



Manifest 2024 LIVE

ALIGN: HOW TO BECOME A VIBRATIONAL MATCH
TO MANIFEST YOUR BIGGEST DREAMS WITH EASE!

WITH JEN MAZER



QUEEN OF MANIFESTATION®

POSITIVE PROOF FROM YOUR PAST

In order to align yourself with your dreams, here's an exercise to help you remember that you truly are a powerful manifestor. By getting down with Positive Proof from your Past, you begin to believe that you can do anything.

Think of something fabulous that you've accomplished in your life...

Something BIG that you're super proud of.

YOU did this! It's amazing.

You are so powerful. If you could do that, you can do anything.

Remember that always.

Your Assignment:

Put up an image of your positive proof from your past in your space!

This could be press, an award, a picture of you doing something amazing that you manifested, etc. It should make you feel good.

Be who you want to be in the world. Enjoy the moment. Remember how amazing you are. Put on your favorite music. Move your body. Go outside. Just be.

POSITIVE PROOF FROM MY PAST

Write out all of the awesome things you've been able to manifest before. See if you can fill the page.

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.