



Manifestation PLANNER

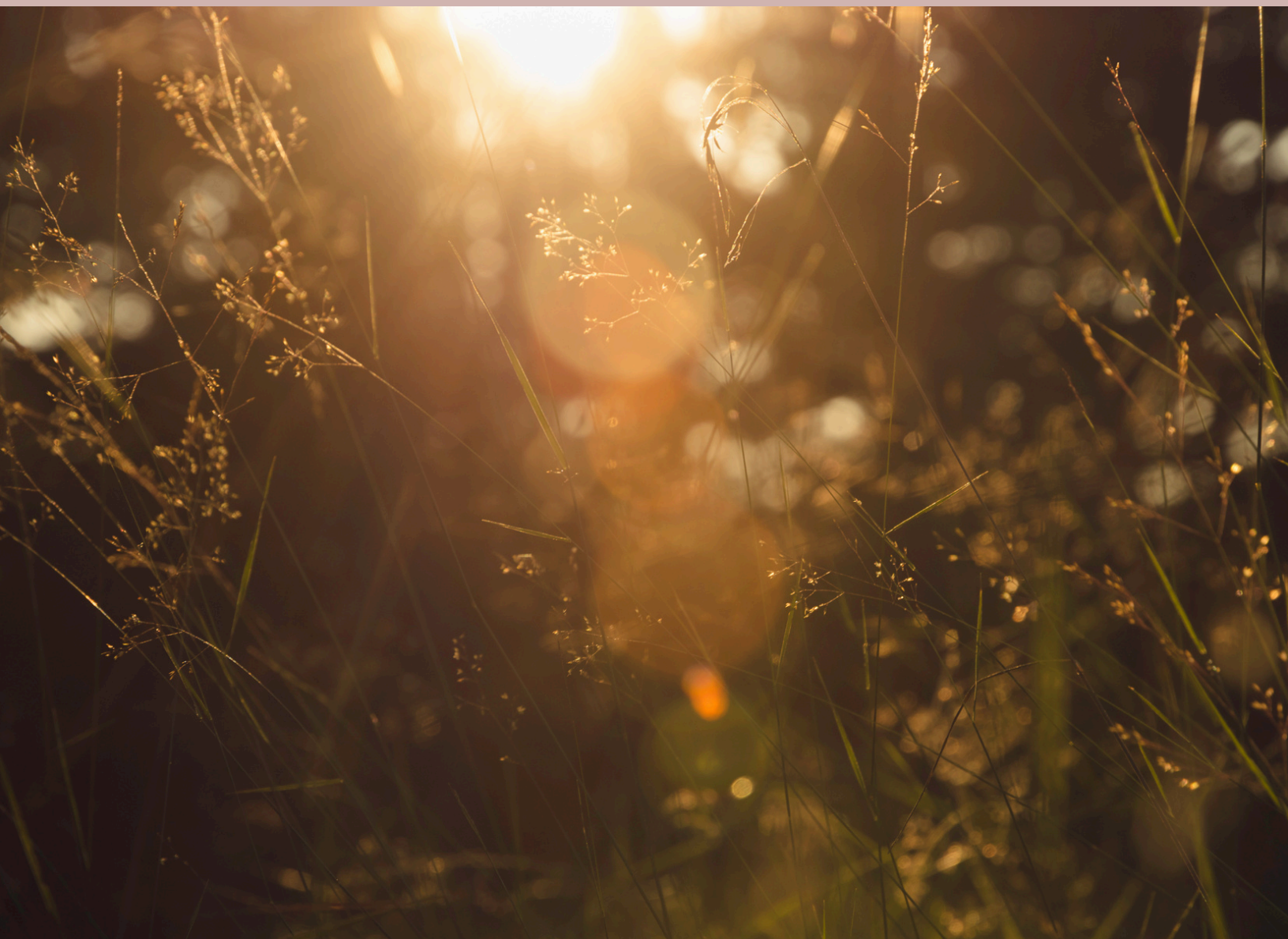
“To accomplish great things we must not only act but also dream,
not only plan but also believe.”

— Anatole France

MANIFESTATION PLANNER

“Every intention sets energy into motion, whether
you are conscious of it or not.”

— Gary Zukav



Manifestation



PLANNER & TRACKER



MANIFESTATION
PLANNER
& WORKBOOK

This

MANIFESTATION PLANNER

Belongs To:

MY 10 AFFIRMATIONS

1. I AM ...

2. I AM ...

3. I AM ...

4. I AM ...

5. I AM ...

6. I AM ...

7. I AM ...

8. I AM ...

9. I AM ...

10. I AM ...

MANIFESTATION TRACKER

WHAT I WANT	WHY I WANT IT	HOW IT WILL MAKE ME FEEL

LIFE UPDATES

FAMILY



HOME



LOVE



RELATIONSHIPS



LIFE RECAP

PAST SITUATION	HOW IT WORKED OUT IN THE END

MANIFEST YOUR DREAMS

Write your affirmations for each category.

HEALTH

I feel vibrant and alive.

RELATIONSHIPS

I feel so lucky to have loving people.

SPIRITUALITY

I feel calm, centered and connected.

FINANCES

I feel abundant.

MIND

My mind is sharp and focused.

MANIFESTING HEALTH

WHAT I WANT TO MANIFEST?

WHY I WANT TO MANIFEST IT?

HOW WILL I MANIFEST IT?

FIRST 3 STEPS TO BEGIN WITH

MANIFESTING WEALTH

WHAT I WANT TO MANIFEST?

WHY I WANT TO MANIFEST IT?

HOW WILL I MANIFEST IT?

FIRST 3 STEPS TO BEGIN WITH

MANIFESTING BUSINESS

WHAT I WANT TO MANIFEST?

WHY I WANT TO MANIFEST IT?

HOW WILL I MANIFEST IT?

FIRST 3 STEPS TO BEGIN WITH

MANIFESTING A JOB

WHAT I WANT TO MANIFEST?

WHY I WANT TO MANIFEST IT?

HOW WILL I MANIFEST IT?

FIRST 3 STEPS TO BEGIN WITH

MANIFESTING LOVE

WHAT I WANT TO MANIFEST?

WHY I WANT TO MANIFEST IT?

HOW WILL I MANIFEST IT?

FIRST 3 STEPS TO BEGIN WITH

MANIFESTING FAMILY

WHAT I WANT TO MANIFEST?

WHY I WANT TO MANIFEST IT?

HOW WILL I MANIFEST IT?

FIRST 3 STEPS TO BEGIN WITH

MANIFESTING FRIENDS

WHAT I WANT TO MANIFEST?

WHY I WANT TO MANIFEST IT?

HOW WILL I MANIFEST IT?

FIRST 3 STEPS TO BEGIN WITH

MANIFESTING TRAVEL

WHAT I WANT TO MANIFEST?

WHY I WANT TO MANIFEST IT?

HOW WILL I MANIFEST IT?

FIRST 3 STEPS TO BEGIN WITH

MANIFESTING A HOME

WHAT I WANT TO MANIFEST?

--

WHY I WANT TO MANIFEST IT?

--

HOW WILL I MANIFEST IT?

--

FIRST 3 STEPS TO BEGIN WITH

--

--

--

MANIFESTING A CAR

WHAT I WANT TO MANIFEST?

WHY I WANT TO MANIFEST IT?

HOW WILL I MANIFEST IT?

FIRST 3 STEPS TO BEGIN WITH

DESIRE WORKSHEET

DEFINING MY DESIIRE

STATING MY WHY

HOW I WOULD FEEL

ABUNDANCE MINDSET

WHO I WANT TO BE?

WHAT I WANT TO HAVE?

SETTING INTENTIONS

MY INTENTION FOR THIS YEAR/DAY:

DESCRIBE IT

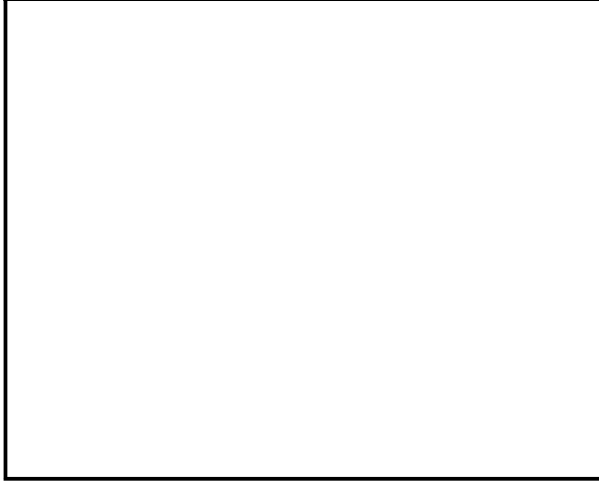
HOW DOES THAT INTENTION MAKE YOU FEEL?

HOW DOES THAT INTENTION MAKE OTHERS FEEL?

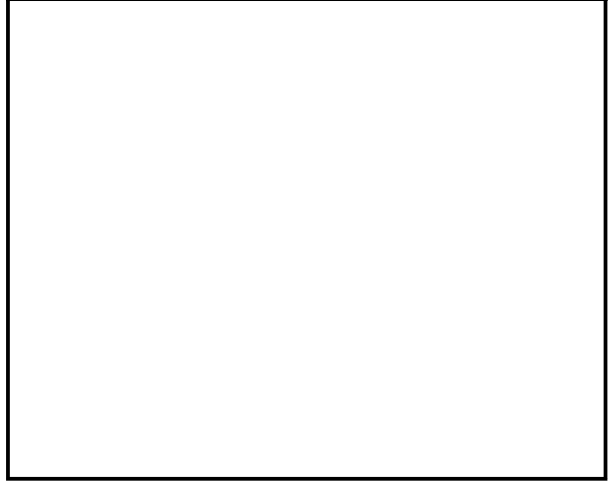
WRITE 3 OR MORE WAYS HOW YOUR INTENTION IS SERVING YOU RIGHT NOW:

MANIFESTING FOCUS

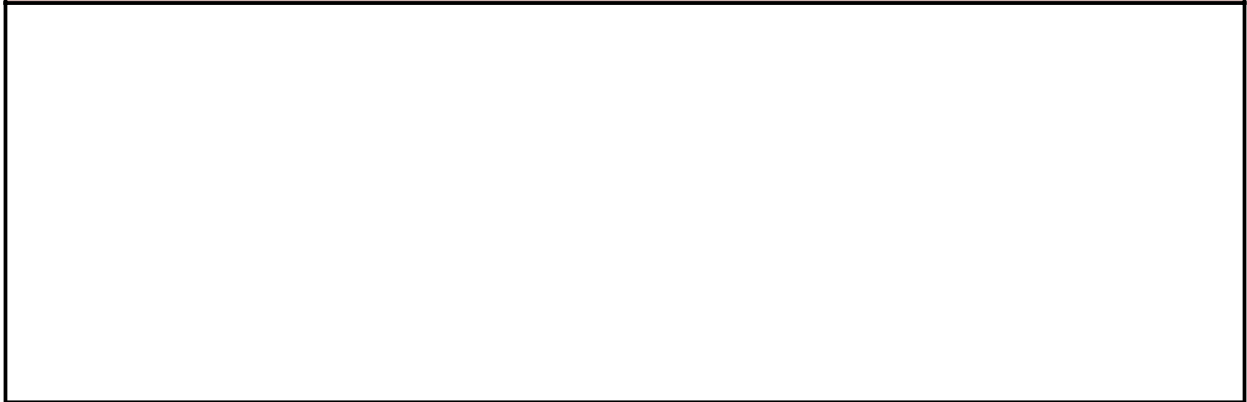
FOCUS FOR TODAY

A large, empty rectangular box with a black border, intended for writing the focus for the day.

STEPS TO REACH MY GOAL

A large, empty rectangular box with a black border, intended for listing steps to reach a goal.

AFFIRMATIONS FOR FOCUS

A large, empty rectangular box with a black border, intended for writing affirmations.

DRAW A FOCUS SYMBOL OR WHAT YOU'RE FOCUSING FOR

A large, empty rectangular box with a black border, intended for drawing a focus symbol or visualization.

MANIFESTING GOALS

GOALS

WHAT WILL IT LOOK LIKE WHEN I ACHIEVE THIS?

HOW WILL I FEEL WHEN I ACHIEVE THIS?

MY STEPS

DATE I PLAN TO MANIFEST THIS

DATE MANIFESTED

MY SITUATION

MY CURRENT SITUATION

CONCERNS ABOUT MY CURRENT SITUATION

THINGS I'M GRATEFUL FOR DESPITE MY SITUATION

WHAT IS MY DESIRED OUTCOME

Manifestation

IF IT'S COMING

MY MANIFESTATION:

WHAT I WOULD FEEL

WHAT WOULD I START DOING

WHAT WOULD I STOP DOING

INSPIRATION

SONGS

BOOKS

PODCASTS

VIDEOS

MOVIES

DOCUMENTARIES

MANIFESTATION ACTION PLAN

WHAT I WANT TO MANIFEST

WHY I WANT TO MANIFEST IT

HOW WILL I MANIFEST IT

SMALL STEPS TO BEGIN WITH

--	--	--

GOAL ACTION PLAN

START DATE:	END DATE:
-------------	-----------

MY GOAL	SCHEDULE

ACTION PLANS FOR MY GOAL	SCHEDULE
	<input type="radio"/>
	<input type="radio"/>
	<input type="radio"/>
	<input type="radio"/>
	<input type="radio"/>
	<input type="radio"/>

HABITS & ROUTINES	RESOURCES I NEED

VISUALIZATIONS

WHAT DOES A TYPICAL DAY LOOK LIKE FOR ME?

HOW DOES MY FUTURE SELF LOOK LIKE

INCOME

HOW OFTEN?

SOURCE

WHAT EXCITES ME MOST ABOUT LIFE NOW

ADVISE I WOULD GIVE TO MY YOUNGER SELF

VISUALIZATION REFLECTION

DURING MY VISUALIZATION I SAW:

DURING MY VISUALIZATION I FELT EMOTIONS:

USING MY 5 SENSES, I COULD SEE, HEAR, SMELL, TASTE, TOUCH:



WHAT I'D LIKE TO SEE MORE OF:

WHAT I'D LIKE TO SEE LESS OF:

HABITS TRACKER

DATE	VISUALIZATION	AFFIRMATIONS	GRATITUDE	MEDITATION	SCRIPTING
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					
21					
22					
23					
24					
25					
26					
27					
28					
29					
30					
31					

MORNING ROUTINE

WEEK _____

	MON	TUE	WED	THU	FRI	SAT	SUN
S SILENCE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A AFFIRMATIONS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
V VISUALIZATIONS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
E EXERCISE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
R READING	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S SCRIBING	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

MY WHY

NOTES

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DAILY PLAN

TODAY'S AFFIRMATION:

ONE THING I'LL DO TODAY TO MAKE ME HAPPY:

MANIFESTATION ACTION LIST

MEDITATE

SCRIPT

VISUALIZE

INSPIRED ACTION OR IDEAS

EVIDENCE LOG

TRUST AND LET GO

MORNING PLAN

TOP THREE PRIORITIES

HOW I WANT MY DAY TO GO

EVENING PLAN

DAILY GRATITUDE

THE BEST THING THAT HAPPENED TODAY

Manifestation

DAILY PLANNER

TODAY'S AFFIRMATION:

I AM GRATEFUL FOR:

SCHEDULE

TO DO

6AM



7AM



8AM



9AM



10AM



11AM



12PM



1PM

HEALTH & WELLNESS

Actions to boost mental, spiritual and physical wellness

2PM

3PM

4PM

5PM

6PM

7PM

8PM

9PM

10PM



APPRECIATION (What made me smile today)

GROWTH (What I have learned)

DAILY GRATITUDE

MORNING:

Date:

I am grateful for:

I'm looking forward to:

Daily Affirmations:

EVENING:

Good things that happened today:

Things I can do to make tomorrow even better:

WEEKLY REFLECTION

WEEK OF: _____

SUNDAY

MONDAY

TUESDAY

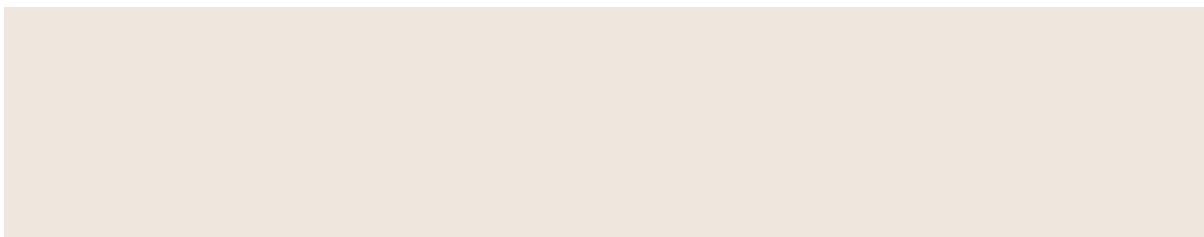
WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES



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MONTHLY GOAL

MANIFESTATION GOAL

MONTH: _____

I HAVE ACHIEVED...

I WANT TO ACHIEVE THIS BECAUSE...

I MANIFESTED THIS BY...

EVERYDAY, I COMMITTED TO...

WHEN I WANTED TO GIVE UP, I...

Monthly MANIFESTATION

MONTH: _____

MON	TUES	WED	THU	FRI	SAT	SUN
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

NOTES

PERSONAL PLANNER

MONTH:

SUN	MON	TUES	WED	THURS	FRI	SAT

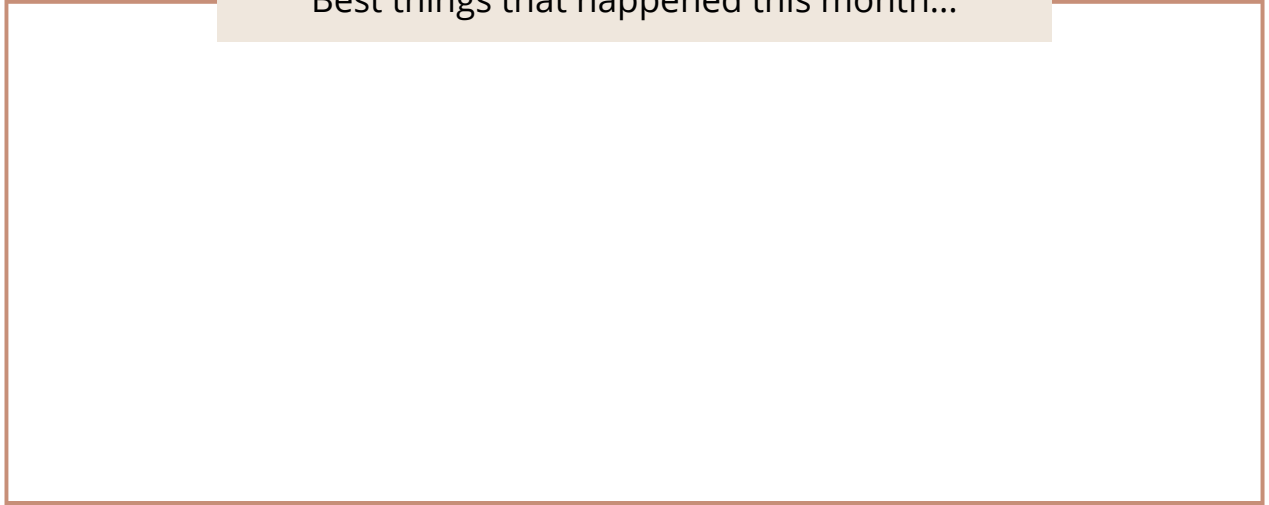
THIS MONTH'S GOALS

-
-
-
-
-

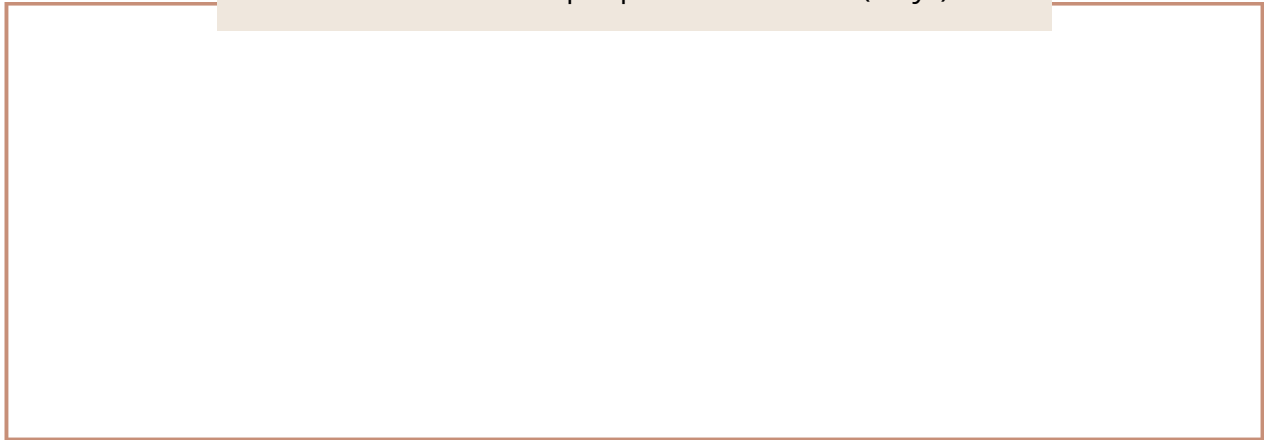
NOTES

MONTHLY REFLECTION

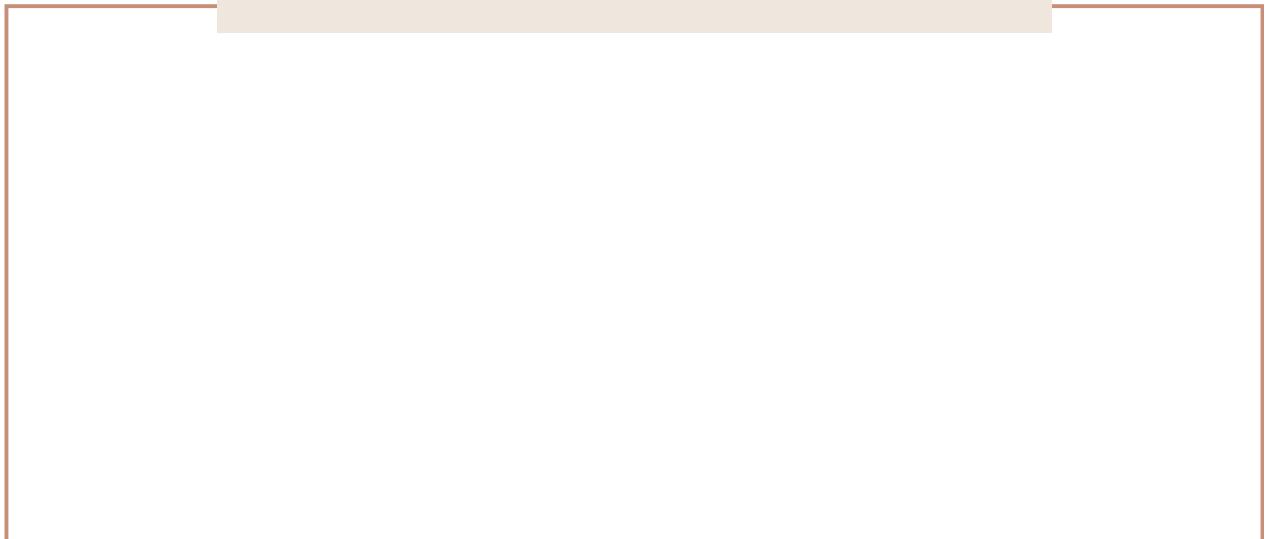
Best things that happened this month...



Who were the best people of the month (why?)...



What can I do to make next month even better...



YEARLY REFLECTION

The best things that happened this year...

The best people of the year(why?)...

What I learned this year...

I'm most grateful for...

What I am doing to make next year even better...

GETTING TO KNOW MYSELF

Answer the following questions. There are no rules. Just let your heart speak.

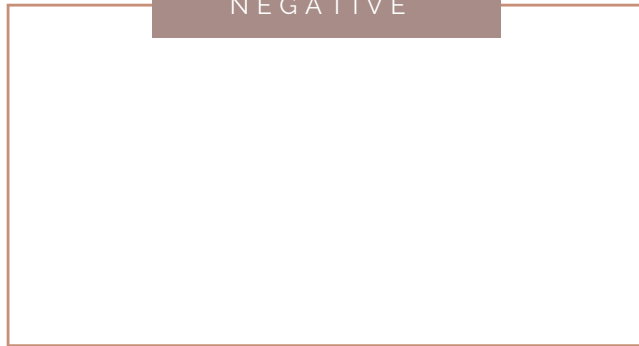
AM I TRULY HAPPY AND AT PEACE WITH MYSELF?
WHY? WHY NOT?

WHAT IS MY "HIGHER SELF" LIKE? DESCRIBE IN DETAIL.

THOUGHT PATTERN

Start monitoring your thought patterns. Write down negative thoughts and replace each and every negative thought with positive ones.

NEGATIVE



POSITIVE



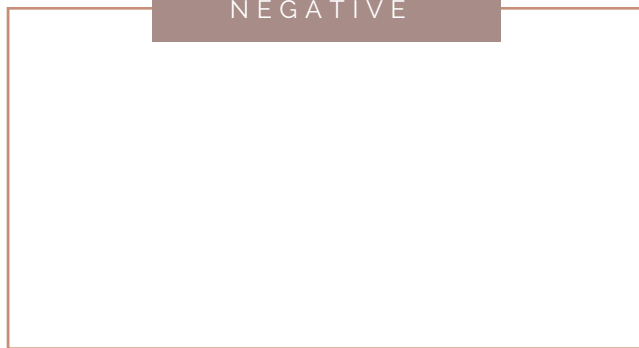
NEGATIVE



POSITIVE



NEGATIVE



POSITIVE



NEGATIVE



POSITIVE



LIMITING BELIEFS

A belief that is holding you back:
“ ex. I can't change myself.”

Where did this belief come from?

How is this belief harmful?

What is a better alternative for this belief?

FACING FEARS

Date _____

One old fear you are so ready to put behind you:

One way in which your old fear holds you back:

One way your life will be improved by overcoming it:

The final thing you would do if you could step out from behind your fear:

One very small step you can take forward that first thing:

PEOPLE I'M GRATEFUL FOR

Write a thank you note to someone you wanted to thank for long time and didn't have a chance yet.

One person you would like to thank:

One thing you would like to thank her or him for:

Two details to describe the thing or action for which you're thankful:

One way in which the thing or action made a difference to you:

Your thank you note:

GRATITUDE TRACKER

MONTH _____

The form consists of a large rectangular area with a semi-circular arc on the left side. The arc is divided into 31 segments, numbered 1 through 31 from top to bottom. The segments are numbered as follows: 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31. The area to the right of the arc is filled with diagonal lines, creating a grid for writing. The lines are spaced evenly and extend from the arc towards the right edge of the form.

RAISE YOUR VIBRATION

One person with whom you share your adventures:

One meal that reminds you of home:

One memory that makes you giggle:

One errand you're always up for:

One thing you believe now more than ever:

One kind of surprise that brightens your day:

One music that you love to listen:

INSPIRATIONS

PODCASTS

BOOKS

SONGS

VIDEOS

COURSES

AUDIO

MEDITATION TRACKER

WEEK OF _____

	MEDITATION ACTIVITY	DURATION
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		
SUNDAY		
TOTAL MEDITATION TIME:		

3-6-9 METHOD

Date _____

Write 3 times the name of the thing you want to manifest:

1. _____
2. _____
3. _____

Write 6 times your intention for thing you want to manifest:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Write 9 times what you want to manifest. Be specific and visualize it.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

LIST OF ATTRACTIONS

Summarize what you have previously attracted into your life and what you hope to attract in the future. Use it as a visual guide to help you practice positive affirmations and manifest the things you want in the future.

THINGS YOU HAVE ATTRACTED
INTO YOUR LIFE

THINGS YOU WANT TO ATTRACT
INTO YOUR LIFE

MANIFESTING CHEAT SHEET

IDENTIFY

I want to manifest *[your desire]* because it will make me feel *[identify the emotions this manifestation will give you]*

DAYDREAM

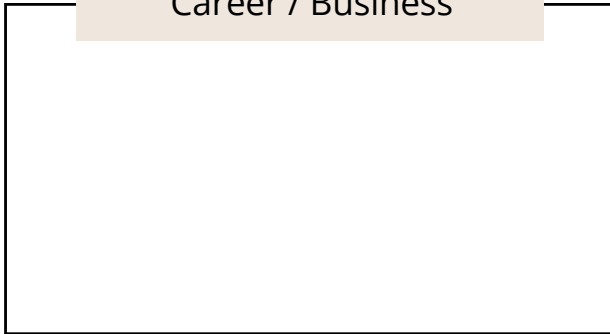
What will it feel like when your desire becomes a reality? *(Use present tense, ex: I feel, I am, I am thankful...)*

ALIGN

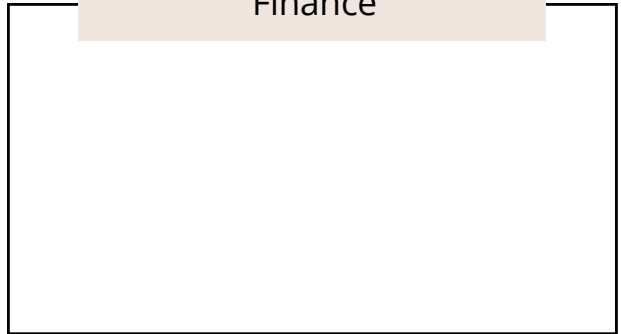
List what you can do TODAY to practice feeling the feelings from part 1.

VISION BOARD

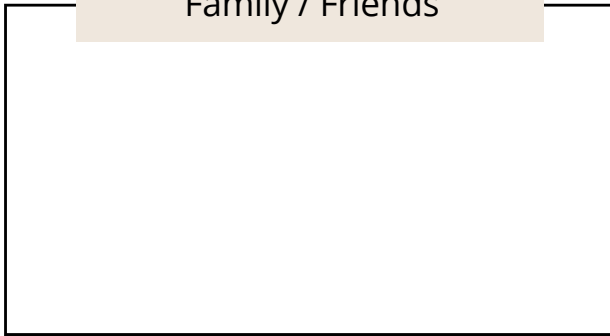
Career / Business



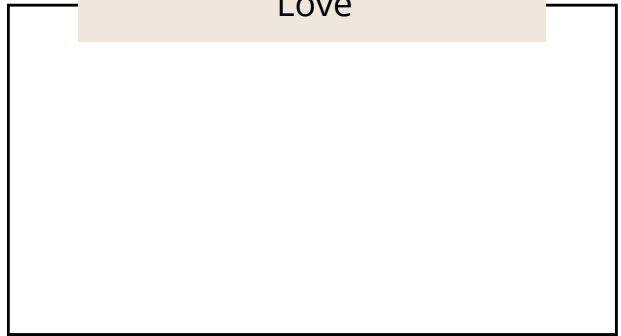
Finance



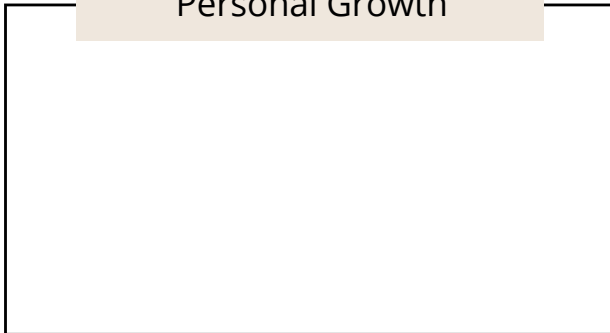
Family / Friends



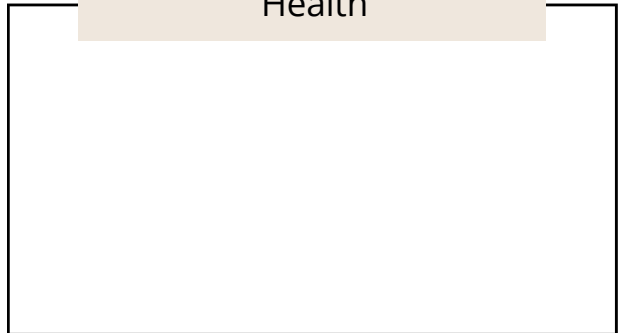
Love



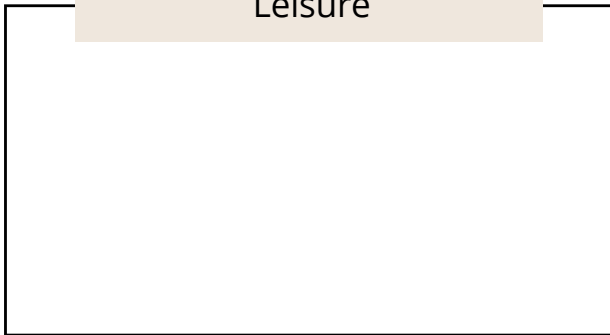
Personal Growth



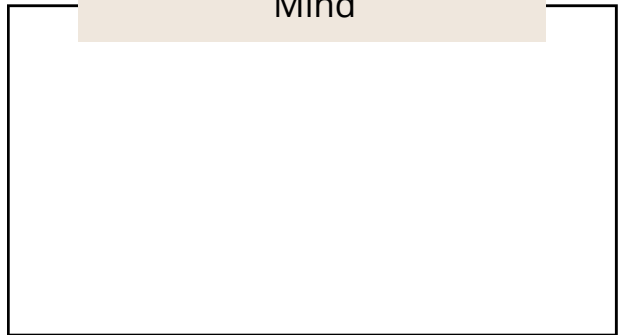
Health



Leisure



Mind



V I S I O N B O A R D

10 WAYS OF THINKING

When we are kind to ourselves and speak with good intentions, we are more likely to attract good things. Write down 10 ways of positive thinking.

1

2

3

4

5

6

7

8

9

10

CELEBRATIONS & REWARDS

WHAT I AM CELEBRATING

HOW I AM CELEBRATING

WHAT I AM TREATING MYSELF TO

TO DO

NOTES

MANIFESTATION UPDATES

CAREER

BUSINESS

FINANCE

HEALTH

FAMILY

FRIENDS

MANIFESTATION UPDATES

LOVE

LEISURE

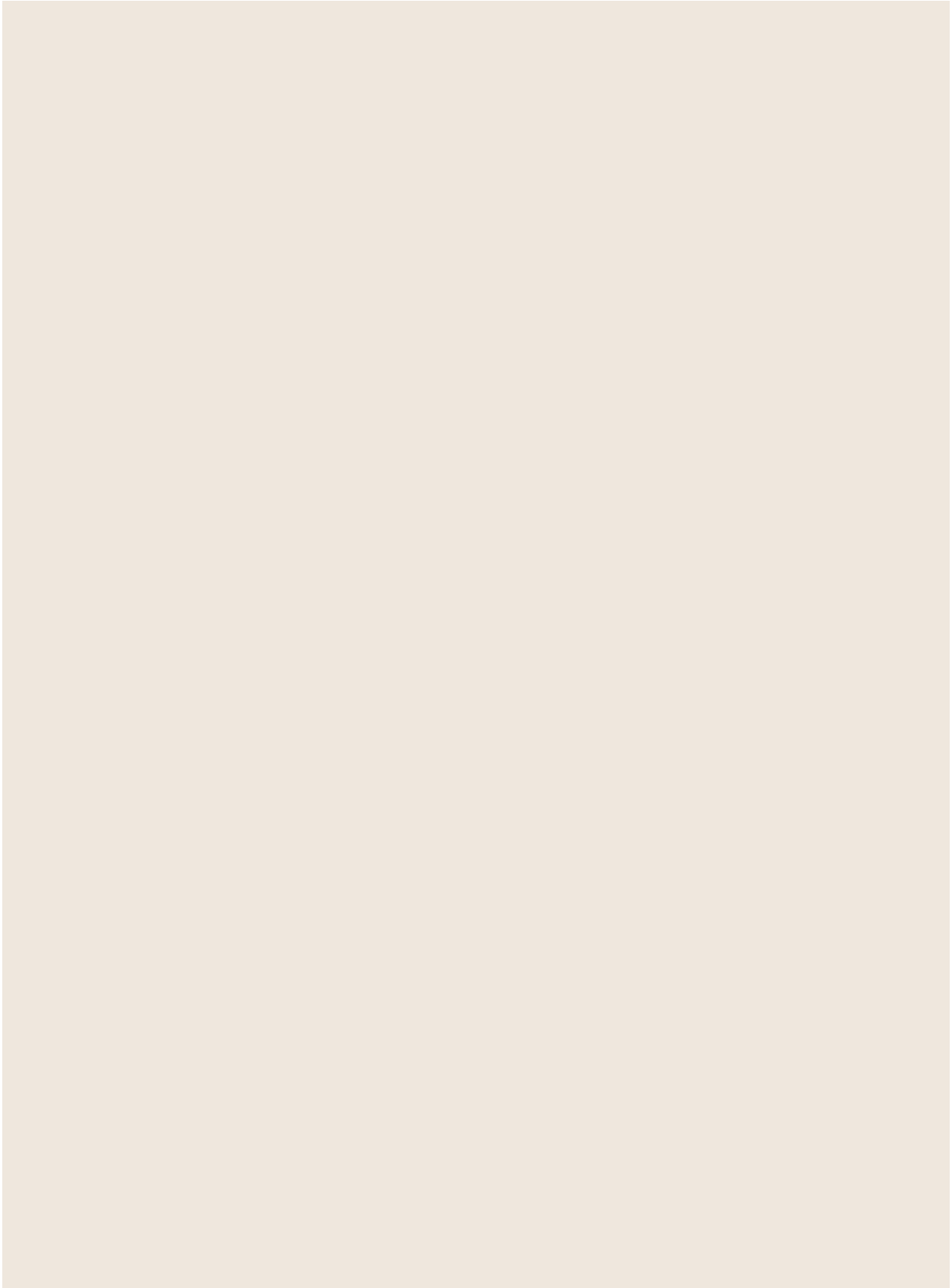
PERSONAL GROWTH

MIND

TRAVEL

NEW THINGS

MY NEW REALITY



LETTING GO WORKSHEET

WHAT I'M LETTING GO OF



HOW I FEEL



STEPS TO MOVE FORWARD



HOW THIS WILL HELP ME



DRAW A SYMBOL OR A FEW WORDS ABOUT LETTING GO



RECEIVING IN WORKSHEET

WHAT I'M RECEIVING IN

A large, empty rectangular box with a thin black border, intended for writing or drawing.

HOW I FEEL

A large, empty rectangular box with a thin black border, intended for writing or drawing.

AFFIRMATIONS

A large, empty rectangular box with a thin black border, intended for writing or drawing.

HOW THIS WILL HELP ME

A large, empty rectangular box with a thin black border, intended for writing or drawing.

DRAW A SYMBOL OR A FEW WORDS ABOUT RECEIVING IN

A large, empty rectangular box with a thin black border, intended for drawing or writing.

PERFECT DAY

WHAT DOES THE TYPICAL DAY LOOK LIKE FOR ME?

WHAT'S MY INCOME?

INCOME SOURCE?

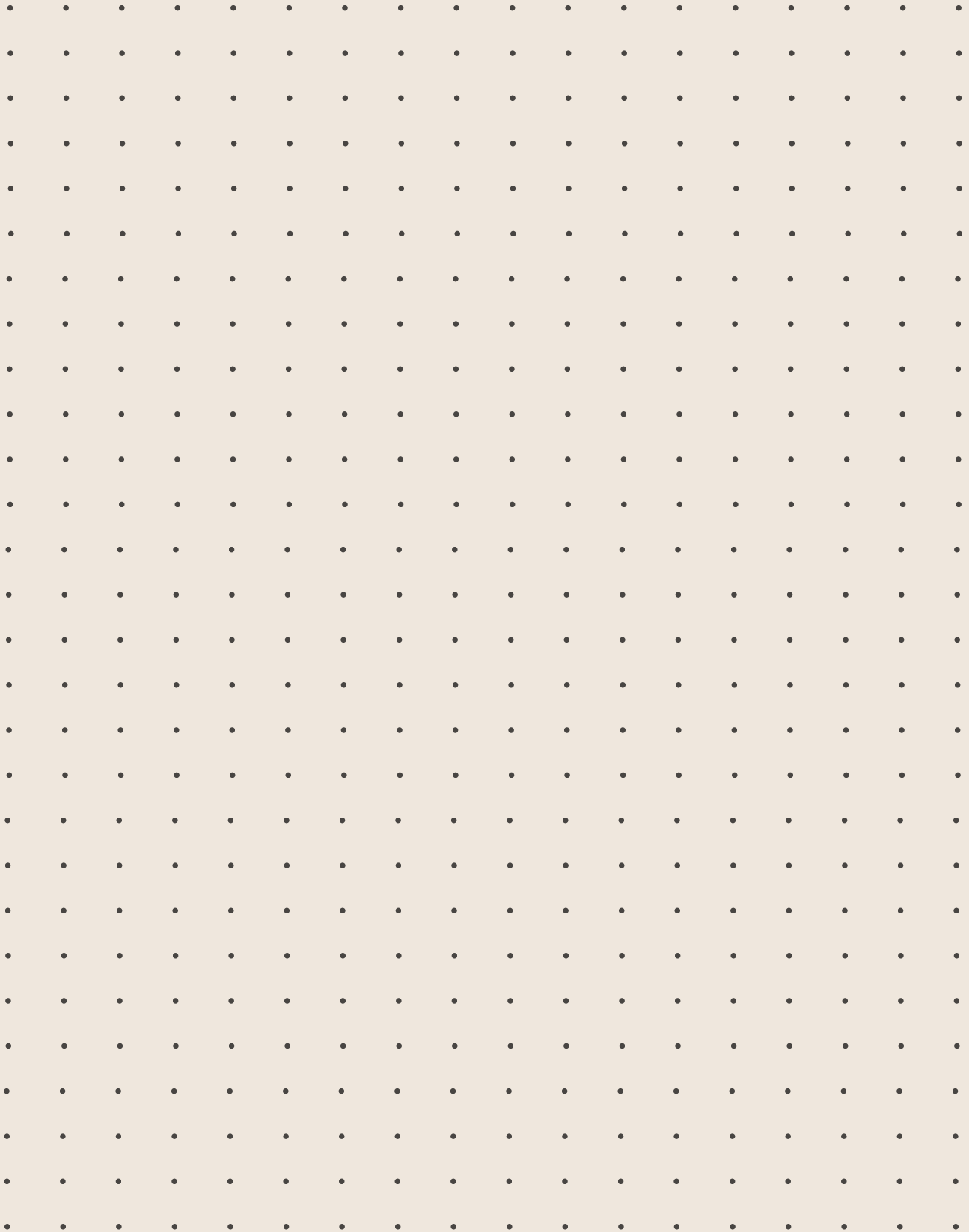
WHAT EXCITES ME MOST ABOUT LIFE NOW?

ADVISE I WOULD GIVE TO OLD ME

BUCKET LIST

ACHIEVEMENTS	EXPERIENCES
<p>On this side, write down all the things you want to ACHIEVE in your life - physically, financially, relationship wise, in your career etc.</p>	<p>On this side, write down all the things you want to EXPERIENCE in your life - happiness, new places, foods etc.</p>

JOURNAL



JOURNAL

DATE: _____

Lined writing area consisting of 22 horizontal lines.