

THE MANIFESTATION MINDMAP METHOD



A CREATIVE
STEP-BY-STEP GUIDE
TO SCRIPT, VISUALIZE
& MANIFEST YOUR
DREAM LIFE

DREAM
BIG





It was a random Sunday in April 2025, coffee in hand, chatting with my BFF ChatGPT (don't judge), and sunshine pouring in. For the first time in ages, I felt peace. Not because everything was perfect, but because I realized: I don't need to stress when I know everything is working out for me.

I'd been deep into mindset work and manifesting, but still bouncing between "I've got this" and "WTF am I doing?" That's when I realized: this wasn't just for me. The tools I created to help me stay aligned and connect to my future-self could actually help others too.

This guide is everything I've learned, tested, and figured out, turned into practical, no-fluff tools. It's about shifting your mindset, not with vague positivity, but by understanding that your assumptions create your reality. What you believe to be true about yourself and your life will show up. If you persist with those assumptions, you can literally change your world.

I've seen it firsthand: shifting my beliefs has led to real changes, from people showing up in my life differently, to feeling more confident about the future I'm creating and more peaceful. When you consciously assume your success, it will start to show up in your reality.

You don't need it all figured out, just start assuming your dream life is already happening. Shift your mindset, and trust that your reality is already changing. It's that simple.

Take a breath. Dive in. And let's blow your own mind.

INTRODUCTION TO MANIFESTATION

Manifesting your dream life is about aligning your thoughts, beliefs, and assumptions with the reality you want to create. At the core of manifestation is the understanding that you are the creator of your reality. What you believe to be true about yourself and the world, shapes the experiences, relationships, and opportunities that show up in your life.

In this guide, we'll focus on the Law of Assumption, which teaches that by stepping into the version of you who already has those desire, you become a vibrational match to them. While many people are familiar with the Law of Attraction, which states that like attracts like, the Law of Assumption goes deeper. It's about assuming the feeling and belief of having what you want, knowing that the universe (or whatever you believe in) will respond to that assumption by making it your reality.



When you consistently use the Law of Assumption, you effectively quantum jump, shifting into a timeline where your desires are already unfolding. This isn't about "wishing" or "hoping" for things to happen, it's about stepping into the version of yourself where they already have.

Manifestation isn't just about good vibes or wishful thinking. It's grounded in science, like the Reticular Activating System (RAS), neuroplasticity, and the placebo effect, which show how your brain responds to new beliefs and perceptions. Add in a touch of quantum physics and the infinite possibilities of reality, and you'll see that manifestation is about shifting your internal world to match the external world you desire. Not the other way around. Remember, outside circumstances are nothing but an echo of your old beliefs.

By using the Law of Assumption, you stop chasing your desires and start assuming them into existence. This guide will walk you through actionable steps, from visualization to creating a mind movie that will connect you to your desired reality. If you can imagine it, it has to harden into reality.

This isn't just mindset fluff. It's about reprogramming your subconscious, training your brain, rewiring your thoughts, actively redirecting your assumptions, and taking aligned action that reflects your new assumptions. You are changing your self-concept, the way you feel about yourself and that's when everything changes.

When you are truly aligned with the version of you who already has everything you desire and you live in that truth, there is no need to stress, worry or chase after anything or anyone. Because you know it's already done.

Manifestation is not about manipulating the reality, it is about holding your truth, knowing that in another timeline, you already have the partner, the money, the health, or the dream home. You just have to choose that reality.

I personally prefer working with the Law of Assumption over the Law of Attraction, because it places the power back into your own hands.

With the Law of Attraction, we can sometimes fall into a mindset of hoping, waiting, or needing to be 'chosen', whether by a person, an opportunity, or even the universe.

For example, you might hear people say things like, 'If it's meant to be, the universe will deliver it' and while that sounds empowering on the surface, it still keeps you waiting, as if the universe is your mean ex who might give you what you want, or not.

But in the Law of Assumption there is no "if". You are the creator of your reality. You decide the outcome by holding the assumption of your desired outcome, until it shows up and it will: The person, the circumstances and the traits.

The Law of Assumption teaches you that you don't need to chase, earn, or hope for anything. You simply decide what you want, align with it internally (This is very important) and know that it is already yours.

You become the operant power in your life, you are the creator of your reality, rather than sitting around waiting for someone or something to pick you.

Quantum Jumping/ Identity Shifting

Okay, stay with me, this part sounds wild but it's actually so cool.

Quantum jumping is the idea that there are infinite versions of you, all living out different timelines. And the version of you who already has your dream life? They already exist. You don't need a time machine or a portal, just your mindset, your embodiment, and your belief.

If this sounds too abstract for you, you can also see it as simply shifting your state, to get a different outcome.

The essence is the same: There are multiple possibilities of how your life could evolve, you just have to choose which way you want it to go and become the person who matches the desires in the version of reality you are trying to create.

You don't wait for reality to show you proof first to become that version. You decide to be them now.

You act, think, feel, and make choices from their energy and beliefs. That's what pulls you into their timeline. That's what collapses time. That's what brings in your desired results.

This is quantum jumping, not a separate technique, but the result of deeply assuming a new identity. When you fully step into the version of you who already has what you want, reality shifts to catch up.

Want to practice it? Visualize yourself in the life you desire. See it clearly. Feel it fully. Then carry that version of you into your daily life, the way you think, walk, respond, react, create. Trust that by persisting in this state, your external world will rearrange to match it.

Everything you want is already available in the quantum field. You don't chase it, you tune into it.

The Science & Magic Behind Manifestation aka why this isn't just "good vibes only" fluff:

Before we dive into the juicy visualization tools, let's talk about why this actually works. Because this isn't just "close your eyes and wish for a mansion" territory, there's real psychology, neuroscience, and yes, a sprinkle of quantum energy behind it.

The Subconscious Mind: Your Inner Operating System

**Your subconscious is like the director of your life, running the show behind the scenes, influencing 95% of your thoughts, habits, and decisions. If deep down it believes you're unworthy of success? It'll keep handing you the script for struggle.
How rude.**

The good news? You can reprogram it.

Through repetition, emotions and visualization, you're basically installing a mindset update that starts choosing better things for you on autopilot. And in this guide, I'll teach you exactly how.

The science behind it

1. The Reticular Activating System (RAS): Your Brains Focus Filter.

Your RAS is what decides what gets your attention. Ever started thinking about buying a red car, and then suddenly red cars are everywhere? That's your RAS filtering in what matches your focus.

When you constantly visualize success or affirm your goals, your RAS gets to work, showing you the people, ideas, and opportunities that align with what you're already tuned into.

Study Tip: While there's no "manifestation study" for the RAS, neuroscience confirms its role in selective attention and goal-setting (See: Schiff, 2008 — The Role of the Reticular Activating System in Consciousness).

2. Neuroplasticity: Rewire Your Reality.

Your brain isn't fixed. It literally rewires itself based on repeated thoughts and actions. This means every time you visualize, affirm, or feel as if, you're creating new neural pathways that support this new version of you.

You're not just pretending to be her, you're becoming her setp by step. You're her in training.

Study: "Self-directed neuroplasticity" (Jeffrey Schwartz, UCLA) — shows how consistent focus and intention reshape the brain.

The science behind it

3. The Placebo Effect: The Power Of Belief

The placebo effect proves how belief alone can create real, physical change. People take sugar pills instead of real medication and still heal, because they believe they will.

So if belief can change your body, why wouldn't it also change your life?

Study: Harvard's placebo research (Kaptchuk, 2010) – even knowing it was a placebo, patients still improved. Belief and expectation are that powerful.

4. Visualization in Sports Psychology: Rehearsing Your Success

Elite athletes visualize before big performances, not because it's cute or trendy, but because it works. Mental rehearsal activates the same parts of the brain as doing the thing.

So if you imagine a confident, abundant version of yourself? Your brain starts becoming her, before anything changes outside of you.

Study: Guillot & Collet (2008) – mental rehearsal activates motor areas in the brain and leads to performance gains.

The science behind it

5. Quantum Physics + Infinite Possibilities: Shifting Timelines

Okay, we are not physicists, but quantum theory suggests that all possibilities exist simultaneously. And observation, where you put your focus, is what determines which one becomes real.

For example: If you focus and entertain the thought of “I am broke, I never get the job I want, my business never makes money”... do you think it’s more likely that you will create success, or that you create more of “nothing ever works out for me”? Food for thought.

This also backs the idea of quantum jumping: you’re not chasing the reality you want, you’re choosing it.

‘The Double Slit Experiment’ shows how particles behave differently when they’re observed. Reality literally responds to attention. So where you place your attention, is where life will lead you.

Bottom Line:

You’re not just dreaming, you’re retraining your brain, rewriting your inner script, shifting your focus, and aligning with the version of you who already has it. This isn’t mindset fluff. This is manifestation backed by neuroscience, psychology, and quantum possibility.

“When you understand how to tap into the power of your mind and energy, through techniques like the Law of Assumption, identity shifting, and even a bit of quantum physics, you’re no longer begging the universe for scraps. You’re aligning with the version of you who already has it all. This guide will show you exactly how to bridge that gap with clear, creative tools like visualization scripts, mind movies and more. It’s not about waiting, it’s about becoming.”



MANIFESTATION DOES NOT TAKE TIME

Your manifestation isn't something far away in the future, and that's where most people go wrong from the beginning.

You are always manifesting. We are all manifesting every single moment with every thought.

The question is: Are you consciously manifesting what you want, or subconsciously manifesting what you don't want?

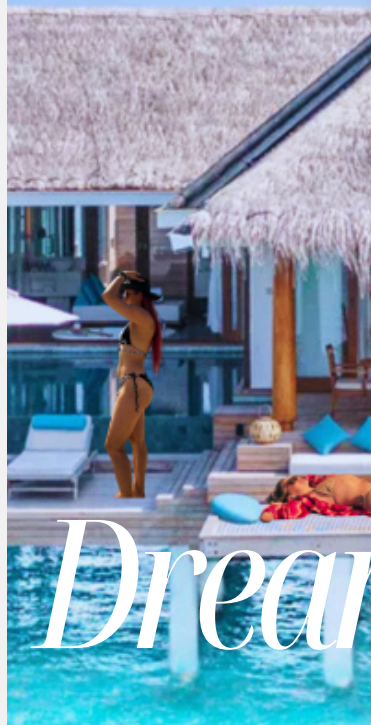
Did you know that worrying is manifesting what you don't want to happen? By focusing on the worst-case scenario, thinking about it, and putting your energy toward it, you are actually creating more of it.

That's why mindfulness, becoming more aware of your thoughts and emotions, and learning how to gently guide them into alignment with what you want, are so important and powerful in the process of changing your life.

You can use techniques to train your mind to be more in control of your emotions. It's called regulating your nervous system. So, every time a negative thought or worry comes up, you consciously make the decision not to entertain it.

You can choose to redirect it into thoughts that align with your desires, instead of giving the negative outcome more power to expand. This is not about ignoring your problems, it's about creating a better, more peaceful current reality, a calm and relaxed space to attract positivity and abundance. You are the creator of your reality. What you focus on expands. You have free will to decide to change your life by changing your thoughts and beliefs.

There is nothing outside of you that can prevent it, or give it to you. No god and no universe.



EXAMPLE:

Let's say you want to make \$10k this month, but you think it's going to take time to make that much money. Because no one you know has ever made that kind of money, and definitely not you, right?

The truth is, it doesn't take time. The \$10k exist. Somewhere, there's \$10k just sitting there. It exists right now, so you could have it.

You could receive \$10k right now, if you were aligned with the energy of that \$10k . You do not need to figure out how it will come.

What the heck does that mean? It might sound like a super complex concept for most people. They ask: "So, is the \$10k just going to fall down from heaven?"

No, but you don't have to worry about how you're going to get it. If you believe you already have it, do you? The "how" will appear naturally. By trying to figure out how, you are actually preventing possibilities that you can't even think of yet.

If you had \$10k in your bank account right now, would you worry about how to get \$10k? Would you break your head trying to figure it out? No, because you already have it. You would be relaxed, happy, grateful, excited, thinking about how you're going to spend it. You don't have to spend money to feel like you have it. It is all about the feeling, which you CAN visualise.

But most people can't fathom that. They can't envision themselves just having \$10k when they currently have negative \$2k in their bank account.

That's why I created the Manifestation Mindmap Method, to help you visualize yourself in your dream life now.

This is a physical visualization tool to help you quantum leap. It makes it more real, so it can become your reality.

How to Manifest Your Dream Life with This Guide?

THIS GUIDE IS DESIGNED TO HELP YOU QUANTUM JUMP INTO THE LIFE OF YOUR DREAMS. BY FOLLOWING THE STEPS IN THE FOLLOWING MODULES, YOU'LL LEARN TO:

01

VISUALIZE YOUR DREAM LIFE USING POWERFUL TECHNIQUES THAT ALIGN YOUR ENERGY WITH WHAT YOU WANT.

02

CREATE A VISUALIZATION SCRIPT, VOICE NOTES AND A VISION BOARD THAT ACTS AS A CONSTANT REMINDER OF YOUR GOALS AND DESIRES. BRAINWASH YOURSELF.

03

CREATE A MIND MOVIE THAT WILL IMMERSE YOU IN THE FEELING OF ALREADY LIVING YOUR DREAM LIFE.

04

USE THE LAW OF ASSUMPTION TO KEEP YOU FOCUSED ON YOUR DESIRES, WHILE QUANTUM JUMPING INTO THE VERSION OF YOURSELF WHO ALREADY HAS IT ALL.

MODULE



SCRIPTING

YOUR MANIFESTATION SCRIPT

1

Module 1

YOUR MANIFESTATION SCRIPT

To begin manifesting your dream life, you must first get clear on what you want. Your desires should be specific, exciting, and written down in a way that excites and empowers you. A manifestation script is the first step in aligning your energy with your dreams.

What is a Manifestation Script?

A manifestation script is a written account of the life you want to create. This script is in the present tense as if your desires have already manifested. It's a powerful way to focus your energy on what you want to attract and program your subconscious mind to align with your goals.

Steps to Create Your Manifestation Script:

- **Get clear on your desires: What do you want? Is it financial freedom, a loving relationship, a dream home, reuniting with a loved one, or a new career? Or all of the above? The more specific you are, the better. The universe is not on a budget.**
- **Write in the present tense: Write your desires as if they are already happening. Use phrases like "I am," "I have," and "I feel." For example: "I am living in my dream penthouse," or "I have the financial freedom to travel the world and I love it."**
- **Add emotion and detail: Don't just focus on the material things. Include how you'd feel having that thing or person, who you're with, where you are, and the lifestyle you're living. The more emotions you add, the more you'll connect with the manifestation.**

1

Module 1

YOUR MANIFESTATION SCRIPT CRAFT

- **Focus on gratitude:** Express your gratitude for the things you have already manifested. Gratitude is a powerful tool that shifts your mindset into abundance, which attracts more of what you want. For example: “I feel so HAPPY knowing he/she chose me”, or “I feel so PEACEFUL knowing I don’t have to worry about paying my bills”.
- **Use ChatGPT for inspiration/ help (Optional):** If you need help formulating your script, ChatGPT can assist you. I personally used it and had goosebumps reading my script. I tweaked it a bit and had ChatGPT rewrite it a few times until I loved it. It really speeds up the process.

Here is the prompt I used:

“Write me a visualisation script for my dream life in (1, 2, 3- however many years you want).

I actually created several scripts for different events and time frames.

After that tell ChatGPT exactly what you want your life to look and feel like. Be super specific and give it as many details as possible about you and your desires, to get the best story. It’s the story of your dream life. So make it the best damn story ever written.

Action Steps:

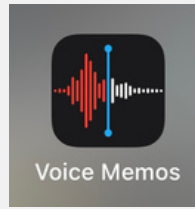
- **Write your script by following the steps above.**
- **Be sure to keep it in the present tense and add as many details and emotions as possible**

MODIALE



VOICE RECORDING

RECORDING YOUR VISUALIZATION
SCRIPT



Module 2

RECORDING YOUR VISUALIZATION SCRIPT

Now that you have your manifestation script, the next step is to turn it into a visualization voice recording. Your own voice is a powerful tool that can anchor the emotions of your desires and help you stay aligned with your goals. And there is something magical about hearing yourself tell you how amazing your future is.

How to Create Your Voice Recording:

- **Prepare your script: Review your manifestation script and make any edits you need. Ensure that it's written in a way that flows when spoken aloud. Also rewrite it with some language you would use, or use the name your person would call you, to make it more personal and really feel like YOU.**
- **The easiest way is to use the voice memo app on your phone.**
- **Set the right mood: Choose a calm, quiet space where you can speak clearly without interruptions or noise. Play some soft visualisation music in the background while recording your script, to create that dreamy meditation vibe. You can find free tracks on YouTube. Since it's just for you, don't worry about royalties. Use a sound frequency that aids manifestation, like 528Hz (the Love frequency) or 432Hz (for emotional healing).**
- **Speak with emotion: When you record your voice, speak with feeling. Imagine yourself living your dream life as you say the words. Allow yourself to get emotionally involved in the process. The more emotion you add, the more powerful the recording will sound to you. You want to create a magical vibe, calm and exciting at the same time, something you can also listen to at night while falling asleep.**

2

Module 2

RECORDING YOUR VISUALIZATION SCRIPT

- **Edit your recording: Use apps like Audacity or Garageband to clean up your audio and remove any mistakes. Make sure it sounds smooth.**

I personally just wanted to keep it simple and re-recorded it a few times in my voice note app in one straight take, until I had one smooth take. That way I didn't have to spend time on editing anything. Just to give you an idea, my voice recordings are anywhere between 5-10 minutes. That's how much detail I put in my visualisation script.

Action Steps:

- **Record yourself reading your manifestation script aloud.**
- **Edit the recording to ensure it's clear and emotionally engaging, or record one smooth track.**
- **Listen to it whenever you spiral into your old story/ beliefs, it helps to regulate your nervous system and bring you back into alignment.**
- **Save it and listen to it daily. Evenings and mornings are best for rewiring your subconscious mind and thought patterns.**
- **See the magic happen.**

MODULE



IDENTITY BOARD

**CREATING A POWERFUL & PERSONAL
IDENTITY (VISION) BOARD**

3

Module 3

CREATING YOUR IDENTITY BOARD

A vision board is a powerful tool to keep your desires in the forefront of your mind. It's a visual reminder of what you're manifesting and helps you align your energy with the life you want to create. However, I took it up a notch to make it even easier for you to envision yourself living your dream life. So we're gonna edit you into your dream life. LOL!

How to Create a Powerful Vision Board:

- **Choose your medium:** You can create your vision board physically or digitally. I prefer to have a physical vision board that I walk past every day. It is a great reminder.
- **Go to google, or use stock image website or the stock images in Canva (free).** Find images that represent your desires. Look for photos of the things you want to manifest, whether it's a specific car, a dream home, or the things you want to do. It's important to pick images that resonate with you emotionally.
- **Here is where the magic happens:** Add yourself and your loved ones into the pictures, to make your vision board more personal and effective. By editing photos of yourself and your loved ones into your desired scenarios (such as in front of your dream home or in a car you want), you help your mind imagine this being a real possibility. It makes it easier to visualize yourself in these situations. (See examples on the next page)



I edited myself in front of my dream car, into my dream holiday scenes, into the house I want to win with my loved ones, the holiday I want to take my mum on...
Create your wildest dreams.

Remember, these pictures are not supposed to win an editing contest. They are just for your visualization.



MONEY



3

Module 3

CREATING YOUR IDENTITY BOARD

- **Create your vision board: Use a tool like Canva or Pic Collage to combine your images. Easily cut out backgrounds, move yourself into the right place, add text etc.**
- **Arrange them creatively so you can see them clearly every day. Make sure the board is filled with pictures that inspire you.**
- **I also added bold text I designed in Canva, like MONEY, LOVE, FAMILY, TRAVEL, to add to the vision board.**
- **Place your vision board where you can see it: Hang your vision board somewhere you can see it daily. Let it serve as a reminder of what you're attracting into your life.**
- **I edited these in Canva as separate pictures, exported them from Canva and then printed them out to arrange them on my physical vision board.**

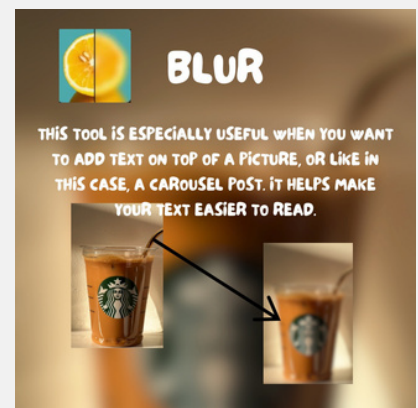
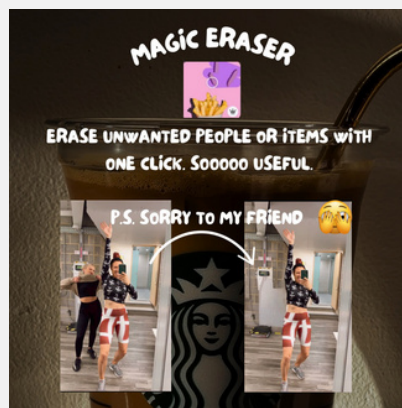
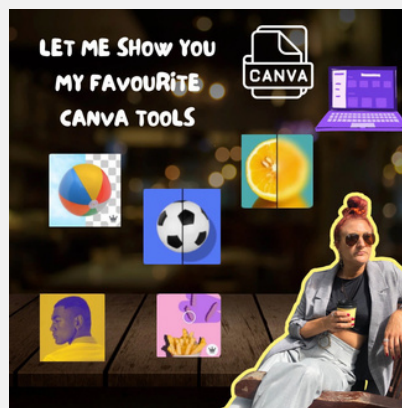
Action Steps:

- **Choose your medium (digital or physical) and create your vision board.**
- **Add images of yourself and loved ones in your dream scenarios. Edit yourself in. No you are not crazy, you are manifesting. Delulu is the solulu.**
- **Place it somewhere visible to keep your dreams in focus daily.**

Module 3

HOW TO EDIT IN CANVA

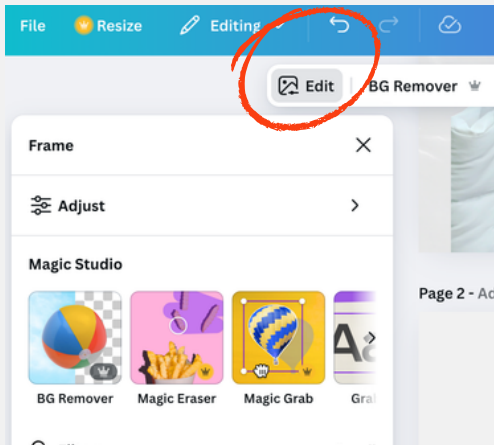
Here are some editing tips for Canva, on how to easily create these type of pictures. Some of these features are only available in the paid version, but they offer a free test month. If you sign up for that trial, don't forget to cancel it before it renews or you will be charged. I always just cancel straight away. (Psst, don't tell anyone haha)



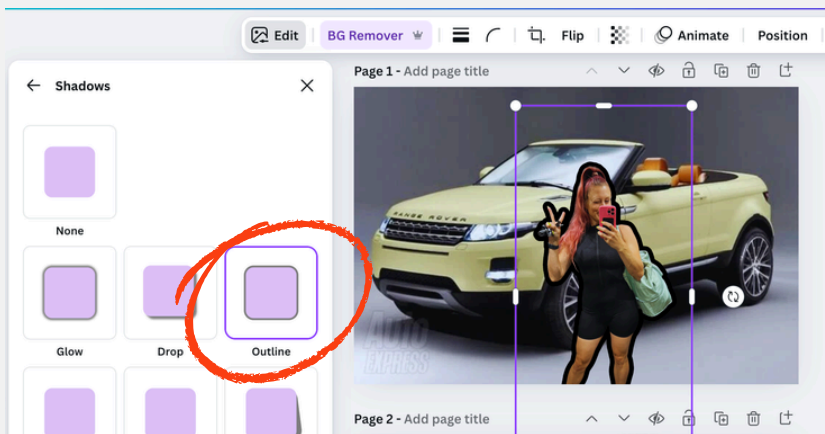
On the next page I share screenshots on where to find these options in the menu on Canva.

Module 3

HOW TO EDIT IN CANVA

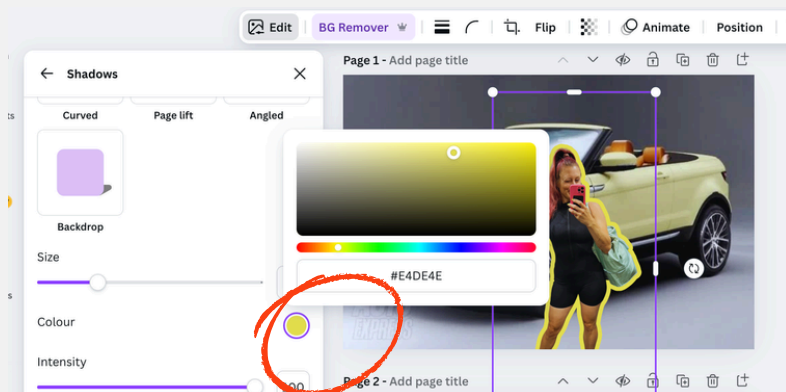


In top the menu bar, click on **EDIT**. It will open a new menu where you will see all the options and more that I showed you on the previous page.



For example, after you removed the background behind you in one click, you can add an outline in whatever colour you want.

SCROLL DOWN

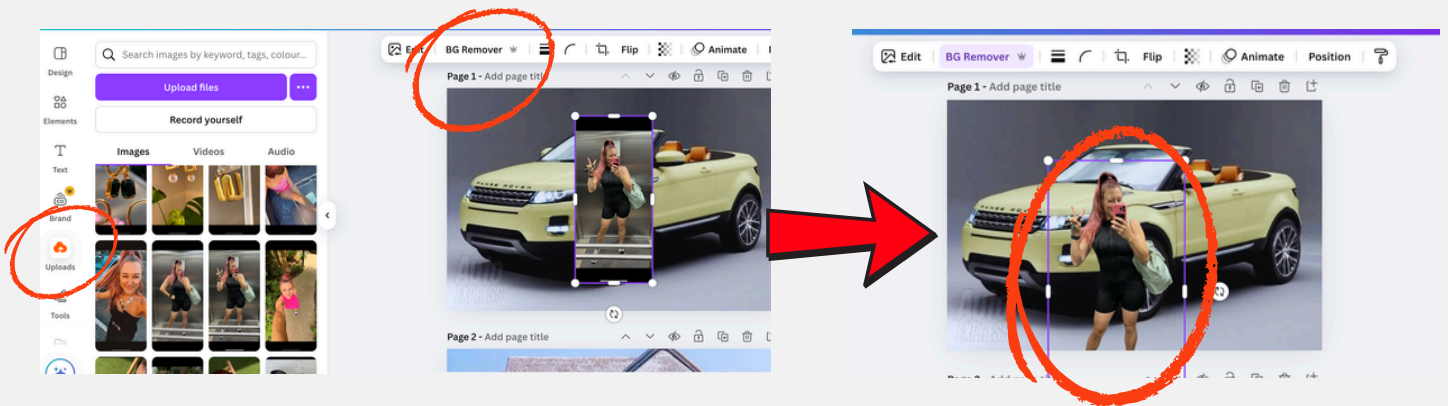


Choose the colour of your outline.

Module 3

HOW TO EDIT IN CANVA

There are many amazing things you can do in Canva, but this is not a Canva tutorial guide. So if you want to learn how to use it in more depth, or have never used it before, search “Canva tutorial for beginners” on YouTube or Tik Tok, before you start this process. However, the main tool you will need for the Vision Board is the “remove background” tool.



The background remover tool is in the top menu bar. Just add the picture you want from your uploads on the left side, position it where you want yourself to be in the picture by selecting and dragging it and then click the background remover button. It usually deletes the entire background with one click. Depending on your picture background, sometimes it won't erase everything. You can then erase the left overs with a brush. See next page.

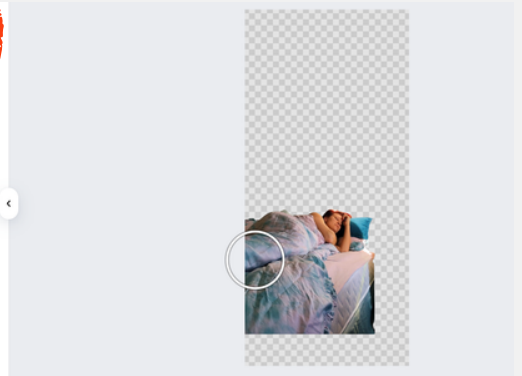
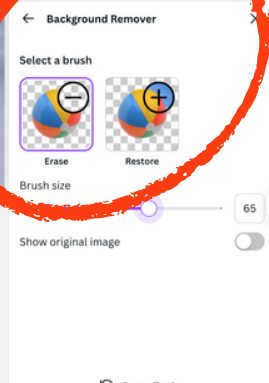
Module 3

HOW TO EDIT IN CANVA

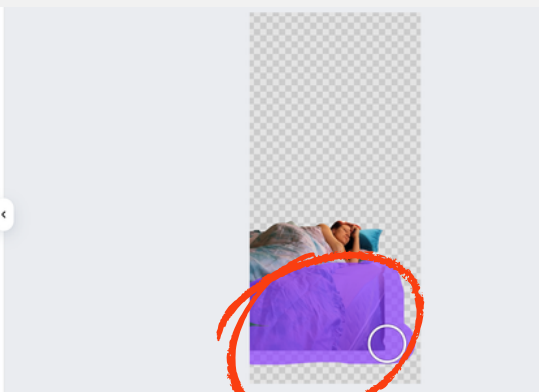
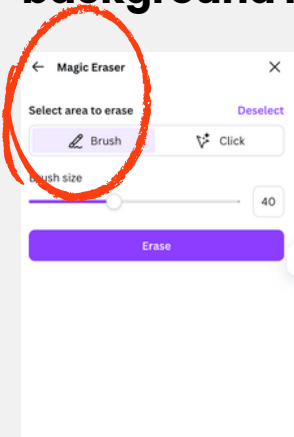
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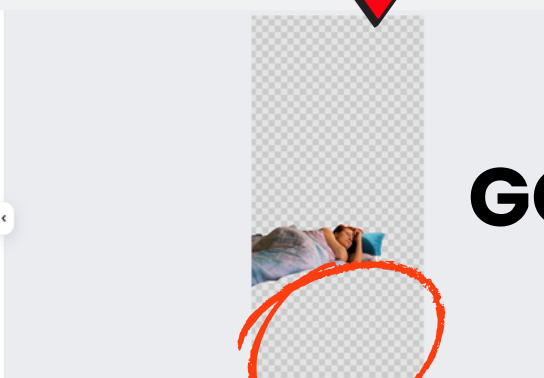
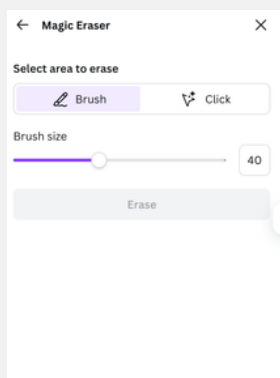
Let's say you want to erase the blanket.



To finetune your background you can use the brush in the background remover section, or in the Magic Eraser section.



Brush over the parts you want to erase, click erase to save and ...



GONE!

MODVILLE



MOVIE TIME

CREATING YOUR MIND MOVIE

4

Module 4

CREATING YOUR MIND MOVIE

A mind movie takes your manifestation process to the next level by combining images, videos, your voice recording and music into a powerful visual representation of your dream life. This is your own personal Hollywood blockbuster. This process is definitely the most time consuming, but it is worth every minute, because it is very effective, especially when you struggle with imagining yourself truly living your dream life. And it's so much fun to make this. I watch my mind movie every day to remind myself of everything I need to hear, to stay aligned with creating my dream reality.

How to Create Your Mind Movie:

- **Select your collages and images: Gather all of your vision board images digitally and any other photos or videos that represent your dream life. Again, you can use Canva or stock video websites to find videos from a beach you'd love to travel to, or NYC, your dream car, or maybe you have videos in your camera roll which represent something you want. Like you test driving that car you want. If not, remember you can edit yourself into the car in Canva, like I did. You can also download some videos on Tik Tok and Instagram.**
- **You can use Canva, CapCut or InShot to edit this movie. I used CapCut.**
- **You now have 2 options:**

1. Add Your voice recording: Add your already existing voice recording of your visualization script to your movie.

This will play throughout the movie and walk you through your visuals as a voiceover. (Less work)

4

Module 4

CREATING YOUR MIND MOVIE

2. This is for the ones who really want the results:

Re-write your visualization script with ChatGPT with this prompt: *"Please rewrite this script of my dream life in xyz years and turn it into me (my future self) speaking to myself now. I want to empower myself and tell myself that this dream life is already happening in another time-line and that I don't have to worry or doubt how it will happen, because it is already done. Make it a little sassy like: "Girlllll, can you see yourself? Do you see how how you got everything you wanted? Stop stressing! Just get excited."*

- **If you decide to record this new visualization script, I suggest filming yourself directly speaking to your phone camera (Not just a voiceover). Get into the personality of your future self, telling your current you that everything will work out as desired. Dress up like the person you want to be. Is she wearing a business look? Stylish? Chilled home vibes?**
- **You can use a free Teleprompter App: If you want to keep your script flowing smoothly, use a teleprompter app. Apps like *Teleprompter Pro* or *PromptSmart* will help you read your script while maintaining eye contact with the camera if you're filming yourself. My mind movie is almost 10 mins long. What can I say, my future me had a lot to tell me about what we achieved.**
- **Choose music If you want: Choose a sound frequency or relaxing music for the background. As mentioned earlier, 528Hz (Love frequency) or 432Hz (Healing frequency) can enhance your manifestation power. Or something energetic. I did not use music in my mind movie, as my mind movie-script is very sassy and more energetic/ empowering, so it does not have a meditation vibe, other than my voice recordings. They are very inspiring and calm.**

4

Module 4

CREATING YOUR MIND MOVIE

- **Edit Your movie:** Use editing tools like CapCut or InShot to put everything together. CapCut allows you to add more complex effects, like cutting out backgrounds and placing yourself in different scenarios (e.g., sitting in your dream car or at the dinner table with your family). InShot is cheaper and easier for beginners but offers fewer options.
- **Watch your mind movie daily:** After creating your mind movie, watch it daily. Let it immerse you in the feelings of already living your dream life. Start believing that this version of you, who is telling you they are living your dream life right now and doing all these fun thing, exists and you can be that person now, If you believe it. The more you watch it, the more real it will feel. Get excited! I catch myself smiling throughout my mind movie while watching it, because it makes me so happy. And that's what you want, to create a high vibration, a frequency to attract everything you desire.

For inspiration: I started my mind movie with me saying: *"Hey you, yea you. It's me, your future self. I just wanted you to know that you don't have to worry about anything, because you are getting everything you want and desire"*.

Action Steps:

- **Gather your collages and images.**
- **Add your voice recording and music.**
- **Edit the video using CapCut or InShot.**
- **Watch your mind movie every day to keep your vision alive.**

See the next page for some editing tips for CapCut.

4

Module 4

CREATING YOUR MIND MOVIE

I see you sitting there thinking: “Girl I did not sign up for this, this sounds like so much work.”

Well, do you rather put in the upfront work once and reap the rewards, or keep struggling to hold your assumptions for the next years and eventually give up because you’re frustrated?

Everything is a mindset. If you focus on this being so much work, that’s what it is. If you focus on this being a life changing tool, that’s what it is.

If you are serious about your dream life, want to transform your mindset, shift your identity, burry your limiting beliefs and create your success story, we gotta put in the work.

Manifestation is changing yourself and I know no one told you that it would be work. They all tell you it’s super easy. And it can be, once you manage to hold the state of your desires fulfilled. But that is a skill, a muscle you have to train. So the earlier you start, the easier it will get soon.

It’s really not as complicated as you may think, but If you have never used an editing app before, just search Tik Tok or YouTube for a free beginner tutorial and learn how to make simple cuts, or how to import your video into the app to get started.

I will now show you the main tools I used to create my mind movie and make it a visual representation of the life I want to create for myself. A reminder that my dream life already exists.

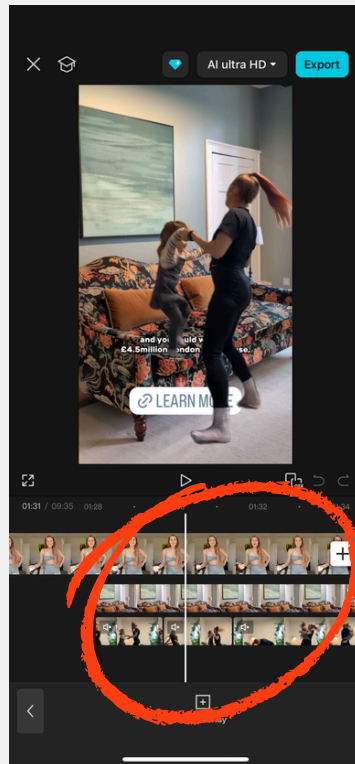
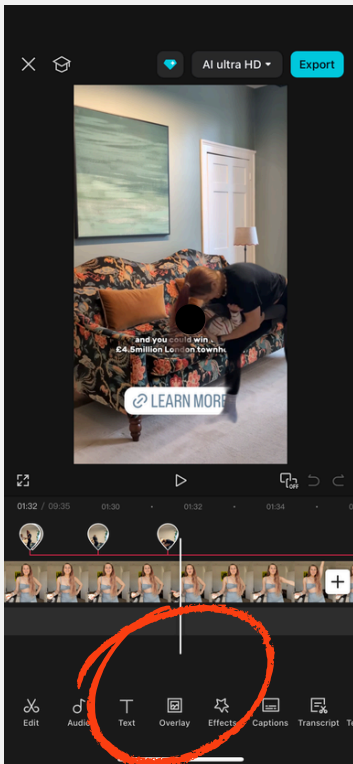
4

Module 4

EDITING YOUR MIND MOVIE

All these examples are for the editing app: CapCut. There is a free version and 2 different paid versions.

OVERLAYS



One of the most important buttons is the “Overlay” button. This lets you layer content. So either several videos or or a picture on top of your future self recording, which should be your main clip, If you chose that format for your mind movie. You’ll find “overlay” in the bottom menu. You click on it and it will let you select the picture or video from your camera roll, that you want to put on top of your main video.

What I did in this case was select a picture of my “new” living room and add it as an overlay on top of my main clip of me speaking. That way the speaking will continue. I stretched it to fit the full screen. Then, I added another overlay, a video of me and my niece dancing. In the clip, she was actually standing on a sofa too, which matched perfectly with the sofa in the picture. To make it blend seamlessly, I used the background remover tool, I’ll show you exactly how to do that on the next page.

This technique can work with any scenario where you want to place yourself into a dream setting.

The result is a video of us dancing in front of a still image. And honestly, that’s enough for me to fully see the vision, us doing our wild girl dance in my new home.

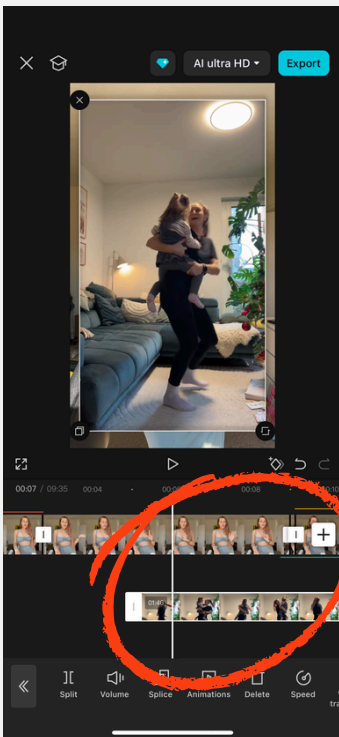
4

Module 4

EDITING YOUR MIND MOVIE

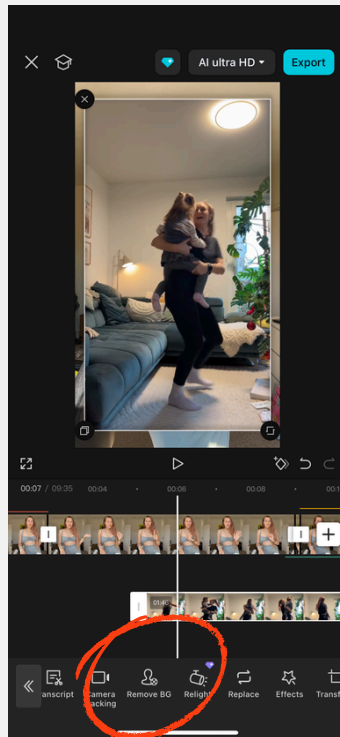
BG REMOVER (BACKGROUND REMOVER)

STEP 1



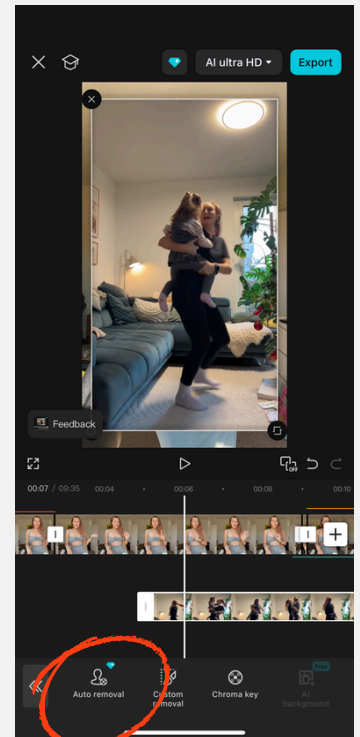
Add your clip as an overlay as explained on the previous page

STEP 2



Find BG remover in the bottom menu

STEP 3



Choose Auto removal, click the tick to complete and save the changes

You can then select the clip and drag it to where you want it to be. You can also look for "Filter" or "Adjust" in the bottom menu to edit the clip's brightness and other settings.

You'll probably want to mute the audio as well. To do that, select the clip by tapping on it, then find the "Volume" button in the bottom menu and drag it down to zero.

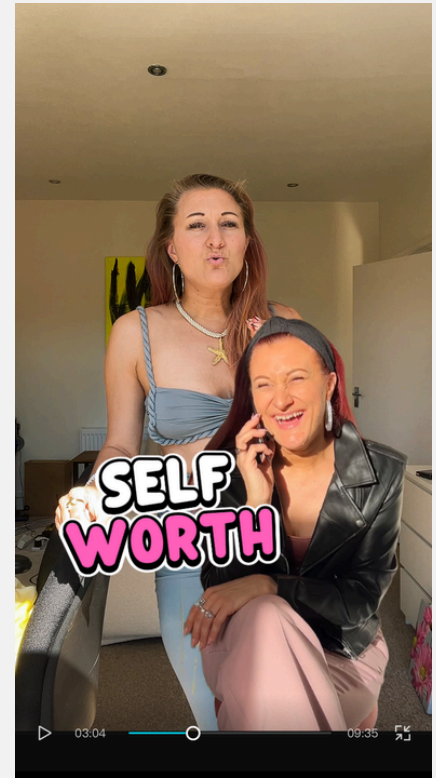
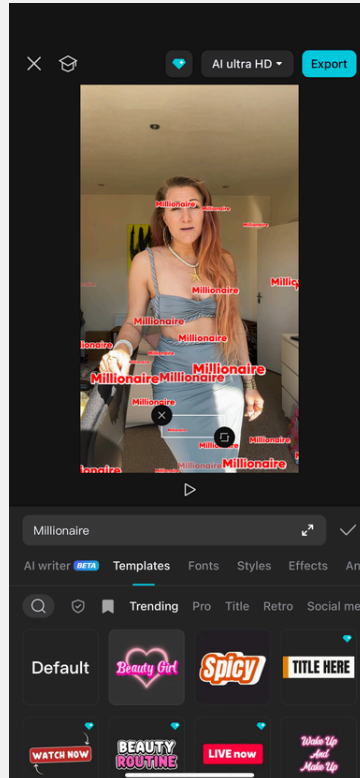
To shorten the clip or make a cut, select it again and choose "Split" from the bottom menu. Tap the part you want to delete, then click "Delete" and you're DONE!

4

Module 4

EDITING YOUR MIND MOVIE

ADDING BOLD TEXT AND TEMPLATE TEXT



Add bold text to support what you're saying, to increase the intensity of your words for your subconscious mind

Click on "Add text" and choose to either write with a font of your choice, or add a cool template

I recommend using as many visual overlays as possible to support your script. Showcase your story in pictures

Look at it like this: this movie isn't just a visualization tool, it's a way for you to practice the Law of Assumption by fully embodying the belief that your dreams have already come true. Can you imagine looking back at this movie in a year and realizing that everything you visualized actually happened? You'll have real proof that this works. And just imagine how much more you'll feel empowered to accomplish once you know you're a Master Manifestor.

MINDSET

HOW TO USE THESE TOOLS TO SUCCESSFULLY MANIFEST

The tools you created through this guide, like your visualization scripts, voice notes, mind movie, edited dream photos and vision board, aren't just fun little projects. They are powerful reprogramming tools designed to completely transform the way you see yourself and your reality. So see them exactly for what they are. Your chance to transform your entire life.

MINDSET TIP: If your approach is: "What if I waste my time creating this and it doesn't work or happen?", then you're still not 100% believing that it is inevitable and that's the exact reason why you HAVE to create these tools. There is no "what if" in the Law of Assumption", only "It's done! It's mine. It's inevitable"

Every time you engage with your dream visuals, read your script, or watch your mind movie, you are training your subconscious mind to accept your dream life as normal, natural, and inevitable. You're building emotional familiarity with the life you desire and getting used to your new thoughts, which is the fastest way to collapse timelines and bring manifestations into the 3D.

Repetition is key. Especially in the beginning. Use these tools every single day, watch your mind movie, listen to your voice recordings and connect with your vision board. It helps you you rewire your subconscious mind faster.

The more consistently you do it, the faster you dissolve old programming, trauma, negative and limiting beliefs, and replace it with the identity of the version of you who already has it all.

I have already created 3 mind movies, as I needed to update the story, because so much became true!

MINDSET

HOW TO USE THESE TOOLS TO SUCCESSFULLY MANIFEST

These tools help you to:

- **Normalize the version of you who already has what you want.**
- **Raise your self-concept by consistently feeding your mind images of success, love, abundance, and happiness, instead of looking at your empty inbox or bank account.**
- **Shift your emotional set point toward excitement, gratitude, and certainty.**
- **Strengthen your belief by making your dreams feel more real, vivid, and tangible.**
- **Retrain your nervous system to feel safe receiving your desires.**
- **Dissolve resistance by replacing doubt with playful imagination and deep emotional embodiment.**

When you use these tools consistently, you're not "trying" to manifest, you're being the person who lives that reality. You're rewriting your story, and once your identity shifts and fully aligns with that new story, your external reality has no choice but to catch up.

This isn't about hustling, forcing, or waiting, it's about living from the end. From the version of you who already knows it's done.

Your dream life becomes inevitable, because it becomes who you are.

MINDSET

HOW TO USE THESE TOOLS TO SUCCESSFULLY MANIFEST

A Helpful Analogy:

Think of it like looking into a mirror. When you look into the mirror, you see your reflection. But that reflection isn't reality. It's just a mirror image of you. If you want that reflection to smile, you can't just keep telling it to smile. You have to smile first, and then the reflection will smile back at you.

In the same way, if you want your reality to shift, you have to shift first. Most people wait for outside circumstances to change, before they change. You have to be the change you want to see in your external world. Your energy and belief must change before your outside reality can reflect that.

The Key to Manifesting:

Stop looking for proof outside of yourself. Stay aligned with the feeling of having your desire right now, and trust that the 3D world will catch up. Your internal state creates your external reality. The more you embody your desires without waiting for evidence, the quicker they will manifest in your life. Keep the faith, stay grounded, and allow the universe to unfold your desires in perfect timing.

REMEMBER: If you keep checking if it has come in, or get angry that it hasn't, you are not embodying it. The version of you who knows it's on its way, is not worried about when it happens. You just know it is.

MINDSET

The Power of Morning and Evening Routines:

The mornings and evenings are the most powerful times to rewire your brain and reinforce the manifestation tools you're using. These are the times when your subconscious mind is most receptive, and by focusing on your desires during these periods, you're setting the tone for your entire day and night. Start your day with intention and close your night with gratitude and visualization, using the voice recordings and tools you've created to keep you aligned with your desires.

Why Most People Give Up on Manifestation:

One of the main reasons people give up on manifestation is because they are constantly searching for proof or evidence in their physical reality (the 3D world) that it's working.

They want to see immediate signs that things are shifting, but this approach actually works against you. The moment you start waiting for evidence, is the moment you're no longer embodying your desire. Manifestation isn't about waiting for the 3D world to show you signs, it's persisting in your assumption even when you don't see it yet. It's about choosing to live as if your desire is already true, regardless of what you see in front of you.

Reality is an echo of your past beliefs and sometimes it takes a while for that outside world, or the people to rearrange to meet your new assumptions. So keep assuming.

DIVINE TIMING

VS MANIFESTATION

Many people believe in the concept of Divine Timing, thinking that the universe has a specific timeline for when things are meant to happen in their lives. This belief suggests that we must wait for the universe or a higher power to decide when it's right for our desires to manifest.

However, in the world of manifestation, this concept can be limiting. You are the creator of your reality, and you get to decide what is true in your consciousness. Once you shift your mindset and fully align with the version of you who already has everything you want, manifestation is complete in your inner world. Physical reality may take time to reflect that creation, but the creation itself is already done.

Your job is to maintain and embody that state long enough for your external reality to catch up and mirror your new assumptions. You don't need to wait for the universe to "decide" the timing, the universe is already responding to the state you've assumed.

So don't postpone creating these tools, and don't forget to use them daily as a reminder of how powerful you are and that you're already living the life you desire now!

In essence, trusting divine timing isn't about waiting passively. It's about holding the right energy, releasing resistance, and allowing your desires to unfold naturally in the physical world.

A dark red sports car, possibly a Porsche Carrera GT, is parked on a paved street. The car is highly reflective, showing the surrounding environment. The background features lush green trees and a brick building. The text is overlaid in large, white, bold, sans-serif font.

**IF YOU CAN SEE IT
IN YOUR MIND**

& VIZUALISE IT

IT MUST HAPPEN!

**IT'S THE LAW OF THE
UNIVERSE**

THAT'S A WRAP



FOR NOW...

LET'S
DO IT

I'm so proud of you for showing up for yourself and diving into this process. This isn't just another guide to forget in your downloads folder, this is your permission to be completely delulu, to become the star of your dream life.

Use these tools. Play with them. Be bold, be visual, be wildly delusional in the best way. I can't wait to hear your success stories, your dream life scripts, your "OMG it happened!" moments.

And if you ever feel stuck, come back to this guide, reconnect to your vision, and remember:

**Your future-self already has it all.
You're just catching up to her.**

Lot's of positive vibes -

Myra

**Please feel free to share
you're manifestation
succeses with me via email:**

contact@bossladytribe.com

