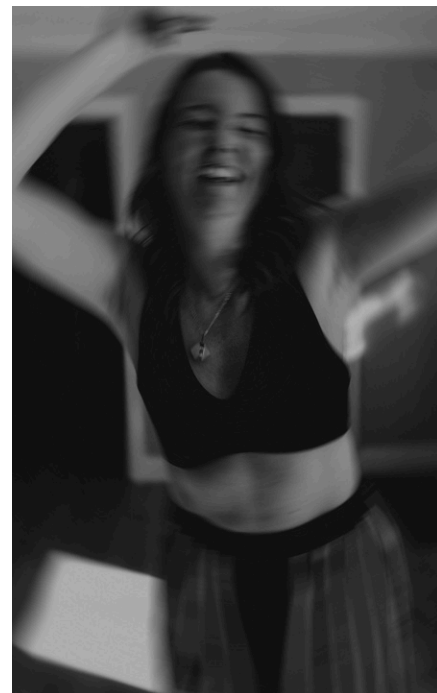




BRB, Busy Manifesting.

TIPS & TECHNIQUES TO MANIFESTING A LIFE YOU LOVE!

by Becky Roitz



MANIFESTATION THE ROADMAP TO YOUR BEST LIFE

THE SECRETS TO MANIFESTING YOUR DREAMS WITH EASE

LEARN TO MANIFEST MONEY, RELATIONSHIPS,
TRUTH & JOY



I'm so glad you're here!

I was the queen of people pleasing and doing what others told me I'd be good at or manifesting what seemed like it would be a great life for me.

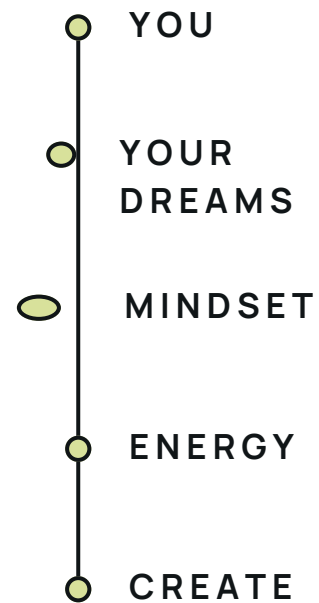
But the truth was, I didn't know what I wanted. I was manifesting for all the wrong reasons - external validation, external worth, making others happy, and in turn creating a life that felt more like a prison than my dream life.

From the outside it looked great, but on the inside I'd go to bed every night wishing I had the courage and confidence to change it.

The more I allowed myself the space to dream about what I truly wanted, the more I noticed I was welcoming in tools that helped me get there. All of these little techniques and tips on "manifestation" kept coming into my vision. I had nothing to lose, so I gave them a try.

These techniques, affirmations and little tips are what helped me turn my life around and stop manifesting the dream lives of others. They helped me gain the courage to take steps in the direction of those dreams, and the more I believed in them, the more the Universe kept picking up what I was putting down & presenting me with beautiful opportunities.

I hope they do the same for you.



SO MUCH LOVE,

Becky

MANIFESTATION


the mindset shift

When it comes to creating your dream life and manifesting abundance in any area of it.. it all starts with working on YOUR mind first. All the “tips and tricks” in the world will not matter if you have not worked on THIS FIRST >

When you focus solely on strategy, you'll often end up in frustration or burnout. It's TIME to really understand why Manifestation and Law Of Attraction is 80% of your success and growth in creating your dreams.

When we focus on the abundance of growth, positivity, patience, self-love, wealth, etc and how it exists in our life and our being RIGHT NOW... That is when the magic happens.

It is TIME to dive into your limitless potential and unlock your Highest Self and the life of your dreams!!!



***NOTE FROM YOUR
HIGHER SELF:**

*You are a limited edition
with UNLIMITED
potential!*

YOUR LIFE RIGHT NOW

the energy shift

This is the most important mindset shift I'd like you to take time with before manifesting.

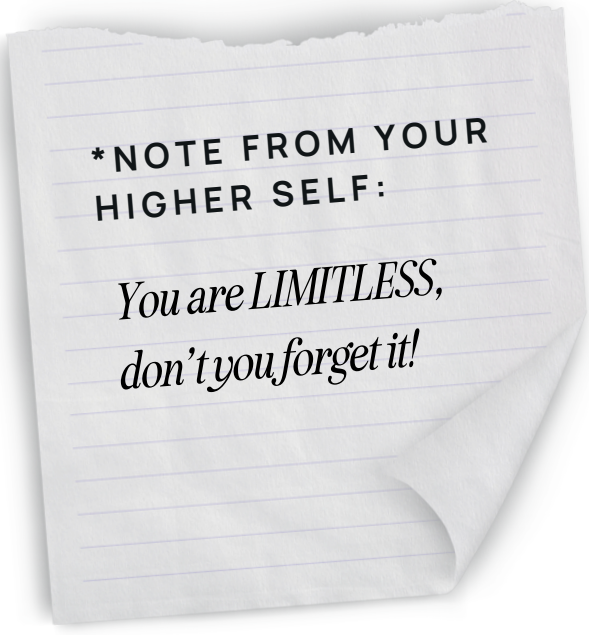
Take some time to zoom out and look at your life today - Your thoughts, your beliefs, your feelings - as this is your current state of being.

This is the frequency that you're vibing at, that you're sending out to the Universe. The Universe then sends signals back with proof that you are right. This will be the reality you perceive and live in daily.

If we want to change our current reality, we **MUST** start sending signals to the Universe that we are open and ready for change.
(MANIFESTATION)

We do this through getting clear on the **FEELINGS** we want to manifest around the desire and feeling into them daily!

It's **TIME** to dive into your limitless potential and unlock your Highest Self and the life of your dreams!!!



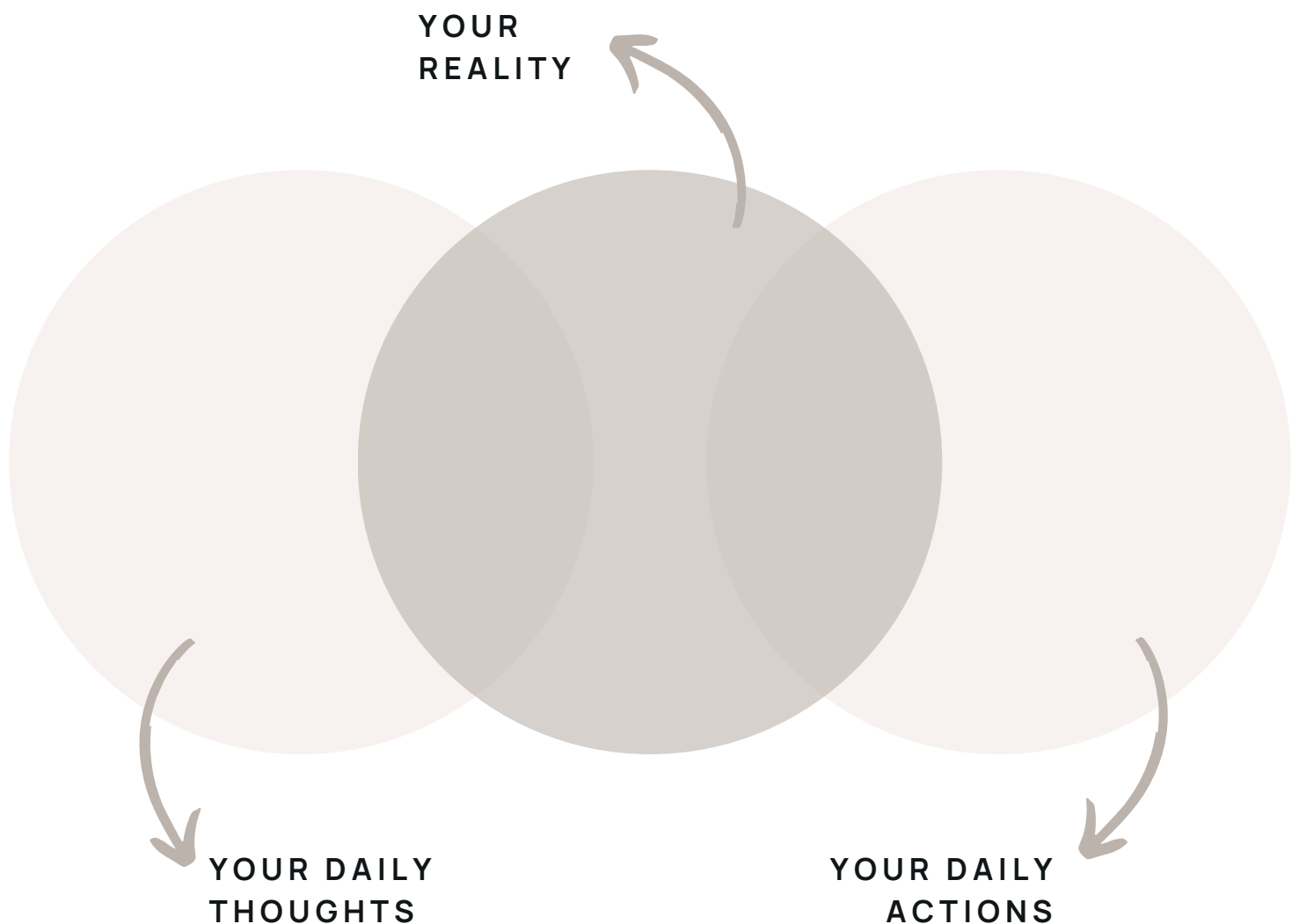
***NOTE FROM YOUR
HIGHER SELF:**

*You are **LIMITLESS**,
don't you forget it!*

Active Manifestation

Active manifestation is made up of the thoughts you choose to think daily as your reality and the actions you choose to take daily to make them a reality.

This means that in order to manifest your dream life, you must think affirming thoughts and take inspired action that aligns with those thoughts every single day in order to create a reality that mirrors your dream life.



Manifesting money

“Money flows freely and abundantly to me”

What **not** to do:

Say "I'm broke" The more you say I'm broke, the more broke you're going to be because your thoughts create your reality.

Instead: Say, think & feel affirming thoughts when that fear creeps in such as, "I live an abundantly wealthy life. Money flows freely & abundantly to me." The more you change your narrative, the better your manifesting will be! Feel into how this statement is true in your current life. Also try "I get money in the mail," whenever you get your mail.



Manifesting healthier friendships

“I am worthy of healthy and supportive friendships.”

An analogy I used to use:

Let's say you're starting a sports team. Only, your team is already full of all the people you have in your life. Some of the people on your team bring the team down and constantly drain you of your energy. You so badly want some new players that hype the team up and vibe on your level. First of all... those players aren't going to play on a team with energy vampires. So what are you going to do? Are you going to cut the players that bring you down to make room for the new ones? Or do you settle for the team you have?

The **shift** to make: Make space for the friendships you want in your life. Get clear on who they are, what they're like, how they make you feel, etc. Allow yourself to feel into how you demonstrate these qualities to yourself and others to expand your capacity to receive more of them.

Mantra: "I am worthy of loving and reciprocal friendships."



Manifesting a partner

“My ideal partner is.... My partner makes me feel...”

Mindset shift: Instead of saying and thinking about all of the things that bother you about your partner or past partners, list the opposite - the positives, the things you love/loved about them that light you up. Know that you're worthy and deserving of those qualities in a partner and be ready and open to receiving them.

Write out: My partner is _____ (ex. kind, loyal, a good communicator, ect). Fill in the blanks with your NONNEGOTIABLES. ESPECIALLY if you're single! Write it out, say it out loud, release that shit into the universe, say it to God, etc. And know that you're deserving of it and it's on its way to you.

In a relationship? The same exercise applies, and try to focus on the positives in your partner as well and have them in your “my partner is”. See if you notice more positives after, or if they rise up to meet your new energy, you may be pleasantly surprised. Mantra “My partner is..... My partner makes me feel..... ”

Bonus: Celebrate and feel into gratitude whenever you or someone who cares for you demonstrates one of these nonnegotiables in any other area of life.



Manifesting truth

"The truth always finds its way to me."

Disclaimer: Please don't try to manifest the truth if you don't really want it, aren't ready to see it or accept it.

So if you have resistance and trapped emotions to work through first, don't say this mantra. Do your inner work first.

How to do it: If you do want to find truth, put it out there and wait to see what comes. Answer the unexpected phone calls or invitations and be open to interesting ways of it coming to you. The truth can be beautiful and it can be freeing. Mantra: "The truth always finds its way to me."

Allow yourself to notice all the truth around you and feel into gratitude when more arises. Remember that the deepest truths are within your heart.



Manifesting JOY

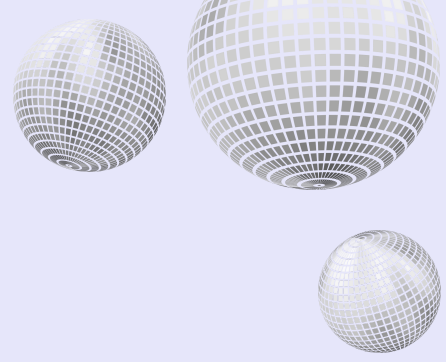
"I am drunk on life."

You see those rays of sunshine, the humans I mean. The ones who walk around and embody sunshine in human form. They're always drunk on life, enjoying every moment. You can do this too.

Close your eyes and fully allow a state of euphoria to come over you. Fully embody it. Feel it from your toes all way up your body, to your fingertips, all the way to the smile on your face. Hold it. What images does it bring to your mind? What people? What feelings?

Now remember to remember these throughout your day. This state of euphoria is ALWAYS inside you. You can always choose it. You can always choose joy. Get yourself outside. Feel the earth under your feet, feel the sun on your face, and the wind in your hair. YOU are a ray of fucking sunshine. YOU are drunk on life! Mantra: "I live a life of abundant joy. I am drunk on life."





Simple but POWERFUL techniques

Manifestation Meditation

Allow yourself to sit in meditation feeling into your desire and the deep core feelings associated with it. Allow yourself to be fully present in your body but also in the feelings of the manifestation being true to connect with the version of yourself that aligns with that truth. Notice how you sit/stand, how you feel in your body and the types of supportive thoughts that pop into your mind. You may also choose to do a guided manifestation meditation if that is more supportive to you.

Pillow Method

Write your manifestation on a piece of paper and tuck it under your pillow. Then, for a couple of nights, read what you've written and really focus on how it feels for that to be true at the end of your day before you fall asleep.

Celebration Technique

Choose a manifestation partner and set up a time daily or weekly to connect in celebration of your manifestation coming true. Speak to this friend in a voice note or over text describing what it feels like for your manifestation to be true and allow them to celebrate you in it as if it is true.

Multi-Perspective Visualization

Imagine yourself as your Higher Self on your ideal timeline.

Visualize yourself from the perspective

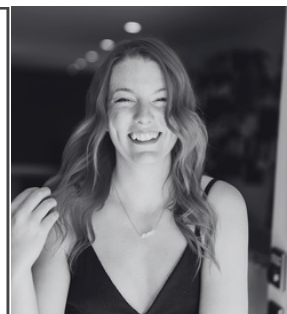
of others, in a third person point of view, taking you in living as that version of yourself.



RESOURCES

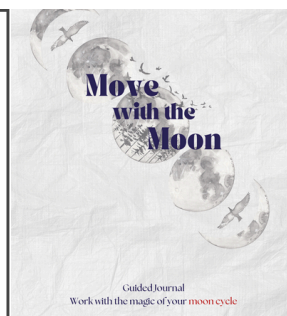
WWW.REBECCAROITZ.COM

This is your go to website for other free resources, the podcast, and to book your 1:1 energy work sessions to heal your past, harmonize your present and expand your future!



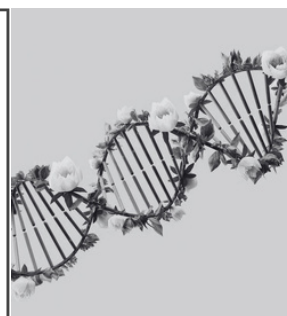
[MOVE WITH THE MOON WORKBOOK](#)

This is your go-to workbook for understanding and working with the natural rhythms of your lunar or menstrual cycle phases.



WWW.REBECCAROITZ.COM/BLOG

Check out the blog page for motivation, inspiration and free healing assistance.



[REQUEST TO WORK WITH ME 1:1](#)

If you know you're ready to dive deep into healing your limitations and creating the life of your dreams, fill out this request form to hear back within 48 hours!



What clients are saying:

Thank you again!! I needed to see you more than I thought ❤️



Thanks Becky. I honestly couldn't have done it without your love and support. You are truly an inspiration. Love you so frigging much

I immediately felt lighter after our session! And I had a fantastic day even though the weather was dreary. I felt like I was carrying all the sunshine inside of me ☀️. It's no coincidence. I definitely needed that. Thanks again! I am looking forward to working with the journal.

so much to unpack omg but so amazing thank you thank you thank you 💕💕💕

I don't think I can thank you enough!!! Feeling unbelievably reset and relaxed. It was so nice

I feel so held and seen as I am on my path - I hope you have the best

I feel AMAZING after our session like a whole new beginning ✨ I thought it was perfect timing as well with the eclipse so thank you again!



I feel like all this self healing journey I've been doing with you, is making things so clear for me, day by day

Thank you again, I always come feeling a little anxious about what's going to come up but I always leave feeling like I'm on the right path and with ways to get even more aligned and I love you so much for that (and a million other things). I will let you know how this weeks "assignment" goes ❤️❤️❤️

Thank you so much 🥹 for today, your helping me way more than you know ❤️



Date

Day

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THANK YOU



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