



The 5 Steps to Get What You Really Want

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We are all in the process of manifesting ... of creating what we want in life. Working with organizations and individuals, and studying much of the meta-physical research on the topic, I've determined five main steps in the process of manifesting. These basic steps can be applied to whatever YOU want to create, whether they are process things (like business development and growth, new types of work, changing in environment and enhanced or new relationships) or tangible, material objects (like cars, houses, trips, equipment, etc).

Step Number One: Listen to Your Whispers

Working with my coaching clients, they all know, at some level, what they want. They just haven't been taught to listen to and trust the 'whispers' that they are getting. In our work together we harvest their whispers. Those little inklings of information that they get about what they like and want to create more of.

Pay attention to what turns YOU on ... what you like. Notice the little 'jolts of joy' that happen through out your day. What was it about that article about a certain executive or business that got you excited? What was it about that movie or novel that made you feel so good? What do you time and time again feel yourself drawn to? There is something calling out to you in these interactions, something unique to you ... something that wants to be expressed somehow through you and your efforts.

Step Number Two: Align Yourself to the Possibility

This step is a big one. Once you listen to your whispers and determine what you really like and want, you need to align yourself to the possibility of having it. Most people shoot down their desires as soon as they launch them (they take them down with a big bazooka gun). They let internal and external naysayers rain on their parade. Forget what anybody else thinks, what YOU think is really most important. Do YOU believe it is possible? Do YOU feel worthy of what you want? Can YOU see yourself having what you want?

If you answer no to any of those questions, then you have some inner alignment work to do. Each of us has a different comfort level and belief in what is possible. The most successful clients that I work with eventually believe, at a very deep level, in themselves and in their ability to get what they want. They

might not know the how, but they do believe the desired end result is somehow possible, and possible for them.

Step Number Three: Determine Your Actions Steps

We do live in a physical universe. So as much as our internal energy plays a role in things, we still need to take real, tangible steps out in the real world to manifest things. Given your desire, what are some of the logical, rational (or irrational!) moves that need to be taken? Chuck the big tasks down into doable, easy, 'baby' steps. What are the simple steps you can immediately start with? Easy calls? Quick research? Fun actions? Look for things that are 'chunkable'. Have a time limit to them. Are manageable. Create an ordered list of your next steps.

Step Number Four: Just Do It!

You can have all the plans in the world but they won't do you any good if they just sit there in nice, neat lists ... unimplemented. This is where you need to bite the bullet and get going. Successful manifesters do more than just think ... they act! Don't worry about having everything perfect. Adopt a 'correct as you go' attitude. Get into a buddy system, mastermind group, or coaching alliance. Create infrastructures that will support you in taking incremental actions. Remember that the journey of a thousand miles begins with just one step. Many small steps add up to larger accomplishments. By focusing on the now, the larger picture will take care of itself.

Step Number Five: Let Go and Leave Room for Surprises

This is where the magic of synchronicity, luck and faith comes into play. Sometimes, in the process of manifesting, miraculous things happen. Providence steps in and hands you a lucky break. These are the little miracles that no business or action plan can rationally foresee. The strange twists of faiths that bring people, resources, ideas and other assistance your way. When you've done your planning and you are implementing your steps, take heart that some currently unforeseen, positive occurrence, may be just around the corner. Keep open to the essence of what you want being fulfilled in a form that you might not have anticipated.

In closing, I offer Goethe's famous couplet as inspiration: "*Whatever you can do, or dream you can, begin it. Boldness has genius, power and magic in it*". Now get out there and manifest the whispers that uniquely call to you!

Recommended Resources:

Interested to learn more about manifesting? [Steven Covey's 'Habits of Highly Effective People'](#) is an oldie but a goodie (beginning with the end in mind and Q2 focus). On the meta-physical side of things, I always recommend [Jerry & Esther Hicks](#) fascinating material on The Art of Allowing. The Indian master [Sri Siva](#) (who gave Wayne Dyer some key information for his Manifest Your Destiny book) has a great new video set called [Sri Siva's Personal Transformation Program](#), available through Nightingale

Conant. And, of course, I humbly recommend my [SHIFT-IT Graphic Coaching Process](#) too ☺.

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WANT TO USE THIS ARTICLE IN YOUR E-ZINE OR WEB SITE? You can, as long as you include this blurb: Christina Merkley, "The SHIFT-IT Coach" is creator of the SHIFT-IT Graphic Coaching Process. To learn more about SHIFT-IT, Graphic Coaching and Personal Visioning and Planning, visit <http://www.shift-it-coach.com>