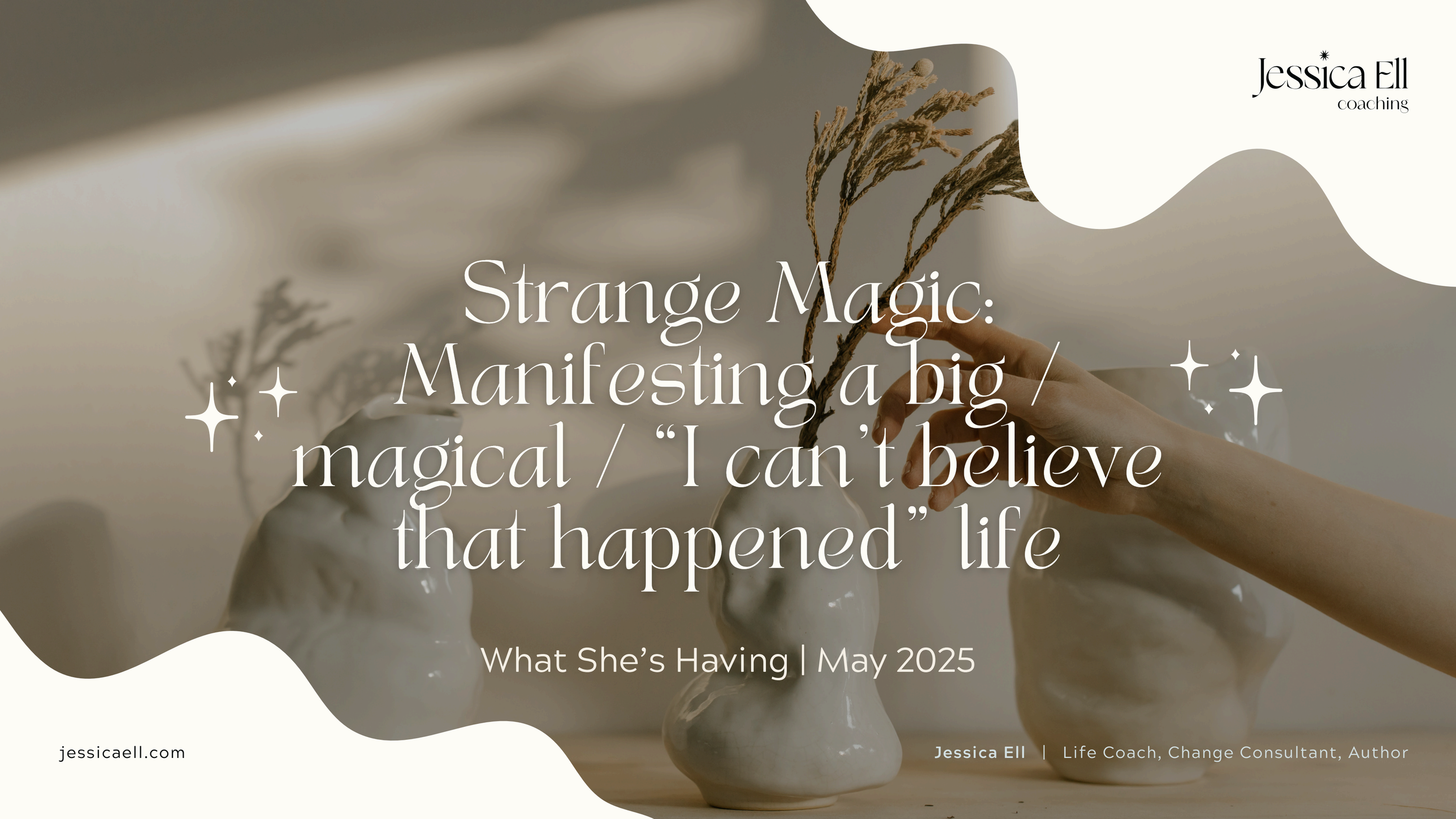


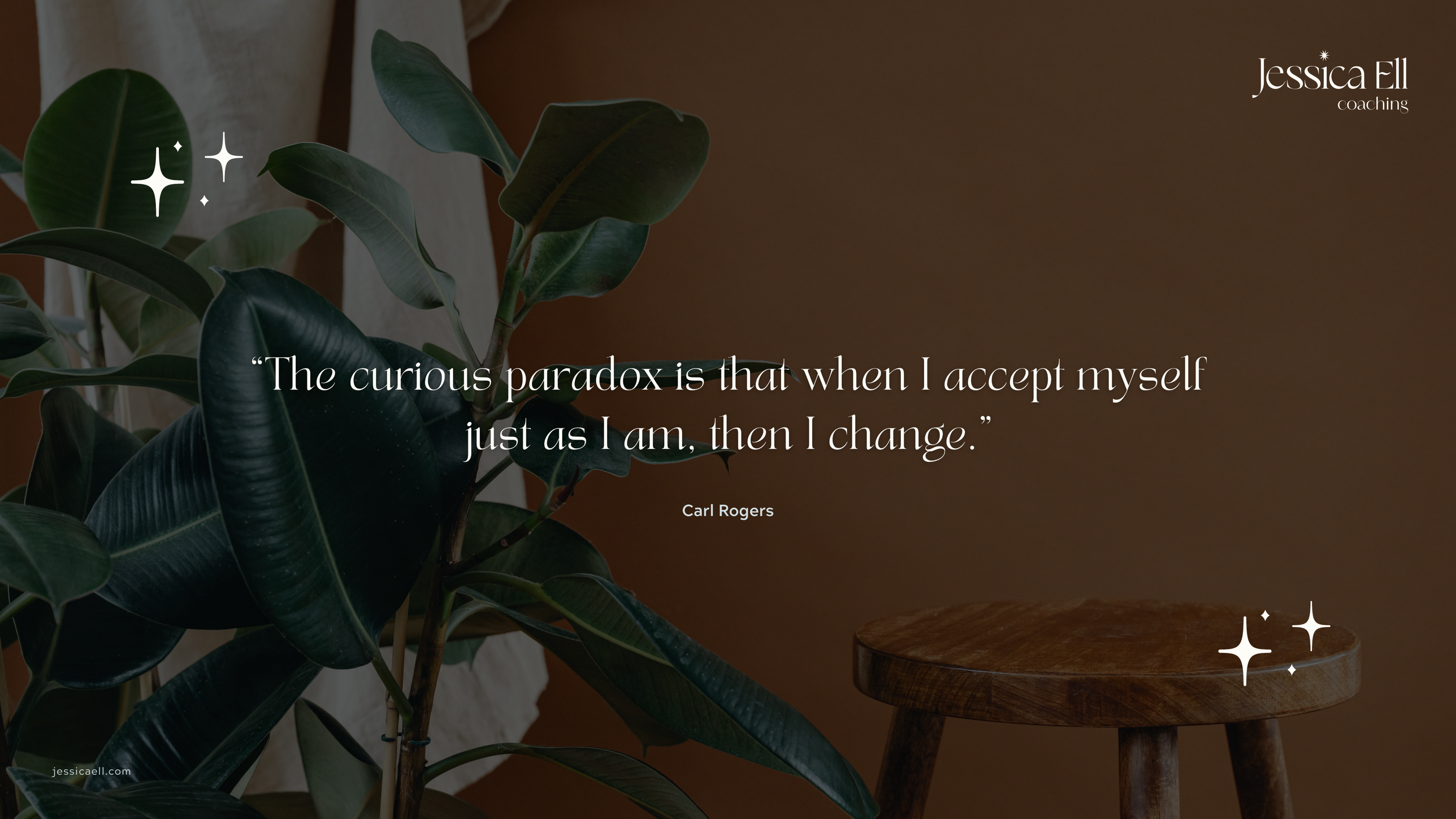
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Strange Magic: Manifesting a big / magical / "I can't believe that happened" life

What She's Having | May 2025

jessicaell.com

Jessica Ell | Life Coach, Change Consultant, Author


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coaching
“The curious paradox is that when I accept myself just as I am, then I change.”
Carl Rogers
jessicaell.com



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Purpose of This Workshop:

My process for inviting big, magical, “I can’t believe that happened” events into your life

- Inner world // Outer world relationship
- Three steps to manifesting
- Simple, practical exercises to bloom and manifest

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My Experience with Manifestation & Magic and the Air Mattress Moment

Storytime: The time my life resembled a bad romantic comedy



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The Key Idea: Your Inner World Creates Your Outer World



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How you think and feel creates the circumstances of your life

- The Four Categories of Human Experience



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Three Basic Steps to Manifesting

Desire + Visualization

Bloom Where You're Planted

Create Create Create



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Step 1:
Desire + Visualize

Tips:
Want what you want, not what you think you SHOULD want

Don’t put a timeline on your desire

Don’t use your imagination to plot out how it might happen



Step 2: Love Your Current Life

The annoying paradox is that when we want to leave something and treat it roughly, the longer it persists.

Bloom where you're planted and your life will become the best it can be,
even if it isn't ideal yet.



Step 3: Create Create Create

Manifestation and magic are creative acts.

Storytime: The wild creativity I cultivated in 2020 - 2021

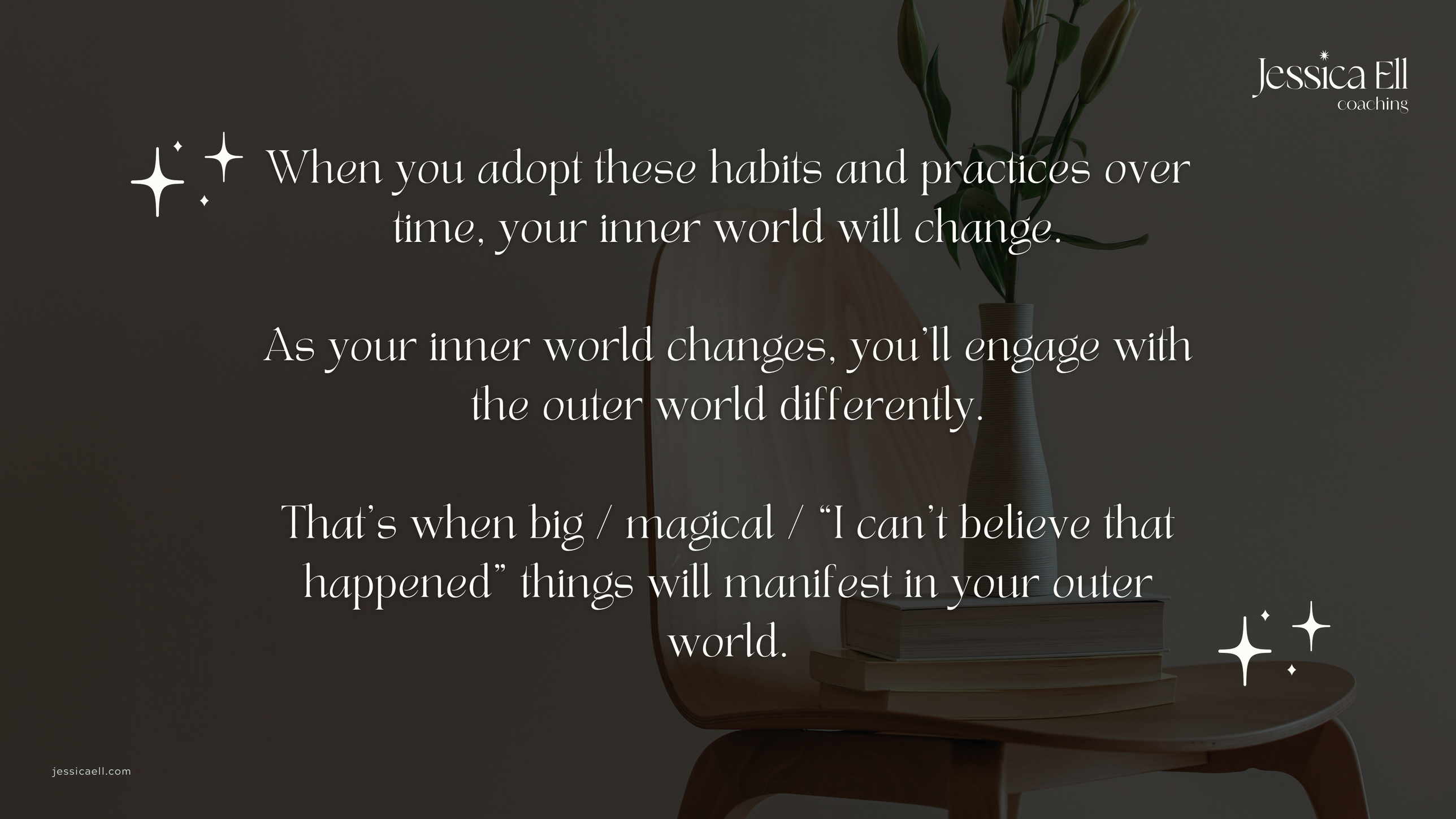


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When you adopt these habits and practices over time, your inner world will change.

As your inner world changes, you'll engage with the outer world differently.

That's when big / magical / "I can't believe that happened" things will manifest in your outer world.



Visualization Exercise: Treasuring

A simple visualization practice:

- Pick something you really desire
- Create an imagined scenario where you are living your desire - describe what you see, hear, feel, smell, and experience
- Pay particular attention to how your imagined emotional state
- When your mind skitters off into wondering “how?” and “when?” just bring it gently back to the experience
- Enjoy and treasure the experience for ten minutes a day



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Bloom Exercise: Improve Your Environment

Spark inner world changes by making small changes to your physical environment:

- Pick an area of your environment that you dislike (a room, your wardrobe, your makeup bag, etc.)
- Describe it (how it looks, how it feels)
- Circle key adjectives
- Pick an area of your environment that you love (like a hotel lobby or your spice cabinet) and describe it
- Make one change to your Least Loved Area that makes it more like your Best Loved Area
    - Subtract // Add
- Repeat



Bloom Exercise: Bring the Best of You

Spark outer world changes by bringing the best of yourself to your current life.

Storytime: The raise I didn't get

Prompt: Where are you holding yourself back? Where are you giving less of yourself?

Prompt: How would it look if you brought the best of yourself instead?



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Create Exercise: Note Your Consumption to Creation Ratio

Ways you can create in your life:

- Any type of art
- Health and wellness - exercise, mindfulness
- Cooking
- Cleaning and nesting
- Style and beauty
- Dancing and playing



What I Manifested With These Practices

- The exact amount of money I wanted to make
- Moved to the city I dreamed about
- Rented the dream apartment
- A wardrobe of rented clothing
- Felt vibrant, alive, and fun



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One day you'll look back and connect the dots,
and it will feel like magic.

