

1-PAGE QUICK REFERENCE

60
SECONDS

The Evidence-Based Manifestation Cheat Sheet

7 psychology-backed techniques you can scan in 60 seconds and use immediately.

01

Sharpen the goal

Turn the desire into one measurable weekly action you can finish in under 30 minutes.

Principle Goal-setting theory + mental contrasting

02

Rehearse the next move

Visualize the next concrete behavior, cue, and time block instead of fantasizing about the final outcome.

Principle Mental rehearsal + implementation intentions

03

Log three pieces of evidence

Each night, write three signs of movement, feedback, or opportunity connected to the goal.

Principle Selective attention + expectancy shaping

04

Make an 80% promise

Choose one action small enough that you are highly likely to keep it, then record the win immediately.

Principle Self-efficacy + mastery experiences

05

Flip the friction

Put the desired action in plain sight and add one extra step to the distraction you want less of.

Principle Choice architecture + habit design

06

Use a believable identity script

Say, 'I am becoming someone who follows through at this scale,' then prove it once today.

Principle Self-perception + identity-based behavior

07

Recover in one sentence

After a setback, write the next smallest action you can take in the next 24 hours instead of spiraling.

Principle Attributional retraining + self-compassion

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