



ST. MARTIN'S  
ESSENTIALS

Why the Law of Attraction Isn't  
Working for You (Yet!)

# *The* Mani- festing Fix

KELSEY AIDA

Bestselling author of *Letters to the Universe*

Official Book  
Club Guide

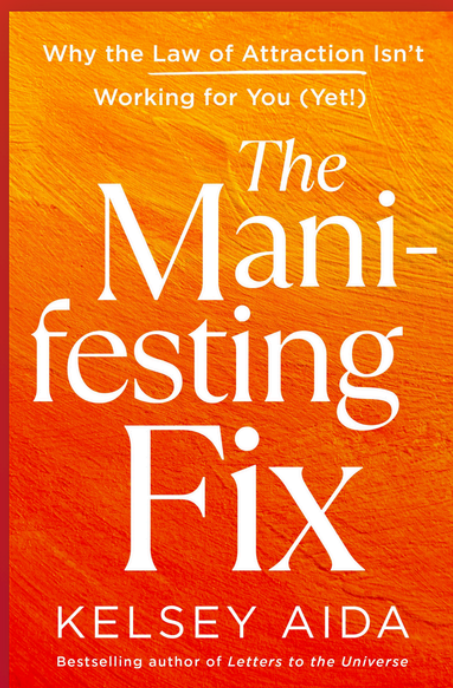


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Welcome to your ***Manifesting Fix book club discussion guide!***

These questions and prompts are designed to help spark ***deep, transformational conversation*** to implement everything you learn in the book.

Manifesting in community is one of the most powerful things you can do, so ***don't be afraid*** to share what you're going for (and going through) with your group!



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|---------------------------------|----------|
| <i>Part One.....</i>            | <i>1</i> |
| <i>Part Two.....</i>            | <i>1</i> |
| <i>Part Three.....</i>          | <i>2</i> |
| <i>Big Picture Prompts.....</i> | <i>3</i> |
| <i>Sipping Game.....</i>        | <i>4</i> |
| <i>Vision Board.....</i>        | <i>5</i> |

# Part One



Now that you understand that ***resistance is the only thing blocking you from success***, what are some ways you noticed/realized you've been resisting?

The book busts five major manifesting myths. Which myth did you personally believe the ***hardest*** before reading this? How did it feel to have it dismantled?

Walk through the 4 C's (Clarity, Claiming, Commitment, Changing) with one current desire. Which "C" is your weakest link?

Specific vs. Non-Specific Manifester — which one are you, and did it change how you've been approaching your goals?

# Part Two

Direct vs. indirect desire (the "goal behind the goal") — once you applied this to your own wish list, did any of your "wants" suddenly look completely different?

# Part Three

What were you taught about **desire** growing up? How would you describe your relationship with desire **before** and **after** reading Fix #1?

**Fix #5:** Meet your Inner Committee — Negative Nancy, Innocent Ira, Judgy Judy, Dani Doubter, etc. Which character runs your internal meetings most often? How would you describe them if they were a character in a movie?

**"Insistence = Resistance."**  
Where in your life are you currently in a death-grip of insistence and what would loosening it even look like?

The **"Scary Canvas to Exciting Blank Slate"** chapter is about not letting your past write your future. What's one story from your past you've been (unknowingly) projecting forward?

**Fix #4:** Running Scared to Running the Show — fear as an annoying-but-loyal BFF. Did reframing fear this way change your relationship to a fear you're currently sitting with?

What's one **"expired" thing (identity, relationship, habit, even an old version of you)** that this book convinced you it's time to let go of?

The final chapter, **Fix #10**, argues that **self-love is the secret cheat code underneath all the other fixes**. Did you expect the book to land here? Why or why not? How will you implement more self-love in practice?

What is your ***biggest/most pressing*** desire right now and how can we support each other to achieve it?

(This is your chance to ask for an accountability buddy, an important introduction/connection, ideas for where to start, etc.)

# *BIG PIC- TURE PROMPTS*

If you had to recommend ONE "Fix" chapter to a friend who's stuck right now, which one would it be and what would you tell them to expect?

Kelsey shares some pretty personal stories (the health scares, injuries, the "Roualdes Curse" picky eating, feeling jealous of her husband's windfall). Did the vulnerability change how you received the advice?

# Sipping Game.....



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If your book club is more of an excuse to get together and drink wine, ***you can turn it into a drinking game!***

## ***Sip every time:***

1. You read a part of the book where your California girl Kelsey says ***“actually”*** or ***“literally”***
2. You have a ***personal breakthrough*** during your discussions!

# ..... Vision Boards

## ***Turn your book club into a vision board party!***

Everyone bring magazines, Pinterest pics, glitter, glue, tape, whatever craft supplies you've got and get creative mapping out your vision for the future on big poster boards.

***Pro tip:*** Be sure to print out a picture of yourself to put in the center to signal to the Universe that ***your world does very much revolve around you.***

*If you don't know where to start,  
use this vision board template!*

