

# Reclaim Your Divine PowHER

DENIKA CAROTHERS



*Divine Feminine*

AWAKENING

VISION TO MANIFESTATION SERIES

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## ABOUT DENIKA CAROTHERS



Denika Carothers believes in the power of connection. She is a Spiritual Life Coach, an international bestselling author, speaker and teacher.

She has been assisting people in transforming their relationships, their minds, their hearts and their experiences for over 20 years. She is an expert in Womb Energy and has been Dubbed the Relationship Transformer. Denika understands that our relationship with ourselves and others, is what sets the foundation for how we show up in the world. Her unique intuitive gift assists her in getting to the core root of the issues of the heart and soul and, more importantly, enables her to access healing for those issues.

We are Creators and on our journey of life we are constantly manifesting. Most people, however, manifest what they don't want to experience because their intention is not clear about what they do want to manifest. Her best selling book, *Who in the Hell Do You THINK You Are*, has helped readers, around the world, understand how to get out of their mind, move beyond their fears, and connect to the Higher Divine aspect of who they truly are.

She has a profound understanding of the Law of Attraction, the Law of Cause and Effect, the Power of Intention, Self-Love, Self-Worth and the Power Within that resides within us all.

Denika is a wife, a mother of three young adults who call her their best friend, and a lover of life and people. She has set her own personal intention to be the Greatest Version of herself, to Create POWHERFUL Awakened Women and to heal the world one relationship, and one thought at a time.



The belief that all things are possible can open you up to being a Powerful Manifestor. If you don't first believe it, you will never achieve it or receive it. This Vision to Manifestation series will teach you the power of walking in your purpose and intentionally designing your life so that the experiences you have that are within your control, are in alignment with what you desire for yourself.

New beginnings.... New relationships, new years, new opportunities, new experiences... usually motivate people to make profound changes in their life. Typical resolutions or intentions revolve around things like being a better person, getting healthier, being nicer, quitting an addiction, being better with finances, etc.

The truth is that most people limit their success before they even begin the journey towards it. This happens as a result of the feelings (fear/doubt) they have connected to their desires, how they use their words when speaking about their intentions and what they do, or how they act, on their intentions.

What you are about to experience in this workbook has come about as a result of my own personal experiences with intention and manifestation. I am going to show you how to design your life intentionally by honoring your dreams, desires, passion and purpose. If you, like myself, believe that the only limitations that exist are within us, rather than outside of us, you are going to love this series. If you believe there is more in life for you than what you are currently experiencing, you need this program.

For the last 6 years I have been diligently practicing manifesting my reality. I find it so much fun to watch the power of my intention come to life. I have used the exact process that I share with you in my program, to write a book in 7 days, become a bestselling author, manifest cars and houses, grow my coaching business and become an International speaker. I used the power of intention to restore my own marital relationship from one of separation (on the brink of divorce) to whole, healed and together.

The secret... seeing and feeling everything I wanted to experience as if it was already happening before I actually saw it happen. In my program, *Reclaim Your Divine Feminine PowHER*, I will share with you the process I use to set intentions, how I get into the space of feeling it before I see it and how to manifest what you desire to experience.

But first, I want to invite you, as you complete your own intentions for being, doing and having in this workbook, to connect with your Higher Self before proceeding.

*Dear Beautiful  
Higher Self...*

AN INVITATION TO CONNECT TO THE DIVINE FEMININE POWERFUL  
ESSENCE WITHIN

Dear Beautiful and Loving Higher Self,

I am listening to what you really want to create and inviting your assistance in this process of intentional manifestation. As I put this pen to paper, I trust and surrender to the greater purpose of my life. I believe that the outcome will unfold in Divine order and timing. I believe with every aspect of myself that I am never given more than I am able to do or handle. In the spirit of gratitude, joy and celebration let us now begin this intention process, as we write and connect to the energy that will allow for the process of manifestation to begin.

With Love and light...

Sign here  
here

Date

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The background of the entire page is a repeating pattern of light purple diamonds. A horizontal band of a darker purple color runs across the middle of the page, serving as a backdrop for the title text.

*The Vision to  
Manifestation Process*

\*\* Be sure to PRINT this document so you can commence the session of writing your set intentions.



# **GIVE TIME TO YOURSELF**

You will need **approximately 30 minutes** or so of uninterrupted time just for you.

You will need a pen, some paper or a notebook and to print out this document to fill in the worksheet.

This is a time to relax. If you believe it will assist you, put on some meditation music, pour yourself a soothing cup of tea, or a glass of your favorite wine. Allow yourself to visualize all of your dreams coming to reality for you. This should be a fun process and will make you feel excited and ready to create a life you will love.



## **CLEAR YOUR MIND SPACE**

It is important that you clear your mind of any thoughts that will bring limitations to this process. Focus on your breath and allow yourself to fully relax to clear your heart and mind. If you are having trouble clearing your thoughts, try putting on some soft playing meditation music and concentrate on the music to help you get into a place of total surrender.

Try this declaration:

***“I am giving my mind/body/spirit a clear space to connect with the desires of my heart. I am now tuning into the greater good for my higher self and, in this moment, am allowing for my desires, dreams, goals and wishes to flow through me and onto this paper.”***



## **COMMENCE TO WRITING**

Print out and complete the Vision to Manifestation worksheet within this document.

Allow your imagination to be totally free to create, and allow yourself to connect to the most amazing experiences for yourself.

This is the beginning of this process. You are writing your vision and making it plain for yourself to see. Make every effort to expand and enlarge your consciousness to create all that you would like to enjoy.

Spend at least 30 - 45 minutes mapping out your intentions. This exercise is a vital part of the process.



## **CAN YOU FEEL IT?**

Connect to how each intention/experience you write makes you feel and next to each experience or desire you list on your worksheet, write the feeling you have when you manifest your intentions.

For example Would you feel powerful? Would you feel free? Love? Courageous? Sexy? Empowered? Invincible? Limitless? Fierce? Joy? Peace?

How you would feel is KEY. It's the true spark inside your soul.



## **WHAT IS YOUR LOVE CONNECTION?**

Time to prioritize your intentions. Next to each intention or section, write down the order of importance to you on a scale of 1 to 10.

(10 is 'I need it now' and 1 is 'it can wait').

If you wish to put an actual deadline on your desire, write a date next to it. You are going to REALLY enjoy looking back on this a few years from today.



## **FAITH WITHOUT WORKS IS DEAD**

You have to take action. A goal without action is dead. A plan without action is dead. An intention without action is dead. Remember we don't just get it because we want it, we get it when we do the work that is necessary.

Write one thing you can take action on within the next week that would start you in the direction of your desires, dreams, wishes and goals.

The reason for this is to assist your subconscious mind in setting a clear path for manifestation to take place.

If your desire is to take a family vacation, your action could be something small like "I'm going to save every \$5 bill I get." (I personally did this one years back when my daughters and I went on our first cruise vacation together.) If you desire to purchase a home it could be "connecting with a Realtor to go and look at homes in the area you desire to live in." The Universe responds to action, so any and every action counts.



## **SURRENDER AND TRUST THE PROCESS**

... Expect without EXPECTATIONS.

You've done the work, now release your desires to manifest in the way that the Universe wants to bring them to you. Seal your list up in a fancy envelope, frame it, or put it in a place that is sacred to you.

But continue to hold on to the feelings of your manifested creation in your heart as you move forward in your day to day life.

*Desires, Dreams, Goals  
& Wishes*

There are 3 sections of the 'Desires, Dreams, Goals and Wishes' worksheet experience. The first section allows for you to focus on what you want to BE. In the second section you will focus on what you want to DO. And thirdly, you get to focus on what you want to HAVE.

"You gotta be before you can do, and you've gotta do before you can have." -- Zig Ziglar

Remember, this space is sacred and private to you and you get to show up here as you want. Don't hold anything back from yourself. This is a place of freedom and non-judgement. You are the Master here and you get to create as you desire. You call the manifesting shots! Tune in to your hearts desires. Allow your intentions to be free and don't let your logical thinking mind get in the way. There is no such thing as "logic" and "reality" here in this space. If thoughts such as "How will I make this happen" show up, lovingly release them to the Universe.

Now imagine looking at this worksheet one year from now and most of the things you have written down have manifested for you. Allow yourself to get excited and inspired by that thought...



## **PART 1: WHAT DO YOU WANT TO BE?**

**You are worthy! You are deserving! You are enough!** Right now, in this moment, as you are.

This question may prompt you to think about what type of person you want to be. You want to be the best possible version of yourself.

What type of person are you? Name the 3 highest values that define who you are. What values show up when you show up?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Name 3 people that you would love to be like who inspire you...

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

You are a world leading expert. What is your title? For example "I am the world's leading expert on Creating PowHERFul Awakened Women."

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Write down the top 3 things you would like to be (e.g. bestselling author, investor, entrepreneur, the best mother ever).

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Do you believe you could make these things happen in the next 12 months? If yes, what are 3 steps you could take in the next few days to get the ball rolling in that direction? Remember, it doesn't matter how small the step is, it's still a step!

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Being present and presence (living in the moment) is a vital part of BE-ing. What are 6 things that bring you the greatest sense of peace, presence and wellbeing?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

Describe everything that lights up your soul. It could be things you love, the people you surround yourself with, or what LOVE means to you. (Eg, the color purple (that's mine), laughter, music, wine, dancing, a beautiful sunny day etc.)

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Finish this sentence...

**I WANT TO BE...**

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## **PART 2: WHAT DO YOU WANT TO DO?**

Hear ye.... Hear ye... You have received a telegram via special delivery that reads "Money is no object. You have more money than you could ever spend. The word 'limitation' no longer exists and all barriers have been removed from your life."

What would you do? Ready... Set... Go...

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Would you remain in the industry/business you are currently in if you didn't have to work to make money? If yes, why?

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What did you love to do when you were a child?

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What are the top 5 roles that you play in the world? (Eg. Mother, Wife, Daughter, etc.)

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

Name 5 things you would love to do in the next year...

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

What is the one thing that you want to do more than anything? How can you make that happen?

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Name 3 things you would love to do in the next year...

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Name 3 resources/tools that will help you in accomplishing these things.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_



## PART 3: WHAT DO YOU WANT TO HAVE?

This is my favorite part... the fun part! This is where you get to put your order in to the Universe. Setting very clear intentions about what you want to create is ultra important when manifesting.

What type of business/career do you want to have? **Be very specific.** The Universe is taking your order.

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What kind of relationships do you want to have? **Again be very specific.**

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What type of clients do you want/Who do you want to offer your gift to?

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Design your ultimate wish-list with 12 things you would LOVE to manifest.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

11. \_\_\_\_\_

12. \_\_\_\_\_

## LAST STEP:

Retain this document and put it in a sacred space. When I work with women in my Divine Feminine Awakening program, this is a key part of our Manifesting Process work. If you decide to work with me this document will be a huge part of the manifestation process of you magnetically attracting anything you desire.

If you would like to work with me personally to turbo charge your manifesting power and clear up any and all obstacles on your life path so that you can Reclaim Your Divine Feminine PowHER and magnetically attract Love, Money and Success to you, visit <http://www.DenikaCarothers.com/appointment.html> and schedule an appointment for a free collaborative call with me.

If you don't go any further than this document, revisit it frequently to get a dose of inspiration and excitement. I bet you will be surprised to see what manifests for you.

The key in the meantime... TRUST & SURRENDER. Trust that as you hold the vision, and feel it manifesting, that your passion and purpose will propel you into your abundance and success. Surrender the details of HOW it will show up to the Universe/Creator/Source. Remember, all things are possible when you BELIEVE they are.

In Love, Light and Gratitude...

*Denika Carothers*

[www.DenikaCarothers.com](http://www.DenikaCarothers.com)