

# Manifestation Mindset Shift:

## ✨ The “Already Have” List ✨

### Instructions:

In this exercise, you'll make 2 lists.

- Follow the instructions below. Complete each step before moving on to the next one.
- Print this exercise and use the space provided or grab a notebook, open your notes app, or just take a deep breath and think.

### Step 1: Brainstorm or Write Yourself A List of Wants (What You Think You Want)

✍️ Come up with 20 things you want.

Go ahead—dream big! A new car, a bigger house, financial freedom, more patience, better routines... whatever comes to mind.

Reflect: Now, pause.

Look at your list. What do you notice?

For most of us, this list is full of things we don't have yet. It can feel overwhelming—like everything we want is far away. But let's shift that feeling.

### Step 2: Rewrite Your List (But With a Twist!)

This time, we're going to create a new "Wanting from a Place of Already Having" list.

✍️ Write 20 things you want, BUT every other one must be something you already have.

💡 Example:

- 1 A dream vacation to Greece 🌍
- 2 Living in New York City (wait—I already made that happen! ✓)
- 3 A home with a big backyard 🏡
- 4 Becoming a mom to a boy and a girl (wow—I am that mom! ✓)
- 5 A successful side business 💼
- 6 A loving partner who supports me (yep, I already have that! ✓)

### Step 3: Reflect on the Abundance

Look at your new list. Notice how much you've already manifested in your life. ❤️

✨ What feelings come up when you realize that past-you dreamed of things that current-you now has?

✨ How does it change your energy around the things you're still working toward?

This simple shift helps you see that your life is already full of things you once longed for—proof that what you desire is possible and on its way to you.

Now, hold that feeling. Gratitude, excitement, confidence. This is the energy that attracts even more of what you want.

🌟 You're not chasing your dreams, love  
—you're aligning with them. 🌟

# What I Have & Want

