

THE 3 DAY MANIFESTATION CHALLENGE



**AN INTRODUCTORY GUIDE TO
MANIFESTATION**

KENDALL FUHRMAN



HELLO! I'M KENDALL

Before we begin I wanted to quickly introduce myself to you! My name is Kendall Fuhrman and I am an entrepreneur, travel blogger, and the founder of Mindful and Motivated - a personal development brand with a mission of empowering young women to manifest their dream lives!

You might be asking how I was able to do all of this at such a young age - well babe I manifested it! Two years ago I graduated from my dream college, USC, and immediately started working a normal office job at a startup. I soon realized it wasn't for me and found myself daydreaming of living a life where I worked for myself and got to travel the world. I decided to put that daydream into reality, quit my job, and 3 days later left for Bali with one backpack and no plan. A year and tons of manifesting later and I am living my dream life in Bali as an entrepreneur, travel influencer, and CEO of Mindful and Motivated, helping ambitious women like you achieve your dream life like I did.

“

Stop waiting to become the person you want to be. Be her now. Act as if your dream is already your reality and soon enough it will be.

- KENDALL FUHRMAN

”

For the past 3 years I've studied the law of attraction, read books about manifestation, interviewed experts in this field, and have utilized the tools I've learned to manifest the dream life I live now. Now this isn't to brag or anything but here are just a few of the things I've manifested: free trips around the world, getting paid to promote my favorite brands on IG, free VIP music festival tickets, living in Bali, being in a famous rapper's music video (cough cough Lil Pump), having my own business, getting 100k followers on TikTok in three days, getting 10 million views in one day, and making over \$10,000 in a month! Yup, I accomplished all that through a simple manifestation technique that I like to call the Dreamers and Doers Method and I am going to give you a sneak peek of it now with this 3 Day Manifestation Challenge!

So if you're in high school and want to manifest getting accepted into your dream college, or if you're in college and want to manifest your dream job, or even if you're a graduate working a job you're not passionate about and you want to manifest a different life for yourself - then you've come to the right place. So let's not waste any more time and jump right in!



CONNECT WITH ME!



“

**If you can dream it,
you can do it.**

”

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MANIFESTATION 101

Whether you realize it or not, the law of attraction is always working for you. Your current reality is a manifestation of your thoughts, emotions and actions. So why not take control and manifest the life you want?

Manifestation is a super easy concept that is often overcomplicated. By definition, the word manifest simply means to display, exhibit or appear. It is a verb, a word of action and consequence. So to manifest something is to make it appear seemingly out of thin air. Manifestation is bringing forth something into your physical reality through intentional thought, feelings and action.

Yes babe, your thoughts create your reality! Everything in your life right now, whether good or bad, physical or nonphysical, first started with a thought and was manifested through feelings and actions. That is why it is super important to be intentional with your thoughts. We can't always control our thoughts but we can control which thoughts we choose to believe, so choose wisely!

Manifestation is based on the universal law of attraction. I could go deep into the science behind the law of attraction but I'm going to keep it simple. The law of attraction states that you will attract into your life whatever it is you focus on and whatever you are the emotional equivalent of. So if you focus on the good and feel good, you will attract more good. Alternatively, if you focus on the bad and allow yourself to feel bad, you will attract more bad. Simple as that.



3 STEP MANIFESTATION PROCESS

Manifestation can be broken down into 3 simple steps: thought, feeling and taking action. Or as I like to call it: dream, believe, and do.

01 DREAM

Every goal you've accomplished started with a dream. First you need to know what you want to manifest before you can manifest it. So take some time to think about what you want to accomplish, or who you want to become. Don't worry about how you will get there, instead, focus on what it will look like when you do get there. Write it out in details.

02 BELIEVE

In order to manifest something, you need to first believe that you can actually have it or be it. In fact, you need to convince your brain that your desire is already on its way to you. To do this, practice generating the feelings and emotions you would have once your desire is manifested. Your brain does not know the difference between reality and imagination, that's why dreams sometimes feel so real. You can use this to your advantage and hack your mind and body into believing a future situation has already happened by generating the feelings of already having it. It's called visualization and I will teach you the basics on Day 2.

03 DO

Most people skip this step and wonder why they don't manifest their goals. Not only do you need to believe you are attracting the desire, you need to act as if it's already come true in your daily life. You need to be the person you want to become NOW and prove it through your daily actions. Whatever it is you want to manifest, ask yourself "What would I be doing and how would I be acting once I have this thing I want to manifest?" and do it. Take your desire and break it down into small easy to achieve steps that you can start today. Act as if your dream is already your reality and before you know it, it will be.

3 DAY MANIFESTATION CHALLENGE

Getting started

With this 3 Day Challenge, I'm going to guide you through each step in 3 days so that you can start to manifest your dreams into a reality. *DISCLAIMER:* this is not a magical quick fix scenario to make your dreams come true.

Manifestation only works if you believe you can manifest the thing you want and if you actually put in the work to achieve it.

In the following pages, I created a workbook with prompts and guides to help you work through one step a day. You can either print this out and write in the guide I provided, or use your own journal. Whatever you choose, make sure that you physically write out your answers instead of typing them on your phone or computer. Not only is there something special about writing your goals in your own handwriting, there's also proof that writing down your goals will help you achieve them faster!

I also suggest that when you first start this, you pick a small and easy to achieve goal that you truly believe you can manifest. Once you manifest one small goal into your reality, you will start to gain confidence in your ability to manifest and can start manifesting your bigger goals. Below are some examples of small to big things you can practice manifesting!

One more thing before we start, before you can manifest anything new, you need to be grateful for what you already have. Take some time to be grateful for how far you've come. Remember when you wanted what you have now? Don't take that for granted and give yourself the praise you deserve. Alright, let's get to manifesting!

START SMALL:	WORK YOUR WAY UP:	GO BIG:
<ul style="list-style-type: none">• GETTING A TEXT FROM A FRIEND• SEEING A WHITE BUTTERFLY• RECEIVING \$100	<ul style="list-style-type: none">• GETTING INTO YOUR DREAM COLLEGE• LANDING A JOB YOU WANTED• MAKING AN EXTRA \$1000 THIS WEEK	<ul style="list-style-type: none">• GETTING 10 MILLION VIEWS ON A VIDEO• GAIN 10,000 FOLLOWERS THIS WEEK• MAKE \$10,000 THIS MONTH

DAY 1: DREAM

Dreaming is the first step to manifestation! You need to first know what you want to manifest before you can start this process. If there were no limits to what you could do, what would you want to manifest in your life in the next 3 days? Is it a certain amount of money? Is it getting into your dream school? Is it traveling to a new country? Whatever it is write it down in detail below.

WHAT DO YOU REALLY WANT RIGHT NOW?

02 DAY 2: BELIEVE

Take what you wrote on Day 1 and imagine yourself having manifested it in full detail: where are you, what are you doing, what are you saying, how are you feeling? Fill out the prompts below with as much detail as you can. Don't think about how you will get there, only focus on the end product of having manifested it already.

WHEN I MANIFEST THIS DESIRE I WILL BE (WHERE?):

WHEN I MANIFEST THIS DESIRE I WILL BE DOING:

WHEN I MANIFEST THIS DESIRE I WILL BE FEELING:

02

DAY 2: BELIEVE



HOW TO VISUALIZE:

Now take just 3 minutes (or more) to visualize what you've written vividly. Get in a comfortable position either sitting in a chair or lying on your bed. The best times to do this are in the morning when you first wake up and you're still a little sleepy or at night when you are falling asleep.

Close your eyes and begin to think of what you wrote down. Once you have a clear image of what it looks like, start to think of the feelings and emotions you would feel and create them in your body. If you are having a hard time generating the emotions, think of a past memory of when you achieved a similar feeling to help bring that emotion up and attach it to the new visualization. Essentially you are daydreaming about the situation until it feels so real in your body that it feels like you have already accomplished this goal. Ready, set, visualize!

DAY 3: DO

Now it's time to take action towards manifesting your goal! Don't wait any longer to be the person you want to be. Be her now! You need to act as if the desire has already manifested in your life. Fake it till you make it baby! Below are some prompt questions you can use to get you thinking about what steps you can take toward attracting your desire.

WHAT WOULD YOU BE DOING IF YOU HAVE ALREADY ACCOMPLISHED THIS GOAL?
WHAT TYPE OF PERSON WILL YOU BE WHEN YOU MANIFEST THIS DESIRE?

Whatever it is you chose to focus on manifesting, ask yourself what you can do to work towards attracting that desire. Whether it's big or small, take some sort of action TODAY as that version of yourself who has already manifested the desire.

ONE THING I CAN DO TODAY IS:

BONUS 7 DAY CHALLENGE

Now that you know the basics of manifestation and have practiced each step, you can now combine all 3 steps into a simple routine to follow daily. To get the best results, I suggest to do this routine in the morning when you first wake up or at night before you fall asleep. Continue following these 3 steps every day until you feel confident in your desire and until you believe you already have it. Once you are confident, move on to the next one. Do not get hung up on one desire. Trust that you already have all that you need and that you are already the person you want to become now. Track your progress and reflect on your journey below!

	M	T	W	T	F	S	S
DREAM	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
BELIEVE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DO	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Reflection

CONGRATS!

Congrats babe on finishing the 3 Day Manifestation Challenge! You should be so proud of yourself! You have already accomplished the most important step of manifestation and that is taking the first step and making the effort to show up for yourself and your dreams.

If you were able to manifest your goal, congrats I am so happy for you! If not, don't worry about it because manifestation is a process and your dreams will manifest in perfect timing. Manifestation isn't about trying to get something you want immediately. Manifestation is about growing confident in yourself and your abilities to achieve your goals and trusting that your desires are already on their way to you. It's about believing that you can be the best version of yourself each day and showing up for her in your thoughts, feelings and actions.

I hope you continue to use these tools daily in your journey of manifesting your dream life. Manifestation is like a muscle that needs to be flexed daily in order to work to its fullest potential. Keep going after your dreams and soon they will be your reality.

WANT TO GO DEEPER?

Stay tuned for more courses, guides and manifestation tools coming soon! Stay up to date by following and signing up below!

STAY UP TO DATE





THANK YOU!

Thank you so much from the bottom of my heart for taking the time to read and do the Dreamers and Doers manifestation process. I've been manifesting this guide for the past few months now and it means the world to me that you showed up and completed my challenge!

I have BIG plans for Mindful and Motivated and this is just the beginning! Make sure to follow me at [@kendall.fuhrman](#) for the latest updates and releases!

I'd love to hear your feedback on this guide so I can continue to make relevant content for you on your self growth journey! If you have a few minutes, please [fill out this quick survey here :\).](#)

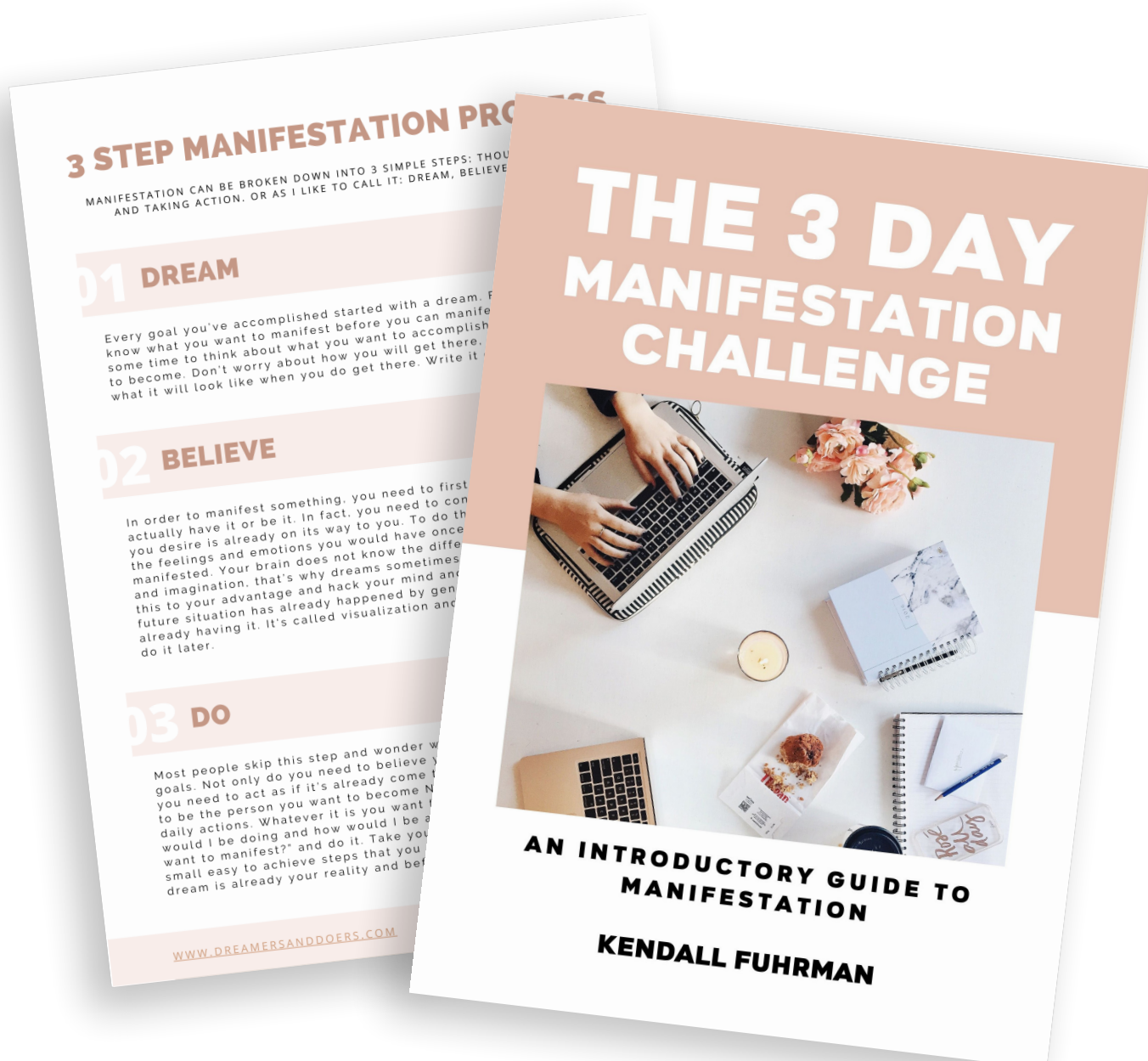
Loved this challenge? Share your journey on your story tagging me @kendall.fuhrman and I will repost on our story! Do you have an awesome manifestation story? DM me or email me at [**kendallfsocial@gmail.com**](mailto:kendallfsocial@gmail.com), they always make my day!

Screenshot the next page to share that you've completed the challenge on your story! Tag @kendallfuhrman and tag a friend to inspire another babe to manifest her dreams!

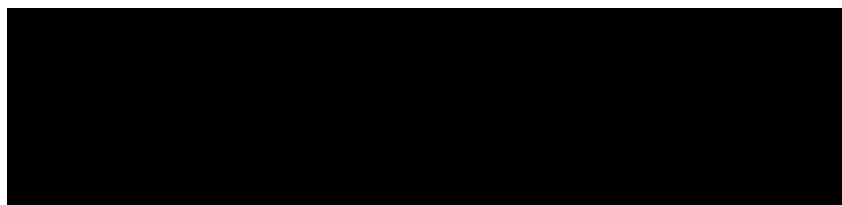
Kendall Fuhrman



I COMPLETED KENDALL'S 3 DAY MANIFESTATION CHALLENGE!



Tag a friend to try the challenge!



TAG HERE @KENDALL.FUHRMAN

**GET YOUR FREE MANIFESTATION GUIDE
FROM @KENDALL.FUHRMAN**