adventure, Fairness, Learning, Growth, Laughter, and Acceptance*

Compare any two, and choose between them, if you had to.

For example, between Family and Freedom

Prioritize them by comparing them in pairs, and put them in order.

Think of a time of indecision and see where you have 2 values competing.

Consider which values are your Parents' values, and choose whether they are now yours too.

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Exercises Step 1B – Open Your Mind to Ask

1. You have just been given your own ultimate planet to design and you have full control over its reality.

Describe it.

What qualities and characteristics do you give it? Are there people? What values do they live? How do they treat each other? How do they eat, live and love? Are there animals? Is there a system of money? What would your life among these beings feel like?

2. Choose 3 parts of that world that you would like to see in your own life NOW.

3. What are you willing to ask for, in order to allow for these 3 parts to show up, regardless of any past experience? (hint: asking is the beginning of manifesting)

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My Dream Day

Exercises Step 2 – Your Imagination Style

1. Identify your Primary and Secondary Styles

- Visual, Auditory or Sensory

a) Think of the ways you prefer to learn:

- read a book (V)
- watch a video or movie (V)
- listen to radio show/audios/teleclasses (A)
- go to a live workshop class or seminar (S)
- do it myself a few times (S)
- any if I can take notes or draw/doodle (S)
- any, if background music is playing (A)

b) choose the words that represent how you relate:

V

I see
colors/lights
bright/dark
he looked
paints
sights
watch/notice
spectator
vision
motion

A

I hear
tone/rhythm
rings/buzzes
she said
resonates
sounds
listen/tell/ask
audience
voice
double-speed

S

I feel
touch/taste
softer/hard
he goes
hot/cool
warm/cold
do it!
player
scent/taste
grab

My primary & secondary Imagination Styles are

_____ - _____.

2. Engage your *feelings* through your Imagination Style and create a matching Dreamboard, recording or experience. What changes did you see within 9 days of this?

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Exercises Step 3 – Gratitude is Appreciation

1. This week work on how you can shift your emotions and raise your vibration quickly. Use your imagination to think of a happy memory, go to a favorite place, or look at a sunrise or sunset with appreciation.
2. Watch an inspirational Manifesting Movie daily for 9 days and see what it does to shift your results and circumstances. www.youtube.com/speedmanifesting
3. In your SPEED Manifesting™ Daily Journal at the back of this book list 3 things you are grateful for right NOW.

Exercises Step 5 – Speaking Powerfully

Practise deliberate speaking for 28 days in one of these three areas:

Exercise 1

Stop swearing. First notice when you swear. Next find a funny word to quickly replace it, like sugar, or fudge. Lastly, by the end of the 28 days work on removing the word and replacing it with a breath or a pause until you are free from the habit.

Exercise 2

Practice removing the word “Don’t” from your vocabulary. Replace it with what you do want, each time you hear yourself saying “Don’t.” “Don’t forget” can become simply, “remember to...”

Exercise 3

Be willing to catch yourself mid-sentence and rephrase your words to a past tense or a better statement of what you want:

“...let me start again.”

“ I always... wait, I mean I used to ...”

“ I don’t have ... wait, I mean in the past, I ...”

Exercises Step 6 – Taking Daily Dream Actions

1. What 5 actions can I take this week to further one of my Intentions?

1.

2.

3.

4.

5.

2. Copy *one* of these *Action Steps* toward an Intention each day in your diary this week, and do each one completely and on time.

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Exercises Step 7 - Circulation

1. How would my behaviour change if I Started Circulation for Increase in my life, instead of trading?
2. Which is easier for me: to give or to receive? Why?
3. In the past have I ever found that gifts had obligations attached to them? If so, what new beliefs can I create about giving and receiving freely from NOW on?
4. What areas of my life might be impacted by giving without attachment?
5. Go back to *Step 1. Know What You Want* and look at your *Intentions List*. Apply the Start Circulation principle and list how each one will add to someone else also.

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Exercises – Key to SPEED

1. Practice being in two ‘times’ at once by going to a local street where there is an occasional street festival. While you are there in normal times, imagine it full of people and blocked off from cars. Imagine the colors, the smells, the sounds. Keep your eyes open the entire time as you imagine this. Congratulations. You have just practiced the paradox of two ‘times’ at once. Can you accept your future that way too? Once you begin to have moments like this about your new life, you are incredibly close to allowing it to ‘pop’ into your life.
2. Go out and manifest the items on the list below. Give yourself a specific time frame such as an hour, a day or a week. Meditate on it and hold the image with you in the emotional state that it has already happened. Be grateful. Align your thoughts, words and actions. Get circulating with people, ideas or money.

Red book

Blue butterfly

Surf board

Brand new money hidden under a leaf

Bouquet of flowers

Unusual word such as ‘meow’

Happy call from a friend

Rainbow hat

Remember to go out looking for these things with joyous celebration in your NOW.

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SPEED Manifesting™ Graduation Game

Complete the following questions lightly and quickly.

1. What is my favorite colour?
2. Have I ever done something totally out of character that turned out great? What was it? How old was I?
3. What was my favorite school subject?
4. What is my favorite ice cream flavour?
5. Where in the world is my favorite place for a holiday?

6. Choose one word:

FUN ADVENTURE LOVE LAUGHTER JOY LUXURY PEOPLE

Circle a number:

1 2 3 4 5 6

Now turn over the page and you will get your SPEED Manifesting™ Game instructions.

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SPEED Manifesting™ Game instructions:

Go back and match the question corresponding to the number you circled and Intend to manifest this.

Imagine the scene of you recognizing it when it shows up. What might that look like the moment you discover that you manifested it? How will you feel? Over the next 3 days, watch for this answer. It may show up several times, or it may be an obvious theme. It may be the word, a picture, or the real thing.

***Example:** You circled number “1” and your favorite color is blue. It may show up as the color blue, the word blue or the heightened awareness of the variety of blue around you. Someone may hand you an unusual blue envelope. You may get a strangely blue business card handed to you. Watch for it. Be open to it coming in a variety of ways.*

I once played a color game while I was traveling (I like to practice manifesting to keep it fun). I was in Sydney, Australia for a seminar and it was a gray urban jungle. I chose to manifest Red. I imagined being able to tell the story at the seminar of how I quickly manifested the color Red. What happened next was amazing and revealing; I got into the taxi from the airport, and on the way to the hotel I began to notice that a gray city full of cars and traffic has red brake lights everywhere! It was the feeling I had when I imagined telling the story; it felt like looking at a Christmas Tree. The city became alight and magical (Sydney is a beautiful city anyway). After the seminar I decided to manifest red balloons. On the way back to the airport I saw a cafe sidewalk board with a balloon attached. Yep, it was red. I got to the airport and the bookstore had a promotion – it had the biggest bouquet of red balloons I have ever seen. It was fun. But this game also keeps my faith high. When I see these ‘unimportant’ manifestations occur, it makes me more patient for the ones I decide are more urgent, serious or meaningful.

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It's a game.

So is Life. Now go play!

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Review of 7 Steps

Fill in the blanks:

Step 1. Know What You _____

Step 2. _____ with Emotion

Step 3. Feel _____

Step 4. Think _____

Step 5. Beware the Power and Poison of _____

Step 6. _____ Action

Step 7. Start _____ for Increase

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Step 1. Know What You Want

Step 2. Imagine with Emotion

Step 3. Feel Gratitude

Step 4. Think Deliberately

Step 5. Beware the Power and Poison of Words

Step 6. Take Action

Step 7. Start Circulation for Increase

+ Alignment to NOW

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www.speedmanifesting.com/bookgifts.htm

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SPEED Manifesting™ Daily Journal

Here is your Daily Journal. This is where you write down 3 things you appreciate each day; one from the **past**, one from the **present day** and one from the **future** in advance, *all in the present tense*, thanking for already receiving.

Notice what you are imagining and meditating on and what *results* are showing up. Sometimes you dismiss small, quick manifestations as coincidences. There are no coincidences and when you begin to see the small things that materialize in your life, you can appreciate the miracles of manifesting. By being grateful for these you can build your belief for bigger things and this will speed up your results.

1. PAST

2. PRESENT

3. FUTURE

Be grateful, be joyful and be expecting wonderful things.

PAST

PRESENT

FUTURE

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PAST

PRESENT

FUTURE

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About the Author

Lori Mitchell is a dynamic and passionate seminar leader who can translate the woo-woo concepts of Universal Laws, the Law of Attraction and The Secret into



useful, practical strategies that anyone can understand and apply.

She has a 20 year career in software sales and marketing training in the IT industry and the Financial Services industry. Since 2007 she has focused on personal growth and transformation and has worked personally with clients and participants, empowering them to take their lives and goals to new levels of possibilities.

She currently offers personal growth seminars for professionals and committed individuals to learn how life really works and how we human beings are designed, to get better results in career, money, relationships and personal empowerment.

“SPEED Manifesting” is a powerful book on creating and she teaches the SPEED Manifesting™ Method, showing how easy it is to have life deliver what you want. She connects personally with her stories and analogies to illustrate the concepts she shares. She has lived in Australia and New Zealand for over 25 years. Originally born in Detroit and raised in Toronto, Canada, she has a multicultural perspective and a unique viewpoint on the fluidity of beliefs to completely change your life. She now lives in a beach paradise with her husband and sons. She enjoys the exotic abundant lifestyle as she shares this very effective method with people around the world.

Join the group of people starting a personal revolution by taking back their real power in Life.

<http://www.speedmanifesting.com>