

# MANIFESTORFITNESS

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The people who get on in this world are the people who get up and look for the circumstances they want, and if they can't find them, make them.

George Bernard Shaw



## Becoming a competent manifestor is a learning journey with four phases.

By Nick Freedman

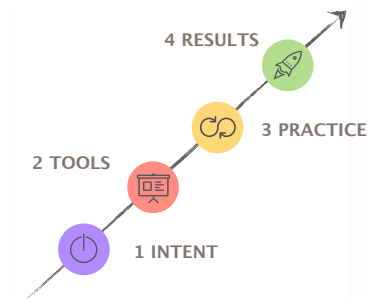
A manifestor is someone who is capable of taking an idea about their future and consciously turning it into reality. Learning the way of the manifestor is best seen as a process or journey, rather than a one off event.

The program and website has been designed to create a positive learning experience for you, but the technology and learning tools will not do it alone. It takes a commitment from you and a sustained effort to be able to confidently say 'Yes, I am a competent manifestor.' Across the whole program, there are 20 primary skills you'll connect with. The rewards of mastering these skills are great, because when you use them together, you'll be capable of creating a great quality of life for yourself.

We live in the age of instant gratification and 5 minute quick fixes. If you are someone that's accrued enough life experience, you'll see through the marketing hype of these types of products, which promise to fix all your problems and make your life perfect in the next five minutes. Let's take a more conscious look at the process human beings go through when learning how to do anything new. Knowing how you learn can help fuel your motivation and commitment.

There are four phases in the manifestor learning journey. The first phase is your intention to learn. Intentionality is the act of making a deliberate decision to commit to a course of action and it plays a vital role in manifesting. Choosing to learn

the way of the manifestor starts on the inside, and usually shows up as a sense of knowingness in your gut, a voice saying 'yes, do this' or a strong desire you have to improve your life. This is intent.

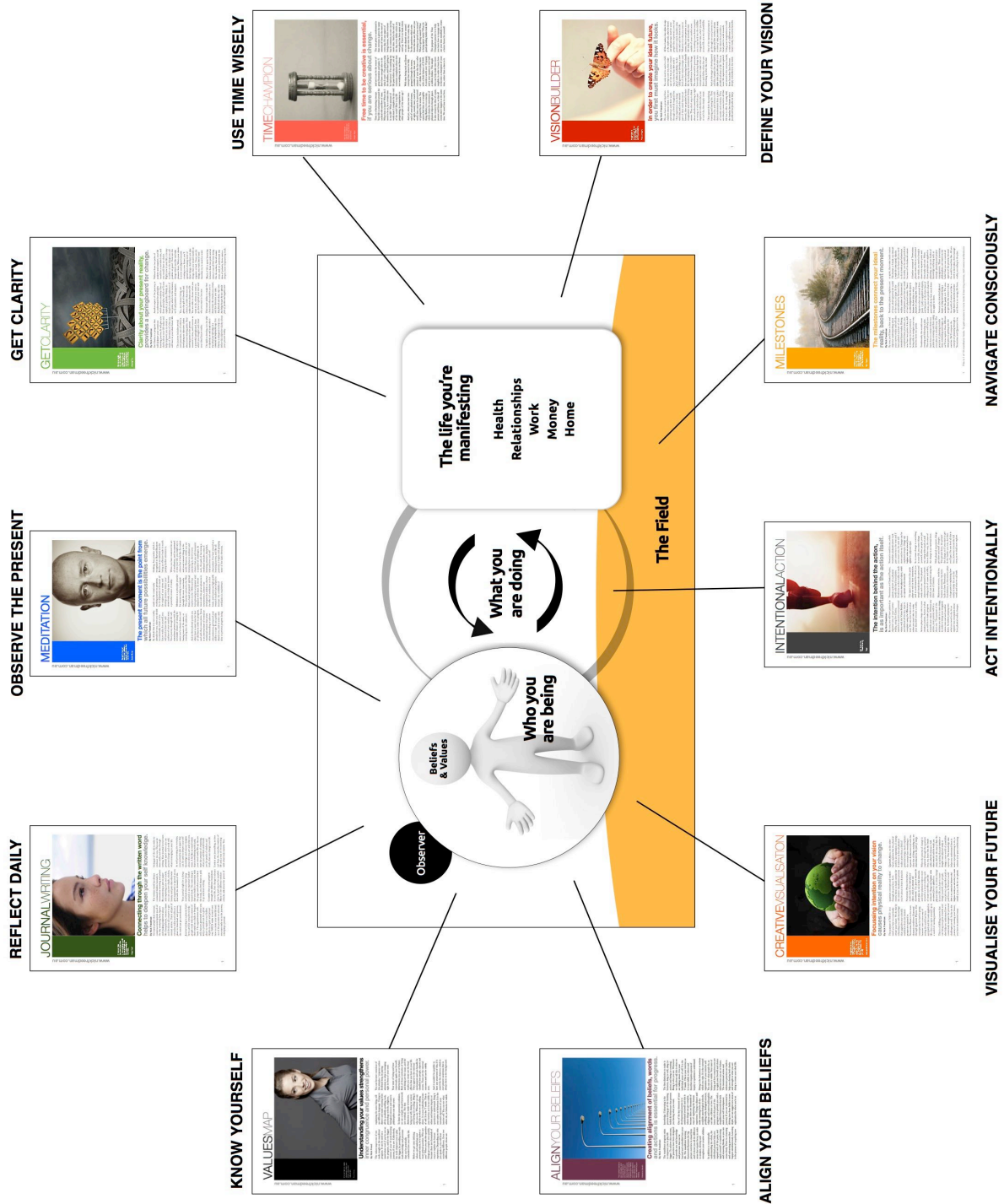


The way to magnify your intent is to reflect on the ideas you have about your future. What would you really like to have or create that would improve your life? You can then use these thoughts about your future to stimulate and awaken the desire to learn.

# The manifestor learning framework illustrates the journey in a simple to understand way.

Phase 2 is about building up your manifestor toolkit. You wouldn't climb everest without equipping yourself with the right technologies, and the same is true about manifesting. I spent a over a decade trying out lots of approaches, then condensed the key tools you need to become a manifestor into this simple to follow learning framework. Each of the ten tools comes with an HD learning movie and ebook.

The way of the manifestor is more than a theoretical exercise. It's a way of viewing your life as a creative journey, which has rich potential waiting to be uncovered & tapped into. You can see the ten tools below and how they feed into the being, doing and manifesting model which appears throughout the program. If you've not yet signed up, try lesson 1 for free here <https://nickfreedman.com.au/manifestor/free-trial/>



# Focussing on growing the 20 manifestor skills increases your level of competence quickly.

Consider how you learn to get fit in a gym. There's free weights, running machines, bench press machines, yoga classes, squat machines and cardio routines. As you get the basics of how the tools work, you can work on your technique to refine the skill. Add to this hydration, nutrition and supplements and we can see there's a lot to learn to increase your physical fitness. You don't go from zero to competent in one lesson. It takes a lot of practice.

The same is true with building your manifestor fitness levels. The program gives you the know how and tools. Phase 3 is about practice. When you apply the tools on a consistent basis, over time, they turn into transformational life skills.

What you can see on page 4 is the manifestor capability framework. It shows the 20 skills you develop over time on your journey. There are 5 levels of competency for each skill and your starting point will vary for each one.

Level 1 is 'I don't know anything about this' and it signifies something new that you've never connected with before.

Level 2 is 'I know about this but do not use it' signifies that you understand something in theory, but do not apply it into your life.



Level 3 is 'I have tried this once in my life' signifies that you've taken the next step to begin applying the tool.

Level 4 is 'I am building this as a skill for my life or work' signifies you're well on your way as you're applying the tools

Level 5 is 'I actively use this to create my ideal future' signifies you've turned the theory into a tangible skill.

The maximum level is 100. The great thing about this capability framework is that allows you to monitor and track your growth and development over time. The way to do this is to tick which box best matches your current capability.

A capability is something which is developed over time by learning the theory of how to do something, then applying yourself to practice what you've learned. With consistent effort the manifestor tools will become skills you can use in your life. A manifestor is someone who is capable of taking an idea about their future and consciously turning it into reality. The ten lessons in the program each build two core capabilities, which collectively come together to help you disrupt, manifest and transform your life. This questionnaire helps you establish your starting point and track your progress over time.

		I don't know anything about this	I know about this but do not use it	I have tried this once in my life or work	I am building this as a skill for my life or work	I actively use this to create my ideal future	R A T I N G
Manifestor Lesson	What capability you will develop by applying the lesson into your life & work	1	2	3	4	5	My current score
1	 I am self aware because I understand what values drive my actions						
	I develop new values in life to help me grow and deal with challenges I face						
2	 I use a journal to process emotional ups & downs, plus brainstorm new ideas						
	I use positive language, as I know that words are powerful creative tools						

The whole is greater than the sum of it's parts.  
*Aristotle*















# Focussing on growing the 20 manifestor skills increases your level of competence quickly.

All manifestors who start the journey bring their prior life experiences and skills with them as well as their challenges. These make up the total set of strengths and weaknesses, which is normal for any new learning journey. Some things you'll be great at, and others, you'll have little or no experience in yet. When you apply yourself to the process, the results will follow, which is phase 4.











Learning the way of the manifestor is not an overnight game or quick fix. It's a journey. So before you start take some time to reflect on what level of manifestor fitness you're starting point is. After 4, 8 and 12 weeks, then come back and complete the questionnaire again to find out your progress and make notes about where you've grown and areas you'd still like to develop your capabilities in.

## Week 1

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	I use positive language, as I know that words are powerful creative tools						
3 	I use meditation as a tool to keep my stress under control						
	I use meditation to calm my mind in preparation for creative visualisation						
4 	I have clarity about the areas of my work and life that I want to improve						
	I have clearly defined goals that help me to improve my work and life						
5 	I plan activities into my weekly schedule that move me closer to my goals						
	I know the ways I waste time, and am applying myself to change these						
6 	I get the key principles of quantum and use them to create new futures						
	I have a vision board that keeps me focussed on the future I am creating						
7 	I have a clear plan, that connects my ideal future back to the present moment						
	I use the agile approach to planning to navigate work & life projects mindfully						
8 	Every week, I complete actions that move me closer to my ideal future vision						
	I speak and act with intent as this helps influence my environment to change						
9 	I know the results I get, initially start as thoughts, so watch my mind's activity						
	I use creative visualisation to speed up the journey of creating my ideal future						
10 	I understand how my mind works, so can objectively observe it's ups & downs						
	I am working to align my beliefs with my words and actions to build integrity						
Add all 20 individual scores to get your manifestor fitness level.							











# Week 4

Name		Date	
What did I score last time?		What did I score this time?	
What capabilities have I developed in the last 4 weeks?			
Notes about my progress			
What will I focus on next?			

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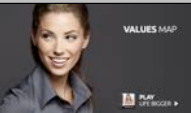







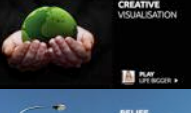

# Week 8

Name		Date	
What did I score last time?		What did I score this time?	
What capabilities have I developed in the last 4 weeks?			
Notes about my progress			
What will I focus on next?			

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# Week 12

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Notes about my progress			
What will I focus on next?			

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