





MANIFESTING IS THE PRACTICE OF BRINGING SOMETHING TANGIBLE INTO YOUR LIFE THROUGH PATTERNS, MINDSET, AND SELF-BELIEF. MANIFESTING IS AN ACTIVE EXPERIENCE THAT INVOLVES ASKING THE UNIVERSE FOR WHAT YOU WANT, SETTING CLEAR INTENTIONS, REMOVING OBSTACLES, AND ALIGNING YOUR BELIEFS AND ACTIONS TO ACHIEVE YOUR GOAL.

THIS JOURNAL IS DESIGNED TO HELP YOU IDENTIFY AND DEVELOP THE MINDSET TO MANIFEST ANYTHING YOU WANT IN YOUR LIFE—YOUR DREAM JOB, A HIGHER SALARY, A HEALTHY RELATIONSHIP, LOVE, AND MORE. MANIFESTING YOUR DREAMS INTO REALITY CAN HAVE A PROFOUND IMPACT ON YOUR LIFE, BUT, IT DOESN'T HAPPEN OVERNIGHT. IT REQUIRES PATIENCE, PERSISTENCE, FLEXIBILITY AND TAKING PROACTIVE STEPS.



KEY STEPS TO MANIFEST YOUR DREAMS

+ DEVELOPING A CLEAR DESCRIPTION OF WHAT YOU WANT

First and most importantly, you need to know exactly what you want. The more concise you can be, the better. Develop descriptive details about what you want to achieve and how it will make you feel.

* ASK FOR IT AND WRITE IT DOWN

Once you are clear on your intention, write it down. Repeat the step of asking for what you want multiple times throughout the day. You can write it again or use prayer, meditation, visualization, a vision board, or speak your intentions out loud. The more directed energy you put behind your intention, the more likely you will be able to manifest it in your life.



PLAN YOUR MANIFESTING GOALS

LIST WHAT YOU WANT TO MANIFEST FOR YOURSELF IN THESE CATEGORIES.

HEALTH

CAREER

WEALTH

FAMILY

LOVE

LIFESTYLE

MORNING REFLECTION

DATE ____/____/____

WHAT I WANT TO MANIFEST:



EXPANDING MY BELIEFS

LIMITING BELIEFS:

NEW AFFIRMATION:

...

...

...

ALIGNED ACTIONS I CAN TAKE TODAY:

REFRAMING HOW I FEEL

(IMAGINE YOU HAVE ALREADY RECEIVED WHAT YOU'VE ASKED FOR) I FEEL:

- | | | |
|------------------------------------|---------------------------------------|---------------------------------------|
| <input type="checkbox"/> HAPPY | <input type="checkbox"/> THANKFUL | <input type="checkbox"/> SAFE |
| <input type="checkbox"/> EXCITED | <input type="checkbox"/> ACCOMPLISHED | <input type="checkbox"/> UNDERSTOOD |
| <input type="checkbox"/> CALM | <input type="checkbox"/> SATISFIED | <input type="checkbox"/> COMFORTABLE |
| <input type="checkbox"/> FULFILLED | <input type="checkbox"/> GRATEFUL | <input type="checkbox"/> CONFIDENT |
| <input type="checkbox"/> LOVED | <input type="checkbox"/> PEACEFUL | <input type="checkbox"/> SUCCESSFUL |
| <input type="checkbox"/> COMPLETE | <input type="checkbox"/> CONNECTED | <input type="checkbox"/> OTHER: _____ |

EVENING REFLECTION

ALIGNED ACTIONS I ACHIEVED TODAY:

GRATITUDE FOR WHAT I RECEIVED TODAY:

WHAT THIS MANIFESTATION MEANS TO ME AND HOW IT WILL CHANGE MY LIFE:



A POSITIVE AFFIRMATION TO CARRY ME TO SLEEP: