

There's a whole world out there of people that need you to start 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 on, 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 face.

Hello, and welcome to met familial the podcast for online entrepreneurs who want to create wealth and freedom with their business. So you are in the right place. If you're looking for the mindset and strategy to get seen, known and paid online, I am your host, Jennifer, [inaudible] formerly known as Jenn Scalia, success and mindset strategist for entrepreneurs who want to leave a legacy and build a sustainable and predictable 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 top love with 100% authentic, raw and real advice on how to navigate this crazy world of entrepreneurship. So today I am so excited to bring you a short training from one of my paid programs, reclamation.

And this is something that a lot of people really wish for something that a lot of people want. But I'm going to explain to you a little bit about why maybe we don't quite want this thing in the way we think we do and what to do and said, so today is all about instant manifestation. We're just going to dive right in. Let's go instant manifestation. It's something I think we all really wish we could wrap our head around really wish could happen. And I don't know if I necessarily believe that it can happen in like a split second, but I do believe that it can happen so fast that it feels like an instant. So just imagine if instant manifestation was a thing, all of the thoughts that pop into your mind good, bad, or otherwise would come true. Now that would be a disaster, right?

Sometimes things pop into our head that we don't really mean, or we don't want to think their worries they're bad thoughts. So it's actually a good thing that anything that we think or say doesn't happen instantly, but it can happen really, really fast. And the way to allow for this to happen is that you actually have to be that next level person. It's not enough to just want to be her or desire to be her. You actually have to be her in every step of the way, in every aspect, from the thoughts to the feelings, to the emotions, to the habits, to the relationships, to the conversations, to the type of business she has to the decisions that she makes it all has to be in alignment. And when that happens, that is when the manifestation will feel literally instant. That is when the manifests will feel like a quantum leap.

And so it really starts with the decision. It starts with the decision that you are going, going to take the steps necessary to get into alignment. So I know that this can feel or be very difficult, especially when we have ingrained habits already formed things that we just naturally think. Things that we just naturally do, ways that we just naturally are. So this is a very conscious decision. It's not something that you can just dream up and wait for it to happen. It's something that takes a conscious choice, a commitment and action. So the first thing I always want to put a magnifying glass to is the current standards and what you're currently tolerating. This is be the biggest indication of where there's missing between who you are right now and who you want to be. Look at the standards for your life. Look at the standards for the people around you, look at the standards for your clients, for your health, for your body, for your relationship, for your communication, for your social life, for the way that you look for the way that you feel for the way that you sleep.

All of it, you have to commit to making the changes that the next level or the highest level version of you would make. Are there certain things or people that you have to let go of? Are there certain conversations that need to happen? Are there certain boundaries that need to be set? Are there certain lifestyle changes habits day to day operations that need to be upgraded in order to feel like you are living that next level of life. This is going to be the biggest reality check, really looking at how you're currently living and comparing that, how you want to live and seeing the gap between those, the way to

create what would feel like an instant manifestation is to close the gap is to make those hard choices is to make those decisions and not go back on your word. It's also to have full faith, no matter what, at a thousand percent, knowing that you will be okay, no matter what, this is the part that most people get tripped up on.

We can start very easily with faith and believing in what we're doing and believing in the decisions that we're making and standing behind our word. But the moment that things start not to look like they're going our way or the moment it looks like it might be taking a little bit longer than we want it to. That's when the energy gets fuzzy, that's when the faith starts to roll backwards. And essentially what we're saying is God universe, I don't trust you. I don't believe that the thing that's on my heart and the thing that I want is actually going to happen. So 1000% faith, no matter what, knowing that you will be okay, this means you don't need to worry anymore. You don't need to micromanage the outcomes you don't need to push. And the more you push, the more you worry, the more you micromanage, the more you come from this energy of desperation, you're just solidifying that this is the way this is how it's gotta be.

So in order to shift that, that's the first thing that needs to change. You need to have full faith that no matter what's happened. And on what timeline do, you must believe that you were fully 100% supported, taken care of and provided for. And when you release that weight from your shoulders, that isn't even yours in the first place. That's when you can attract the opportunities, the people, the clients, the money, the miracles into your life. Imagine how different life would feel. If you just leaned back. Imagine if you could just be in a receiving mode, knowing that the work that you are guided to do is enough. You don't have to try to make things happen. You just have to do the work that you are called to do every day, and then let it happen. Do not go back on your word. When you make a commitment to yourself, to the universe, to others, do not go back on the word.

I know that this is something that's really hard to do, but it just solidifies in your commitment. You're going to have these moments that feel like a test. You're going to have these moments that are going to make you question why you're even doing this. If you should do this, you've got to follow your heart as much as possible. Let the mind go. We can strategically use the mind and our brain and our strategies when it's needed, but stop trying to control every little thing. If you could just wake up every day, live your best life, make the best decisions, commit to your word by not allowing other people to step boundaries by not allowing certain things in your life, by living up to the standards that you would impose on someone else. That's when things start to change this whole thing, this whole journey really is not even about the manifestation.

It's not even about the amount of money. It's not even about the house or the car where the clients or the travel or whatever it is that you desire. What it boils down to is who you become while you're getting there. And we tend to overlook this. We tend to skip this as a crucial piece of the puzzle. We feel like it's not enough and we don't celebrate. And we don't give ourselves a Pat on the back that we're making these strides every single day, because each step in the right direction is the new version of you. There's always going to be a new version of you. There's always going to be that next level version of you. So even if you're focusing on a specific vision for your life right now, once you get there, there's going to be a next level, right? I'm sure that a lot of the things that you have right now, you couldn't even fathom them 10 years ago, 20 years ago when you were a teenager.

And that's because our next level keeps evolving. We must keep evolving. We must keep moving forward and not backwards. And what causes us to move backwards is that lack of faith is when that faith starts to dwindle is when we don't really believe. And don't really stand behind what we say we're going to do and who we're going to be. Imagine that the whole world is watching you scrutinizing everything that you do. Would you act different then? Because that's essentially what you have to do before. Anybody's watching. You have to commit. You have to make the promises to yourself and you

have to choose consciously not to break them. It's easy to break them. It's easy to go back on the word. It's easy to stop and then feel like I have to start again. Just imagine if you were never stuck. Just imagine if you never stopped and had to restart where you'd be right now in step manifestation or what would feel like an instant manifestation happens when you're in full alignment with what you desire and who you are.

There can't be a mismatch there. So if there is any, any misalignment right now, if the things that you want feel far away, you want to explore why you want to explore what those roadblocks might be. You want to explore what might be in the way. One of my coaches actually described this as like a runway. So, so you are on a runway and you're about to take off. You can see the destination you're heading right there, but there's all this stuff on the runway. There's cones and boxes, and just all kinds of debris and clutter and people and just stuff everywhere. You're not going to be able to make a clean break. You're not going to be able to just go straight over to the destination. You have to get rid of all of this stuff. You have to clean up the runway first in order to make that be lined to the thing that you want.

I want you to think of manifestation again, in the way of placing an order and expecting that it will be there. This is the expectation, expectation versus need expectation versus wants. So remember, want is just one step above lack because when you want something, it means you don't have it. But when you expect something, it's because you have a thousand percent faith and you know that this is going to happen no matter what. And you may not know how, and you may not know when, but you know that the thing is destined for you. And you're going to take every step every day until it happens. That's when the thing will happen. So fast, it'll knock your freaking socks off, but you've got to get the muck out of the way. So I want you to think about when you order something on Amazon, which is my favorite store.

I call Amazon my BFF. Let's say you order pizza, you placed the order and you are confident. You are like a thousand percent certain that this thing is coming to you. Maybe once in a while, Amazon might lose a box, but that's like one in a thousand chance, right? You just know I've placed the order and I'm going to go about my business and go about my life and do what I need to do and know that this thing is coming. Imagine if you approached, add things in your life like that, imagine if you believed so hard because you have to believe it to receive it, you have to be available and ready for that thing. I read a quote, one that I absolutely love, and it really just shot me right in the heart. And I was like, Oh my God. And the quote said, the reason why you aren't, where you want to be in business is because you haven't yet become the person who can have that business.

So I really want you to think about this as we explore all of the other lessons and everything is compounding. Everything is building on top of each other, your forgiveness, your standards, your habits, what you're going to tolerate and what you're not going to tolerate. The power that you're claiming ridding yourself of any of the money stories and really any stories at all that are holding you back uncloaking and really discovering who you were before. All of this bullshit, solidifying and committing to those next level standards, all of that, it all plays in together. But the key is this straightforward alignment with nothing in our way. And this is really interesting. And I want you to think about this as you think about what you want to instantly manifest the desires that you have, how quick things can happen for you. So just like you would order something and have an expectation that it's going to be there.

When you think about the things that you're going to do, whether that's to have a hard conversation, whether that is to commit, to letting a habit go or starting a new one, whether that is to release someone from your life, for your business, that is keeping you stuck in small and no longer serving you. That's a really tough one. I don't want you to approach that from a trying place. I want you to approach it as a commitment, right? Because when you're trying, the reason why you say, I want to try this, or I'm going to try this, or I'm going to try to have this conversation, or I'm going to try to let this person go. I'm

going to try to make it to the gym every day. Like I said, I would it's because you have an expectation of failure because when you don't have an expectation of failure, you just do it.

There is no try, right? So I don't know about you, but I have my phone next to me, pretty much all the time. And so imagine your phone is sitting next to you. Maybe it really is. Now I want you to think about how strange it would be if me or someone else said, try and pick up your phone, you probably look around and be like, I don't have to try. I don't have to try to pick up my phone. I just, I just pick it up. Right? That's essentially what I want you to think about when you make your commitments, don't try, don't have assets. It just has to be done. And when it is done, that's when the quantum leap happens. That's when the instant manifestation or what would feel like an instant manifestation, a curse for you. Don't try to pick up your phone.

You just pick it up. That's how I want you to approach any of your decisions and commitments. When it comes to stepping into that next level version of yourself, that higher version of yourself, I want you to just really think about what needs to happen, what needs to be added, whether that's a commitment or a habit, what needs to be taken away, whether that's a habit or a person or a thing in order to close the gap between you today and the you ideal version of you, what needs to be done to close the gap? Because the quicker you can close the gap, or the more that you can close the gap, the faster, the things that you want will come. And I'm not even saying that the gap has to be completely close to start getting the things you want. Even just making one powerful decision can start to bring things to, you can start this magnetic wave and things are going to start to shift and things are going to start to happen.

And you're going to see how fast, since fast, it may give you whiplash to look back and say, Oh my God, I can't believe that that was my life 30 days ago. I can't believe that that was my life six months ago, a year ago. So that wraps it up for today's show as always. I hope you got some really good insight here on creating quantum shifts in your life and business and how to make things happen just really, really fast for you. So you can head on over to JennScalia.com forward slash E 62. That is the letter E and the number 62 for the show notes on today's episode, plus Adelaide, some other goodies over there. So I will see you back here next week. For another episode of meant 4 million.

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