The Law of Attraction is cool and all, but do you ever wonder about the practical mechanics of it? Like, what do you actually do to manifest your wildest dreams? Meditate? Pray? Chant naked? Think really really hard?!

For years, I was secretly afraid I was the only person on the planet immune to the LoA, this apparently infallible law of the Universe. Obviously there was something wrong with me...

When I figured out that Lucky Bitches are made not born, the most outrageous things happened. I manifested just-in-time bank errors in my favour, the perfect job with the 5 minute commute, scholarships to courses and then the biggie, wait for it... 6 months all-expenses paid travel around the world with my hubby!

Everything on my dream board showed up like magic. Finally I was getting somewhere and I recorded EVERY practical action as proof. My friends started joking and calling me a “lucky bitch” and I guess the name stuck.

So I started teaching it to my clients and like magic they were attracting like crazy too – money out of the blue, exciting opportunities, new clients... one single girl even MAN-ifested a husband!

The gurus like to make it sound complicated and mysterious, but if you’re anything like me, you want the HOW without all the fluff.

With this guide, I’ll prove to you that luck isn’t a mystery; it’s a deliberate combination of purposeful dreaming, self-belief and bold, dramatic action.

I know this stuff works. It might even shock you how quickly it happens. Just follow the process and let me know what you manifest, ok?

xx

Denise Duffield-Thomas
Coach & Author of ‘Lucky Bitch’
www.LuckyBitch.com
1# Declutter Everything That’s Not Working in Your Life

Basically honey - if you want to create more success in your life, it’s time to deal with your crap. It’s virtually impossible to create an outrageously successful life when you have yucky emotional baggage sabotaging you constantly.

It takes super-woman effort to deal with those old resentments, emotions and self-beliefs, so make life easier for yourself and put down the goddamn shovel. It’s time to stop working so hard and simply be happy.

Here’s a confession - I wasn’t always so lucky. Actually I used to be constantly resentful, angry and sulky. I was carrying so much damn stuff, like fury towards old boyfriends and memories from my childhood.

In my misery and anger, I kept manifesting money problems like recurring debts and health problems like pneumonia.

I couldn’t create magic and I certainly wasn’t the lucky bitch with that attitude - I was just trying to survive my life!

Decluttering old hurts and dealing with my past turned it all around. Skip this step and you will be destined to repeat your old patterns and it will be so much harder. Deal with it now. Trust me, it’s totally worth it – this is the gift you give yourself.

Even if you’ve done a LOT of personal development work, there is always more to uncover and at each new level of success you’ll repeat every old pattern in an effort to protect yourself. My best tips on the next page.

“Let go and trust that things will work out they way they're supposed to.

The joy of the freedom it brings becomes more pleasurable than the experience itself.”

Goldie Hawn
Forgive Like It's Your Job

Forgiveness is my number 1# manifesting tool. Trust me - it will change your life.

Forgiveness is non-negotiable, because you can’t build a new life on an old, crappy foundation. It’s kind of like a spiritual enema - it cleans out all the shit.

Forgiveness is an incredibly powerful tool and best of all, you don’t have to call up anyone and have an actual conversation with them. You can do this by yourself and there’s no need to make a huge production out of it – waiting for the full moon or getting naked is not necessary!

It’s really easy and free!

Simply make a list of everyone who’s hurt you in the past; parents, bitchy friends, 3rd grade teachers, everyone. Release yourself from the memories and mentally say,

“I forgive you. I’m sorry & I love you.”

Repeat as needed until you have no further charge or angry feeling towards them. Go crazy, you can’t overdose on forgiveness, but you will feel a peace in your heart.

When you forgive others, you give yourself permission to be happy.

Declutter Your Environment

Time to get ruthless!

Cull everything in your environment that doesn’t make you feel a billion bucks, clean up your house, be brutal with your wardrobe and delete toxic friends from your phone or Facebook account.

Go on a major declutter and release anything that’s not welcome on your new journey. You’ll be surprised how light you feel when you give yourself permission to dump the old and unwanted distractions from your life. You’re no longer a crap magnet. You make space for new and amazing things to come into your life.

Heal Yourself

You show the Universe how to treat you by how you treat yourself, so constantly upgrade your self-care. If you’re avoiding a health problem, go to the doctor and sort it out. Pay for the physiotherapy and get your teeth checked. You’re worth it.

If you’re struggling with anything major, just deal with it or it will NEVER go away. Treat yourself like a VIP and challenge yourself to go one step further every time.

Affirm:

I now release anything that no longer serves my highest good.
It’s safe for me to let go.
What’s the difference between a millionaire and a billionaire?
The billionaire writes her goals down twice a day.

Unknown

2# Share Your Desires With the Universe

Not what you think you’re “allowed” to have, but actually what you really want and desire. A gazillion dollar business, an Oscar and that seriously cool yoga mat? It’s all the same to the Universe (and by the way, it’s okay to ask for everything)

But lots of women get shy and modest or totally wimp at this stage because we’re told as little girls:

“Take the smaller piece of cake, have ‘realistic’ dreams & always be polite”.

Screw that – nobody is going to hand your dreams to you on a plate, unless you ask for them. But when you do... magic happens because the Universe moves time and space to accommodate you. It’s amazing when it happens, so you have to trust, take a deep breath and just ask.

You’re an adult now and you’re allowed to have the biggest and shiniest of everything, so make sure you’re asking for what you really want, because the Universe is ridiculously and frustratingly literal.

You always get what you ask for... no exceptions. But, if you’re too vague or play small, don’t be annoyed at what shows up because YOU asked for it, girlfriend!

For example...

★ Feebly ask for ‘more money’... and a dollar will show up in the washing machine. Tick!

★ Ask apathetically for a ‘new job’ ... and you’ll be getting emails and phone calls with the most random-ass offers ever. Tick!

★ Ask apologetically for ‘more love’ in your life... and a stray cat starts to hang around your back door. Tick!

See what I mean? Manifesting is a muscle and it takes practice, so get crystal clear on the exact shape and size of what you want.

You’ve got to be decisive, unapologetic and above all - definite in your requests.

But don’t worry – if you get something that’s not quite right, you can always send it back. Just thank the Universe but specify it differently next time.

Do it today...

★ Write out your ideal day in compelling detail - every awesome part of it

★ Keep a list of everything you want to BE, DO & HAVE in the next 6 & 12 months.
3# Throw Everything At It

Your dreams are just too important to wait for the perfect time. So when someone asks me what they should do first... dream boards, affirmations or goal setting, there is no right answer. Do them all. Why risk it?

But, to be honest, the biggest thing you can do is to be vigilant to your every day thoughts and feelings.

The fastest way to attract like a mofo is to align yourself every day to positivity. You can’t overdose on happiness, but the counter-intuitive Law of Attraction is you only get more of what you’ve already got.

**Choose Positive Brain Washing**

Purge your language of words like can’t or impossible. Be particularly vigilant about the messages you put into your brain (the most powerful computer on earth) and choose to be inspired daily. This includes the TV and movies you watch, the books you read and even the music you listen to.

Everything in your world has a subconscious effect, so be snobby – only the best is acceptable.

**Visualize Your Success**

Visualizing is powerful and it works. When I was trying to manifest my free travel competition, I imagined myself lying on the beach, swimming and travelling on the plane.

Even though I was living in cold London, I took every chance to imagine it despite the reality to the contrary. I’d stand on the snowy train platform on my commute rehearsing the speech I’d give and the books I’d write about how I manifested it.

Before you actually get it, pretend you do! See yourself speaking on stage wearing a glam outfit, winning that competition and most importantly feel it.

Experience the pleasure and anticipatory little thrill in your belly. Pretend it’s already yours.

Just a couple of minutes a day will make a HUGE difference in your manifestation ability and will help you be positive in the meantime.

**Create An Up To Date Dream Board**

Don’t worry about saving up your magazines, you can create a dream board in minutes using free photo software like Picasa or on Pinterest.

I made you a special blog about how to use Picasa to make a dream board like this one. Check it out here >> http://www.luckybitch.com/?p=635

Once you’ve created the dream board, make it your screen saver, print it out and look at it every day.
Create Positive Anchors

Create as many anchors in your day as possible to align yourself to positivity. This is super important if your current reality isn’t as awesome as you know it will be in the future.

There are many automated ways you can give yourself a nice surprise throughout the day and also remind yourself of your dreams.

They might seem like overkill, but every extra second thinking about your goals (rather than worrying about your problems) will have a huge affect on your manifestation ability.

Some days when I was bored or frustrated in my work cubicle, these anchors got me focused back on my dream.

Some really simple things you can do now:

★ Change your email and computer passwords to represent your biggest dream, e.g. marriedby30. You probably already type in your password ten times a day at least, so make that effort count.

★ Schedule your dream in your calendar right now. If you schedule it, it’s more real and you’re energetically making space.

★ Edit the names in your phone, especially the people who call you the most i.e. Mark becomes Money Loves Me. This will make you smile every time they call you.

★ Wear affirmation jewellery, like my YES or Lucky necklaces.

★ Set a recurring reminder on your phone that says: Congrats on your new promotion!

Phones especially can be really fun and every time your message comes up, take a second to breathe it in and say YES!

The more you can infuse your day with awesomeness, the quicker your desires will show up in the real world.

Belief is more important than anything and it’s just as useful to fake it until you live your dream life in reality.
4# Boundaries Are Your New Best Friend

This is no-joke my favourite topic at the moment and is about to become yours.

Having no or very loose boundaries in your life and business sucks big time. But when you get a handle on boundaries and design your life to make yourself happy first you’ll actually start to make more money and enjoy your life and business again.

Why do women in particular have so much trouble setting boundaries around their time, money and energy?

* Because we believe we have “no choice” in the way we want to run our lives and businesses
* We want to be “nice” and accommodating for everyone
* We’re afraid to be seen as a “bitch”
* We want people to like us

Ouch! Harsh but true.

When you really get this lesson, you’ll see that having strong boundaries is actually loving and respectful and a habit that will attract a better quality of clients, friends and other people into your life.

When I first started in my business, I would coach international clients at 5am. It SUCKED big time and I wasn’t present with my clients or happy getting up at the crack of dawn. It made me grumpy and sleepy for the rest of the day.

Why did I do it? Because I thought that if I said no to my international clients, they wouldn’t book with me again. I wanted to be accommodating, even if it affected my quality of life.

I’ve heard similar stories from dozens of my clients. About clients taking advantage of your time, not showing up, or paying late.

My coach Fabienne Fredrickson told me that she has turned down many international clients because she refused to budge on her schedule.

She told me:

“I am more important than money. They will find another coach who suits their needs better”.

See? It’s actually an abundance issue. Don’t think there is a scarcity of clients and you only have to accept what you can get.

Start with boundaries around....

* Time - tighten up your cancellation or lateness policy... and enforce it
* No more bartering or “energy exchange”. It never works and blocks you from actually receiving money
* Money - ensure your clients pay on time (or preferably up front). Respect money boundaries and you’ll attract more clients

And guess what? You will find more than enough clients that will work with your new and energy, plus you’ll be WAY happier.

Check out this hilarious video I created about how better boundaries in your business can give you back your b-b-bounce >> http://www.luckybitch.com/?p=747
5# Masterminding Will Change Your Life & Business

No joke - out of all the personal development I’ve done; countless seminars, books, courses and of course working with coaches, one of the most useful and productive activities is to create masterminds with like-minded women who have similar energy and ambitions.

Think of a mastermind like a success dream team. They will help you get where you want to go... faster.

In my opinion, nothing can derail your dreams faster than being surrounded by negative or unsupportive people. You need to have a posse of successful people around you who inspire and support you to go the next level.

When I was frustrated about working in a cubicle, guess what? Most of my friends were also frustrated full time employees who hated their jobs.

Like attracts like. I didn’t really believe I could do it until I met other female entrepreneurs, so I consciously attracted these women and created my own masterminds.

It’s motivating to surround yourself with successful people who also have a vested interest in YOUR success, plus it also sets up a little healthy competition!

But be careful who you surround yourself with Make sure you choose mastermind buddies who:

★ Are successful - you need to be able to respect their advice
★ Are supportive but willing to give constructive feedback
★ Are committed to the idea of masterminding and willing to show up fully

For more tips on how to create your own mastermind click below-->
http://www.luckybitch.com/?p=487

Surround yourself only with people who are going to lift you higher

Oprah Winfrey
6# Fortune Follows Action (& Money Loves Speed)

Nothing, nothing will happen until you take action, but every time you knock on a door, the Universe knocks on a thousand for you. Take a big, scary leap and the ‘lucky’ opportunities that come your way will astonish you.

You know this already.

But remember, taking real action creates ripples throughout the Universe and bends time and space to your will.

Doing something weak and passive like “research” accomplishes nothing. You’ve got to put some skin in the game and show the Universe that you’re serious.

If your dream is so big that it’s causing anxiety attacks and bouts of procrastination (that’s normal by the way), just take one teeny, tiny baby step towards it.

Publish one blog post, make a quick video or ask someone for help. Don’t just sit there and hope the Universe will serendipitously discover your brilliance. It’s doubtful that someone will come knocking on your door and say “You there! We heard you’re a Superstar – come with us!”

Want to make it in business? Offer to work for inspiring mentors for free, write your first ebook (it’s just a pdf after all) or create a blog. Just start.

True lucky bitches know there’s no huge secret to success. They just decided to do it no matter what.

Your dreams just have to be greater than your fear. That doesn’t mean that fear never goes away. It’s just that successful women move forward in spite of the fear.

Have you ever felt jealous of someone and thought “I could do so much better than that!”? Don’t be intimidated, she just did it one step at a time too. They were probably scared at first too, but persistence often wins over pure talent.

Success is inevitable if you take it one step at a time and never give up.

What action are you going to take... in the next 5 minutes
... in the next 24 hours?

The day you do it is your lucky day.

Richard Branson

You don't learn to walk by following rules. You learn by doing, and by falling over.
7# Deal with your money crap (it will make everything else easier)

It sucks to be an adult but still fundamentally crap with money. Especially when you have so many awesome dreams that require funding! And you know what? It’s time to do something about it.

We come to the last but probably the most important secret of outrageous success.

★ Being outrageously rewarded for what you do (financially of course).

★ Feeling comfortable asking for and keeping money in your life and business.

★ Having the funds and resources to achieve everything on your dream board.

Money makes the world go around and women like us can change the world through an abundance mindset.

If you’re a fast growing entrepreneur, it’s common to hit a new money plateau every 6-12 months. But when you know the process for clearing your money “shit”, you’ll deal with it much easier each time.

The women I work with privately and in my money bootcamp are forever transformed with these tools and you can be too.

For most women, it starts with a declaration that NOW is your time and you’re ready to deal with your money stuff and break free.

The process is:

★ Work through your money memories and childhood experiences.

★ Work on feeling abundant NOW - money flows from the good feelings.

★ Get really clear on your own sabotages (and clear them obviously!)

★ Keep learning and growing with new tools and resources about money.

For my free audio on the 7 Money Blocks Derailing Your Abundance click below --> http://luckybitchcourses.com/money-blocks-webinar/

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My own million dollar note. It makes me feel so abundant.
My Final Message For You...

Enjoy Your Awesomeness Now

Instant manifestation is cool but unless you’ve made friends with a magic genie there’s usually a time lag before it actually shows up. Bummer!

You’ve put in your order to the Universe, so you can’t check back every 5 minutes and say “Dude, where’s my stuff?”

If you freak out and let your doubts take hold, you’ll jam the manifestation pipes and press pause on the delivery of your dreams.

Gracefully allowing your wildest dreams to come to you is an art, but don’t put your life on hold until you get everything on your wish list.

Go out and enjoy yourself. Wear your fanciest clothes, use your special tea-pot and buy yourself flowers for no reason. Treating yourself like a VIP will only speed up your success and your manifesting muscle.

For some reason, the Universe loves to help happy and positive people who already consider themselves awesome, as opposed to the desperate and down in the dumps.

Practice Gratitude

Be grateful for everything you have because your life is already freaking awesome, right? Showing gratitude is a great way to show the Universe that you’re paying attention.

Find a penny in the street or get a free coffee, and say thanks to the Universe for the shower of abundance. Become a “reverse paranoid” and take everything as a sign that the Universe is conspiring to help you!

Feeling Jealous?

It’s ok to admit that you’re jealous of others. And when you’re lucky, people will think it comes easy to you too.

Take jealousy as a sign from the Universe that you’re on the right track. Affirm to yourself ‘Good things happen to me too’. Be happy for another woman’s success and when the time comes, she’ll be happy for yours.

Dream Bigger

What happens when you get everything you want? Awesome right? Keep on dreaming, challenging yourself to go brighter and shinier.

How much success and bliss can you handle? How delightful can your life get?

If you get stuck, go back to Step 1# and see what else you can declutter. At each level you’ll uncover more layers of fear.

Life is about growth and you’re just a work in progress you Lucky Bitch!
What next?

Test it out for yourself

Choose one really juicy goal and test out the 7 secrets for yourself. It really works...

I’ve used this exact process to help gorgeous women like you manifest goals like:

★ Finally quitting the temp jobs to make a full time living in acting, writing and creative businesses, like coaching, astrology, Feng Shui and everything you can think of!

★ Manifesting a husband after being single for more than 7 years

★ Finally finding a true passion and purpose after years of searching

★ Manifesting free plane tickets, pay increases and travel opportunities

Come over to my Facebook page, say howdy and tell me what you’re manifesting for yourself. Hearing your stories really makes my day.

Join me on Facebook here >>

Love this guide and want to share it?

I’d really appreciate it. I want millions of women around the world to embrace their inner Lucky Bitch. Why? Enlightened women who can control their destiny will change the world. It’s easy to share with your friends and I’d LOVE you for it.

Tweet or share on Facebook:

Just finished ‘5 Manifesting Secrets of a Lucky Bitch’ by @denisedt Get it here: www.LuckyBitch.com

Get my books

Both of my books are available on Amazon in either Kindle or Paperback.

Get Rich: http://amzn.to/Y1t2RV
Lucky Bitch: http://amzn.to/15V1KjP
Denise Duffield-Thomas is a coach and motivational speaker who helps exceptional women create outrageous success.

Her Lucky Bitch book series on luck, money and love are a practical and fun take on the law of attraction and what it really takes to manifest your wildest dreams.

Denise holds a Business Studies degree and after university was a global coordinator for AIESEC International, based in London. Professionally, Denise has worked for PwC, boutique CSR consulting firm, Future Considerations (favourite client, the United Nations) and for children’s charity Barnardos before winning the Ultimate Job competition, a six months all expenses paid blogging gig for an Irish honeymoon company.

Now the CEO of LuckyBitch.com, Denise runs mindset training programs for women, consults female entrepreneurs and travels the world speaking and attending conferences.

Denise lives in sunny Newcastle, Australia with her husband Mark Duffield-Thomas.