

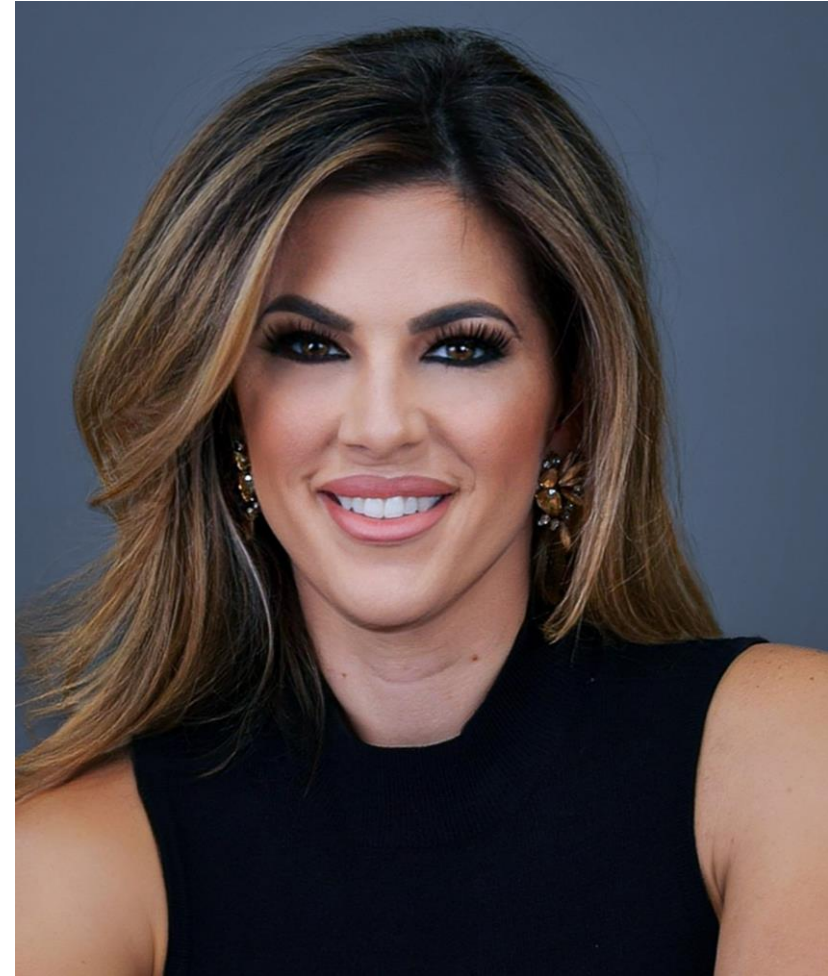


## How Manifestation Can Improve Your Well-Being

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THE BEST WAY

TO PREDICT THE

FUTURE IS TO

-CREATE IT-

An introduction to  
manifestation

# Turn manifestation into action to impact your life

1. Adopt a positive mindset.
  - Believe in yourself.
  - Allow yourself to feel your emotions. Replace fear-based emotions with positive emotions.
  - Have a growth mindset.
  - Use positive affirmations.
2. Visualize your goals.
  - Be clear about the outcomes you want.
  - Keep a manifestation journal or vision board.
3. Take consistent action.





# Thank you for attending Blue Cross Virtual Well-Being

Register or view on-demand at [bluecrossvirtualwellbeing.com](https://bluecrossvirtualwellbeing.com).

If you have questions or comments, email us at [BlueCrossVirtualWell-Being@bcbsm.com](mailto:BlueCrossVirtualWell-Being@bcbsm.com).



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# Join us next week.



## Employer webinar\*



### Control Blood Sugar with a Post Meal Walk

Tuesday, May 20, 2025

## Meditation\*



### 8-Minute Meditation: Cultivating Happiness and Joy

Wednesday, May 21, 2025

## Member webinar\*



### Control Blood Sugar with a Post Meal Walk

Thursday, May 22, 2025

**\* All webinars and meditations are open to the public and a recording is available on demand the next day.**