

# UNAPOLOGETIC MANIFESTATION

*5 Steps to Create the Life You Want*

Week 2 · Monday, May 5, 2025 · 7:00–8:30 PM

Facilitated by Cynthia Roberts, Co-Spiritual Leader & Licensed Unity Teacher

## Applying what we learn during everyday life...

Did you develop clarity concerning what you want to manifest? Did you tie it into your purpose? Do you see how purpose can be used in all circumstances in your life?

Did you remember to practice creating consciously? How did you do that?

Did you use meditation this week that focused on some aspect of manifestation?

What different aspects of abundance did you identify? Did you try to balance these aspects these week?

Did you remember to give what you want to receive this past week?

Did you do some journaling about your journey of manifestation this week?

# THE 5 STEPS OF MANIFESTATION

- 1 Focus Your Mind
- 2 Shift Your Consciousness
- 3 Take Concrete Steps
- 4 Share Your Journey
- 5 Be Open

# Are you always manifesting?

*Every thought, belief, and expectation is shaping what shows up in your life.*

*“So, You are always manifesting. The question is whether you are doing it consciously or unconsciously.”*

## **Week 2 · Step One: Focus Your Mind**

Unapologetic Manifestation · Ken Daigle

# Have you gained Clarity About What You Want?

*True manifestation begins when you get crystal clear about what you genuinely desire — not what others expect of you.*

*“When you are clear about what you want, the universe conspires to help you achieve it. Clarity is the first act of creation.”*

— Chapter 3

## Reflection Questions

1

What clarity have you found about what you truly want? How specific and vivid is your vision?

2

Does what you want include what you are passionate about and who you want to be? Does it align with your deeper purpose?

3

Does your vision allow you to live your purpose fully — or are you manifesting someone else’s dream?

# Welcome

## AFFIRMATION

*"I focus my mind on my highest good!  
My life is full and abundant."*

### What We'll Explore Together:

- Reclaiming your innate power to create
- Identifying & reprogramming B.S. (Belief Systems)
- Finding your purpose and making a bold claim
- Creating with affirmations, imagination & gratitude
- Building your vision board

This week begins the journey into the five steps of manifestation with Step One: Focus Your Mind.

#### The Power of Focus

Directing attention to what we want, rather than dwelling on lack, shifts us from resistance to creation.

#### Limiting Belief Systems

Recognizing B.S. (Belief Systems) and reprogramming default patterns that block abundance.

#### Tools for Manifestation

Affirmations, imagination, gratitude, and vision boards as practical practices for this week.

# Focus Your Mind

*Step One begins with reclaiming your innate power to create and manifest the life you desire.*

*"Focusing your thoughts on desired outcomes makes much more sense than fixating on all the things you think are wrong, unfair, or broken."*

— Chapter 3

## Discussion Questions

1

How does focusing on abundance rather than lack impact your daily mindset and choices?

2

Think of a time when you unintentionally created an outcome in your life. What could you have done differently to shape the experience consciously?

3

What does "reclaiming your innate power" mean to you personally?

# Structures of Knowing

*Your beliefs, thoughts, and intentions are the architects of your reality.*

## Default Settings

Like computers, we all have mental defaults installed by family, teachers, and past experiences. We can only change them by delving into our operating system.

## The Glass Pane

A structure of knowing is like a pane of glass between you and the world. Its color, texture, and imperfections filter what information enters your awareness.

## Radical Responsibility

You are 100% responsible for how you respond and adapt to life's events. This is your point of power — not blame, but the freedom to choose your response.

*"Reclaiming your power means understanding the limits on your life are often self-imposed." — Chapter 3*

# What Is Your B.S.?

*Belief Systems that repeat restrictive patterns & block the flow of good.*

## COMMON LIMITING BELIEFS

**"That's just the way it is."**

Resignation — blocks new possibilities

**"I don't deserve this."**

Worthiness — imposter syndrome sabotage

**"Money is the root of all evil."**

Scarcity — blocks financial flow

**"Success was uncomfortable."**

Self-sabotage — retreating from growth

**"I need to play it safe."**

Fear — limiting vision & bold action

## SHIFTING YOUR B.S.

1

### Notice

Observe the pattern. Ask: "Where is B.S. blocking the flow of good in my life?"

2

### Question

Challenge the belief. Is it really true? Who installed this belief system?

3

### Reframe

Replace with a new thought. From "I can't" to "I am learning to..."

4

### Reinforce

Affirm the new belief daily through affirmations, journaling & visualization.

# Make a Bold Claim

## THE POLLYANNA PRINCIPLE

Far from being naïve, Pollyanna exemplifies the wisdom of choosing where to place your focus. The optimist sees the glass as half full — but the truth is the glass is 100% full: half air, half water, both essential to life.

### SKEPTICISM & JADEDNESS

Walls that block not just pain but joy, love, and possibility.

### INNER POLLYANNA

Resilience, optimism, and the freedom that comes with focusing on life's possibilities rather than limitations.

## MAKE A BOLD CLAIM

*What happens in vagueness stays in vagueness.*

State your intention clearly. Be specific. Don't be shy. Meditate, journal, explore — then claim it now.

## DISCUSSION QUESTIONS

- What is one bold claim you could make for your life right now?
- Where are you "playing small" or keeping safe when you could be claiming more?
- What would you do if you truly believed the Universe was conspiring to help you?

## Connecting with Purpose as the Heart of Abundance

### YOUR JOB

A quid pro quo arrangement

Changes several times in your life

Defined by your role or title

Provides material compensation

### YOUR PURPOSE

Inherent and unwavering

The fulfillment of your deepest self

Larger than your day-to-day concerns

The thing that lights you up

### PURPOSE STATEMENT FORMULA:

I [verb] \_\_\_\_\_ , [verb] \_\_\_\_\_ , and [verb] \_\_\_\_\_ .

*Example: "I joyfully teach, demonstrate, and inspire Truth, wholeness, and abundance."*

## The Power of Affirmations

*Concise, positive statements of a new future unfolding in your life — used by millions to empower and rewire the brain.*

### I AM

Start with "I am" — one of the most powerful statements. What follows is seared into consciousness.  
Example: I am powerful and compassionate.

### POSITIVE

Keep it relentlessly positive. Avoid "no" and "not" — our ears don't always hear negatives.  
Say: I am courageous, brave, and daring!

### PRESENT TENSE

Set affirmations in the here and now. Avoid future tense like "I will be" — these keep good in the future.  
Say: Money constantly flows to me.

### GROUNDING IN TRUTH

Affirm something you have even a tiny bit of faith for. Shift your perspective to see the glass as half full.  
"Faith it 'til you make it!"

# The Power of Imagination

*"Are you using your precious time to report on your current reality, or are you imagining a better one?"*

— Chapter 3

## STORY: AIMEE MULLINS

Born without fibula bones, legs amputated at age 1. Yet she competed in the Paralympics, modeled for Alexander McQueen, and built a remarkable life — because "Can't" and "Wait" were not words in her belief system.

## Imagination: Your Creative Superpower

### Self-Generated

Daydreams are self-generated — our minds have an uncanny ability to make meaning and create something new and unconstrained.

### Visionaries Change the World

The visionaries and daydreamers frequently and consistently make real change. Don't let anyone shame you for thinking differently.

### Bold, Creative Freedom

Children unconcerned with "winning" are bold, creative, and imaginative. True success lies in our unique and unfettered use of imagination.

### Practice It Daily

Nurture the habitual practice of imagination. Create a better future by daydreaming it and seeing a new version of yourself in your mind's eye.

## The Transformative Power of Gratitude

Scarcity



Abundance

Shifting from what we lack to what we already have opens us to receive even more.

Fear



Love

Appreciating the people around us strengthens connections and builds a positive environment.

Isolation



Connection

Gratitude creates a ripple effect, aligning us with infinite possibilities and attracting more blessings.

*"Gratitude shifts our consciousness from scarcity to abundance, from fear to love, and from isolation to connection. It empowers us to live more fully and authentically, embracing the present moment with a sense of joy and wonder."*

*Meditation 3:*

## Cultivating Positive Focus

*This practice is about more than visualization — it's about engaging your emotions and observing your thoughts with curiosity and clarity, rewiring your brain toward the life you desire.*

Available at [thefivesteps.org](https://thefivesteps.org)

1

### CREATE THE SPACE

Find a quiet, comfortable place. Have a journal and pen nearby. Ensure you're clear-headed and open to reflection.

2

### BREATHE

Close eyes, sit upright, inhale 6 counts, hold 2, exhale 8. Relax your body from head to toe.

3

### VISUALIZE

See every cell at optimal health. Envision fulfilling relationships, joyful work, healthy finances, and complete rest.

4

### DEEPEN THE PRACTICE

Witness your body healing, your bank account growing, yourself vibrant and healthy, and yourself on the vacation of your dreams. Imagine every detail.

5

### NOTE & REFLECT

Write for 5+ minutes. Reflect on your choices. Read your notes to a trusted friend for accountability.

# Your Homework This Week

### VISUALIZATION EXERCISE

Spend five minutes each day visualizing the life you're claiming. Imagine it vividly, engaging all your senses. Consider areas such as health, relationships, work, and finances, and let your imagination bring them to life.

### GRATITUDE JOURNAL

Each evening, write down three things you are grateful for. These can be small moments or significant events. Notice how expressing gratitude impacts your sense of abundance.

### VISION BOARD CREATION

Begin gathering images, words, and phrases that represent your desires and dreams. Arrange them on a board or digitally to create a visual representation of what you're manifesting.

**Between sessions — observe and shift:**

- Notice where your B.S. (Belief Systems) is blocking the flow of good.
- Write or speak one affirmation daily — present tense, positive, grounded in truth.
- Ask: "Am I reporting on my current reality, or am I imagining a better one?"

*Enrichment Exercise:*

## The Essence Conversation

Ask five people you respect:

*"What happens when I come into the room? What shows up when I show up?"*

1

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2

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3

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4

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5

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**Purpose Statement Formula:**

*"I am an agent of \_\_\_\_\_ , I express \_\_\_\_\_ , or I build \_\_\_\_\_."*

Your statement should be in the present tense, using active verbs.

# Our Six-Week Journey Together

Week 1 · Apr 28	Exploring Abundance & Manifestation	Chapters 1–2
<b>Week 2 (Today)</b>	<b>Focus Your Mind</b>	<b>Chapter 3 · Step One</b>
Week 3 · May 13	Shift Your Consciousness	Chapter 4 · Step Two
Week 4 · May 20	Take Concrete Steps	Chapter 5 · Step Three
Week 5 · May 27	Share Your Journey	Chapter 6 · Step Four
Week 6 · June 3	Be Open	Chapter 7 · Step Five

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# It's time to focus your mind.

*The abundant life you desire begins in your mind — and it is rightfully yours.*

*"I focus my mind on my highest good! My life is full and abundant."*

**See you next week!**

Unapologetic Manifestation with Cynthia Roberts

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