YOUR FREE MANIFESTATION GUIDE

DREAM BIGGER



A simple guide to asking for more, manifesting bigger and letting the Universe surprise you.

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A little story

TWO WEEKS IN FRANCE VS. THREE MONTHS IN SPAIN

Hi beautiful soul!

I want to start with a little story, because it changed the way I manifest forever.

At the start of 2026, I put a trip on my manifestation list. Two weeks in France with my husband. Just the two of us and a little croissant, ha! I was SO excited about it (and honestly, it felt like a big ask at the time!).

The Universe had other plans.

Instead of two weeks in France, I'm spending three months in Spain. With my husband AND my littles. Sunshine in Tenerife in February and March, and friends coming to stay with us for free.

Three months, not two weeks. My whole family, not just the two of us.

When it all landed, I had one thought:

I WAS ASKING WAY TOO SMALL.

MY BIGGEST LESSON
OF 2026...

ASK FOR MORE. MANIFEST BIGGER.

The Universe is not keeping a tally of how much you're "allowed" to receive.
You are the one setting the ceiling. And so often, we set it low to protect ourselves from disappointment (I know I did!).

So this little guide is my invitation to you: start dreaming big.
Not the safe version (that was the old us).
The version that makes your heart SING!



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MY HUSBAND, THE MANIFESTATION MACHINE

Now let me tell you about my husband. He is not spiritual at all (ha!), but I love teaching him manifestation. And the man is a manifestation MACHINE.

One day at home, he finished the jam and said, "Oh, we're out of jam. I wish we had a little more." That same day, my mom came over for an impromptu visit (which never happens!). In her bag was the exact jar of jam my husband likes. She said, "I bought this at the grocery store and I don't even know why. It's way too sugary for me!" I looked at my husband and said, "You are SUCH a strong manifester."

Around the same time, he had put a trip to Italy on his soul board. A few weeks later, he got a full week in Italy, all expenses paid. And bear with me: my husband works for the government, so that is NOT where this trip came from. A friend who works in wine industry couldn't go on a work trip and asked him to go represent him instead. Out of nowhere!

And then the other night, he said, "We haven't been on a date in so long. I wish we could go on a date." An hour or two later, his mom texted him: "I miss the kids! Could I babysit them this week?" So yes, we went on a date. 🤍

Here's what I want you to notice: he doesn't overthink it. He says what he wants, simply and clearly, and then he lets it go, never worrying about whether he "deserves" it. He just asks, and he expects it to come.

That's the energy I want for you and me!

WHY DREAMING BIG ACTUALLY WORKS



Science gives you the tools,
spirituality gives you the trust.

That's what I always tell my students. You need both!

THE TOOLS (Where science backs you up)

Your brain starts looking for it.
The Reticular Activating System (RAS) in your brainstem filters what you notice based on what you focus on. Set a clear, big intention and your brain starts flagging the people, opportunities and resources you'd normally walk right past. That's why "what you focus on expands."

Visualizing is rehearsing.
When you vividly imagine something, your brain fires many of the same circuits as when you actually do it.

You can rewire your beliefs.
Thanks to neuroplasticity, repeated thoughts and mental rehearsal physically reshape your brain. You can literally train yourself to default to confidence and possibility.

Clear goals light up motivation.
A clearly defined goal activates your dopamine reward pathways, so you stay motivated and focused on it.

Good feelings help you think clearly.
Gratitude and positive emotional states calm the fear response, and HeartMath Institute research links them to coherence between heart rhythm and brain waves. Calmer you = clearer decisions and better intuition.

Belief changes your body.
The placebo effect shows that expectation alone can create measurable physical changes. What you expect matters!

THE TRUST (Where we surrender to the Universe)

Divine timing.
Science can prepare you, but it can't explain why the right person or opportunity shows up at exactly the right moment.

Letting go of the how.
No amount of planning covers every variable. When you release your grip on how it arrives, you make room for something better than you could have engineered (hello, Span instead of France!). I learned this one deeply in my fertility journey too.

Believing before the evidence.
Holding your vision as real before reality reflects it back is a spiritual act. Deciding you are worthy and supported, without proof, sets things in motion.

Your inner knowing.
The yes that expands your chest, the no that tightens your stomach. That wisdom can't be measured in a lab, but it's real guidance.

And one more: The group effect.
It's measured in science, and I see it amplified in spirit every single time. Manifesting alongside others gives your seeds so much more energy!

10 tips to help your manifestations land

1. Bundle a small manifestation with a big one. Your brain doesn't know the difference between "small" and "big." Pair an easy-to-believe one (a free coffee, a text from a friend) with your big dream, so your mind links success with both.

2. Get specific. "I want more money" or "I want love" is too vague. What does it look like for you? Amounts, timeframes, qualities, experiences. Specifics give your energy somewhere to go.

3. Feel the emotion. When you visualize, focus on the feeling more than the picture. How would you feel if it was already done? Let that fill your body. Gratitude IS the payment to the Universe.

4. Add something that's already true. Include one thing you already have and are grateful for (a photo, a note from someone you love). Your brain links that "it's already here" joy to everything else on the list.

5. Take aligned action. Manifestation is not passive! Remember the person who prayed to win the lottery and God answered: "help me out and buy a ticket!" Move in the direction of what you're calling in.

6. Place it where you'll see it (but don't stare it down). Put your list or vision board somewhere you pass often. Mine is in my wardrobe (and used to be behind my computer back in my corporate days!).

7. Make room. Release what no longer serves you so there's space, energetic and practical, for what's coming. Sometimes it's as simple as journaling out an old story you're still carrying.

8. Daydream on purpose. Light, playful daydreaming (not grasping or obsessing) is one of the most powerful ways to align with your desires.

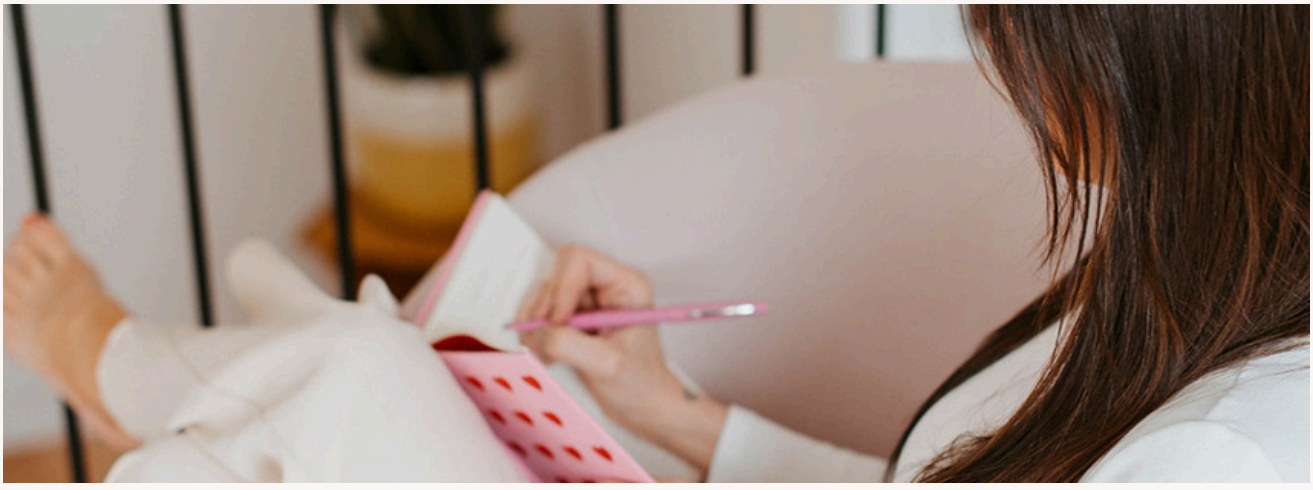
9. Don't overcomplicate it. Think about what you want, feel it, take aligned action, then let it go. It doesn't need to be a 47-step ritual. Manifestation is EASY!

10. You are not manifesting your anxious thoughts. A bad day or a passing worry won't "ruin" anything. Your power is in your dominant beliefs and repeated choices. So be gentle with yourself.

YOUR TURN...
FIND YOUR "SPAIN"

Grab a notebook and give yourself 10 minutes.
This is where the magic starts!

1. Write your "France." One thing you'd love to call in this year, written the way you'd normally ask for it.
2. Now stretch it. Ask yourself: what if it was longer? Bigger? Who else could be there? What if it was even easier than I imagine? Write that version. That's your "Spain."
3. Check your body. Read both out loud. Notice which one makes your chest open and your heart beat faster. That's the one you're writing down.
4. Get specific. Add the details: where, when, who, how much, how it feels.
5. Bundle it. Add one small, easy manifestation and one thing that's already true and you're grateful for.
6. Pick one aligned action. What's one tiny step you can take this week to get closer to this goal?
7. Let it go. Close the notebook, say thank you, and trust.



READY TO GO BIGGER?

COME MANIFEST WITH ME

If this guide lit something up in you, I would LOVE for you to join my 15-Day Manifestation Journey this January.

It's the exact process I use myself, and we go deep. Every day for 15 days, you'll get an email with a manifestation activity, taking you all the way from releasing (making room!) to co-creating with the Universe.

WHAT'S INCLUDED

- 15 days of guided manifestation activities, delivered to your inbox starting January 3, 2027
- 3 giveaways (the first one closes on November 15th!)
- 3 live Zoom calls with me (live only, no replay, so come as you are!)
  Your theme of the year: Thursday, January 7, 8pm EST (30 min)
  Q&A: Monday, January 11, 10am EST (30 min)
  Guided oracle card pull: Thursday, January 14, 3pm EST (45 min)
- The magic of the group effect, manifesting alongside other beautiful souls

This is your year to stop asking for France when your soul is ready for Spain.

WITH LOVE & GRATITUDE
JOELLE X

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