



# MANIFEST 2023

WITH JEN MAZER



QUEEN OF MANIFESTATION®

## Important Dates

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### Winter Solstice: December 21, 2022

Winter Solstice is a time to reflect on what old habits or patterns you're ready to release from the past year as you create a ritual around the new intentions you're ready to set for 2023. Use the last 11 days of the year to reset. Clean and dust off your altar, clear clutter, burn sage, palo santo or a twig from your Christmas tree. Get ready to welcome in the new!

### The 1st New Moon of the year: January 21, 2023

Welcome to Aquarius! This is a powerful time to set intentions for what you want to manifest in the next 6 months as you take new actions towards your dreams. Use your imagination to tap into your intuition. The Aquarius energy is urging you to join a new group and try something new. Long-term changes can be felt as you begin a new cycle and up-level in all areas of your life. Think outside the box with a positive vision and experience major improvements.

## RELEASING THE PAST

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What things do you want to celebrate from this past year? (Events, dreams coming true, etc.)

How are you proud of the way you showed up in this past year?

# RELEASING THE PAST

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What did you learn from this past year?

What are you grateful for from this past year?

What do you choose to let go of and leave behind from this past year?

# WHAT ARE YOU CALLING IN NEXT?

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What do you want to manifest in 2023 and beyond? Think BIG. We're in a time of transition. This is a beautiful brand new beginning for you.

What does your DREAM life to look like? Don't hold back here. If money weren't an obstacle and you were totally supported by the universe, what would you want to create?

Think BIG. Don't let time or where you're at now get in the way. The more outrageous, the better! And then get specific. The universe likes details.

Describe exactly where you're living and when, exactly how much money is in your savings account, your wallet, etc. How much are you making a year? What are you doing with that money? Did you start a charitable foundation? Where is your home? Your second home? Your third home? ;) What does it look like? What color is your bedroom and what type of bed do you sleep on? How does it feel? What's your view when you wake up in the morning? What do you hear outside your window, and what do you have for breakfast? Who made it for you? If you're trying to attract your ideal partner, imagine what you two do together, and how he makes you feel. Get the idea?!

The more specific you get, the more real you make it.

# WHAT ARE YOU CALLING IN NEXT?

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## **And most important: Write in the present tense.**

It might feel weird at first – but have fun with it.

This is a playful activity. The more fun you have with it, the more results you will see! Trust me. So you'll write something like "I have this." "I am that." "I feel this." Rather than "I will be" "I will have" or "I want to...". The sooner you can start speaking in the present, the easier it will be to manifest.

## **Write out what you want to manifest in each of these areas:**

Home:

Health/Wellness:

# WHAT ARE YOU CALLING IN NEXT?

**Write out what you want to manifest in each of these areas:**

Love/Relationships:

Friends & Community:

Career:

Creative Projects:

Financial Abundance:

# WHAT ARE YOU CALLING IN NEXT?



**Write out what you want to manifest in each of these areas:**

Travel:

Spiritual Practice:

Giving Back:

Leisure:

# WHAT ARE YOU CALLING IN NEXT?

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## **How will it FEEL to experience, have, and be all of these things?**

Now, write out how you want to FEEL in 2023 and beyond (in the present tense).

What practices (habits/routines) can you commit to in 2023 that will help you feel this way?

How can you celebrate and love yourself?

What's the most outrageous thing you want to experience?

# EXPANDING GRATITUDE

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**In what ways are you already abundant in all of these areas of your life?**

Take some time to write out gratitude for all that you already have. You are supported and all is on it's way to you.

## ABOUT JEN MAZER



Jen Mazer is the “Queen of Manifestation.”® She’s always been able to dream up outrageous adventures and actually live them out—from rubbing elbows at a small private cocktail party hosted by Martin Scorsese, to living rent-free in the East Village of Manhattan for 10 years, to paying off over \$38,000 of debt in less than a year, having her artwork published in the New York Times, traveling the world, meeting the man of her dreams (a successful rockstar), giving birth at home to both of her children on the same day 9 years apart, and starting a green school in Africa.

Jen is a sought-after transformational speaker and coach. She teaches people how to manifest their biggest dreams while making an impact on the world. She is known for her signature Manifestation Masters Program and Private Success Coaching.

She's the author of *Manifesting Made Easy* (Simon & Schuster), and Co-Founder of the board game Sparked. Her work has been featured in the New York Times, Fast Company, New York Magazine, Real Simple, Cosmopolitan, Inc., Marie Claire, ABC, and more.

Learn more at [www.queenofmanifestation.com](http://www.queenofmanifestation.com).



# Take Your Manifesting to the Next Level!

## LIVE Winter Solstice Manifesting Ritual

- Experience a Guided Visualization to Honor the Light & Receive Guidance
- Powerful Writing Exercises & Manifesting Ceremony to release & set intentions
- Reconnect with your higher self and use the potent energy of Solstice for Healing
- Learn the exact steps for Manifesting all that you desire in 2023!

# DECEMBER 21, 2022

Join me for this Exclusive Workshop Ritual that Only Happens Once a Year and Set Meaningful Intentions That Will Manifest Into Your Life in 2023.

### **Take advantage of this Special Energy Literally On Winter Solstice.**

Focus energy on what you want to create in your life in order to transform. Solstice is all about honoring your commitments and being intentional about what you're calling in next. It provides the perfect atmosphere for releasing what no longer serves you as you step into the highest version of yourself.

That's why I will be guiding you in a special Solstice Manifesting Ceremony which includes a visualization, writing exercises, and a powerful manifesting ritual.

**Register Now to join Jen for this LIVE 90-minute workshop:**

<https://www.queenofmanifestation.com/solstice/>



**Save Your Seat for the Solstice Ritual!**

