



Manifest with Rose

STEP INTO THE 5D

30-Day Self-Concept Challenge

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@manifest_with_rose

This is a 30-Day challenge to help you refocus and improve your self-concept. You can start doing this challenge tomorrow as today we want to do some digging. The reason why I suggest this is because it is important to be self-aware, in order to identify what to shift. Take today to get it all out of your mind and body, and get ready for a fresh new start today! A lot of people are afraid of doing this as they don't want it to manifest. However, you are already manifesting based on your underlying assumptions and current self-concept. So you might as well dump them out and switch them.

Please Answer The Following Questions:

Section A

What are your unwanted assumptions about yourself as a:

- a) Friend
- b) Partner
- c) Sibling
- d) Child
- e) Co-worker/business person/employee

How do you feel about the following: (List the things you don't like)

- a) Your body
- b) Your skin
- c) Your personality
- d) Your health (mental & physical)
- e) Your finances

What do you think you're incapable of? Be honest.

How do you feel in social situations?

Section B

What do you like about yourself as a:

- a) Friend
- b) Partner
- c) Sibling
- d) Child
- e) Coworker/Business Person/Employee

What do you like about the following

- a) Your Body
- b) Your Skin
- c) Your Personality
- d) Your Health
- e) Your Finances

From Section A, let's flip the script. Write ONE opposing affirmation for each. For example:

- I don't like that I am awkward in situations
Opposing Affirmation: I'm extremely outgoing and I'm always confident
- I don't like my acne-prone skin
Opposing Affirmation: I have a clear, soft skin
- I think I'm the annoying friend
Opposing Affirmation: I'm the friend that everyone loves to be around
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If you could use 3 words, to sum up, your ideal state, what would they be?

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CHALLENGE

- Every morning, take 15 minutes to stand in front of the mirror. This is called Mirror Work. Look into your own eyes and go on a rampage with the affirmations you wrote and combine some of the things you already like about yourself from Section B. For example:

New Affirmation: I have a soft, clear skin

Something You Like About Yourself: I have straight teeth

Mirror Work Rampage: I love myself completely. I always know what to do and when to do it. I am extremely charismatic. I love my straight teeth and my soft, clear skin. I am magnetising and intriguing.

- Every afternoon (let's say 5 pm), get into a meditative state and then tap into the feeling of the ideal state. Use the list of your top 3 words that sum up your ideal state from Section B.

For example:

1. Wealth
2. Relief
3. Powerful Manifestor

Close your eyes, and take 5 minutes to tap into the feelings of wealth. Don't think about it or wonder. Just close your eyes and ask yourself "How does it feel to be wealthy now?" And allow yourself to sink into that feeling. Repeat the same thing for 'relief' and 'powerful manifestor.' In total, this exercise won't take you longer than 20 minutes maximum.

- Every night, [play this affirmation tape](#) if you don't already have one and loop until you fall asleep "isn't it wonderful."

- Go on about your day and just live your life. You're allowed to be happy without constantly affirming while eating, swimming, and while sitting with friends. Just relax.
- Every Sunday, use my [Weekly Tracker Report](#) to keep track of your progress. Progress can be anything - a free cup of coffee, an old friend calling you, paid my bill, hung out with SP, someone gave you \$5, etc... That way you give yourself credit. The Weekly Tracker Report also helps you take notes of things that make you react or trigger you in any way. This helps you become more self-aware.

RULES:

- No reacting!
- No old story talk!
- Do NOT suppress your feelings. If you need to cry, allow yourself then do breathing exercises or the [butterfly hug technique](#) or EFT.
- STRICT mental diet!
- Stay focused. Focusing on lack creates more lack no matter how many times you affirm!
- If you find yourself inconsistent or you forget to do things, set reminders on your phone throughout the day.