



An Exercise in Gratitude +
The Power of Manifestation

Hello Luv ~

Welcome to the **10/10 :: An Exercise in Gratitude and the Power of Manifestation**. The reason you're here, seeking this information, is because you want **more**, or as I like to think of it, **closer**; closer to your ideal vision of life. Which is perfect, because in this workbook you'll find the information you need to transform the way you think, so that you can make your life more how you want it to be.

Now before you start thinking I'm one of those "guru types" making some kind of BIG promise I could never keep, let me say the following...

While I'm a Mystic, with many spiritual gifts and understandings, I can't just snap-my-fingers or say a special mantra, and magically make your dreams come true. But I can teach you HOW to use your mind in such a way that it will do the "heavy-lifting" when it comes to making your dreams a reality.

So, I'm guessing you've heard that an "Attitude of Gratitude" is key when creating the life of your dreams, but I want to give you more information as to why - because I believe that when we know **WHY** we're doing something, it gives the activity that much more meaning.

Everything you experience, whether it's your love-life, financial status, or health, serves as a reflection of what you believe about yourself, and the world, in that area. So if you believe you're lacking or that life is hard in a certain area, then to the degree that you believe it, you'll experience lack and hardship in this area of your life.

Conversely, when you choose to appreciate the good in your life, while training yourself to see the beauty and abundance that surrounds you, you are putting yourself in an energetic position for these things to multiple. In other words, the key to having a life filled with bliss and meaningful success is to FEEL GOOD about what you have, causing it to multiple.

This is why I designed my 10/10 :: An Exercise in Gratitude and the Power of Manifestation to both shift your energy to one of gratitude - AND, to help you focus on those things, ideas, and experiences you want to manifest in your life.

On the following page, you will find instructions on how to do the exercise, as well as a worksheet to get you started.

Lots of LOVE, PEACE, & *HAPPINESS*,

Morgan

If you focus on what's lacking, you will never have enough - but, if you focus on your blessings, those things will multiple in your life.

INSTRUCTIONS :: THE 10/10 EXERCISE

Each day, write out TEN things you are grateful for. These things may stay the same from day to day or they may change regularly, the point is to keep the list fresh, so that you're spending this time aligning your energy with GRATITUDE.

Example :: I am grateful for my home and family.

Next, write out a list of the TEN things you want to manifest. Now, before you go crazy - writing things like "I'm manifesting 5 million dollars!" or "I'm manifesting a Super Model body." I must warn you that these types of ideas, unless they're truly in your reach, are going to send your current thought-stream into chaos - and your mind is going to reject them.

The reason being is that it has no idea how to go from the reality you're currently creating, to the one you say you now desire. Hence, if you ask yourself to make these huge leaps, rather than allowing a belief system to develop that will support your desires - to protect itself, your mind will feed you a steady stream of fear-based ideas to talk you out of it.

Instead, I encourage you to create a blended list, one that includes things and experiences that your mind perceives as easy to create, like a "Girls'/Boys' Night Out!" along with bigger goals, the kind that take anywhere from 3 - 9 months to achieve (or a little more, if you can believe that they're possible), as this will help you to get a better result.

The reason doing it this way will create better outcomes for you is because, when you accomplish the things that you perceive are "easy" on your list, you're signaling to your mind that you can indeed create your reality. And this firm understanding serves as the foundation you need to believe that it is possible to manifest the bigger goals and dreams in your life.

One last tip, for that extra "Vitamin B12 Shot!"

To give this exercise an extra boost, email yourself your daily list, and through out the day, especially when you have a dip, go back and read it to put your thought-stream back on track.

THE 10/10 EXERCISE

1. I AM GRATEFUL FOR _____

2. I AM GRATEFUL FOR _____

3. I AM GRATEFUL FOR _____

4. I AM GRATEFUL FOR _____

5. I AM GRATEFUL FOR _____

6. I AM GRATEFUL FOR _____

7. I AM GRATEFUL FOR _____

8. I AM GRATEFUL FOR _____

9. I AM GRATEFUL FOR _____

10. I AM GRATEFUL FOR _____

1. I AM MANIFESTING _____

2. I AM MANIFESTING _____

3. I AM MANIFESTING _____

4. I AM MANIFESTING _____

5. I AM MANIFESTING _____

6. I AM MANIFESTING _____

7. I AM MANIFESTING _____

8. I AM MANIFESTING _____

9. I AM MANIFESTING _____

10. I AM MANIFESTING _____

Last minute tip about this exercise :: If you really want to experience positive transformation in your life, try this exercise everyday for a minimum of one month, and I guarantee you will notice a quantifiable increase in your ability to create your life the way you want it to be.

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ABOUT MORGAN :: Modern Mystic + Mentor, Morgan McKean is on a mission to help people overcome their obstacles by teaching them to access their intuition, increase their self-love, and shift their belief system, so they can create their relationships, and lives, the way they want them to be.

WANT TO WORK WITH MORGAN :: If you enjoyed this exercise, and feel you, your team or organization would benefit from partnering with Morgan in some way, to help you create your life the way you want it to be, please email us at livingclear@morganmckean.com.

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