

*This super simple
workbook contains
my proven process
to set actionable
intentions and build
your business from a
place of alignment!*

How to set potent intentions in
**YOUR BUSINESS THAT
ACTUALLY MANIFEST**

**(BUSINESS
BY DESIGN)**



MANIFESTATION BABE
by Khris Jenkins

HEY GORGEOUS SOUL!

Setting intentions in your business is one of THE most important keys to putting the manifestation process into action. But focusing on just the Law of Attraction by setting potent intentions will only take care of about HALF the formula. The other half? Taking ACTION on your intentions. In this workbook, I will help you get super clear on how to seal the magical deal with the full equation: **Law of Attraction + Law of Action = Real Life Magic!**

Setting intentions in your business is like giving the Universe (or Source, God, Higher Self... whatever you believe in!) an INSTRUCTION MANUAL for what you want to create and where you want to go. It's like deciding on a destination that you want to drive to and entering it into your car's GPS system before you start driving.

Law of Attraction (the intention of getting to your destination and the location of where you are going) and **Law of Action** (DRIVING) = **Real Life Magic** (Ta Da! You ARRIVE where you intended to go!)

Imagine for a second, you got inside your car and just started driving with no destination in mind. How far would you go before you return back home out of fear of getting lost? How far would you go before you WOULD get lost?

And if you're anything like me... why even BOTHER leaving the comfort of your home if you're just going to aimlessly drive to nowhereland?

Unfortunately, this is the strategy that most people play out in their lives. Most people stay stuck right where they are, because they don't even bother attempting an adventure to nowhereland.

Look at this workbook as a Universal GPS system. You are entering the "destination" into your personal business GPS so you know where you are going, and the Universe can help take you there.

For the purpose of this workbook, we will work on setting 90-day intentions based on your 1-year business vision. The intention here is that every 90 days, you will come back to this workbook, reflect back on your 1-year vision, take a look at how many of your 90-day intentions have manifested from the previous 90-day cycle, and create new potent intentions for the next 90-day cycle.

This workbook isn't a one and done deal. It is a process that you keep coming back to over and over again. As things happen, as events unfold, as you get better and better at manifesting your goals in your business, this workbook will allow you to get clearer on what's truly important for you to focus on each quarter. And the better you get at this? The better LIFE gets!

My team and I work in 90-day cycles that are derived from our yearly visions. Each quarter we are AMAZED at what we accomplish when we all focus on these intentions together and get crystal clear on where we are going. Even if you don't yet have a team, no worries. You are all the team you need right now, and you are exactly where you're meant to be.

Do NOT skip this intention setting process. Remember, those who do, hardly ever get anywhere.

Clear out a solid hour on your calendar, eliminate all distractions, set your phone on airplane mode, give your kids a healthy snack and a toy to play with, and send your spouse on a shopping adventure.

This is THE most important work that you will do in your business. Remember that the deeper you go in this workbook, the more energy will be behind your intentions. Surface level answers will create surface level results. Work with the juicy stuff. It is YOUR life after all.

Let's set some intentions, shall we?

STEP ONE:

MAKE A COMMITMENT TO REACH YOUR DESTINATION NO MATTER WHAT IT TAKES.

Trust me, challenges WILL come up. They are part of the game of business. Instead of being AFRAID of challenges/problems, why not remind yourself that they are here to make you stronger, better, and more resilient?

Rewrite the following commitment below:

I, ____ (your name) ____, commit myself 100% to doing whatever it takes to reach my business goals this year. I understand that life isn't meant to play out perfectly, and I refuse to give up at any sign of "failure." I understand that there is no such thing as failure, only feedback as to what did and what didn't work in the moment. I will not assign any more meaning to what didn't work out than just that - something that didn't work out. I will learn from my mistakes quickly and get back in the game of business, ready to march forward toward my goals. I know without a shadow of a doubt that whatever I set my mind to will inevitably manifest as long as I keep believing that I can be, do, and have anything I want. I am infinite potential manifesting itself through physical form. My business is an extension of me and I am worth the journey. I am worth the growth. I am worthy of all success that is on it's way to me RIGHT NOW. I am committed to creating an epic life and business that I innately deserve. I am ready to transform my life and so many others' lives along the way. And so it is.

To MY Massive Success, ____ (your name) ____

STEP TWO:

CREATE A BIG PICTURE VISION FOR YOUR BUSINESS.

Why are you in business in the first place? What inspired you to create a business? What is driving you most right now? Who are you REALLY doing this for? What are you most looking forward to in the future? What does the far future look like for you because you stayed consistent and never gave up?

STEP THREE:

BASED ON YOUR BIG PICTURE VISION, WHAT DOES YOUR ONE-YEAR VISION LOOK LIKE?

If ANYTHING was possible and there were no limits, what would you create in your business in ONE year? What are your income goals? Your impact goals? What would absolutely BLOW your mind if you were to accomplish everything on this list within the next year?

Please write down your one year vision as if it has already manifested. Write it in the PRESENT tense like you are actually already living it TODAY. You will be using this one year vision as your North Star for the next year, creating your 90-day intentions from all that you write below:



STEP FOUR:

NOW, BASED ON YOUR ONE YEAR VISION, LET'S GET DOWN TO THE DETAILS.

In order for you to manifest your one year vision, what must you accomplish/create/achieve/manifest within the next 90-DAYS for you to be on track with your one year vision?

Pick 3-5 desires that spoke to you most in Step Three and “reverse engineer” them into more bite-sized pieces so that you absolutely can and WILL manifest them in the next 3 months. Now, this is SUPER important to note: this does NOT mean play small and choose something you ALREADY know HOW to manifest. If you DID, you would have already manifested it, so what’s your excuse now ;)?! The HOW piece is not your job right now. That is going to come with time and with guidance from your Higher Self (which you will learn more about inside the Intuitive Edge Masterclass). This is the “road map” part of manifesting that will unfold as a co-creation process.

In this step you still want to stretch yourself so you can WOW yourself at the end of the 90 days. Choose something that excites you, but isn’t SO large you have an impossible time believing it can happen.

Write these 3-5 intentions in the following format:

“THANK YOU FOR _____.”

Some examples:

“THANK YOU for the \$100,000 in revenue that my business generated in the last 90 days.”

“THANK YOU for the 5,000 additional podcast downloads that my podcast received in the last 90 days.”

“THANK YOU for my rockstar VA that I hired who helps clear out 10 hours of my “zone of genius” time so that I can help more people.”

“THANK YOU for my brand new Macbook Pro that allows me to quickly and efficiently create my new course.”

The reason why the intention starts with “thank you” is very simple, but crucial in the energetic process. “Thank You” implies that you have ALREADY accomplished your desire, so the energy you are putting out into the Universe is coming from a place of already having it, rather than not having it yet. It’s a simple shift, but a very potent one. If you want things to manifest faster, precede them with gratitude... and REALLY FEEL IT.



STEP FIVE:

DEFINE THE TOP 3 FEELINGS YOU WILL ACTUALLY FEEL ONCE YOU MANIFEST YOUR 3-5 INTENTIONS (YOU CAN USE THE FEELINGS YOU WROTE DOWN IN STEP FOUR).

How will you feel when these intentions manifest? Elated? Joyful? Ecstatic? Relieved? Certain? Over-The-Moon? Get clear on these feelings below:

STEP SIX:

FEEL THE FEELINGS YOU DEFINED IN STEP FIVE RIGHT NOW.

Take about a minute for each, and practice visualizing how you will feel when you've achieved ALL your intentions in the next 90 days. See, in your mind's eye, what will happen, hear what will be said, or what you will say to yourself, and feel what you will feel. Make it as big, bright, and juicy as you possibly can until those feelings simply take over your entire body. This is called the "energizing" process in manifestation. We energize intentions through our feelings.

STEP SEVEN:

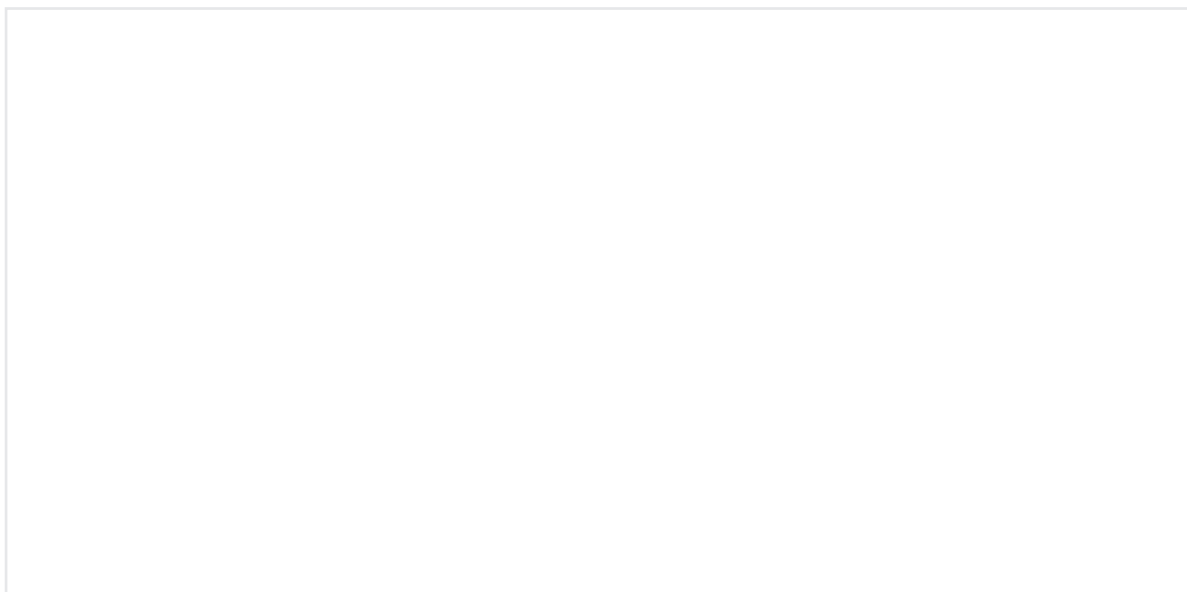
TAKE THE FIRST ACTION STEP TO MAKE THE INVISIBLE REAL.

Let's briefly talk about the LAW OF ACTION piece in manifestation. In order to manifest something into your PHYSICAL reality, you MUST take PHYSICAL action of some sort. Most of this required inspired action will eventually "download" and present itself as you further practice energizing and focusing on your intentions. However, in order to speed things up, it is important to take ANY action as the first step. Send a "signal" that you are ready to fully go after your goals, and the Universe will give you the boost.

The "first step" can be just about ANYTHING you can think of that relates to your desires defined in Step Four. It can be something like the following:

- Start sharing my story on Instagram, letting others know why I decided to create my business and what inspires me most about the future.
- Create a freebie opt-in sharing my top dog grooming tips.
- Start outlining my next beta-launch to teach others how to grow an online following.
- Look for mentors who are in a similar space and find out what made them so successful.
- Start working on my money mindset by reading "Unleash Your Inner Money Babe" and manifesting my first \$1,000 to invest into the software I need to grow my business.

Go ahead and define the first STEPS you are committed to taking to get the Law of Action ball rolling:



To summarize...

- 1 **Make a commitment to reach your destination no matter what it takes.**
- 2 **Create a big picture vision for your business.**
- 3 **Based on your big picture vision, what does your one-year vision look like?**
- 4 **Now, based on your one-year vision, let's get down to the details.**
- 5 **Define the top 3 feelings you will actually feel once you manifest your 3-5 intentions (you can use the feelings you wrote down in Step Four).**
- 6 **Feel the feelings you defined in Step Five right now.**
- 7 **Take the first action step to make the invisible real.**

Ta-Da! You are finished setting your intentions for the next 90 days.

Remember to come back and review these every 90-day cycle to stay on track with your one-year vision. If you stay the course and apply the Law of Attraction with the Law of Action, MAGIC will happen in your business in just 1 year's time. Now imagine doing this for 5 years straight?! You won't even RECOGNIZE yourself OR your life/business.

I believe in you SO much. Now that you have all the tools you need, go out there and CRUSH IT!

To Your Massive Success,

xoxo *Kathrin Jenkins*

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