

www.honoryouessence.com



Scripting To Manifest Abundance

And The Life You Desire

What is Scripting

Understanding what scripting is & how it is used to manifest.

Scripting is a powerful **Law of Attraction** technique that involves writing about the life you want to manifest. When you use Scripting to manifest. It raises the energy/vibration of that which you desire and affirms it for you.

This involves intentional journaling. Before you begin, I encourage you to put yourself in a calm, peaceful, and thankful state of mind and energy. Set the mood. Perhaps after a shower, light candles, If you have crystals, you can have a Rose Quartz, Selenite, or Clear Quartz Crystal near you to enhance the energy and manifestation. Scripting involves, Visualization, Emotion, and most certainly, GRATITUDE!

Pro Tip: Try to use a specific journal you have assigned for this. Smudge the journal using incense and put your intentions in the journal.



Scripting Instructions



Before you begin, I'd like to give you the secret or the "rules" to use this technique so it really works for you.

01 Visualization

Put yourself in the energy of what you want to manifest by visualizing yourself having it. Visualization is a powerful tool. It helps put you in an emotional state to receive. And I am sure you have heard the term, "if you can see it, you can achieve it"

02 Gratitude

Be thankful in the present tense. Gratitude is the key to unlocking your blessings and abundance.

03 Present Tense

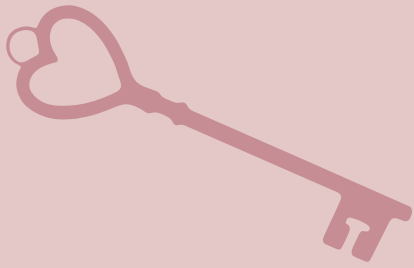
Always write in the present tense. As if it is ALREADY YOURS. When you do that you put yourself in the emotional state and vibration of already having it. The universe responds to that vibration. Allow yourself to feel the Joy, Excitement & Fulfillment.

04 Do Not Worry

Do not worry about how you will manifest it. Your job isn't to worry about the HOW.

05 Be Realistic

Make it realistic. Do not try to make it perfect or write perfectly. Be realistic in your manifestation./ Intentions.



The Keys



Visualization

01

The Attitude of Gratitude

02

write in the present tense

03

Do not worry about the HOW

04

Be realistic and intentional

05

Words to Avoid when Scripting

01 I WANT

02 I CANT

03 DON'T HAVE

04 I NEED

05 CAN'T HAVE

Trust the process

Use these Words instead

01

I HAVE

02

I ATTRACT...

03

I AM GRATEFUL FOR...

04

I AM THANKFUL FOR...

05

I AM HAPPY...

Trust the process



Here are some examples to give you a visual of how manifesting with scripting looks. I encourage you to use the following pages to write your own, Or you can start a Manifesting Journal.

- Today was an amazing day/night at work. I am so happy to be employed.
- I am so happy to have the ability and resources to help other people with my job/business/blog/site/podcast/channel (whatever works for you)
- I am so grateful to be in the best health of my life. I am the healthiest I have ever been.
- My relationship with my family, partner, friends is fulfilling and full of love
- I am abundant and attract opportunities for success everyday
- I am so blessed (Spiritually, Financially, physically, Emotionally)



“

What you feed
your mind, will
lead your life.

KEMI SOGUNLE

Journal



Ready for a
Transformation in your
life?

Sign up for my
Transformational life
Changing
Empowerment Program

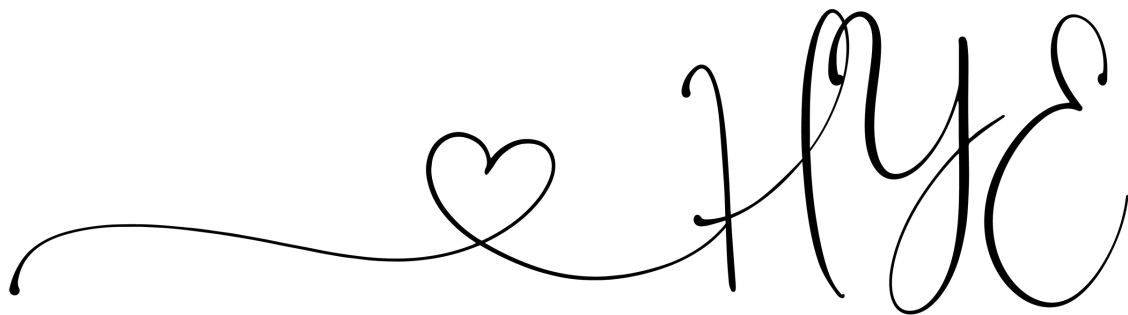
I HAVE SEVERAL LIFE COACHING PACKAGES AVAILABLE
TO GUIDE YOU THROUGH CREATING REAL LASTING
CHANGE AND TRANSFORMATION. AT DIFFERENT PRICE
POINTS.

SIGN UP TODAY!

COPYRIGHT DISCLAIMER

Copyright © 2021 Margery Nolasco

**All rights reserved. No portion of this book may be reproduced in any form without permission from the publisher, except as permitted by U.S. copyright law. For permissions contact:
Admin@honoryouessence.com**



HONOR YOUR ESSENCE


SELF-LOVE, PERSONAL DEVELOPMENT
& EMPOWERMENT



Thank you

For following your inner calling and downloading this ebook. I am certain That if you put this exercise into practice your life will change in a phenomenal way. I am so grateful for you.

Happy Scripting!



Gratitude Journal

xoxo, Margie