

Welcome



You deserve to have it all!

TO YOUR
MANIFESTING BLISS
MAKEOVER
WORKBOOK



HELLO GORGEOUS!

I'd like to thank you for downloading this book. I created this as a guide for anyone who is looking to up-level one or maybe several areas of their life. Whether you are looking to gain clarity, stop procrastinating, achieve financial freedom, attract love, start a business, attract new clients or just get your life together. This is the perfect place for you to begin.

Think of me as your spiritual bestie, like Cher in the movie *Clueless*, ready to give you the kind of makeover that will change your life! I'm here to help support and encourage your growth. I want to show you why your efforts in the law of attraction may not be working and teach you **my secret formula** that I used to makeover my life and manifest my bliss.

To make the most of this guide, you will want to commit to doing each one of these spiritual habits as a part of your everyday lifestyle. Dabbling in manifesting will only yield disappointing results.

Let me tell you a little bit about my personal story with manifesting. For years, I tried to “fix” my life by taking a lot of action — trying the next new diet, getting super organized, swearing that I’d start a budget, changing jobs, joining the gym, looking for better relationships. I would even create vision boards and try hard to will my way — but everything always felt so hard and distractions would cause me to give up and continue to live in the “struggle”.

However, when I started focusing on following my bliss (my feminine side) instead of living in struggle mode (my masculine side), **EVERYTHING** started to change for me. I felt vibrant with a whole new outlook. I took smarter, more aligned action, **I only took actions that resonated with my soul**. I literally recreated myself and my life from the inside out.

After working one-on-one with hundreds of women on using my process to makeover their lives, I’ve learned that more often than not, most women are just in need of a reminder of who they are. Women are all powerful, amazing, creative, passionate souls but life can takeover and before you know it, you’re living for everybody else and you’ve forgotten how to use your feminine energy to manifest the life that you want to be living.

Does this sound familiar to you?

*Let's begin my darling.
love you, ashliana*



One:

HEALING

The first phase of your makeover will be your opening your mind to your personal inner healing needs. Even if you don't think you need it, chances are you have some *inner child wounds*. We all have them, they're the things our parents and caretakers did to us or didn't do that caused us to view the world the way that we do. Many times, it's those very viewpoints, beliefs and mindsets that are subconsciously getting in the way of your manifestations.

There are several areas that you'll want to work on healing your inner child but for this makeover we're going to take a look at your money story. Finances are the number one life area that most of my clients want to work on first and typically they are the deepest wounds. .

DIVINE TIP: Your feminine essence is key!

When you are in survival mode, you will not manifest. You must NOT be living in the frequency of struggle & distracted by being 'too busy' (masculine energy). Poise, calm and grace will amplify your power.



A FEW ACTIONS TO HELP YOU HEAL YOUR MONEY STORY:

Grab your journal and begin to write. Answer these questions as authentically as possible.

*Write out your childhood experience with money.

*Write out all of the thoughts in your mind that you catch yourself saying when you can't afford something and/or the opposite, you think something or someone isn't worth anything.

*Write out how you feel about what you are currently being paid. Do you believe you are worthy or deserving of more?

*If so, why are you not getting paid what you deserve? What is going on in your beliefs that tell you your financial freedom cannot happen for you?

The only thing in between you and anything you want is the subconscious story you believe about whether you are worthy of it or not.

Deep healing has to happen on a subconscious level so that you can begin attracting your desires with ease.

**“The first principle of
success is desire-
knowing what you
want.”**

-robert collier

TWO: **ALIGNMENT**

Once you uncover your deep, subconscious beliefs, you must begin to reprogram your those beliefs. If you think about it, your thoughts create your actions (habits), which create your life. So your thoughts have a direct impact on everything that is currently in your life today. What you currently have is the product of what you were once thinking about.

If we are going to continue with the money theme, you will practice building up our new beliefs with affirmations around money, worth and value. You'll need to practice lining up your beliefs about yourself with the things that you want. This is alignment.

DIVINE TIP: Your feminine essence is key!

When you are chasing/forcing/going after money, your masculine energy is activated. When you are aligned, centered, shoulders back, attracting money, your feminine essence is in perfect alignment for manifestation!



Grab your journal and answer these questions to reveal your next steps:

***What would a 6 figure income earner believe about making money? (*Making money is easy, I always have more than enough money, opportunities are everywhere*)**

Hint: You can change these questions to match up any area of life you are looking to manifest. (Love, weight loss, dream home, etc)

Grab your journal and answer these questions to reveal your next steps:

***What would a 6 figure income earner do during her work day? Would she struggle to make ends meet or would she be researching ways to work smarter, not harder? Would she up-level her wardrobe, hire a mentor/coach, hire assistants or a cleaning service? Would she be committed to success and get up earlier in the morning?**

- You can change this questions to match up any area of life you are looking to manifest. (Love, weight loss, dream home, etc)

MY PERSONAL FAVORITE SECRET:

A F F I R M A T I O N S

💕 Today, I am believing that anything is possible

💕 Today, I commit to living in the fullest expression of my authentic self.

💕 Today, I commit to radiating my unique talents and gifts with the world.

💕 Today, I commit to practicing and inner dialogue that will encourage me to become a better reflection of the divine.

💕 Today, I commit to believing the truth about me, that I am worthy of my desires.

💕 Today, I commit to not settling for what I see before me but deciding what is mine & claiming it!

**“Work is meant to be
fun.**

**Life is meant to be fun.
The world needs what
you have to offer.”
-jack canfield**

Three:

MANIFESTATION

There are two final parts to your manifestation makeover.

***1** - You must be crystal clear on your goals.*

You need to be able to spell out exactly what you want with authenticity and conviction. You can't manifest something that isn't a true deep desire of yours.

For example if you don't really care to be a millionaire, don't pretend you want to manifest it just because that's what you think you need to do.

Make lists of exactly what you want. Your spiritual manifestations **need a clear plan** of where they are going to go.

Three:

MANIFESTATION

2 - *You must have harmony and balance in your life to call in your manifestations.*

When you are out of whack and out of balance, your life won't feel fulfilled and blissful. You will be stressed, lacking clarity and unable to be in your receptive energy.

If you focus too much on one thing, the other areas of your life will feel empty, starved, longing for love and attention. *You need to know that you get to have it all!*

In my 21-day Soul Alignment workshop, we work on getting you to reprogram your mind with new beliefs about yourself and what you get to have in this life.

Join the 21-day Soul Alignment workshop for only \$44

Now, let me ask you a deeper question.

If God were to give you all the things you are dreaming for right now...would you open heartedly receive it all?

*Or would you question it, doubt it, think it is too good to be true?
Continuously sabotage things until you return to the state of wanting it all over again?*

Here's the thing I want you to understand:

YOU ARE THE GOD OF YOUR REALITY

***YOU ARE CREATING THE LIFE YOU SEE BEFORE YOU
WITH YOUR THOUGHTS, BELIEFS AND ASSUMPTIONS
ABOUT EVERYTHING.***

*So, if you have been programmed to live in the state of 'never being enough' or 'wanting to get there' ...
You will live in that state and always return to that state again and again.*

THIS IS WHY:

- *All lottery winners eventually go broke*
- *Every time you manifest more money, you manifest more reasons to have to spend it*
- *Even if you lose the weight, it eventually comes back on*
- *You manifest the romantic partner back and it ends up in heartbreak all over again.*

THE TRUTH: ***You are always manifesting!***

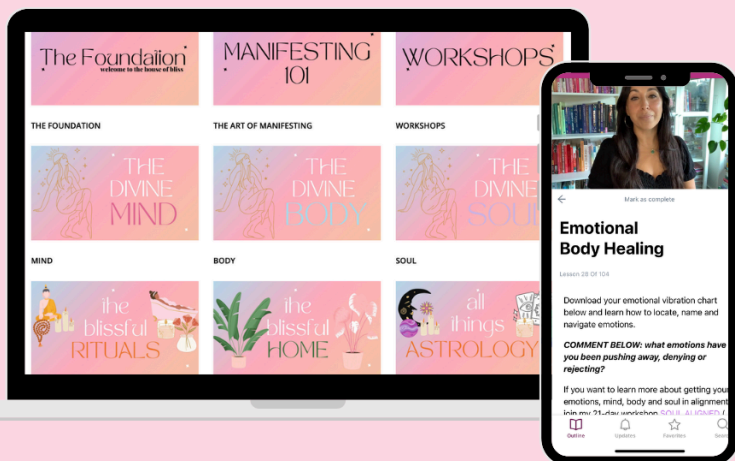
Every thought, belief and fear is playing out in your life on a continuum and that is the quantum reality you have chosen and continue to create.

The good news?

If you created it, YOU have the power to change it.

If you would like to take your power back and begin creating the life you want to experience...

I'd like to invite you into my private membership community where you can immerse yourself in the mindset of a manifestation queen!



Bring your desired reality to life!

join me inside
the membership
MANIFESTATION MINDSET METHOD

YES! I WANT IN!

(click here to join)

ARE YOU READY TO MANIFEST YOUR DREAMS?

Let's go back to that movie *Clueless*, where Tai gets a makeover from Cher and she subsequently manifests all the things. She's popular, powerful and the prettiest she's ever felt but it promptly blows up in her face. She wasn't ready or prepared to manifest it all with such ease.

Most manifestation teachers aren't teaching things this way. They teach you how to attract it, not how to keep it, sustain it and become the version of you that *HAS IT FOREVER!!!!*

This is why a commitment to this work is pivotal to your manifesting success. Dabbling in this work will not get you what you want. If you are frustrated with the results in your life so far, doing this work will help you get to your next level potential. You want to uncover your feminine essence, do deep inner work to heal and rise into your power in an authentic way!

YOUR FUTURE SELF AWAITS YOU!
[CLICK HERE TO LEARN MORE](#)