

# Life I've Manifested

I've been applying the same approach every time something new happens in my life.

**Thanks to this consistent practice,**

**I've successfully manifested many small and big dreams:**

**- having a family and the lifestyle of my dreams:**

becoming self-employed, living rurally with a sea view, with ability to enjoy the wild outdoors within minutes drive from home.. I've experienced a healthy and easy pregnancy, birth, and parenthood journey. Additionally, I've improved my relationships with my partner, become more efficient in my daily actions, and evolved into a kinder, calmer, more patient, loving, and compassionate person, all thanks to applying the same approach consistently.

**- moving to rentals based on my imagination:** switching rentals every six months, exploring different lifestyles, and searching for our ideal spot.

While people around us moan that they can't find anything to rent, I've been manifesting my next dream property and it was arriving to me within next 2 months. Exactly same way, as I've first heard from this [self-development book \(7 habits of highly efficient people\)](#) – where the Author shared a story of a man applying the same approach (visualizing, acting, not giving up) – and finally finding the dream property for all his family, despite being low on budget and wanting to live in a certain area;



*I've manifested 3 unusual rentals, all located in rural locations of Far North of NZ, on different coasts, one with daily sunsets over sea-front view, 2nd one with a private beach ocean-front, 3rd one is where we feel the happiest, as its the warmest and cosiest. It has a wow seaview over the harbour and endless horizon over the Pacific ocean..*

**Now, I'm on a journey to make bigger dreams come true.**

I want to help millions of people worldwide find happiness and live healthier, better lives. I'm working towards being financially independent so I can travel the world with my growing family whenever I want, own a large piece of self-sufficient land, support my relatives. I aim to expand my community and make a positive impact on our planet.

I have no doubt that these dreams will come true because I'm using the same manifestation method outlined in this PDF. It's already helped me and countless others throughout history.

**So join us on becoming free and happy, by chasing your dreams!**

# My Manifestation Story

## Read my story of manifesting 3 dream properties in a row!

While being tight on budget, with kids, pets, during rental shortage... How self-believe, positive mindset and consistent actions help to achieve the desirable. Same approach is taught in this PDF course and can be applied on any life goal / dream / desire / you name it.



### 0 - starting point

*From life in a 20-million big overcrowded city, being very sick with asthma, gut and skin issues, working ~60h a week... To a super happy and healthy self-employed mom, living in a small resort town in the warmest part of New Zealand...*

**Initially, it all started with a burning desire to improve life.**

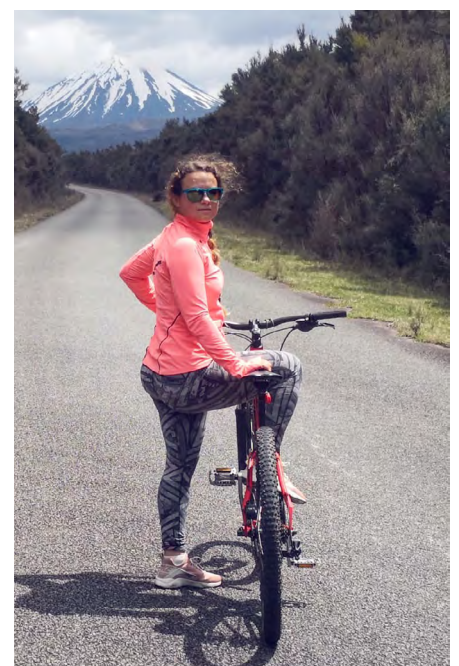
In 2014, I was extremely tired of my life in the city of Moscow, Russia. I worked full-time jobs in 'dream' companies (world giants like [BAT](#) and [DIAGEO](#)), but work there was so demanding that I didn't have much time left for my personal life.

**I was very sick, suffering from asthma, skin and gut issues, and extreme anxiety.** Life in the city was not ideal for me; I didn't want to settle there. I felt unsafe due to the overcrowded streets, sick from pollution, traffic, harsh weather conditions, and high levels of corruption. I didn't like it.

**All I wanted was to live somewhere surrounded by pure nature, with ocean views, a work-life balance, and to feel happy and safe on a daily basis...**

After thorough research, my partner and I made the decision to move to New Zealand because of its high world rankings: highest quality of life, one of the safest countries in the world, surrounded by nature and oceans, #1 for ease of doing business, ideal for families and kids, and a small population. In 2016, we arrived to Auckland and went through the skilled immigration process, obtaining residency in just 2 years. All of this was achieved quickly thanks to my burning desire and management skills. I continued to work on my health and anxiety issues and still wished to live outside of big cities, free from office work and traffic.

**In 2018, we resigned from our office jobs** and opened our own digital agency, which gave us the freedom to move around New Zealand and explore it more. We moved out of big cities and started our journey.



*Me and my partner explored all North Island of New Zealand and been choosing where to settle down*



After a year travelling and living in Taupo, and Ohakune, we decided to try life in the warmest and sunniest part of New Zealand – the Far North. This region boasts a sub-tropical climate, endless variety of beaches, and two coasts just 30 minutes apart. Being low on money, we ended up in an affordable rental situated in ‘the middle of nowhere’, surrounded by pure native New Zealand bush, aka rainforest, a 20-minute drive along a winding gravel road to the nearest local shop.

It was also the first house that was entirely ours – no flatmates or parents, just my partner and me.

### Initially, we struggled.

**Coming from larger cities, we got used to being spoiled with all this choice of restaurants, food options, social activities, things to do. Here, everything was different.**

I found myself going on 2-3 walks a day through the forests, enjoying more time for myself, often alone.



Native New Zealand bush. Located in Peria, Far North, NZ..



Our small house was surrounded by pure nature only: forest, birds, river.

We could see people only when leaving the property..

### The place pushed us out of our comfort zone.

It was consistently wet throughout most of the year, with limited sunlight and obscured sunsets or sunrises due to the thick bush. The interior of the house remained dark, and we even had an outdoor compost toilet.

Winters were chilly, and we had to gather our own wood for the indoor wood burner.



view from our toilet :D



we lived on the second floor, and it was our view from the entrance door!  
:D cows would always come to say hi

### Then the pandemic struck, marking the beginning of the most transformative period of my life.

With less work and more time for ourselves during the pandemic, I decided to seize the opportunity and focus on self-education, particularly on topics that mattered to me: physical and mental health, and the power of thoughts. I wanted to improve my mindset and become the best version of myself in all aspects.

**For about a year, I immersed myself in books, research, and courses on self-development, improving my daily habits, strengthening my mind power, discovering how our brains work.**

Thanks to these efforts, I mastered meditation, inner connection, affirmation, manifestation, and began applying these practices to various areas of my life – personal growth, relationships, pregnancy, health, and ultimately, realizing my dream of living in my ideal location.

2021

## From the bush to the place of my dreams – a seafront house on the west coast.

After two years of living in the bush, we found ourselves with a dog, a bunny, and a newborn! :D Once again, I felt a burning desire to move to another location, so I took action.

**This was the first time when I applied the manifestation approach, that I am sharing in this PDF workbook.**

Manifestation approach for a rental of my dreams:

1. I sketched a picture of the place I wanted to live: with an ocean view, a larger house, the ability to see daily sunsets, and in a location with less rainfall and more sunshine.
2. I began affirmating, visualizing, imagining, and believing in it – as if I were already living in my desired location. During meditations, I could feel the reality of my dreams, and I share how to master it in the PDF.
3. I took consistent action – searching for rentals through local community boards, agencies, Facebook groups, friends, and word of mouth. Despite the pessimism of many around us due to the area's high rental shortage and limited pet-friendly options, I persisted.

**Just two months later, we stumbled upon a 'once-in-a-lifetime' opportunity – a rural rental property in the location of my dreams** (I literally had a picture of this beach in my office in the past).



*Imagine being able to witness every spectacular sunset the day brings, right from your home. Just a few steps away from the beach... With only a couple of neighbors around, barely visible, surrounded by endless forests with walking paths, it's a peaceful and safe environment, perfect for raising a family. Here, we welcomed our second dog, watched our son take his first steps, and began swimming daily in the ocean.*

It was situated between the wild Tasman Sea and endless pine forests, with a spacious house and a section of beach for our family. We moved in shortly after and enjoyed the best six months of our lives there.

Every day, I witnessed breathtaking sunsets, sitting on the sand dune and watching the sun sink into the sea on the horizon. The weather was hot and sunny, with few neighbors in sight, making it feel like living in a resort. Just a one-minute walk to the pristine waters of the Tasman Sea. Every couple days we went on quad bike rides with my one-year-old son and our dogs in the forest behind the house. It was safe and private, and I cherished every moment.

**However, we soon realized that the winter in this house would be harsh and cold.**



Additionally, it was quite isolated, a 20-minute drive to the nearest shop, and we desired more social life and where wanting a location on the opposite coast with milder, less windy weather year-round.

## So, I began manifesting once again!

- This time, I aimed to live on the East Coast, near my favorite park in Coopers Beach.
- With a sea view and ample land for my dogs to roam freely.
- Safe and comfortable for my family.



I continued taking consistent actions as before, and this time, I even immersed myself in the desired location: enrolling my son in daycare in that area, driving 40 minutes one way, walking my dogs there, and affirming during walks as if I were already living there. I would even take my laptop and work under the tree in the park where I wanted to live.

All these techniques for attracting the desirable are described in the PDF as well!



*Imagine living shorefront in a huge house, surrounded by lush greenery, your favorite park, and beaches... Just minutes away from daycare, shops, and excellent infrastructure... Yet, residing in a town that's just a couple of thousand people big... With sub-tropical weather, allowing you to enjoy water activities all year round with your family.*

2022

**Within just two months, we found a house that met all my criteria**

**Once again, a 'once-in-a-lifetime' opportunity**

**– a \$2 million oceanfront house with a private beach.**

Despite numerous interested parties, including those with kids and pets, we were the fortunate ones selected. Though slightly stretching our budget, we couldn't pass up such an opportunity.

Here, we indulged in water sports almost daily: kayaking, paddleboarding, boating, swimming, and endless walks in Coopers Beach park – the very one I had desired to live near. It was just a minute's walk across the stream for me!

With shops and daycare just a minute away, outstanding infrastructure, and a resort-town ambiance with breathtaking views and uncrowded beaches, **it was truly a dream come true.**





However, once again, we realized that the house was too large and cold for our liking; we craved something smaller, cozier, more like a family home.

So, I applied the same manifestation approach once more.

This time looking for:

- The house in the same area, with an epic sea view, safe, warm, and sunny.
- With land around the house for my dogs and bunnies to roam freely.



This time, I was greatly wishing for an even better sea view, longing to overlook the horizon. Thus, I began frequenting places where I could behold such vistas, driving with my son around our neighborhood, parking on the road, and immersing ourselves in the scenery, imagining as if we were living with such a view.

The techniques of affirmation and visualization that I utilized are also shared in this PDF.

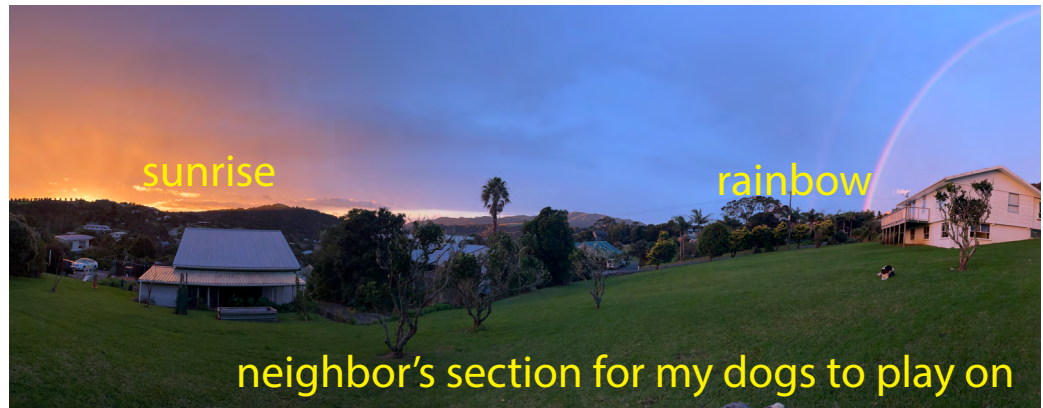


Once a dream, now a reality. This is the view I see on a daily basis. Nestled in the historic village of Mangonui, surrounded by old houses, friendly neighbors, and breathtaking views. Still just minutes away from all the desired infrastructure, this is by far my most favorite home in my life.

2022

Once again, in just two months of manifestation, my dream has come true!

We transitioned from a too-big house to a simpler, older one with an epic view.





**Now, as I write this, I've been living in this beautiful family nest for over a year.**

**I feel incredibly happy here, as it embodies everything I desired:**

Safe, sheltered, sunny and warm, located on a hill with a breathtaking sea view overlooking the Pacific Ocean and its endless horizon. Close to all infrastructure, beaches and parks.

Although the house itself doesn't have much land, our neighbors have a sizable section along our border that they graciously allow my pets to roam on at all times!

The house is smaller, cozier, just perfect for our family: 2 dogs, 2 adults, 2 kids, 2 bunnies :D

**I even have a sea view from my office room, which keeps me motivated while I work!**



After manifesting so many diverse projects into my life – from multiple rentals one after another, to achieving my dream lifestyle, improving my health, becoming a better version of myself, improving relationships with all my family, and raising a happy, healthy son – **I have no doubt that the same manifestation approach works for any life/work project.**

Throughout history, humanity has discussed this concept, but due to numerous fears, lack of self-confidence, and a limited understanding of how it truly functions, coupled with our chaotic and busy lives, many people struggle to fully believe in it.

**That's why I'm on a mission to change that perception!**

**So, I extend an invitation to you to begin the first chapter of this course and wish you lots of joy on your journey of self-growth! :)**

# Next Steps

## MANIFESTATION COURSE

You are invited to take part in  
a Self-Development Course on Manifestation:

- ✓ Master the 4-step Manifestation Approach
- ✓ Become a better version of yourself, mindful, and positive!
- ✓ Understand your needs, set goals, and act consistently

[Read more about this course >](#)

## Self-Development Course eBook



### THIS COURSE IS FOR YOU IF...

- 😞 If you don't know what you want in life
- 🌀 If you struggle getting what you dream about
- 🍏 If you want to have a different lifestyle, become healthier, wealthy, get a family, become a parent, become better..
- 🍀 If you want to learn how to think positive and become better in life
- 🎯 If you want to find out a scientific approach to manifesting any life goals
- 😊 If you want to learn self-development techniques to help you become your best-self
- 😎 If you want to become self-confident, free and a happy human
- 🕒 If you have busy lifestyle, therefore in need for a short and efficient workshop that won't take much of your time

### ABOUT THE COURSE

- ✓ Created by a marketing professional with over 15 years of experience, who noticed that the same approach can be applied in any project, work, and life: through the power of thoughts and consistent actions, you can attract and manifest anything you truly dream of and want in life.
- ✓ The course teaches 9 self-development techniques, that make you more confident, positive, mindful and help create the map to your success!
- ✓ Presented in a short and easy format, accessible on any device at any time.
- 📖 All you need is a notebook, pen, and a place: 15 minutes a day for 9 days = 9 approaches followed by exercises and examples each!



# Support

Please reach out directly to me when you have any questions / feedback.  
[contact@selfgrowzone.com](mailto:contact@selfgrowzone.com)

Feel free to seek for suggestions on your certain situation that you want to improve, **I am happy to help.**

Note, that for educational purposes, I can share your story with my online community, keeping your personal details private.

## My Links

Connect with me online  
to find out more useful info on self-development!  
More inspiring projects and courses are coming out soon!

Stay connected - [below icons are clickable](#)



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*daily inspirations and educational videos*



[www.selfgrowzone.com](http://www.selfgrowzone.com)  
self-development website

## Thank You

**Best way of saying Thank You - is by supporting my project:**

- sharing my work, website and social media links
- sharing screen shots and mentions of my work on your social media @inspiring\_anastasia
- sharing what you've learned with others

**Let's make this world a better place  
by becoming our best-selves and leading by example!**