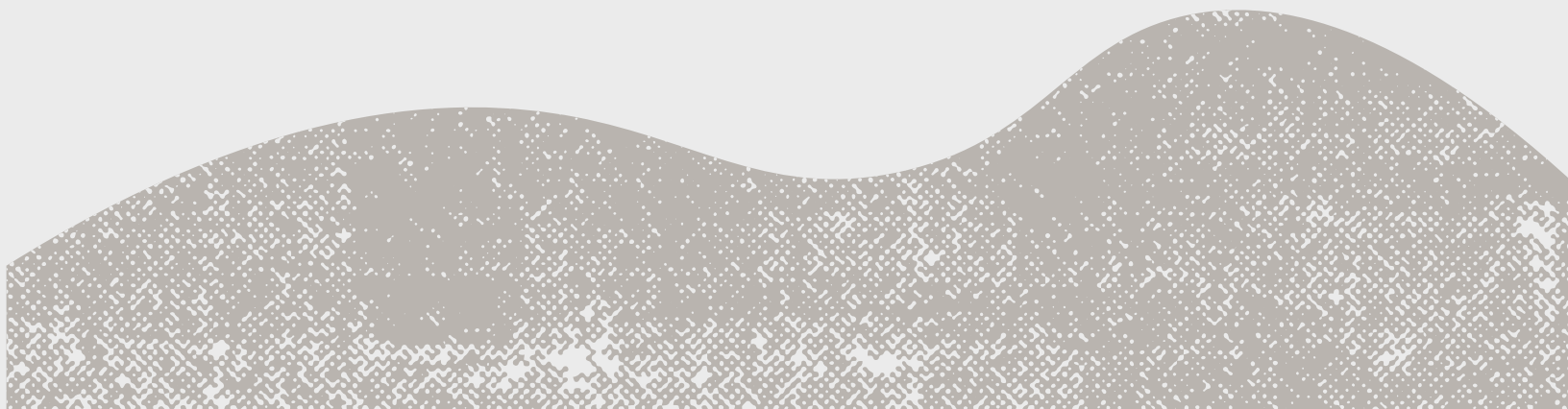




MANIFEST WITH INTENTION

*new year
new you*

CREATED BY MELISSA MILLS PHOTOGRAPHY



manifesting

GUIDE



mani • fest

v.

show something clearly
through signs or actions

manifest

DREAM BIG
START SMALL
BUT MOST OF
ALL...
START.





HI, I'M MEL.

I AM A CREATIVE, A
PHOTOGRAPHER & A
MANIFESTATION JUNKIE!

welcome!

A NOTE ABOUT MANIFESTING

I believe that everything has flow. Our lives, the people we meet, the goals we achieve. And I am a firm believer that our Ancestors and our Spirit Guides are placing everything that we need before us and to allow it to flow directly to us.

With all of my business and personal goals, I have manifested them to life. My adoring husband, my amazing, success driven photography business, and especially the people I've come into contact with along the way.

And when I say - *Manifesting With Intention* - I am not just 'saying' what it is you *will* do. I am talking about what you *HAVE TO DO* to *put* in motion and movement to get all the things you really want.

All day, everyday, we are surrounded by energy and the energy is so powerful, it can literally change your entire world. BUT you have to do the work. And this guide will help you to do just that.

so let's do this!

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Please resist the temptation to share it with others. But should you wish to help someone you know to manifest their dreams, send them my way to request their own copy.

THANK YOU 



HOW TO USE THIS

guide



1.

This guide includes manifesting resources that I have tested and tried, including some of my favourite hidden gems. I've also provided 2 of my favourite essential oil diffusing blends. ✨

2.

A Month At A Time: If the goal is too big, you'll never achieve it. This guide takes it one month at a time so that you can celebrate your monthly wins and focus to manifest your next month's goals.

3.

2 Different Oracle Deck Spreads: I have always been deeply in touch with my spiritual side and I own and use my decks often, to give me guidance.

4.

This Guide includes a Monthly Reflection. But also Morning and Evening Reflection's. Print the Daily sheets as many times as you like at the beginning of the Month.

enjoy!



researches



EVEN THE
SIMPLEST TOOL
CAN EMPOWER
PEOPLE TO DO
GREAT THINGS



resources

A FEW OF MY FAVOURITE
MANIFESTING PODCAST RESOURCES



THE THOUGHTS OF SHE

A podcast written and spoken by a virtuosic poet Rasheeda. SHE creates spoken word poetry for the soul.



UNINTERRUPTED BY WOMENS HEALTH AUSTRALIA

This series podcast chats with inspiring women about life, success, health, fitness, wellness and everything in between by the Women's Health Australia team.



THE JASMINE STAR SHOW

A business podcast that explores what it really means to turn your passion into profits. With honest conversations, business coaching & much more, this one will sure to be on your favourites list.



resources

A FEW OF MY FAVORITE MANIFESTATION RESOURCES



LISA NICOLS

Lisa has an amazing story! And she has created and built an empire that we all dream of. But this woman, freely and willingly shares all of her information, knowledge & wisdom with the world. Go check her out!



ECO MODERN ESSENTIALS

An Australian company that specialises in essential oils. They also have a monthly subscription box packed with goodies direct to your door!



JOURNAL

To many it sounds hard, but the easiest way that I have found to journal is using my diary/planner. Just jotting down thoughts, ideas, concepts, problems, etc., gets it out of my head, leaving room for me to focus on me.



resources

A FEW OF MY FAVORITE SPIRITUAL PRACTICE RESOURCES



ORACLE CARDS

The selection of oracle cards is a very personal one. When shopping for your own, pay particular attention to what you are drawn too. And when you get your deck home, be sure to cleanse them. A quick internet search will tell you how you can cleanse your deck.



FIND A READER

One of my favourite oracle readers is - The Fly Empress. She has a TicTok and a YouTube account and she does personal readings too!



PRACTICE BEING GROUNDED

There is no better feeling than being connected to Mother Earth. Find yourself a space/place where you can just relax, put your feet deep into her Earth and give into what she has to tell you.





cleanse your spirit

DIFFUSER BLEND


RITUAL BLEND



3 DROPS PATCHOULI

2 DROPS YLANG YLANG

3 DROPS MANDARIN



To get a clearer picture of what we need to let go, encourage journalling or to still an overactive mind, try this blend.



energizer

DIFFUSER BLEND

RITUAL BLEND



4 DROPS SPEARMINT

2 DROPS MANDARIN

2 DROPS TANGERINE



The aroma of essential oils can help support and enhance our emotional state. Aromatic molecules interact with the mind, particularly mood and memory states.

this month



FOCUS.
OTHERWISE
LIFE WILL
BECOME A
BLUR.



NEW *month*



MONTH

SELF CARE I NEED

MY MANIFEST MANTRA

2 SELF CARE ACTIONS FOR ME

I AM WORKING TO MANIFEST

MY MENTOR THIS MONTH

MY 3 POWER WORDS FOR THE MONTH

-
-
-

SCRIBBLES/NOTES



s.w.o.t analysis

An oldie, but a *damn* goodie!

You've probably SWATTED the hell-outa S.W.O.T. 's, and I'm a betting that you know exactly what they are. But if not, here's a really quick explanation:

- *SWOT (strengths, weaknesses, opportunities and threats), looks at inside and outside factors.*
- *Inside factors are - your Strengths and Weaknesses.*
- *Outside factors are - your Threats and Opportunities.*

Now that that's done, it's time for you to do your own S.W.O.T on yourself and I recommended doing a S.W.O.T twice a year. This S.W.O.T will help you set your goals and actions to achieving them, for the six months of the year.

Just by doing a S.W.O.T it will help you to understand YOU. It will give you focus and define the area's of your life that need your attention. You will start to see patterns for growth, see your own potentials, *AND* you will be in full manifestation mode.

The key to a good S.W.O.T - *don't be so literal and don't be so hard on yourself.* Think **BIGGER** picture. What area's of your life are you willing to accept? What needs to change? Where do your skills/knowledge/ideas lie? What boundaries are you needing? Are there patterns about the way people treat you?

Take your time to work through the next page, then pick **TWO** that will become your focus to achieve Goals for this Month.

swot analysis

STRENGTH

S

WEAKNESS

W

OPPORTUNITY

O

THREAT

T

this month's focus

GOAL

1

deadline:

action items

1

GOAL

2

deadline:

action items

2

spiritual

YOUR SPIRIT
GUIDES KNOW
WHAT YOU
NEED. EVEN
WHEN YOU
DON'T.

NEW MONTH

oracle spread



2

3

1

4

5

1. The main theme of the new month
2. What to leave behind
3. Major obstacle in the new month
4. What will the coming months teach me?
5. How to achieve my goals

MY INTERPRETATIONS:



1.

2.

3.

4.

5.

WEEK ONE

oracle card



Pull a card to represent the energy of the new week.

DECK: _____

CARD NAME: _____

MY INTERPRETATIONS OF WHAT THIS CARD MEANS AND HOW IT RELATES TO ME AND MY CURRENT SITUATION:



FREEFORM WRITE:

WEEK TWO

oracle card



Pull a card to represent the energy of the new week.

DECK: _____

CARD NAME: _____

MY INTERPRETATIONS OF WHAT THIS CARD MEANS AND HOW IT
RELATES TO ME AND MY CURRENT SITUATION:



FREEFORM WRITE:

WEEK THREE

oracle card

Pull a card to represent the energy of the new week.

DECK: _____

CARD NAME: _____

MY INTERPRETATIONS OF WHAT THIS CARD MEANS AND HOW IT RELATES TO ME AND MY CURRENT SITUATION:

FREEFORM WRITE:

WEEK FOUR

oracle card



Pull a card to represent the energy of the new week.

DECK: _____

CARD NAME: _____

MY INTERPRETATIONS OF WHAT THIS CARD MEANS AND HOW IT RELATES TO ME AND MY CURRENT SITUATION:



FREEFORM WRITE:

DAILY *morning*



Day

How I want to feel

3 Actions I am doing for today

1.

2.

3.

2 people I will make contact with

My self care commitment

2 Things I'm committed letting go of today.

1.

2.



DAILY *evening*

Day

How I'm feeling

My outcomes from today

Something I did that I'm proud of

What do I need that will help me manifest for my goal/s for tomorrow.

My intention for tomorrow

MONTH-END

reflection

MONTH

HOW I FEEL ABOUT THIS MONTH

WHAT DID I CHANGE?

3 OUTCOMES I AM PROUD OF

1.

2.

3.

THE OUTCOMES OF MY 2 GOALS FOR THIS MONTH

1.

2.

MONTH-END *reflection*



SOMETHING I DID DIFFERENTLY THAT I FEEL REALLY GOOD ABOUT

SOMETHING I WANT TO CHANGE OR IMPROVE FOR NEXT MONTH

2 THINGS I INTEND TO MANIFEST FOR MYSELF NEXT MONTH



1.

2.

I AM _____

I AM _____

I AM _____

