



# Guide to Manifestation

A COMPLIMENTARY GUIDE

Practical exercises to help you get clear on  
what you want, and move toward it.

# WHAT'S INSIDE

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Two chapters, one letter to write, and one small action to take this week.

|                                           |   |
|-------------------------------------------|---|
| A note from Caroline .....                | 3 |
| Before you begin .....                    | 4 |
| Get clear on what you actually want ..... | 5 |
| The one-year letter .....                 | 6 |
| Move toward it .....                      | 7 |
| Your next steps .....                     | 8 |

## How to read this guide

Read the lead paragraph of each chapter first. If you only have five minutes, those sentences are the guide. Come back for the detail when you're ready to act on it.

## What you'll leave with

A specific, written answer to what you want, broken down to ninety days, this week and today — and one action taken before you close it.

WELCOME

## A NOTE FROM CAROLINE

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I'm wary of the word manifestation, if  
I'm honest.



It's been stretched to mean everything from vision boards to wishing hard enough.

What I actually believe, after thirty years of building things, is simpler and far less mystical: people who get specific about what they want, and take small deliberate steps toward it, tend to get there. People who stay vague don't.

That's what this guide is. Not magic. Clarity, on paper, followed by action.

*Real change rarely looks dramatic  
while it's happening. It looks like a  
letter you wrote once, and kept  
coming back to.*

CAROLINE CARY · FOUNDER, EAT NOURISH LOVE

*Caroline x*

# BEFORE YOU BEGIN

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Your brain can't move toward something vague. Specificity isn't unromantic, it's the entire mechanism.

## Why does it matter?

"I want things to be better" gives it nothing to aim at. "I want three retained clients paying £500 a month by March" gives it a target.

## What will you need?

Paper, twenty quiet minutes, and a willingness to write down something you might not get. That last one is the hard part.

### Quick-start idea

Finish this sentence, out loud, right now: "In twelve months, I want to be..." Notice how hard or easy that was. That tells you exactly where to start.

### Caroline's tip

Separate what you want from what you think you should want. The second one rarely sticks. If a goal doesn't excite you slightly when you write it down, it's probably not actually yours.

# GET CLEAR ON WHAT YOU ACTUALLY WANT

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Most of us are far better at knowing what we don't want than what we do.

It feels safer. Wanting something specific means you can fail to get it.

## Ask yourself

What do I want that I've never said out loud, even to myself? What am I pretending not to want because it feels like too much to ask for?

## SAVE THIS

Gratitude and ambition aren't opposites. Wanting more for your business doesn't cancel out being genuinely glad for what you already have. Hold both.

## Write it here, before you turn the page

In twelve months, I want to be...

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## The one-year letter

Write a short letter to yourself, dated twelve months from today, written as though it's already true.

### TRY THIS

Not fantastical, just honest and specific. What does a normal Tuesday look like? What have you stopped doing? Who are you working with? What does the bank balance actually say? Keep it realistic enough that you believe it as you write it.

### Your letter

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# MOVE TOWARD IT

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Clarity without action is just a nice afternoon.

This is where most guides on this subject stop, and where the real work actually starts.

## Small, repeated actions compound

James Clear's research on habits makes the case plainly: it's not the size of an action that creates change, it's the repetition. A goal you revisit for two minutes every single day will beat a plan you make once and forget.

### TRY THIS

#### Habit stack your goal

Attach one small action toward your goal to something you already do daily. After you pour your morning coffee, read your one-year letter. After you close your laptop, write one line about what moved you closer today.

### QUICK WIN

Break your twelve-month goal into what would need to be true in ninety days. Then what would need to be true this week. Do this week's version today.

## Ask yourself

What's one action, available to me this week, that I've been putting off because it feels too small to matter? Do that one.

# THIRTY DAYS, ONE SENTENCE

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Go back to your one-year letter on page 6. Circle the single sentence that matters most.

- ☐ Write that sentence somewhere you'll see daily, for the next thirty days.
- ☐ Take one small action toward it before you check your phone each morning.
- ☐ Check in once a week, honestly, using the three questions below.

## A simple check-in

What did I do this week that moved me closer? What did I avoid, and why? What's one thing I'll do differently next week?

## About Eat Nourish Love

Eat Nourish Love and the ENL Collective exist to help people build businesses and lives they actually want, with clarity and the right people around them.

*Thank you for spending this time with me and this guide. I hope even one part of it helps.*

*Caroline x*



MORE FROM EAT NOURISH LOVE

## COME AND JOIN US

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*I'd love to have you with us.*

The ENL Collective is our curated community for founders, brands and people who want to grow through connection as much as strategy. We run events through the year, share ideas, and open doors for each other wherever we can.

Come and say hello on Instagram, and if you'd like more like this straight to your inbox, pop your email in at [eatnourishlove.com](http://eatnourishlove.com) to join the list.

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