



RETURNING

with Rebecca Campbell

A PODCAST TO RETURN  
TO THE WISDOM WITHIN

Available on



## 4 TIPS TO MANIFEST WHAT YOU TRULY WANT IN 2024

### *Episode Transcript*

What's rising in me. Allow yourself to be surprised. Just really want to encourage you to just embrace where you're at. Really create significant change.

Hey, it's Rebecca. Welcome to Returning. Before we begin today, I just wanted to let you know that the Work Your Light Annual Visioning Process is out now and available for instant download. It's a process and workbook that I've crafted over the past eight years and it's something that I do with my husband and my loved ones always at this time of year. And I actually created it at this time of year because I was looking for a way to just really end the year that was and fully step into the year ahead in a way that was, like, really deeply aligned with the wisdom within and what my soul was really, truly calling me to do. It will help you get really super clear on what your soul's calling you to do and step into in the New Year, as well as release those things that are no longer in alignment. It will also help you break it down into really tiny, achievable steps that will really help you integrate what's rising within you into your life. Want something to do with your loved ones or even just something to do yourself this time of year getting ready for 2024. Then head over to [rebeccacampbell.me/visioning](https://rebeccacampbell.me/visioning) and you can download it instantly.

So today we are going deep into a similar theme actually, which is listening to your soul's deepest prayer for the year ahead. And what a better time to reflect than the stretchy days nestled between the warmth of Christmas and the beginnings of the New Year. I really believe that this period is such a sacred, holy time of year beyond any religious significance, really across many different faith paths. This period, this time of year, in between Christmas and New Year is a really sacred one. It is certainly that precious pause on the bridge between the years and really a perfect place for us to get clear on what we're calling in for the year ahead. So here we are, nestled in this strange and beautiful time of December. If you are listening as I am releasing this, or maybe you're in the future listening to me. For those of us in the northern hemisphere, it is a season of winter coziness as we gather around fires and twinkling lights with friends and family perhaps. And for those of us in the southern hemisphere, it is a time of sunny energy, long summer days.

I want to acknowledge that I know that this time of year can be tricky for some of us, and if that is you, maybe you're going through a difficult period, I just really want to encourage you to just embrace where you're at. When I look back, the most transformative Christmas period and year period of my life was back in, going from 2011 to 2012. I actually decided to stay in London on my own. And it's when I created my business and it was actually in the quiet and the opting out of the busyness of that time of year and the commitments and expectations that I was able to properly go in and deeply listen to my soul and what my soul had been calling me to do for such a long time. And I had been through a difficult period at that stage. And I think sometimes when we are going through periods of difficulty, of change, of grief, of awakening even, there is this special sacred window that we receive where our mind, our willpower, the part of us that is trying to control life, kind of loosens its grip a little bit. So if that is you where you are, embrace it. Like, I promise you that you will look back on this moment at this time and see just how much you have changed and how much life has changed around you for the better. So yeah, little note for that, kind of, maybe even just like talking to my past self at the moment.

So I'm going to make it really simple for us and that is by offering one question for us, which I'm asking the part of you that knows the wise part of you. So taking a moment to take a breath and place your hand on your heart and just tuning in and asking yourself, what is my soul most calling me to do in 2024? What is my soul most calling me to do in 2024? And as you feel into that question and live a little bit more into that answer, I really want to invite you to just trust what comes and allow yourself to be surprised, really see what's new here now.

Two other questions I ask myself at this time of year is what's rising in me and what's falling away? What's rising in me and what's falling away? Maybe you're a driven career person, but you're being called to slow down and be a little bit more playful. Maybe you've got young kids, but you're longing to cultivate more time for yourself. And so really feeling into, like, what would you do if you knew you'd be supported? What would you do if you knew things would work out?

So now I'm going to talk through my four tips on how you can really manifest and step into and create the life that you really, truly want this year. The one that is really, truly calling you forth.

So the first tip is close the year. So a few weeks back, I shared an episode called The End of Year Ritual I Never Miss. So you might want to check that out. It really focused on the importance of completing things clearly and taking the time to reflect on all that this year has held for you. So I invite you to revisit that episode if you feel called. It's such a powerful thing to do. When we take a moment to look back before we leap forward. So we're really tuning in to what's rising in me and what's falling away. Because if we allow what's falling away to fall away, then we can allow and create space for what is rising within us to rise. And yeah, there's definitely more space for us to step into it. So really ending the year that was before leaping into the new one.

The second tip is to stay open to the fact that frustrations can hold information for us. If you scan back over your year, the year that you've just had, perhaps considering what have been the biggest frustrations for you. So the hardest parts of your daily grind or weekly rhythm. What have been the biggest conflict points within your relationships maybe. What are the same arguments that you keep having, whether that's with other people or with yourself? Maybe you're just over commuting for work and your soul is calling for more stillness and being at home, or perhaps taking a job more locally. Maybe you yearn to have more time with your family and your soul's calling for more quality time. Maybe you want less time with your family and more time to yourself so you can have a daily practice, you haven't had the time to do that. And so navigating that is what you're being called to do. Maybe you're feeling unfulfilled in a relationship in your life, and your soul's calling for you to be seen and heard and perhaps even allow yourself to be seen and heard in a bigger way. Maybe you're in a difficult relationship with your body, and your soul is just longing for peace and acceptance, for example. Whatever it might be. All of the frustrations and irritations and even anger can often hold real insight into the powerful and subtle realignments that you can make that you're being called to make. There's things that you are being called to release in order to step into what you are being called to step into. And so I really invite you to take some time to, yeah, just allow the frustrations that have been bubbling up in this past year to be here, acknowledging them, listening to them. But yeah, I think it's most helpful rather than writing a whole big list of all the things that frustrate you. Maybe just choosing one. The one that holds the most impact in you as a focus point, so you can really create significant change.

So tip three is own it and share it. So once you're clear on your area of focus, the change that you want to make in your life, what you're being called to step into. Find a way to articulate this for yourself in a way that's super clear. So break it down and do the work to understand it. What does it look like if you are able to see it as, like, you in a year's time? So you can see like the greater call, the greater change that you are being called to make, but then also break it down into little baby steps. So what changes is this asking for you to make in your day to day life rather than just as something that you're being called to step into generally? You might want to consider, is there anyone that you want to or being called to tell about this change, about this thing that you're being called to step into? And what support might you need? What will help you stay accountable to actually act on this in a really tangible way?

So maybe you're tired of the big commute to work, and it doesn't necessarily mean that you have to quit your job immediately, but perhaps the action you're being called to take is having a conversation with your boss or your colleagues about having more flexible working options, for example. So increasing the amount of time that you spend working from home and like lessening down the amount of time you're spending actually in the office. It could also be reevaluating how you use your commute time, for example. So if you're just over the boring long drive, how can you bring more nourishment to it? So, you know, are there podcasts you can listen to? Are there books

or a training that you want to devote your time to? So, you know, it's not just this wasted time that is draining for you. Maybe you want to put on some really like nourishing, chanting music, for example. Or do your meditation on the bus and, like, get up a little bit earlier so you can get on the bus and actually get a seat each day, that kind of thing. Maybe you want to move to a different part of the city or the town that you live in, so you cut the commute in that way if working from home isn't possible for you.

Or, like, let's say you're in a difficult relationship with your body and you want to set the intention to find a better relationship, more harmony with being in your body, in your physical body. So that could come through calling in support for, you know, some kind of fitness training, calling in a great naturopath or functional medicine doctor or something like that. It could be through really prioritizing, making the time to move your body in ways that feel really good to you. Might be finding different ways of moving your body like gardening or swimming or dancing. So things that are, like, less about like go to the gym, if you find that boring.

Maybe it's about creating new thoughts in your mind. So changing your mindset or your inner dialog. And you might decide a practical way of doing that is through, like, safeguarding your mind from the amount of social media you engage with. Maybe you want to leave social media altogether.

So just really drilling down deeply into the changes you're being called to make and finding a way to own it and speak it. Really speak and articulate the intentions. Once you're clear on it for yourself, you can then take the next step, and this is so super powerful and simple. And that's through sharing it with someone like a loved one in your life, to make you accountable, to make it real. So it's not just something that you're considering doing. My husband and I, halfway through last year, we had so much on and we had so many different priorities. We've got two young kids. It was just all really overwhelming. And we also found that we had priorities for ourselves, but because we had two young kids and had just moved into a new house, we were kind of like at the bottom of the pile. And we weren't really like supporting each other in having time for ourselves in the way that was really nourishing for us because we didn't know what the other wanted. And so our new monthly ritual is we've got these two different pieces of paper, two different colors that we just markup with a sharpie and we put our three priorities for the month, and that's like family, work and personal. And we write it individually so that we have visibility on what that one really important thing is for work and family as well, but also particularly for ourselves individually. So for me, my recent one for the past couple of months has been about, like, improving my sleep. I had, you know, postpartum period, your hormones are all over the shop, which kind of can lead to a little bit of anxiety as a postpartum woman. And I started noticing that, yeah, the, it was really impacting my sleep and then the lack of sleep was impacting a little bit of anxiety within me. And so I made it really clear and knowing that, like my sleep was my priority. I think my husband's was running on the athletics track, which is, like, so opposite to what I would do as my priority. But being able to

put it up on the wall, making it visible, we were able to help each other really follow through on what our priority was. So that's another way that you can do it. And obviously if you're not married or you're not in a relationship, like a romantic relationship, do it with a best friend, do it with your mom, do it with your kids. So just find someone who you're able to voice it to so it helps you really own it and claim it.

So the next tip, and this is my favorite, if you've ever heard me talk about baby steps, if you've ever watched this podcast, you will know how passionate I am about embodiment, actually acting on the call, acting on the dream, acting on your heart's desire, acting on the change that you are wanting to make. If you do one thing each day, by this time next year, you will have done 365 things in that direction. I love that. Like, you literally will be a changed, transformed person if you pick one thing that you want to change and you do one baby step in that direction every day for 365 days. Even if you just did it once a week, so 52 things you will have done, you'll be a different person. So I really, really want to stress how important it is to act on the call, the change that you're being called to make. Act on that thing that's rising within you. Act on that thing that's falling away. Act on that thing that you're really being called to step into and own and make those little acts tiny, bite size, the smaller the better. Because the smaller they are, the smaller the better, because the smaller they are, the more likely that you will actually act on it. And a baby step can literally take 5 seconds. It doesn't have to take 5 hours. So, yeah, the main thing about the baby step, acting on it, is that they need to be sustainable. So something that you can manage in your daily life. So for example, if you're being called to write a book, that's the big thing that you're really being called to do this year, then the daily action might be to say, write for, write one paragraph a day or write for 10 minutes. Do your meditation and then write in your journal one page, two pages. Keep it really, really, really small, accessible, achievable.

So I promise you, if you do these tips, you will step into what it is that your soul's been calling you to step into. I really, really encourage you to just trust the direction that you're being called in, even if it scares you, especially if it scares you. And to just break it down, own it, claim it, speak it, and then act on it. So I hope these simple tips encourage you to take the time and space to really feel into and explore what you're calling in this year. It really is a precious exercise to do, and you can do it on your own or you can do it with others too. You can share this podcast episode and then maybe just go through each of the four steps. If you head to [rebeccacampbell.me/podcast](https://rebeccacampbell.me/podcast) you'll find the show notes so you'll see the steps all written out there so you could just go through with your notebook and do it.

I just really, really want to encourage you to trust what your soul is calling you towards, because I believe that your soul is connected to the intelligent pulse of life and that life is wanting to support you. And what we're doing when we're manifesting is we're creating with life, we're entering into a harmonious dance with life.

So, yeah, that is what I have to share with you today. Lots of encouragement. And if you would like to be supported in really visioning your year ahead in a held container, then you might want to check out the Work Your Light Annual Visioning Process. You can download the workbook instantly and there is a couple other options if you want to be supported through the year as well, through one on one coaching or just working in a group. So head over to [rebeccacampbell.me/visioning](https://rebeccacampbell.me/visioning) and you can see all about that. And, yeah, download the workbook for you and your friends if you fancy it. You could print it off a few different times and maybe you can host a gathering with it as well. Thanks for returning.