

# MANIFESTATION KICKSTART

## *Unlock Your Abundance Mindset*

**Day 1**

**Clarity &  
Intention –  
Setting Your  
Manifestation  
Goal**



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# Greetings!

**Good day from  
Krisztina!**

Hello, beautiful soul! I'm Krisztina Konya, and I'm truly honored to share this journey with you. My path has been one of resilience, self-discovery, and transformation—from growing up in Romania under challenging circumstances to building a new life in London. Along the way, I've learned that we all have the power to manifest our dreams, no matter how impossible they may seem.

My goal is to empower you to live authentically, believe in your dreams, and take bold steps toward the life you desire. Thank you for being here—I can't wait to see the miracles unfold for you!



*Why*  
Clarity is the  
Foundation of  
Manifestation



Imagine getting into a taxi and saying, Just take me anywhere. Without clear direction, you might end up somewhere you don't want to be. Manifestation works the same way. The Universe responds best to specific, clear desires.

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# How to Set a Powerful Manifestation Goal

Use the S.A.M. Formula to create a clear manifestation goal:

S – Specific – Be crystal clear about what you want

A – Aligned – Make sure it truly resonates with you

M – Measurable – So you can recognize when it manifests

Examples:

– Instead of 'I want more money' – “I manifest an extra £2,000 from aligned opportunities.”

– Instead of 'I want love' – “I call in a loving relationship where I feel valued and cherished.”

## Daily Practice - Journaling & Visualization

Today's journal prompt:

What is the one thing I want to manifest in the next 30-60 days, and why?

Close your eyes and visualize it as if it's already yours.

See it, feel it, experience the joy and gratitude of receiving it



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Thank You!

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*I look forward to*  
*working with you*

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