



80_-_The_Hell_Yes_Manifestation_Hack

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In today's episode, I'm going to be sharing one of my absolute favorite manifestation hacks that pretty much guarantees that you'll get whatever it is you want every single time. There's a whole world out there of people that need you to serve them, you are now investing your time and your energy and you are stepping up to be that person. And that woman who makes investments like this, who takes her business seriously, who's willing to go all in who is driven, who is ambitious, who is going to make shit happen no matter what

this is meant for millions.

here's your host, Jennifer faith. Welcome to med for millions, the podcast for online entrepreneurs who want to create wealth and freedom with their business. You're in the right place if you're looking for the mindset and strategies to get seen known and paid online. I'm your host, Jenna fate, formerly known as Gen. Scalia, success and mindset strategist for entrepreneurs who want to leave a legacy and build a sustainable and profitable business. Make sure that you join us each and every week, where you'll get a short 15 to 20 minute audio training on how to build wealth from the inside out, there is absolutely no fluff here, you'll get a little bit of strategy, a whole lot of mindset and a healthy dose of tough love with 100% authentic raw and real advice on how to navigate this crazy world of entrepreneurship. So I have a treat for you today, I'm going to be sharing with you one of my absolute favorite manifestation hacks to pretty much guarantee that you get whatever it is that you want, every single time you want it. Without any further ado, let's go ahead and dive right into this amazing and awesome strategy that you can start implementing in your life. And in your business. Today, we are talking all about the yes method. And this is a method that's going to allow you to have all of the things that you desire and want flow to you easily. By developing this rock solid expectation. You can experience what I call flu proof magic. And the reason why I'm calling it that is because we are so powerful. And you

probably have done this in the past. But for some reason, you may have attributed it to just being a fluke, or a miracle. And you're not really owning the power that you have in your mind. So we're gonna talk about how to get a yes, every single time. This is one of the probably one of the most use mindset hacks for me that I use to get everything that I want the same exact thing that I've used to get my new house, my dream car, it's also how I attract incredible clients business opportunities and freedom to do whatever I want. So I call it the yes method. And it's actually a very simple concept. But it's definitely something that is not as easy to implement as it is to understand. Essentially what it is is why as you expect success period you expect to have whatever it is that you desire come into your life, there is no other option. There is no other outcome. There is no safety net, there is no plan B, what I want you to think about is let's say you order a pizza, I love pizza. It's one of my favorite foods. I order a pizza. I know it's coming, I expect it to come. And that's it. I don't worry about it. I don't fret about it. I don't call the pizza guy and ask when it's coming. I just know what's coming because I ordered it every now and then I'll order something from Amazon and not get it. But that's typically because it's a different seller. But if I'm ordering something from Amazon, and it's prime, I know it's coming the next day period, the end, there's no question that it's coming. And so I want you to start to apply that same kind of attitude, that same kind of expectation to the things that you actually desire in your life. Now, here's what I've experienced, what I've experienced is that most people want things or they say that they want them or they desire them, but they actually expect not to get that. So I know it sounds really silly. But subconsciously, we just think that it's not going to happen, or that it's too big, or that it's too silly, or we're just thinking too much, or we want too much. And so deep down inside and subconsciously we're actually expecting not to get it. So even though outwardly, we're saying I want something our mind and our feelings are wrapped around this idea that we can't actually get it. The other part of that is maybe we're not actually willing or ready to embody that person who actually gets it. And that's what this was all about. Right? It's about stepping into and embodying the person who actually has the things that we desire, where in your life or business or anywhere. Are you contradicting your desire and your expectation. So where in your life are you may be saying I want this thing, but you know, deep down inside that you're thinking it's not going to happen and I have some examples for you. Let's just say you want a million dollars you would love to have a seven figure business right now maybe free with a six figure business

It seems far off. So your thought your first thought is, I want a million dollars, but there's no way I can actually get it. This is it's just impossible. And so what we continue to do is we continue actions based on that thought that we can't actually get it. So we don't fully show up. We don't make offers, we get discounts, we lower our fees. So not only is the thought and the feeling contradicting, but our actions contradict. Another example would be, I want amazing relationship with a soulmate. So our first thought is, yeah, right. There's no good men out there, how am I going to find someone, these dating apps suck. So we continue with that feeling with that contradiction with our actions. And we reject potential people who may be a good fit, we

sabotage relationships, as soon as they start going good. And we talk badly about men. Then finally, we may say, I want a business that feels good, right. And that's, you know, that's one of my mottos. I want you guys to have not only a business, but a life that feels good and flow that it's easy. And, you know, I truly believe that that's possible for everyone, right? So our first thought might be, I want to make this as easy and that feels good. But that's not possible. I need to hustle, I need to do things I don't want to do if I want to make it. I need to just, you know, put in the work now and then I'll get to reap the rewards later. So we continue to act based on that preliminary thought that thought that contradicts what we actually want. So we may keep doing things that suck the life out of us. We say yes, to less than ideal clients, we say yes, the things we want to say no to we say no to things that we want to say yes to because of money. So can you see how sometimes what you say you want is actually very different than what you're commanding through your thoughts and actions. So when you apply the yes method to everything that you want, whether it's money, freedom, relationship, weight loss, you're commanding and expecting what you want, and stepping into the person that already has it. So in your journaling, for today, I want you to be real and be honest with yourself, where are you contradicting your desire and your expectation? So where May you be saying that you want one thing, but you know that your thoughts, your feelings, and your actions behind it are completely different, were contradictory to what you're saying you want. Another form of this is waiting until certain thing or circumstance happens in order to operate that way, right? You know, once this happens, I'll be happy. Once you know, I get validation for a client, then I know I can maybe make more money, once I get invited to my first podcast, then then I'll have the validation that I can be popular, and I can be well known. But no, it's a huge mistake. And it's where a lot of us get tripped up and why even though we say we want something so bad, we don't actually get it. So what I want you to do next is to create a powerful positive expectation statement around everything you want in all areas of your life. And I want you to create a statement around that. And I want you to create that statement in the present tense. So we're gonna create that statement like it's hardly done, right? So I have a million dollar business with ease and flow. So what is your powerful positive expectation statement around everything you want? And as you're writing it, you know, things might start to come up, things might start to feel like, Oh, I don't really no, this is possible. I mean, I have an example of that. When I manifested my first five figure month, I wanted \$11,000, I needed \$11,000, to pay all my bills to pay off my coach, to have a nice Christmas with my son. And as I would write it \$11,000 \$11,000 in the back of my head, I was like, Oh, no, this isn't happening, you know. But at the same time I pushed through, and I was like, nope, this is happening. And I'm giving full faith, and I am trusting the process. And I ended up that month with over \$12,000. So create that powerful positive expectation statement around everything you want. And if you want to create, you know, a background for your phone, if you want to put it on post it notes and put it all over your office or your computer, go ahead and do that. Whatever it is that you can remind yourself that like this is happening, it is done. Finally, I want you to think about where in your life have you actually gotten what you wanted, subconsciously, we always always get what we want. Here's some examples that happened to me recently. And that happened to me in the past, if I look. And

the reason why I want you to kind of reflect on this is because I want you to see how powerful you actually are. I want you to see how powerful the mind actually is. So when I think about, you know, getting laid off from my jobs in the past, or something happening wrong, there was always that underlying of like, I didn't want to be there. I didn't want that job. I wish I could be free. Those were the feelings that were coming up with me. That's what I was living, you know, and subconsciously I didn't say it outwardly. But subconsciously I was like, I don't want to be here. And then all of a sudden, I either wouldn't get the job or I'm getting laid off. The same thing happens with discovery calls because I really don't enjoy doing discovery calls anymore. You know, I'll go

Because I'm like, Oh, I, you know, I have to do that, you know, if I want to make a sale, subconsciously, I'm like, I really don't want to do this call, I really don't want to do this, all of a sudden, you know, the person doesn't show up, or the person is in no show for the discovery car, they cancel or something happens. So I want you to think about where in your life you have actually got in what you want it subconsciously, so that you can see just how powerful you are. So I want you to step into the yes method today, think about the Amazon example, think about ordering a pizza. But here's the thing, you have to release it at the same time, you have to release the how right? So this question comes up a lot, you know, how do I release it, you don't really say outcome, you say expectation of the outcome, but you really to how it's going to happen when it's going to happen. And you just full force like this is who I am, I am the person that receives this, I'm the person that has this. So you want to release it, you know, along with that expectation. You just don't want to strangle it. And that's kind of the best way that I can describe it, you know, don't strangle the thing that you want by just holding on to it so tightly. Just know that you're frickin getting it right. You're not calling the pizza place every two minutes saying, where's my pizza? You're calling Amazon saying, where's my package? No, you just know that it's coming. And that's how I want you to approach everything that you want in your life. So it is time to say yes to your future self. And the next level you I hope you guys enjoyed this lesson. And I want you to put this hack in your back pocket. I want you to think about this. Every time you think about what you want, or every time a new desire comes up. You expect success period, that is just the way that it is. Thank you so much for tuning into today's show. I really hope that you enjoyed this. And I really hope that you take this and start to implement it in your life and in your business. I know that once you really start to integrate this, you'll see how easy it really is to get all of the things that you want and maybe some of the mistakes that you've been making before with your manifesting. So as always head on over to the show notes today at jen-scalia.com forward slash 80. That is the letter E and the number 80. on there I have some journaling prompts to help you anchor in today's lesson. If you are loving this show, make sure that you subscribe to the podcast so that you don't miss an episode. And don't forget to leave us a positive review on iTunes. This will really help us reach more amazing entrepreneurs just like you who are committed to creating incredible change and transformation in the world. Make sure that you come back next week for another quick bite episode to build your business from the inside out.

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