

The 8 Day Manifestation Challenge

PREP WORK

STEP #1: CHOOSE A DESIRE THAT YOU WANT TO MANIFEST IN THIS CHALLENGE & DESCRIBE WHAT IT LOOKS AND FEELS LIKE

Example A: It **looks** like: I'm fit and fierce, rocking my favorite pair of jeans. I **feel** confident & gitty.

Example B: It **looks** like: My fiancé and I are exchanging our vows on a white, sandy beach. I **feel** cherished, worshipped and adored.

What my desire **looks** like as it appears in my life:

What my desire **feels** like as it manifests in my life:

STEP #2: CREATE A VISION BOARD (ON PINTEREST, DIGITALLY OR IN PRINT) WITH IMAGES THAT ALIGN WITH YOUR DESIRES ABOVE

Have fun with this and include images of both fun, physical world things AND images that generate the FEELING of that future self.

STEP #3: CREATE A PLAYLIST FOR THE ZPF TECHNIQUE

Songs or pieces of music that make me feel the emotions I described in Step #1:

A) _____

B) _____

C) _____

Craft a playlist on your MP3 player, in Spotify, or on YouTube to have them ready to go!

STEP #4: CHOOSE THE DATE YOU'RE GOING TO START AND MARK IT IN YOUR CALENDAR!

Start date: _____ / _____ End date 8 days later: _____ / _____

STEP #5: PICK A TIME OF DAY WHEN YOU CAN DO THE ZPF TECHNIQUE, AND SET A REMINDER

Examples: 7:30AM, after your the morning cup of coffee or 9AM after dropping the kids off at school.

The best time of day to be alone and listen to my soundtrack song:

The 8 Day Manifestation Challenge

THE CHECKLIST GUIDE

DAY #1: THE ZPF TECHNIQUE

- The Pinterest Vision Board
- The Soundtrack Song
- The ZPF Visualization

DAY #2: ONE MAGICAL QUALITY

- The ZPF Technique
- Journal on the missing quality

DAY #3: THE WARDROBE

- The ZPF Technique
- Wear an outfit that represents your future self

DAY #4: THE MAGICAL SOLUTION

- The ZPF Technique
- Approach a problem/challenge in the way your *future* self would

DAY #5: THE NEW VOICE

- The ZPF Technique
- Send out a transmission your future self would make

DAY #6: THE TIME TRAVEL LETTER

- The ZPF Technique
- Write a letter from your future self, to your present self

DAY #7: 2 ACTS OF LOVE

- The ZPF Technique
- Give yourself 2 acts of love today, that your future self would easily receive

DAY #8: THE TALISMAN

- The ZPF Technique
- Find or buy an object that represents your future self, and wear it moving forward

The Beginner's Guide to the ZPF Technique

DAY 1

"In order for something to manifest, I must observe it first."

THE ZERO POINT FIELD TECHNIQUE

Every morning during the next 8 days of this challenge, set aside 3-5 minutes for a short visualization.

Step 1) Visualize. Take a brief look at your Pinterest or vision board, play your theme song and then close your eyes.

For the duration of your song, visualize that you are becoming your fantasy self *right now*, in the very room you're in and in the day ahead.

See yourself having or experiencing what you want right here, right now. Let your imagination run wild and FEEL as if you are there.

Step 2) Embody. When the song ends, open your eyes and ask yourself, 'What is one thing my future self would do different today?' Do it and WATCH as the destiny of your day (and your life) changes! The zero will match you and mirror your visualization in **crazy** ways.

For Day 1 >>> all you need to do is perform this technique.

For Day 2-8 >>> come back and do this foundational technique each morning and then perform the bonus challenge of the day.

And when those miracles show up, document them! Tag me on Instagram @numerologychick with the hashtag #thezeroworks. It'll make MORE magic happen.

"No number before zero. The numbers may go on forever, but like the cosmos, they have a beginning." -Giuseppe Peano, Italian Mathematician

The One Magical Quality

DAY 2

THE ONE MAGICAL QUALITY

Reminder >>> Complete the morning ZPF technique.

I have come to believe (and have seen this in my private coaching practice) that the difference between the you of *today* and the you of the future (who has what you want) is actually quite small. Usually there are just 1-2 qualities that you need to develop within to become the person who magnetizes and holds what you want.

Today (either during your visualization or right after) ask yourself what that one missing quality is. Do not overthink it. Some examples that emerged (and created MASSIVE shifts) for myself and my clients: grateful, bold, spiritually-guided, feminine, confident, boundaried, focused.

Unearth that missing quality (or one of them) & *embody* it/play the part at least once.

The Magical Wardrobe

DAY 3

THE MAGICAL WARDROBE

Reminder >>> Complete the morning ZPF technique.

Whether or not you have a picture on your vision board of new clothes or outfits, this is a powerful step in manifesting; using the physical world as a playground and clay for calling in who you want to be and what you want to have.

Today, when you get dressed... choose an outfit or an item that your future self would wear. It could be a bold color, a piece that you were saving for a special occasion or just an outfit that is more intentional. Dress as if you are them, now.

The Magical Solution

DAY 4

THE MAGICAL SOLUTION

Reminder >>> Complete the morning ZPF technique.

Your future self has problems and faces challenges (often the SAME ones that you do), but they respond to them differently! I have seen this firsthand with my clients who have manifested amazing things in our work together (and even those who have a rags-to-riches story). Avoiding challenges and negative things actually *slows* manifestation. In contrast, knowing we can alchemically respond to them with a *new state of being* skyrockets our results.

Today, think of a persistent challenge or problem you have been facing (or one that naturally comes up in the day). Ask yourself how your *future self* might approach this challenge differently. You can even go back to day 2 and ponder how a person with *that* quality might approach it. Try it on for size and see what happens.

Your New Voice

DAY 5

YOUR NEW VOICE

Reminder >>> Complete the morning ZPF technique.

“Words are things” as Maya Angelou says and we imbue our words into the fabric of our reality. If we want to weave a new tapestry into our life, we *got* to use new words.

Today, send out one transmission (or use a sentence) that your future self would say. Send out an email, text or make a phone call with the words that this future self would use (or with the ENERGY that this future self would carry). You can even write out some sentence ideas (like you are a screenwriter for this character) so you have them handy as you go about your day.

The Time Travel Letter

DAY 6

THE LETTER FROM YOUR FUTURE SELF

Reminder >>> Complete the morning ZPF technique.

Did you know that you can communicate with your future self, and receive messages?

Today, pop open that notepad on your phone and receive a message from your future self, to you. *What would your future self most want you to know about manifesting your desire?* Write out "Dear Past [your name], I most what you to know..." and imagine your future self (who has everything that you desire and is living that life) giving you one piece of advice or wisdom.

Tip: you could also stand in front of a mirror, and look into your eyes and speak a message from your future self.

2 Acts of Love

DAY 7

2 ACTS OF LOVE

Reminder >>> Complete the morning ZPF technique.

Today, give yourself 2 small acts of love that your future self would gladly and *easily* give to themselves. Examples:

A special coffee.

Extra time to get ready in the morning.

Your favorite dinner.

A bath.

A nap.

The Talisman

DAY 8

THE TALISMAN

Reminder >>> Complete the morning ZPF technique.

A talisman is an object that is thought to have magic powers and to bring good luck. To commemorate this challenge (and become that future self) we are going to find a talisman to hold on to and carry with you, so you remember *who you really are*.

Today, find an object around the house (or buy an object) that you can wear/hold on your person that represents this future self moving forward. We want it to evoke the *feeling* of being them and the missing quality they possess.

Congrats! You did it!

By now, you have some evidence that not only can you choose to be that future self *now* but that doing so makes magic happen.

If you want to keep that manifestation-flow going you can:

- Redo this challenge again!
- Start implementing the ZPF technique as a daily practice (or 3 times/week practice) to stay connected to your future self/true self.
- Or, **if you want to know more about your calling and your greatest gifts**, and could really use a spiritual bestie to help you manifest that next-level... book an Intro Session with me on my website www.NatOlson.com.

Your code for success is written on my mad-scientist-dry-erase-board and I would love to help you tap into next-level impact and income like I have for my clients over the past decade. Can't wait to hear from you - and happy manifesting!