

THE SOCIAL LAB | INGRID MIRANDA

# GOALS DEFEAT

THE ULTIMATE GUIDE  
TO MANIFESTING YOUR DREAM BUSINESS

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HELLO!



I am Ingrid Miranda, the founder of The Social Lab! I've cultivated a nuanced understanding of effective communication and the pivotal role of Social Media in business, drawing from extensive global experiences across 18 countries, including living in Bali, Indonesia. Utilizing my tailored strategies, I empower brands to connect with their audience and elevate their online presence authentically.

With this guide, I want you to take the first step towards the success of your business: believing on it! Lets renew our beliefs, and understand the power of our minds to continue creating something powerful!

See you in the other side! I am so excited for you!

xoxo *Ingrid  
Miranda*

# INTRODUCTION

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## MANIFESTATION IS THE PRACTICE TO BRING TO YOUR REALITY THINGS THAT YOU ONCE COULD ONLY IMAGINE.

I am passionate to talk about Manifestation because I have lived it myself and I understand the power behind this amazing practice. Just so you can understand more about what I will be talking about on this guide, I want you to understand a little bit more about who I am.

My name is Ingrid and I was born in Brazil. Until when I was 15 years old, I had never flew on an airplane, yet it was my dream to travel the world and visit as many countries as I could count. I also dreamed about living abroad and creating a life in another country, where I could feel more safe and inspired to change my life. Looking back, I see how BIG these dreams were, considering my financial (and even geographically) reality.

Today I am 30yo, having lived in 4 countries, and visited other 14. I have developed my English and Spanish, rebuilt my career while living far from my family, friends, and native language. Today I realize that my reality is everything that my 14yo self dreamed about - and I know that it only happened because I Manifested it into my life.

Manifestation is more than just have positive thoughts, and throughout the following pages, I will give you more information on how this journey works, how you can start practicing it TODAY, and how positive it can be for your life - in every single area of it.

The idea behind this guide is to show you simples tools that you can start to implement now and live for yourself the magical life that we all are meant to have!

# PART I

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## THE POWER BEHIND MANIFESTING: SCIENCE EXPLAINS

### What is MANIFESTATION?

The act of Manifest something is nothing more or less than make a thought a reality.

Many of us practice Manifestation every single day without realizing that we are doing so. Sometimes it can be as simple as ‘oh I wish I had time to stop for a coffee before work,’and suddenly a coworker have a cup of coffee waiting for you when you arrive at the office.

You may think that Manifesting is something that requires a lot of work, that you need to control your thoughts ALL THE TIME, or that you just were not born with this gift.

I am here to prove you wrong, and that’s a really good thing!

### Science Explains

Quantum science explains that everything that we see, touch, eat is energy. Everything is made out of energy and the vibration of each atom is what differentiates how we perceive things in the world.

But, going beyond the physics, I am sure you have heard about the Law of Attraction. This law, being very short-explained, says that equals attracts equals. Therefore, same energy level (high or low vibration) attract the same.

And, to conclude, our emotions and feelings are ALSO made of energy! So if you can keep your mood high, practicing positive thoughts you will receive more positive thoughts as a results, helping you to change the way you feel as well.

## PART II

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# OVERCOMING LIMITING BELIEFS

We, as human beings, are a results of our mindset + culture. You have the control to change your life, but before being able to do so, you need first to change your beliefs.

The limiting beliefs are very unique person by person, but usually they are made out of how your subconscious mind reacts to life situations.

Let's say, for example, that you grew up in a wealthy family where money was treated as something very normal, very abundant, and that is normal do deal with it since an young age. Your mindset is going to be different than someone who was raised in a low-income family, needed to work since an young age, and saw the family struggling every month to pay the bills. The second person will grow up, and possibly have limiting beliefs surrounding money and how limited this resource is.

It is totally possible to shift this perception around money, but the second person will need to actively work on his/her mindset and focus in overcoming traumas for the past.

Understand what you want to Manifest & what is it holding you for achieve your goal is the FIRST STEP in your manifestation journey.

### How To Overcome Limiting Beliefs

Overcoming Limiting Beliefs can be a deep and long process of healing. I give 4 ideas on how you can initiate the process on your own, but for a more effective way you must have the support of a therapist or a Trauma Coach.

- For each Manifestation topic, take some time to reflect what are the feelings that goals brings to you;
- Allow your mind to revisit your past, the reality of when you were growing up, and how was your parents relationship with money - for example;
- Seek for inspiration to prove your brain that what you want to Manifest is possible and available;
- Create a list of Mantras that you can repeat every morning to help you subconscious to shift the perception toward money;

## PART III

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# HOW TO START MANIFESTING

After giving you some context in what is Manifestation, we are going to initiate our Step-By-Step guide in how to Manifest ANYTHING you want in your life!

### Step 1: Have a clear vision

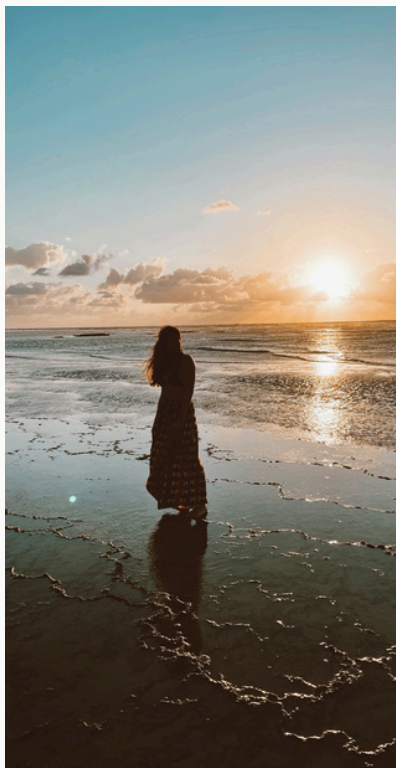
You can't get into a taxi and expect to be taken to the right place if you don't give the driver the directions.

In this scenario, the driver is the Universe. Therefore, you can't expect to Manifest something if you don't know what you want to Manifest.

Take sometime for yourself. Maybe light some candles, put a relaxing music in the back ground, and find a peaceful place where you can breath in/breath out. Relax. Start to think all things you like to do in your free time, all things you wish you had more time to do, and how you enjoy life when you don't have anyone watching.

Go back in time, and remember who you would have liked to become when you were a kid imagining your life as a grownup.





Now think...

What is it that you would like to have in your life now, but you haven't be able to live it yet?

It can be a nice and healthy romantic relationship, your dream car, travel around Europe.

Whatever it is that you would like to Manifest, be CLEAR in your vision. As if it was an address to the Taxi driver: give specific instructions in what/how/when you want it.

For example, if you want to find a romantic partner, be specific in how you want him/her to look physically, how you want their personality to be, how would be the interaction between the two of you, and when you want to have met this person.

The more specific you can be, more effective it can get in your Manifestation journey.

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### TIP: Create a Vision Board

This is the most fun step that we have! I particularly love creating a Vision (or Mood) Board for everything that I want to attract in every area of my life.

The best thing about creating a vision board is that you can visualize the feelings, the emotions, and the material part of what you want to Manifest - which helps your brain to associate and believe in what you are asking from the Universe.

One of the easiest ways to create your Vision Board is the old fashion way: cutting images and phrases from a newspaper or magazines!

If you don't have physical magazines to cut from, you can totally use Google Images or Pinterest, and search for the keyword. For example: 'loving relationship' and save all the images that connect with you, and then pasting them together in a Word file - or using Canva! The idea is to put in a large piece of paper all the images, photos, phrases, icons, that can help you to visualize as REAL what you want to attract.

This project can be SO MUCH FUN! Share it with me if you would like! Send me a DM #myvisionboardIM



## Step 2: Self-Love

Okay, this may be my favorite topic around Manifesting – because it has been a huge challenge in my life, but I simply love practicing and developing it: SELF-LOVE.

The idea of Self-Love is to understand your value as a human being, and create a supporting and loving relationship with yourself. So many of us often act as our worst enemies, thinking so bad about our own actions and failures. But if you don't start LOVING yourself more than anything, you are not going to be able to Manifest anything that you want, because your subconscious won't believe that you actually deserve it.

As I mentioned before, overcoming Limiting Beliefs is a very important (and intense) process that has everything to do with Manifesting and Attracting your dream life. You must work on your subconscious to allow it to believe and support your request to the universe and actually help it to become a reality in your life.

There are many ways to practice Self-Love. You can do it by journaling, skin care, creating healthy boundaries with some friends and family members who drain your energy, or allowing you to have some time with yourself and dance while listening to your favorite song.

Believe me when I say that you can't get it wrong! Once you start the journey to understand who you really are, and what are the things that you like, it becomes easier to give to yourself more of what you enjoy.

For instance, the practice of Self-Love also helps you to understand that you deserve what you are asking for, because you deserve all the abundance, happiness, and fulfillment that are available out there.

Removing fear and doubt out of your wish is how you are going to attract what makes your heart feeling more full.

What is your favorite way to express Self-Love to yourself? Send me a DM sharing your rituals, and I would love to connect on that! #wealldeserveLoveIM



### Step 3: Take Inspired Action

When we talk about Manifesting, many people can think that it's about imagining what you want, and then sitting and expecting it to knock at your door. Although part of the Manifesting process demands you trusting in the Universe, you need also to align your actions towards what you want to achieve.

For instance, let's imagine that you want to find a new job. After being Clear on your Vision and believing you deserve to receive it, you now need to align your actions with your goals. So you will maybe working on your resume to make sure it is up to date, looking for companies that match your dream workplace and culture, apply for the open positions, and prepare yourself for interviews.

You need to take intentional steps towards what you want, trusting your intuition and acting on opportunities that are aligned with your intentions.

To assist you during this process, the best thing is to work on your Mindset. Developing a abundant Mindset will not only help you to believe that you can achieve your dreams, but will also open your eyes to opportunities that you can work on. Embrace new challenges and setbacks as a possibility for learning.



Keep your mind positive and open for all the abundance that is out there – give yourself social proof that what you want is completely possible and available!

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#### TIP: Shift Your Identity

Shifting your Identity means start to act if you were living the lifestyle that you want to achieve, or have your dream job already.

This way you are having a 'living proof' on how it will feel once you Manifest your dream, and will be easier for you to align your actions with a growth mindset while the Universe is preparing your gift <3

## Step 4: Gratitude

I can't never point out too much how Gratitude is important through this whole journey. Gratitude helps to change your vibration, helping you to elevate your energy and the way that you face situations in your life.

The best way of looking at it is: when your heart feels grateful, you immediately start to feel the change in your body. When you think all the things that you are grateful for, it's so easy to have a smile on your face and genuinely expanding the list as one thing leads to another - allowing you to see HOW MANY things/people/situations/experiences you have already in your present life to be thankful for.



A powerful way of start this beautiful practice is making a list of 15 things that you are grateful for today, before going to bed, in this set up:

- 5 things about yourself (your body, your mind, your experiences);
- 5 things about your surrounding (the hot water in the shower, your comfortable bed, the food in the fridge, you getting on time at work);
- 5 things that you can see/feel/listen/taste (the sunshine in the trees outside your window, the sound of the birds, your pet being cute and healthy)

Once you start doing this everyday, within a few days you will realize that is so easy to find those 15 things to be grateful for - and that now you are already having 20/30 reasons to thank the universe today.

I like to say that Gratitude is the most magical tool that we can use towards not only our Manifesting journey, but to help us to improve our day-to-day life. Seeing things as of a gift from the universe will allow you to continue developing this growth mindset, and overcoming challenges in more positive way.

Express gratitude in a daily basis for all the lessons that you have learned, progress that you have made, personal challenges that you have overcome.

You are a magical soul, and your life is filled with blessings!

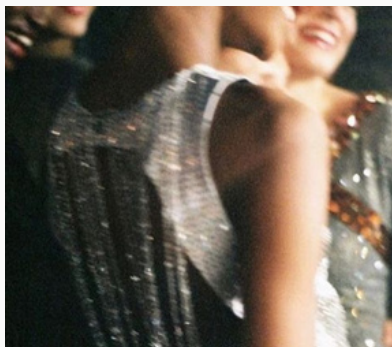
## TIP: Transforming Envy into Inspiration

Every human being goes through all the feelings that our mind and body can hold. One of the most difficult ones to accept, tho, is the Envy feeling.

Before I guide you on how to shift this emotion, I need you to understand that all of your feelings are valid. We all are entitled to feel what we feel, and the triggers are real. But, although you shouldn't feel ashamed for feeling envy of someone, it would be very beneficial for you to change it for a higher vibration feeling - and continue to concentrate on your journey, and not in what other people are doing.

Feeling envy will low you energy and it will attract more similar feelings, resulting in depression, anxiety, low self-worth...

Here are 4 easy steps for you to shift back into a high vibration, and continue to work towards your goals:



### ☀ Be aware of the feeling

It is easy to realize when you are feeling envy. Your whole mood changes, you start to have a negative perspective on yourself, the comparison gets the best out of you... Allow the feeling to be perceived and received.

### ☀ Remove shame around it

Understand and embrace they way you feel towards someone or a situation. Don't deny it. Simply understand that you are human, and this is completely normal.

### ☀ Learn from it

What did trigger you to feel envy? Did someone get a promotion that you really worked for, or your friend is getting married to the love of her life and you are still single? Feeling this way is a result of a scarcity mindset - when you think that there's is not enough out the for everyone, so you need to compete for what your desire. That is just not true, and once your work towards a Growth Mindset you will be able to see all the abundance that I available to all of us.

### ☀ Turn it into Inspiration

After realizing that what you want is available, and possible (and there's people getting it) you can now focus on yourself. Get inspired by seeing others getting things that you also want - and continue to put the work out there. Shift your perspective, and open your mind for all that you can receive from the universe!

# BONUS STEP

## Trust the Universe



Now that you have followed the other steps and have a Clear Vision, developed Self-Love, took Inspired Actions, and practiced Gratitude, you can finally rest.

You need to understand that not all that we want is allowed for us at that exact moment. Maybe we are not mature enough, or we don't have the capacity to hold the blessing after we have conquered it.

So trust that you have done your part, and now you can let it to the Universe to finish the 'work' and create your dream a reality .

Most of us are used to have control in as many aspects of our lives as possible, but a huge part of the Manifesting journey is to believe that will happen at the most perfect timing, and release control.

Detach yourself from any situation or feeling that are holding you back, and blocking the Manifestation to take place in your life.

Let it go all of your comparison habits, or any other action that doesn't add to your life.

Believe that LIFE is meant to be a deep learning experience, with so many magic happening all over of us.

Miracles are part of our day-to-day, but we get so used to it and we miss out on appreciating it. Go out there and seek for all the amazing things that we can't truly understand, but it's happening all the time: our body transforming the air in oxygen, or the sunshine, or a flower blooming.

Magic is real So just trust in the divine timing, and release the control. **WHATEVER YOU WANT IT IS ALREADY YOURS!**



# CONCLUSION

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## THIS IS THE BEGINNING OF SOMETHING GOOD.

I am so proud of you to wanting to try something new and break out from your comfort zone. I am sure that this guide will be your best friend to start your journey into the \*conscious\* Manifesting!

As you evolve in this process and feel more comfortable with the Law of Attraction, you will notice how many things (good and bad) happened to you - attracted by your mind! Feel free to reach out to me on Instagram and share your experience! I would love to exchange some thoughts and assist you with any questions you may have! Follow me @thesocial\_labs

