

A JOURNEY *through ten phases*

This workbook is structured into 10 distinct phases, each designed to guide you step-by-step through the process of self-discovery, personal growth, and the art of manifestation. Each phase builds upon the previous one, creating a comprehensive framework that will support you in achieving your goals.

How to use this workbook

This workbook is designed to be interactive. Each phase includes exercises, reflective prompts, and practical activities that will help you integrate the concepts into your daily life. Take your time with each phase, and allow yourself to fully engage with the material. Remember, personal growth and manifestation is a journey, not a destination.

01

Set aside a specific time when you are free to use the workbook every day. Make sure you are calm and in a peaceful spot once you begin.

02

Strive to complete one worksheet daily. If you find that you need to elaborate further, include a blank sheet to expand on your thoughts and feelings.

03

If you encounter something triggering, take a moment to sit and acknowledge your emotions. Allow yourself to go through this process naturally. The key is to comprehend your inner self, elevate your energy, and manifest positively.

I MISSED *a day*

So what happens if you miss a day? Absolutely nothing. It's important to let go of what has already happened. It's not a big deal! We all need to take a breather sometimes. Allow room for flexibility and practice self-compassion. This workbook aspires to work with you and help you, not hurt you. Do not beat yourself for not being able to commit for a while.

This workbook is not going anywhere! It will always be with you to restart your journey. Journaling, self-development, and manifestation are all activities aimed at supporting and empowering you, not penalizing you.

- ♥ Use your missed day as a day of rest.
- ♥ Do an extra page once you resume (if you like).
- ♥ Do not beat yourself up about it, instead look forward to what is ahead.
- ♥ Set an alarm every day for your dedicated time.

A Promise To Myself

I _____ hereby agree that I will not be hard on myself if I miss a day's entry. I will try my best to pick up where I left off.

Signature

Date

CONTENTS.

PHASE ONE

Self-Evaluation

Self-evaluation is vital for manifestation, requiring introspection and honest assessment of one's thoughts, beliefs, and actions.

01

PHASE TWO

Values & Vision

Values and vision are crucial for manifestation, guiding desires into reality.

55

PHASE THREE

Goal Setting

Establishing goals is essential for manifestation, offering clarity and motivation to transform aspirations into concrete results by harmonizing goals with values and vision.

70

PHASE FOUR

Facing fears & Limiting Beliefs

Overcoming fears and limiting beliefs is essential for successful manifestation as they can hinder achieving desires.

83

PHASE FIVE

Cultivating Self-Love & Self-Care

Prioritizing self-love and self-care is key for successful manifestation by creating a positive foundation for realizing your desires.

96

CONTENTS.

PHASE SIX

Manifestation Techniques

Manifestation techniques are tools that help individuals attract and achieve their goals by aligning thoughts, emotions, and actions with their aspirations.

118

PHASE SEVEN

Practicing Gratitude

Gratitude is key in manifestation, transforming mindset and attracting positivity.

170

PHASE EIGHT

Turning Envy Into Inspiration

Transform envy into inspiration to drive you towards your goals in the manifestation process.

178

PHASE NINE

Trust & Surrender

Trust and surrender are crucial in manifestation, aiding individuals in aligning intentions with the universe for easier manifestation.

184

PHASE TEN

Trust & Letting Go

Trusting the universe means believing in a higher intelligence guiding life according to a greater plan.

190

CONTENTS.

RESOURCES

Self Help & Guidance Tools

197

This section contains a few resources and information that will help you on this journey.

Affirmations & Honouring Yourself ————— 198

Tips to Practice Affirmations ————— 202

How to use Affirmations ————— 203

How to do a Body Scan ————— 206

Breathing Techniques ————— 207

Universal Laws of Manifestation ————— 209

Your thoughts shape your reality. Your emotions draw in what comes your way. Your visions manifest into existence. May all your ambitions come to fruition in this lifetime. I wish for everyone using this workbook to feel revitalized and abundant!

Happy Manifesting!

PHASE

01

Phase One

SELF-EVALUATION

Self-evaluation plays a crucial role in the process of manifestation. It involves introspection and honest assessment of one's thoughts, beliefs, and actions.



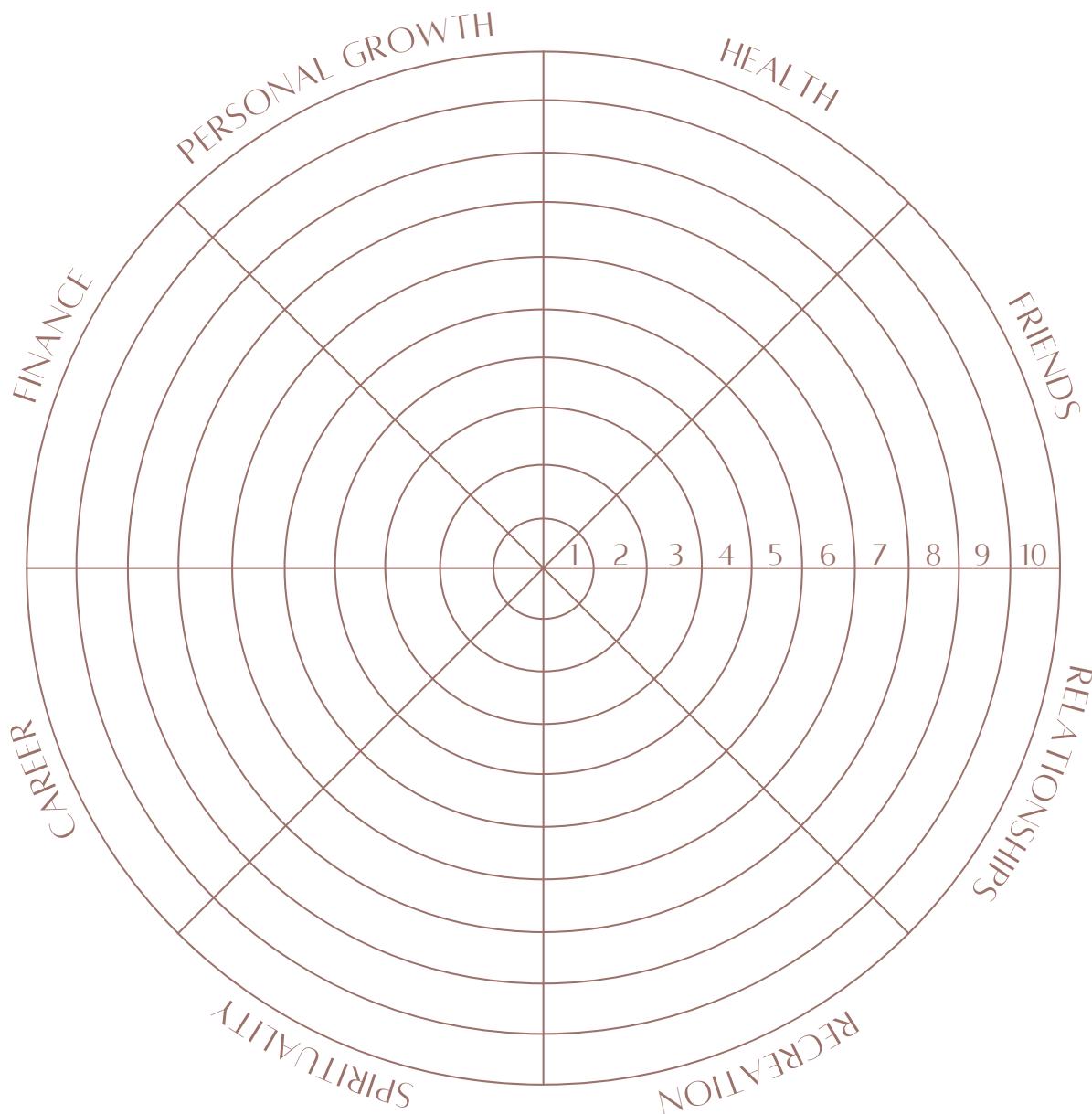
ONE

WHEEL OF LIFE

Worksheet

Take a moment to review the different segments of the wheel. Each segment represents a key area of your life, such as career, finances, health, relationships, personal growth, and more.

Date: _____



WHEEL OF LIFE

Career

How satisfied are you with your current career path?

Are you utilizing your skills and talents in your work?

Do you feel fulfilled by your career choices?

WHEEL OF LIFE

finances

How would you rate your financial stability and security?

Are you satisfied with your current financial situation?

What steps can you take to improve your financial well-being?

WHEEL OF LIFE

Health

How would you rate your overall physical health?

Are you satisfied with your current health habits and routines?

What changes can you make to improve your health and well-being?

WHEEL OF LIFE

Family & Relationships

How satisfied are you with your relationships with family members?

Are your relationships with friends and family supportive and fulfilling?

What actions can you take to improve your relationships?

WHEEL OF LIFE

Personal Growth

Are you satisfied with your personal growth and development?

Do you feel like you're learning and growing as a person?

What areas of personal growth are important for you to focus on?

WHEEL OF LIFE

Recreation & Leisure

How do you currently spend your leisure time?

Are you satisfied with the balance between work and leisure in your life?

What activities bring you joy and relaxation?

WHEEL OF LIFE



Spirituality

How important is spirituality or a sense of purpose in your life?

Are you satisfied with your current spiritual practices or beliefs?

How can you nurture your spiritual well-being?

WHEEL OF LIFE

Giving Back

Do you feel a sense of purpose or fulfilment through giving back to others?

Are you satisfied with your level of contribution to your community?

How can you increase your impact through giving back?

WHEEL OF LIFE

Environment

How satisfied are you with your living environment?

Are you satisfied with your level of contribution to your community?

How can you increase your impact through giving back?

WHEEL OF LIFE

Overall Life Satisfaction

On a scale of 1 to 10, how satisfied are you with your overall life?

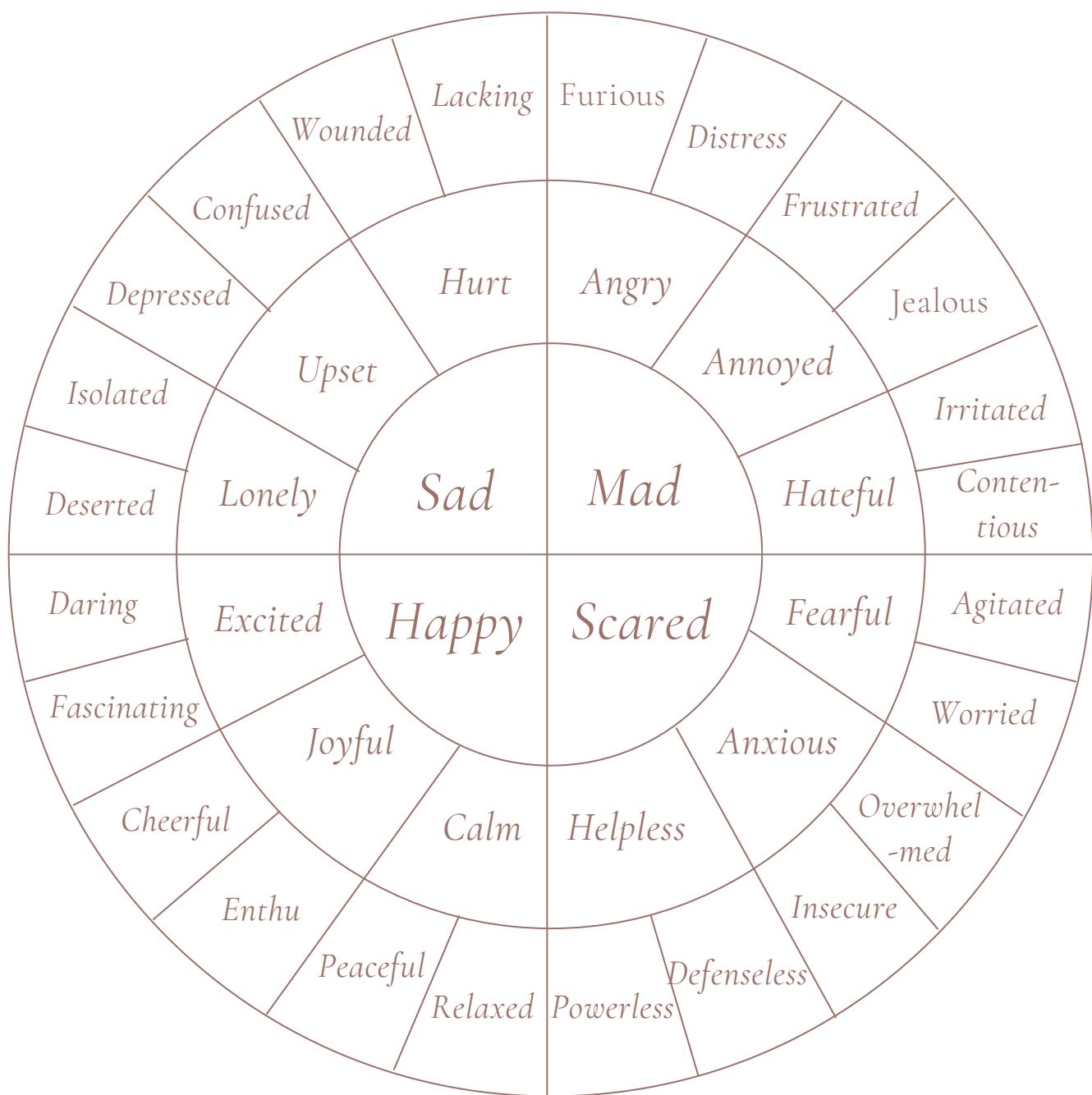
What areas of your life are contributing most to your overall satisfaction?

What steps can you take to increase your overall life satisfaction?

THE FEEL WHEEL

Worksheet

Use the feelings wheel below to identify your emotions and highlight how you feel. In the next part of this assignment, you will be able to understand your emotional space along with your triggers.



THE FEEL WHEEL

Worksheet

01 *What are the recurring emotions that you're constantly feeling?*

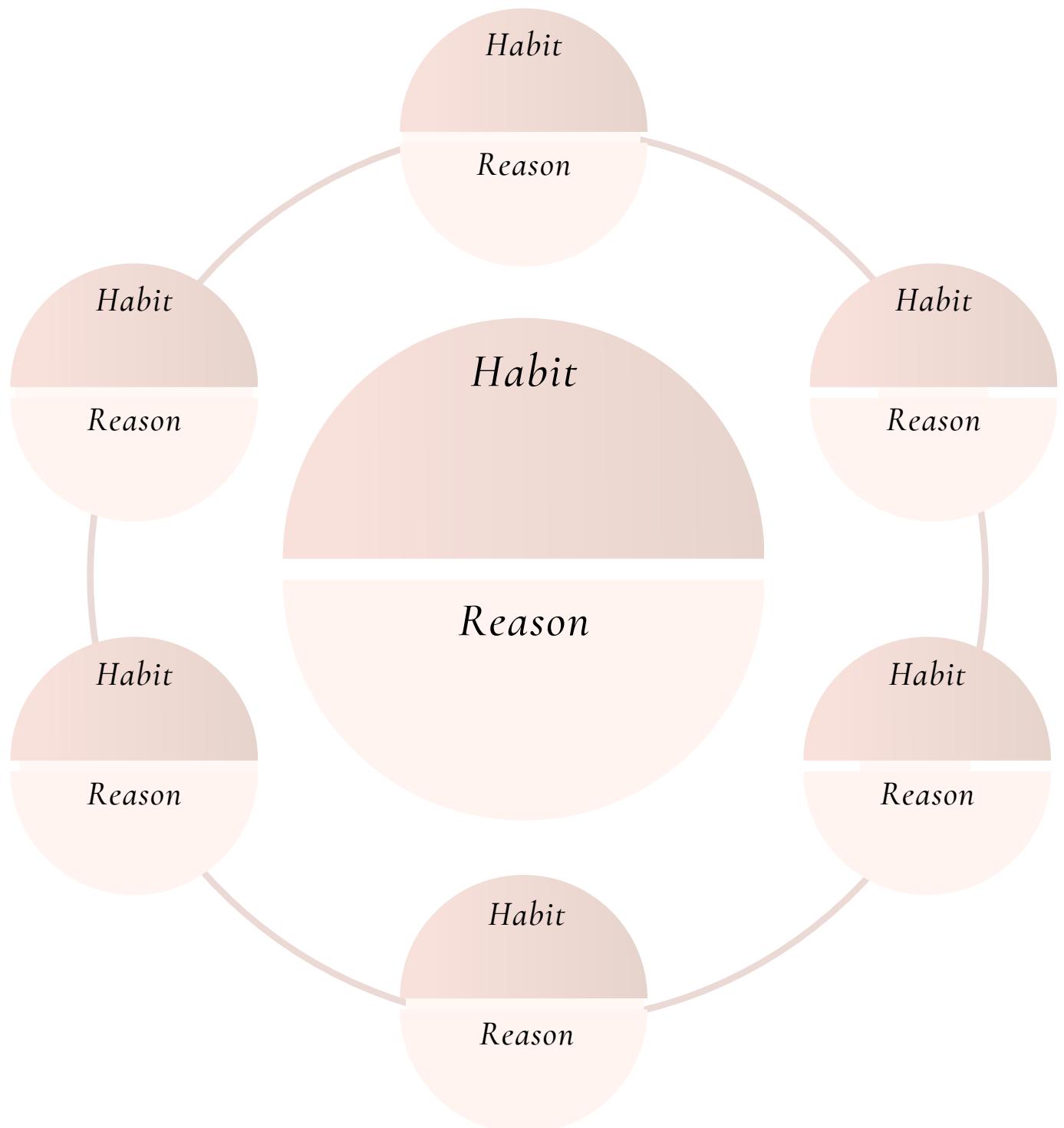
02 *What are the main triggers for these emotions?*

03 *How are these emotions beneficial for you and how are they holding you back?*

B A D H A B I T S

to leave behind

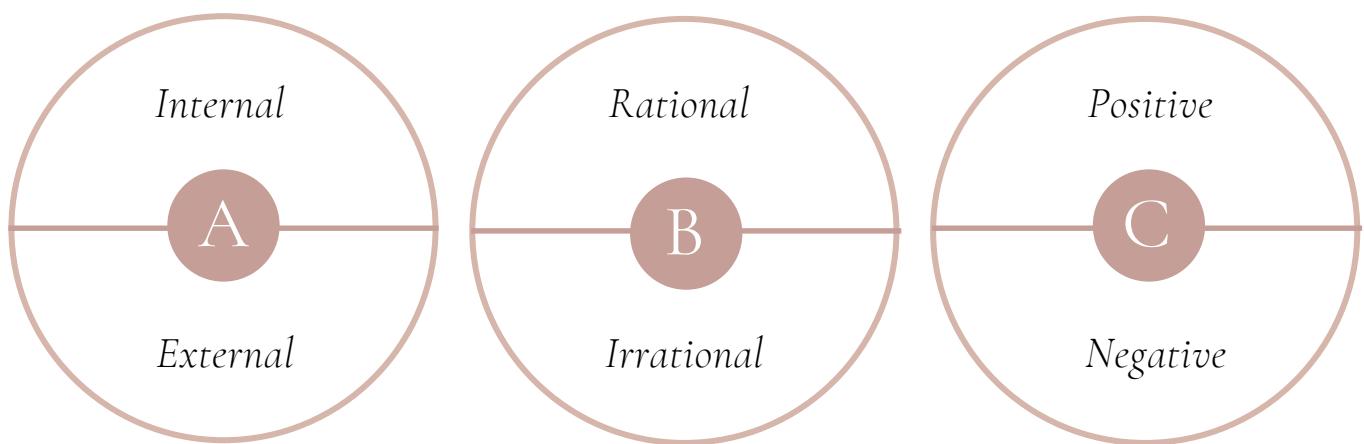
Identify all the habits that you want to leave behind and then write about why you need to leave this habit behind and how it holds you back from achieving your full potential.



A B C M O D E L

Worksheet

The ABC Model worksheet can be used to identify the triggers for a behaviour by monitoring environmental (e.g. location, company, time of day, visual & auditory stimuli) and internal circumstances (e.g. emotions, body states, thoughts, memories) which occur before the behaviour.



<p><i>Activating Agent</i> Describe events preceding your actions/thoughts</p> <div style="height: 400px;"></div>	<p><i>Beliefs & Behaviours</i> What actions did you take?</p> <div style="height: 400px;"></div>	<p><i>Consequences</i> Describe the positive and negative consequences</p> <div style="height: 400px;"></div>
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OVERCOME YOUR Weakness Part One

Read the 5 Weaknesses-Zapping Strategies below, then identify at least one strategy and action for each weakness.

- Lower your standards. Stop expecting so much of yourself.
- Design a support system that helps you manage your weaknesses.
- Overwhelm the weakness. Be good at something else.
- Find a partner. Think of someone who loves doing what you don't and you love doing what they don't - and swap.
- Stop doing it! Why try so hard at something you're not good at?

My Weaknesses	My Strategies & Actions
	<p>Strategies :</p> <p>Actions :</p>
	<p>Strategies :</p> <p>Actions :</p>
	<p>Strategies :</p> <p>Actions :</p>

OVERCOME YOUR *Weakness Part Two*

What am I feeling right now?

Answer with one-word nouns or short sentences. Keep asking yourself the same question over and over. Continue to write different answers in each space.

My Personal Values

Make a list of things that are most important to you then rank these in order from the most important to the least important.

My Values

UNDERSTANDING

Youself

Do your personal SWOT analysis. Use the results to recognize your unique skills, strength, and talents. Plan strategies to manage your weaknesses and take advantage of any opportunities!

Strengths

- *What do you do well?*

Weaknesses

- *What could you do better?*

- *What do others see as your strengths?*

- *What do others likely see as your weaknesses?*

Opportunities

- *What are the opportunities?*

Threats

- *What obstacles do you have?*

- *Which strengths could you turn into opportunities?*

- *What trends and threats could harm you?*

T A K E S T O C K &

Take Action

1. *Tolerances* (What are you putting up with at the moment?)

2. *Shoulds* (What do you think you should be doing right now?)

3. *Frustrations* (What things are frustrating you?)

4. *Desires* (What do you really want right now?)

5. *Feelings* (How do you currently feel and want to feel?)

Review your answers above, then imagine and write down what you will do to address each learning within the next week:

1st Key Observation _____

Action 1 _____

2nd Key Observation _____

Action 2 _____

HOW TO ESCAPE *your Comfort Zone*

Date: _____

Why do you avoid going out of your comfort zone? What are your biggest fears about the things that are out of your comfort zone?

How can you reframe/overcome the fears and obstacles you outlined in the previous question?

What new things can you try to solve your problems/achieve your goals?

What kind of things will you be missing out on if you only stay in your comfort & fear zone? How will your life look like in 1/3/10 years' time?

How will your life look like in 1/3/10 years' time when you decide to venture out in the learning and growth zone?

K N O W

yourself

Read the prompts below and think about the first thing that comes to mind. Fill your answers out in the blank boxes.

I am a human being that...

LOVES	
WANTS TO	
IS DRIVEN BY	
IS INSPIRED BY	
HAS A HABIT OF	
IS HAPPIEST WHEN	
BELIEVES IN	
WOULD GIVE	
WILL ONE DAY	
HAS THE GOAL OF	
WHO NOTICES	
IS AFRAID OF	

RATING YOUR *Abilities*

Look at the life areas below and rate yourself between 1-10 with how self-aware and confident you are in each category.

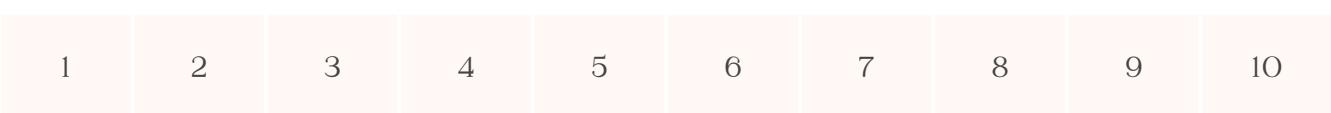
BELIEF IN YOURSELF



Lowest

Highest

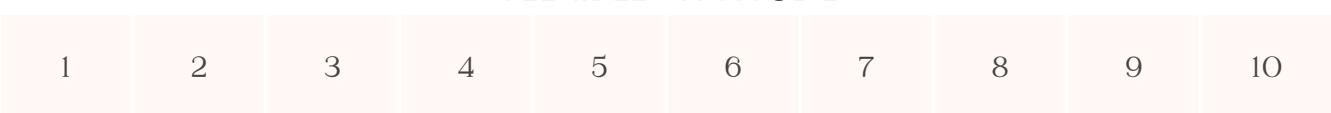
ABILITY TO BE POSITIVE



Lowest

Highest

FLEXIBLE ATTITUDE



Lowest

Highest

DECISION MAKING



Lowest

Highest

ABILITY TO STICK TO GOALS



Lowest

Highest

THOUGHT

Awareness

Observe your stream of consciousness as you think about a stressful situation. Do not suppress any thoughts. Let them run their course while you watch them, and write them down as they occur.

Negative
Thoughts

The next step is to rationally challenge the negative thoughts. Look at every thought you wrote down and ask yourself whether the thought is reasonable.

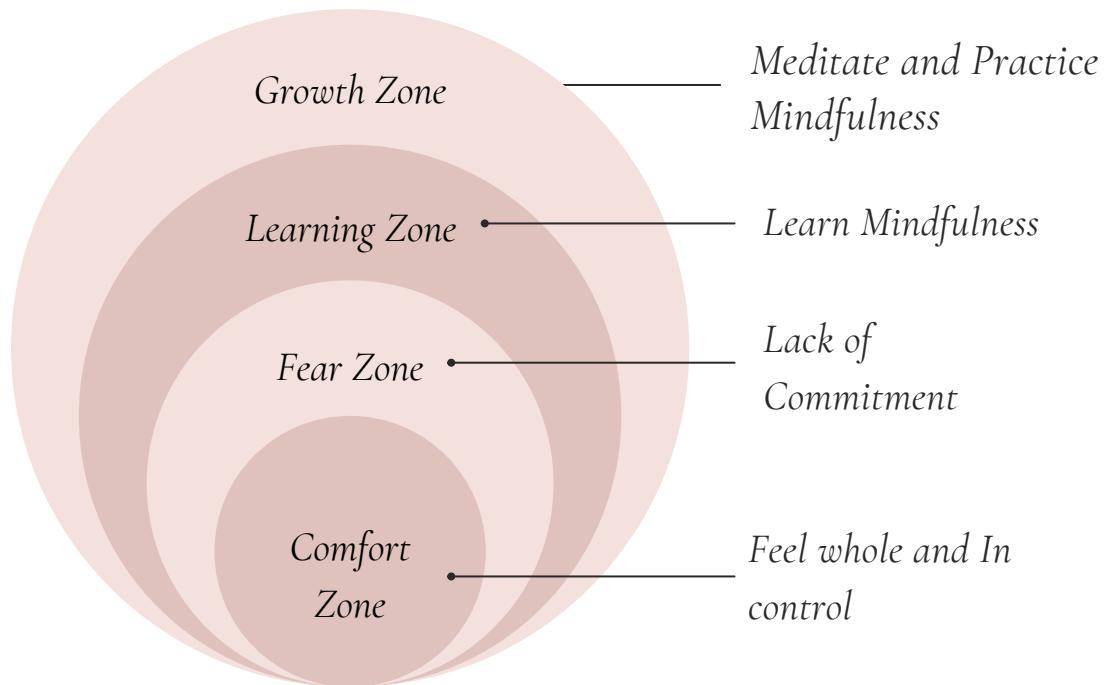
Rational
Thoughts

Use rational, positive thoughts and affirmations to counter negative thinking. See if there are any opportunities that are offered by it.

Positive
Thoughts

GROWTH ZONES

of mindfulness



Rate yourself and describe where you are in your journey in the aforementioned parameters

Meditate and Practice Mindfulness

1	2	3	4	5	6	7	8	9	10
Not very					Extremely				

Learning Mindfulness

1	2	3	4	5	6	7	8	9	10
Not very					Extremely				

Lack of Commitment

1	2	3	4	5	6	7	8	9	10
Not very					Extremely				

Feel whole and In control

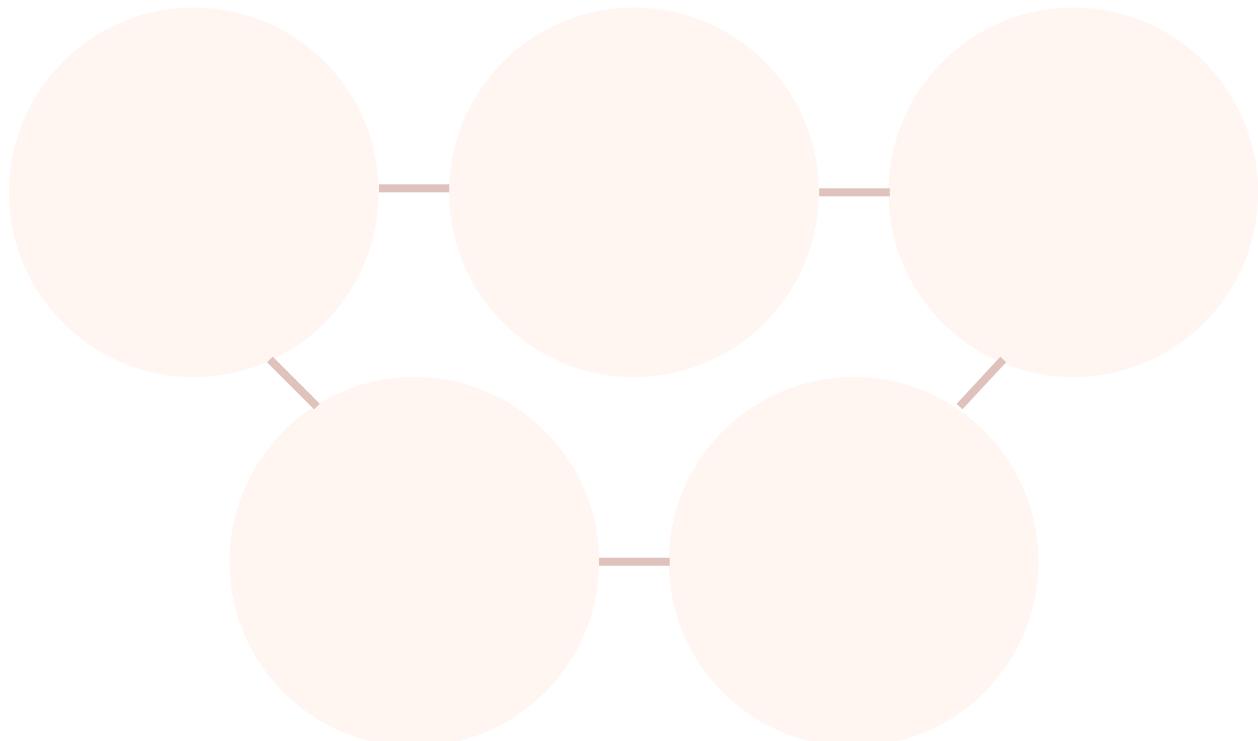
1	2	3	4	5	6	7	8	9	10
Not very					Extremely				

SELF - REFLECTION

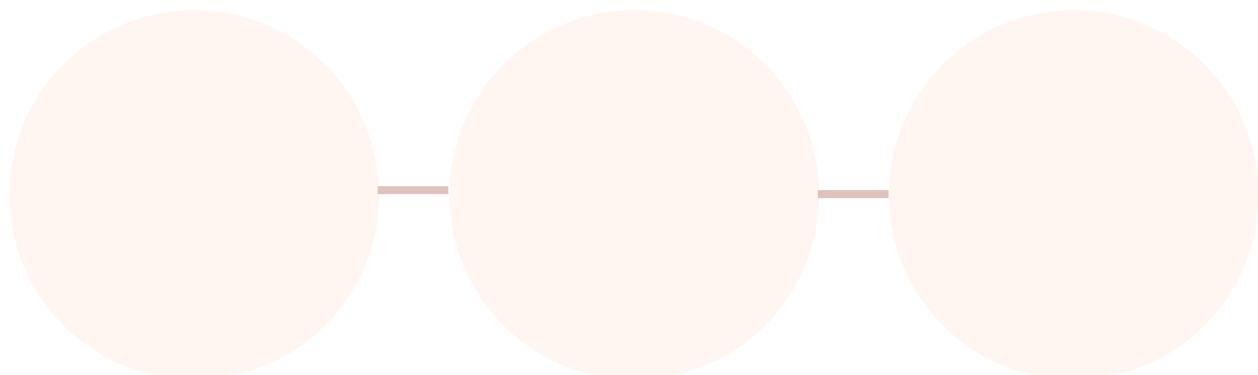
of mindfulness part one

Do you know what's crucial to becoming your mastermind? Knowing yourself like the back of your hand! Carving out a little time for some self-reflection could be the key to unlocking your full potential. So, let's get down to business! Grab a pen and get ready to explore who you are with this thought-provoking worksheet.

What are my 5 strengths?



What are 3 of my weaknesses?

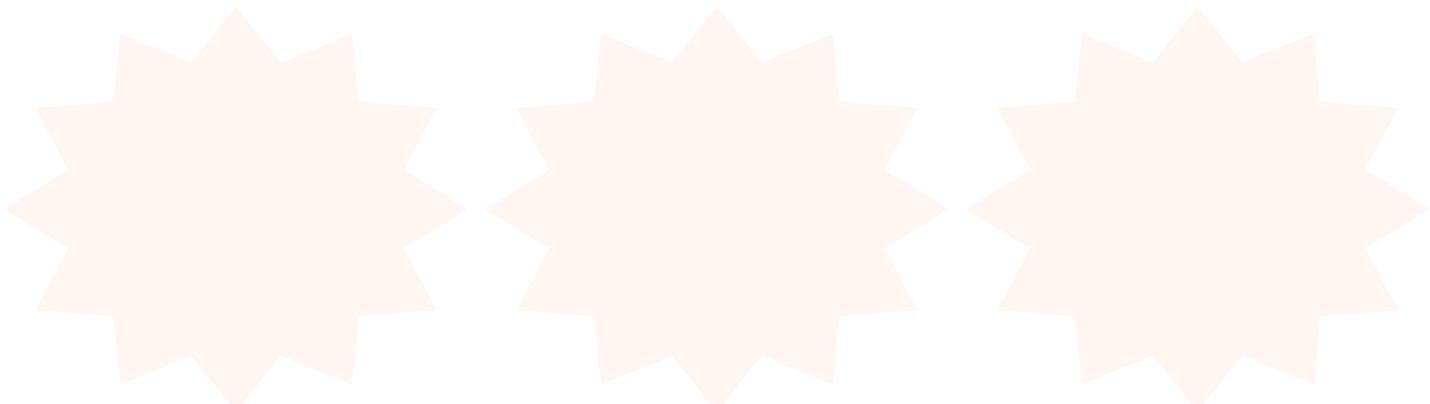


SELF - REFLECTION

of mindfulness part two

My favourite part about myself is...

3 things that make me happy are...



I am comfortable when...

I am talented at...

SELF - REFLECTION

of mindfulness part three

In this phase of the self-reflection worksheet, let's take a deep dive into what truly drives you and makes you who you are.

What are the 4 most important things in your life?

01

02

03

04

What are 4 things you are most proud of?

01

02

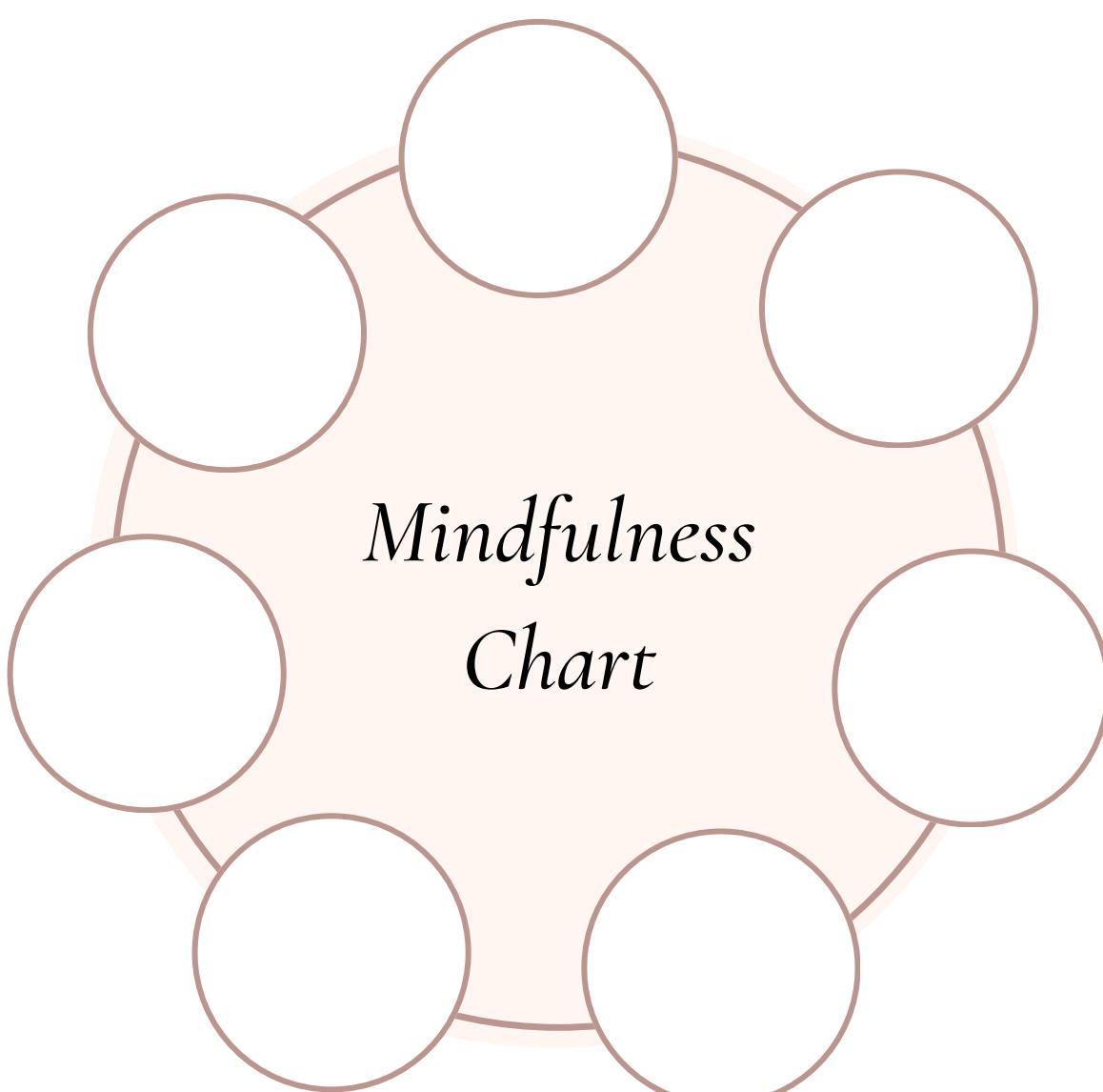
03

04

Reflect back on this worksheet and be proud of who you are.

CREATE YOUR *mindfulness chart*

Mindfulness is the practice of being aware of the present moment, acknowledging and accepting one's feelings, thoughts, and bodily sensations without judgment. It cultivates awareness, clarity, and emotional balance through paying attention to the present moment with openness, curiosity, and a willingness to experience things as they are. It can be done through meditation or daily activities. It's time to fill in your mindfulness chart! Fill in the blank spaces with practices and activities that ground you.

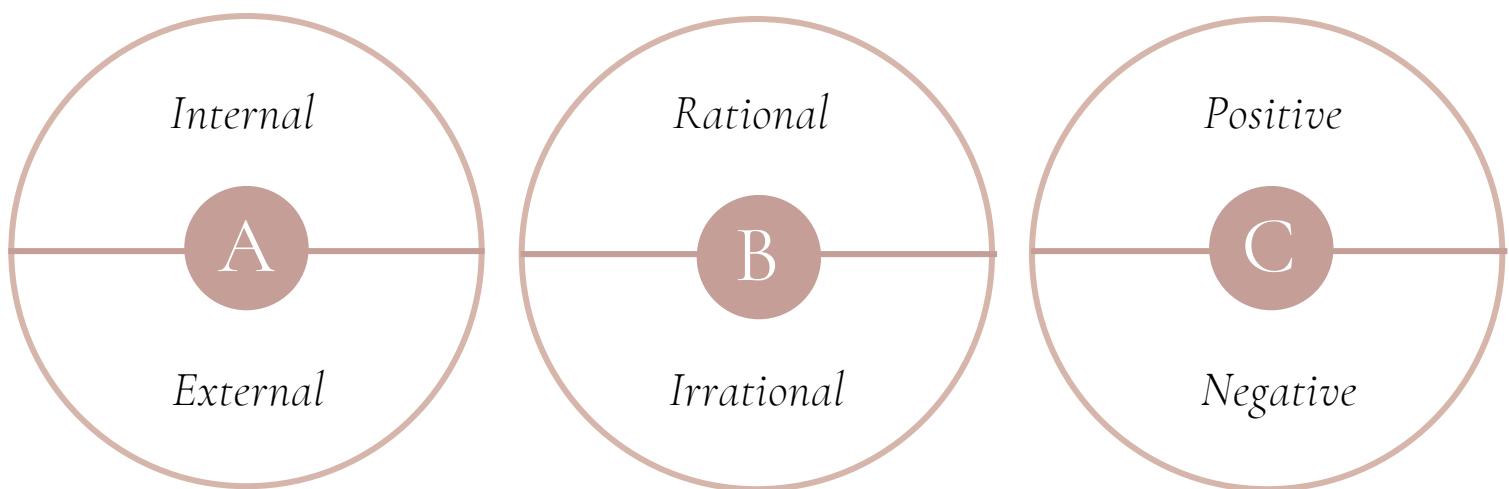


*Mindfulness
Chart*

A B C M O D E L

worksheet

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Activating Agent

Describe events preceding your actions/thoughts

Beliefs & Behaviours

What actions did you take?

Consequences

Describe the positive and negative consequences

C O G N I T I V E

restructuring

Situation

Automatic Thoughts

List the ATs you have and mentioned how strongly you believe in them on a scale of 1-10

Thinking Errors

Place the code after AT

ANT: All-or-nothing thinking

FTC: Fortune Telling/
Catastrophizing

DP: Disqualifying the positive

ER: Emotional Reasoning

L: Labelling

MR: Mind Reading

SS: Should Statements

UUT: Unproductive and Unhelpful
Thoughts

Emotions you feel while as you think of these

- | | | | |
|---------------------------------------|---------------------------------|-----------------------------|-------------------------------|
| <input type="radio"/> Anxious/Nervous | <input type="radio"/> Irritated | <input type="radio"/> Sad | <input type="radio"/> Hateful |
| <input type="radio"/> Frustrated | <input type="radio"/> Ashamed | <input type="radio"/> Angry | <input type="radio"/> Annoyed |

Other:

Use disputing questions to challenge ATs

Anxious Thought	Anxious Self	Coping Self	Anxious Self

DRAW YOUR *thoughts*

This worksheet is a creative exercise that can help individuals explore and express their thoughts, feelings, and experiences in a visual format. This activity is often used in therapy to encourage self-reflection, emotional processing, and communication.



PROTECTIVE factors part one

Protective factors contribute to mental health and resilience. Factors like relationships and coping skills help overcome challenges. While some factors are uncontrollable (e.g., genetics), many can be managed, such as choosing relationships and coping strategies. Focusing on controllable factors enhances coping abilities.

My Protective Factors

Social Support

- Ability to talk about problems
- Asking people for practical help
- Feelings of love, intimacy, or friendship



Coping Skills

- Managing emotions healthily and understanding their influence on behavior



Physical Health

- Exercise or physical activity
- Balanced and healthy diet
- Medical compliance



Sense of Purpose

- Meaningful involvement in work, education, or other roles
- Understanding of personal values



Self-Esteem

- The belief that one's self has value acceptance of personal flaws, weaknesses, and mistakes



Healthy Thinking

- Avoid dwelling on mistakes, flaws, or problems. Evaluate personal strengths and weaknesses objectively.



PROTECTIVE factors part one

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Healthy Thinking

- Avoid dwelling on mistakes, flaws, or problems. Evaluate personal strengths and weaknesses objectively.



PROTECTIVE *factors part two*

Refer to the protective factors on the previous page to answer the following:

Which protective factor has been the most valuable to you during difficult times?

How have you used this protective factor to your advantage in the past?

01

02

03

What are two protective factors that you would like to improve?

01

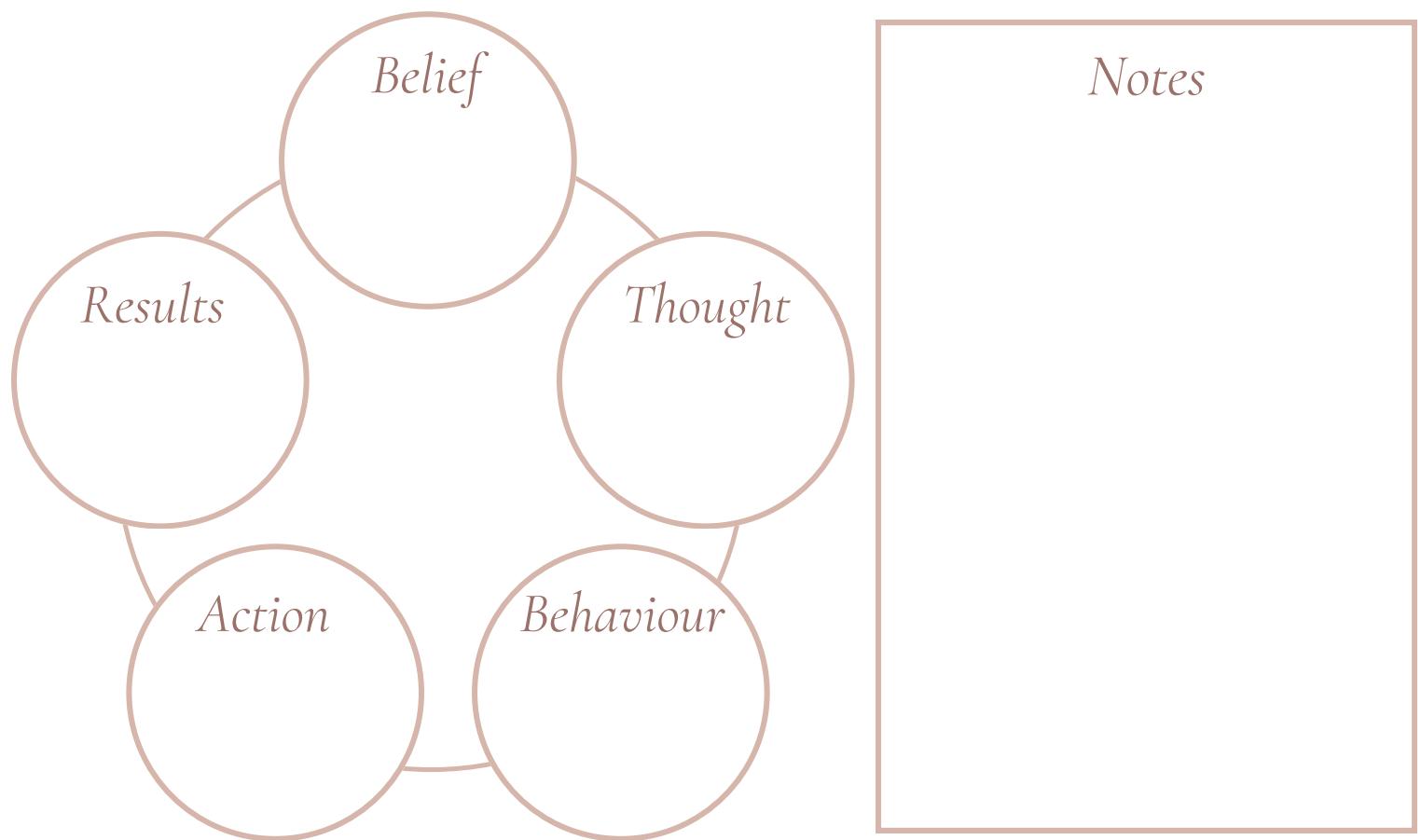
02

*List specific steps or actions
that might help to make your goals a reality.*

BELIEF – RESULTS

cycle worksheet

The Belief Cycle is a feedback loop between belief, potential, action and results. The cycle dictates that the results you achieve are in direct proportion to the action you take. The actions that you take is determined by the belief you have in your own potential.



What steps will you take to get rid of this negative loop? How can you reinforce positive beliefs, thoughts, behaviours, actions and results?

NIGHTLY RESET

worksheet

Re-Center

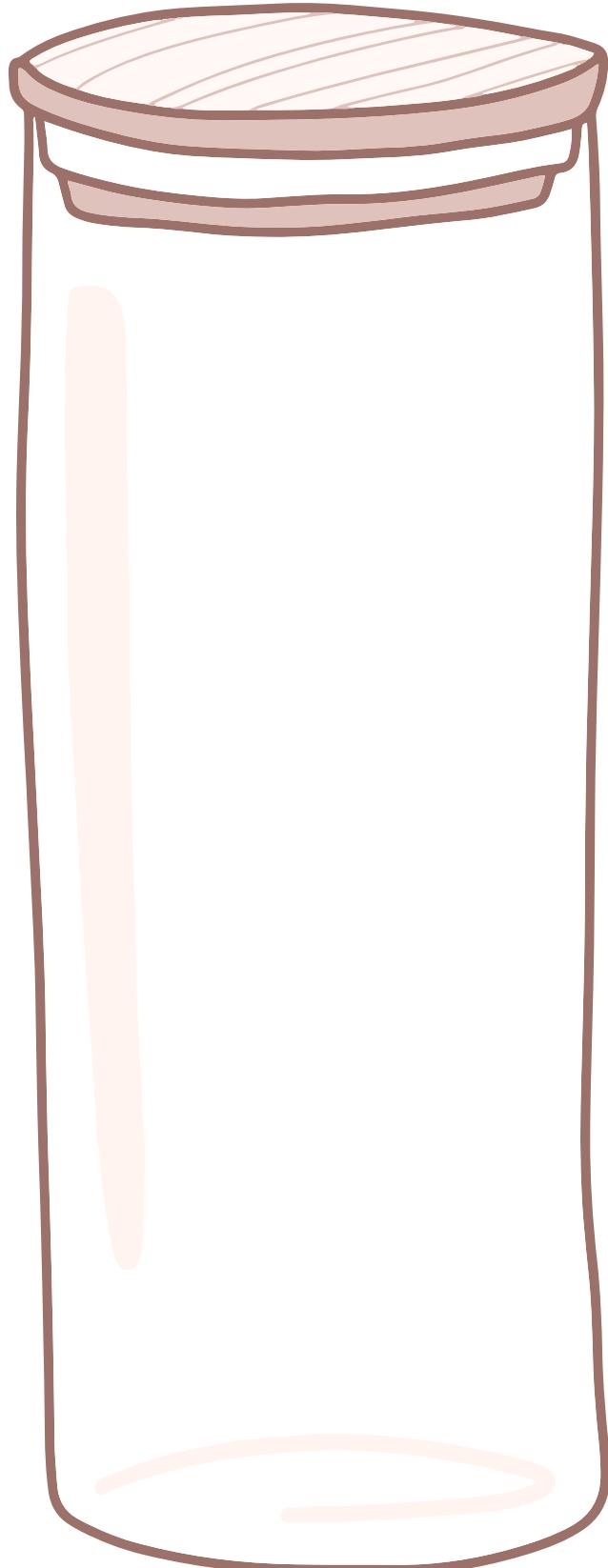
- Take several deep breaths calmly and visualise positivity as you breathe
- Close your eyes and enjoy the stillness & silence in this moment
- Visualise your dreams and aspirations whilst feeling positive

Three awesome things
that happened today

Were there any
blocks that came up today?

Is there anything I would like to do differently tomorrow?
How do I want to feel tomorrow?

W O R R Y

jar

Write down all the worries you have and all the things that cause you anxiety and stress. After this, contemplate what triggers your anxiety. and how you can learn to deal with it better.

Possible Solutions

01

02

03

04

05

06

07

08

09

10

11

SELF-MASTER Y

worksheet

<i>I wish I could...</i>	<i>I wish I had...</i>
<i>I wish I could regularly...</i>	<i>I wish I had...</i>
<i>I think my biggest obstacles are...</i>	<i>I think my life should be about....</i>

SELF – DISCOVERY

worksheet

The first step to success is to understand yourself; what motivates you and what fulfils you in life. Once you understand yourself and your motivations, you can learn to uncover what your calling is.

I feel most comfortable when...

I feel most stressed when...

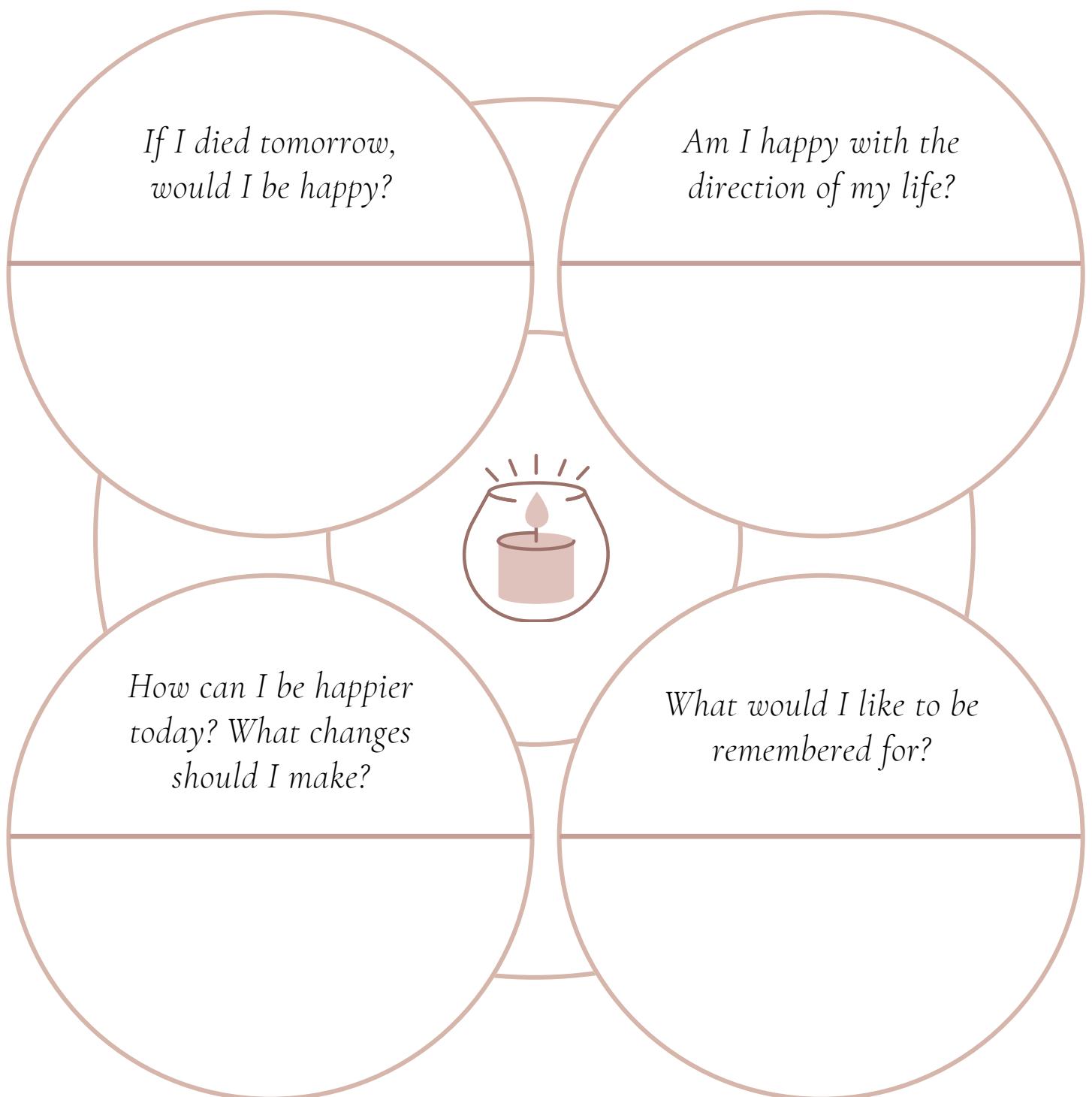
I can be my authentic self when...

One of my best memories when..

OBITUARY

worksheet

Writing your own obituary sounds like a grotesque task! However, doing this exercise puts a lot in perspective and helps us evaluate our choices in life, our emotions along with evaluating our present! Death is freedom but to attain this freedom, we need to be happy today and live our BEST life!



REFLECTIONS

worksheet

01

List 4 "I am..." statements that define you

02

List 4 "I am not..." statements that do not define you

03

What qualities do you admire about yourself?

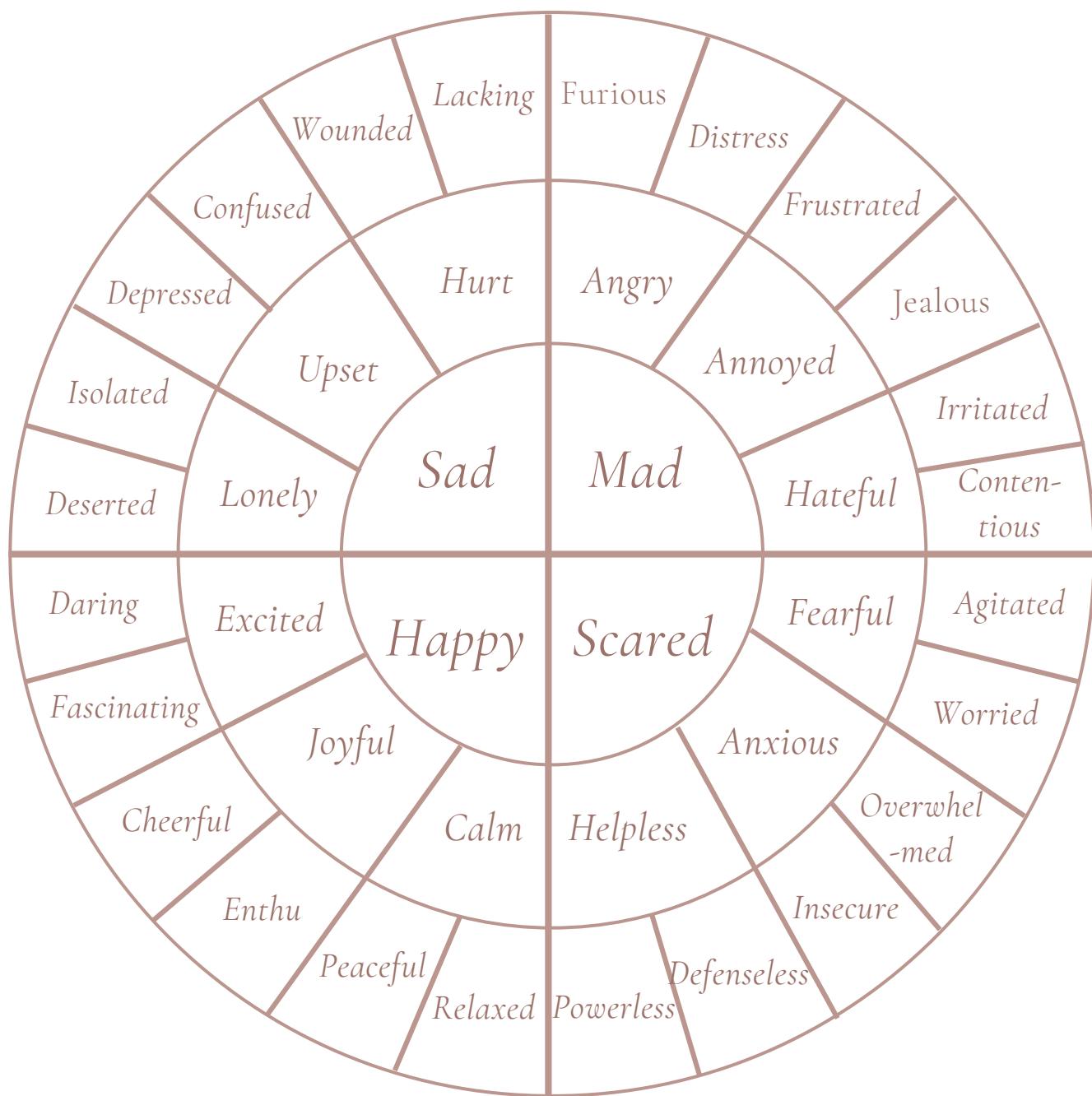
04

What 3 things would you like to change about yourself?

FEEL WHEEL

worksheet part one

Use the feelings wheel below to identify your emotions. In the next part of this assignment you will be able to understand your emotional space along with your triggers.



IDENTIFYING YOUR *current mindset*

Reflection is the first step in understanding where you currently stand. Here are a series of questions aimed at helping you identify your mindset:

① How do I react when I face a challenge in my personal or professional life? Do I tackle it head-on or shy away?

② Do I appreciate feedback and criticism, viewing them as chances to improve? Or do I become defensive and disheartened?

③ What are my beliefs about my abilities? Do I believe I can grow and change, or am I stuck with what I have?

F E E L W H E E L

worksheet part two

01 *What are the recurring emotions that you're constantly feeling?*

02 *What are the main triggers for these emotions?*

03 *How are these emotions beneficial for you and how are they holding you back?*

HARMONIOUS

life tracker

Observe your mood, emotions and feelings.
Record all of your observations below.

Date:

Emotions and feelings

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

joy																									
calmness																									
happiness																									
love																									
gratitude																									
love																									
Excitement																									
Serenity																									
Peace																									
Appreciation																									
Bliss																									

Physical state

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

sleep																									
physical activity																									
nutrition																									
body care																									
walk																									
happiness																									
creation																									
books																									

Reflections and goals

MORNING Mantra

I am capable, strong, and ready to take on the day.

Today, I choose joy, peace, and positivity in all I do.

I radiate confidence, love, and kindness in all interactions.

I am in control of my thoughts, emotions, and actions today.

I have everything I need to succeed within me.

I welcome positivity into my life today and always.

My mind is clear, my heart is open, and I am ready to embrace the day.

I am resilient, and I embrace challenges as opportunities for growth.

Choose or create a mantra that resonates deeply with you and reflects the mindset or attitude you wish to embody throughout your day. Repeat it to yourself as part of your morning routine, perhaps during meditation, while getting ready, or whenever it feels most effective for you. This repetition can help focus your mind and set a positive intention for the day ahead. Write your mantra below-

EMOTIONAL Frequency Worksheet

Your feelings can either be in the "high vibe" or "low vibe" zone. Dive into this worksheet daily to vibe-check yourself! Please refer to the chart below to identify your current mood. Kindly circle the emotions that resonate with you.

Notes

Unconditional Love

- Peace
- Joy
- Gratitude
- Kindness
- Enthusiasm
- Optimism
- Hope
- Confidence
- Contentment
- Indifference
- Apathy
- Annoyance
- Worry
- Anxiety
- Sadness
- Jealousy
- Anger
- Despair
- Guilt
- Hatred
- Fear

High-Vibe Emotions



Low-Vibe Emotions

BIG FIVE MODEL

Worksheet

The Big Five model, alternatively referred to as the Five-Factor Model (FFM), serves as a prevalent framework for comprehending personality. It posits the existence of five fundamental dimensions that encapsulate human personality traits. These dimensions include:

Openness to
Experience

Conscientiousness

Extraversion

Agreeableness

Neuroticism or
Emotional Stability

The results can provide insights into their personality profile, strengths, and areas for growth, offering a framework for self-awareness and personal development. This tool is widely used in psychology and counseling to understand and work with individual differences in personality.

Openness



Conscientiousness



Extraversion



Agreeableness



Neuroticism

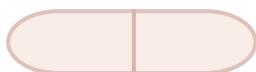


MY WELLNESS

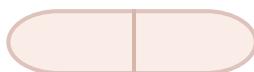
Rating Worksheet

Rate your self on a scale of 1-10 in the following aspects of your life :

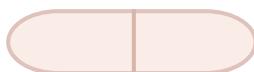
Physical



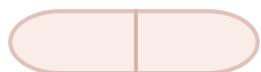
Mental



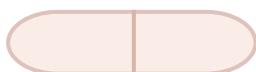
Home



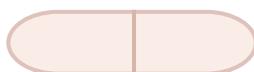
Relationships



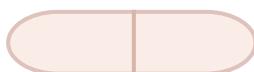
Spirituality



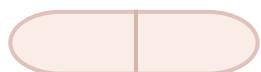
Recreation



Career



Finances



Which areas do you want to focus on improving?

When you envision fulfilment in these areas, what do you visualise?

What types of activities will make you feel more fulfilled?

What actions can you take in the next 3-6 months to improve these areas?

SELF-AWARENESS

Assessment

Look at the life areas below and rate yourself between 1-10 with how self-aware and confident you are in each category.

Belief in yourself



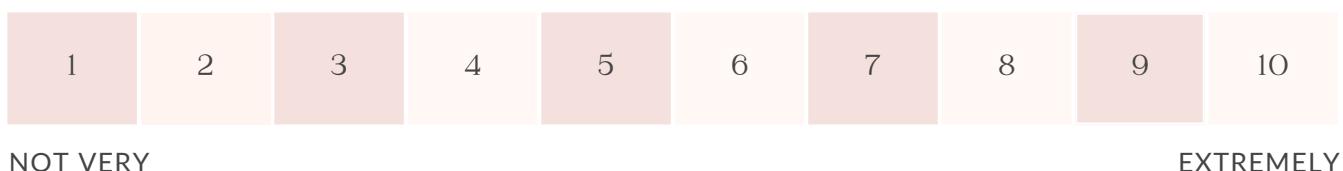
Ability to be positive



Flexible Attitude



Decision Making



Ability to stick to goals



MONEY BELIEFS

and behaviours part one

Money beliefs are beliefs or attitudes that individuals hold about money, wealth, and finances. These beliefs can be deeply ingrained and can significantly influence a person's financial behaviors and decisions. For each statement, identify the money-related beliefs you identify with.

When I have spare money, I tend to

Save

Spend

When making a purchase, I am

Debt-Averse

Debt-Willing

I prefer to spend money on

Possessions

Experiences

In relationships, I prefer finances to be

Separate

Joint

My spending habits are

Frugal

Lavish

I prefer spending money on

Myself

Others

Most of my purchases are

Planned

Spontaneous

MONEY BELIEFS

and behaviours part two

I view money as a source of

Stress

Enjoyment

When I think of my financial future, I am

Pessimistic

Optimistic

When I see others with more money, I feel

Envious

Hopeful

I view financial success as a result of

Hard Work

Luck

When I think about money, I focus on

Present

Future

I prefer spending money on

Myself

Others

Most of my purchases are

Planned

Spontaneous

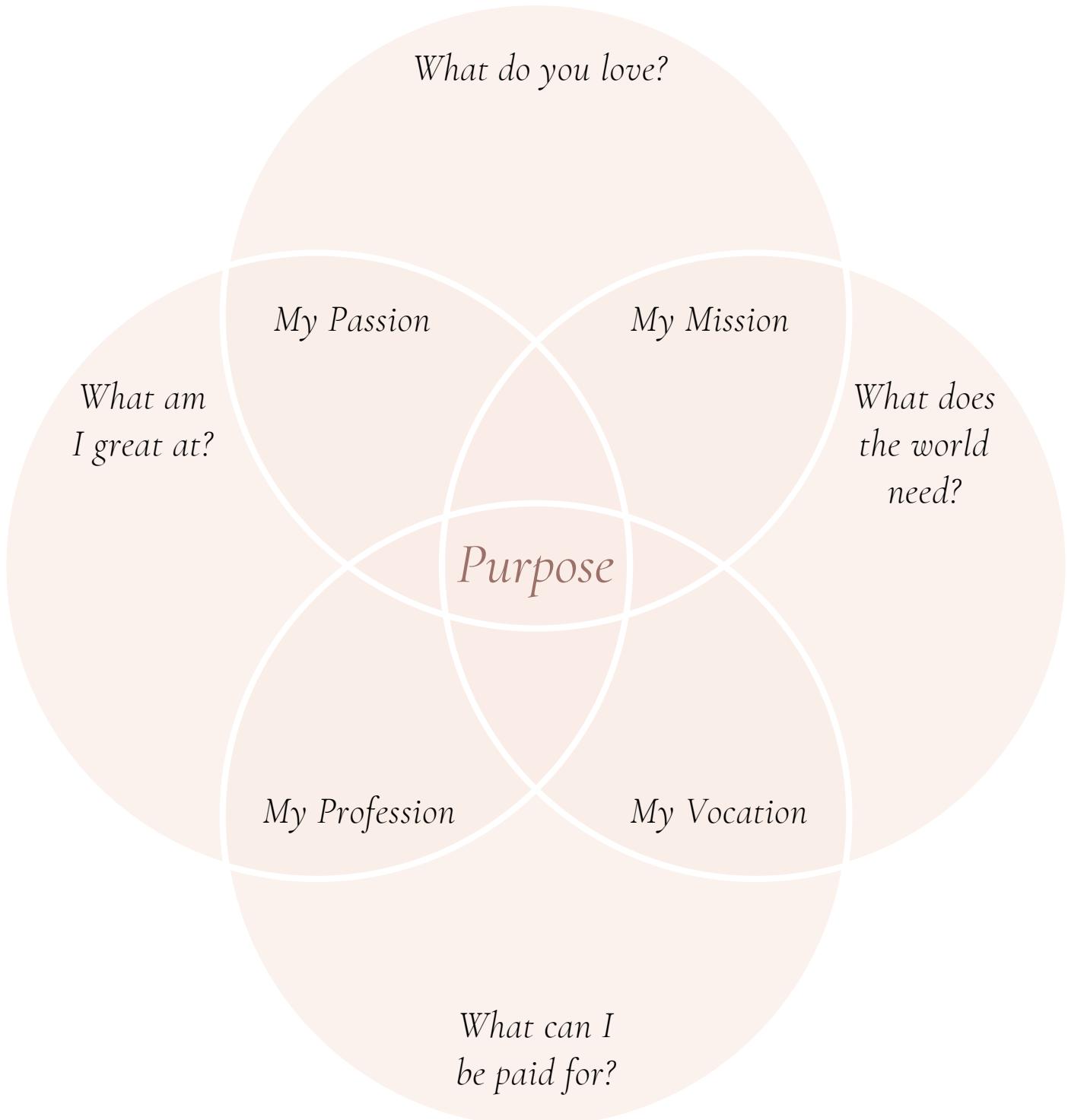
Growing up, money was

Scarce

Abundant

VENN DIAGRAM *of purpose*

The Purpose Venn Diagram provides us a starting point to reflect on if we might miss an aspect in our current (work) life and what that aspect could be. The Purpose Venn Diagram helps us to do create a more balanced work situation.



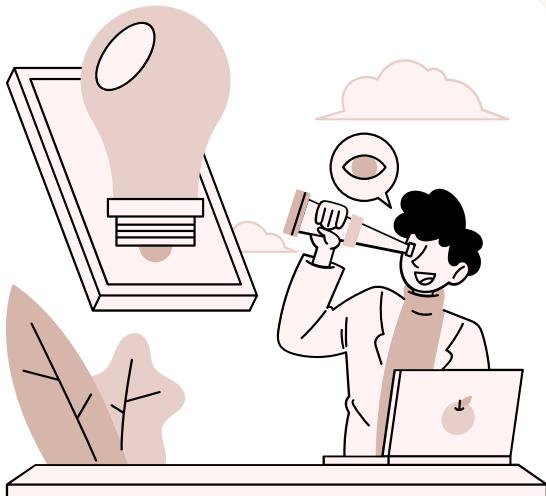
PHASE E

55

Phase Two

VALUES & VISION

Values and vision play a fundamental role in the process of manifestation, serving as guiding principles and a roadmap for turning desires into reality.



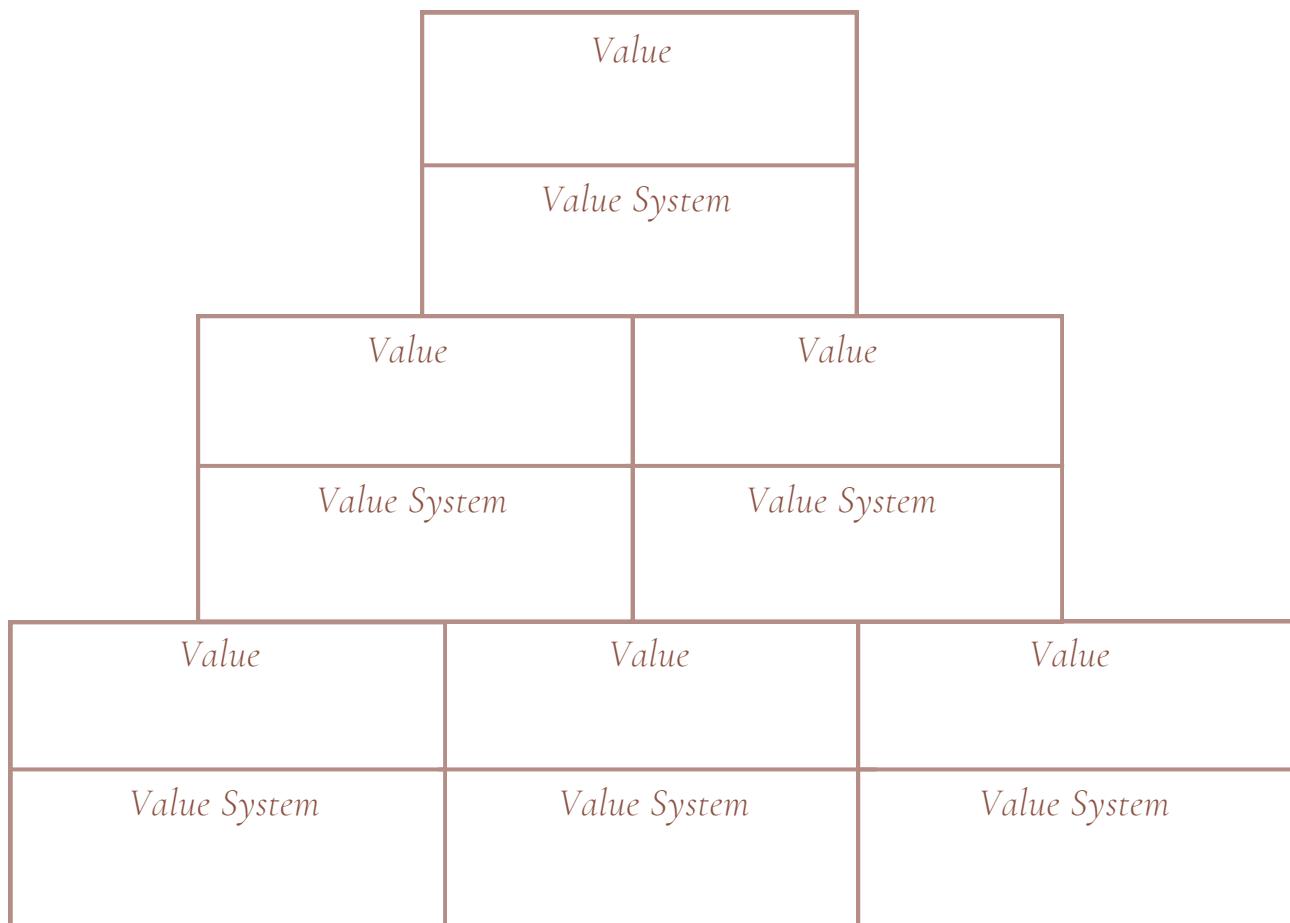
T W O

V A L U E S

Pyramid

Complete the pyramid below with values you identify with and group the values under physical, mental, spiritual, professional, financial, relations, & emotional.

Best describes me



Which values resonated with you the most and why?

What's one action you can take today to live this value fully?

PERSONAL *values bingo*

This bingo game is designed to help you identify the values which can be essential to you. Circle any of the values below that apply to you.

Justice

Careful

Honesty

Fairness

Merit

Optimism

Mastery

Ambitious

Insight

Clarity

Ability

Wisdom

Grace

Integrity

Resilient

Loyalty

Humility

Efficient

Power

Respect

Control

Ethics

Empathy

Fluency

Balance

MY CORE

Values

Below is a list of common core values. Go over the list to identify which values are important to you!

<i>Integrity</i>	<i>Accountability</i>	<i>Creativity</i>
<i>Honesty</i>	<i>Trustworthiness</i>	<i>Open-mindedness</i>
<i>Respect</i>	<i>Authenticity</i>	<i>Curiosity</i>
<i>Responsibility</i>	<i>Gratitude</i>	<i>Flexibility</i>
<i>Empathy</i>	<i>Perseverance</i>	<i>Adaptability</i>
<i>Kindness</i>	<i>Diligence</i>	<i>Generosity</i>
<i>Compassion</i>	<i>Patience</i>	<i>Loyalty</i>
<i>Fairness</i>	<i>Humility</i>	<i>Optimism</i>
<i>Justice</i>	<i>Courage</i>	<i>Wisdom</i>

From the list above, encircle the core values you identify with the most. Next, write your top 10 core values in the blank space below!

EXPLORING

Your Values

Personal values are important because they are the foundation for our beliefs, attitudes, and behaviors. They guide our decision-making process and help us determine what is essential and meaningful. Values are often passed down through family and society so it's important to explore these as well!

<i>My mother's values</i>	<i>My father's values</i>

<i>Values of someone I respect</i>	<i>Society's values</i>

<i>Values I'd like to live by</i>	<i>Values I actually live by</i>

NARROW DOWN

Your Values

Defining your core values can help make those tough decisions in life, no matter how big or small. It can also provide clarity on your goals and intentions.

Choose up to six values from the list below that best resonate with you, then highlight them in the boxes below (try not to exceed six so you can focus on what truly matters).

*Love
Kindness
Fun
Playfulness
Integrity
Purpose
Ambition
Individuality
Enjoyment
Community*

*Courage
Beauty
Simplicity
Achievement
Learning
Discipline
Vision
Respectfulness
Flexibility
Equality*

*Humility
Expression
Persistence
Generosity
Lightness
Honesty
Compassion
Service
Creativity
Optimism*

(1)

(4)

(2)

(5)

(3)

(6)

VISION BOARD

Worksheet

A vision board is a powerful tool for manifesting your dreams and desires. It's a visual representation of your goals and aspirations, designed to inspire and motivate you towards achieving them. By creating a vision board, you are putting your intentions out into the universe and focusing your energy on what you truly want in life.

Physical

Stuff I want to try

Mental

Things to try

Spiritual

My dreams

MY LIFE'S VISION

Worksheet

Please respond to each prompt with your vision statement. It is essential to offer clear and thoughtful reflections on each cue.

Who do you want to be?

What do you want to do?

*What characteristics do you want
to be known for?*

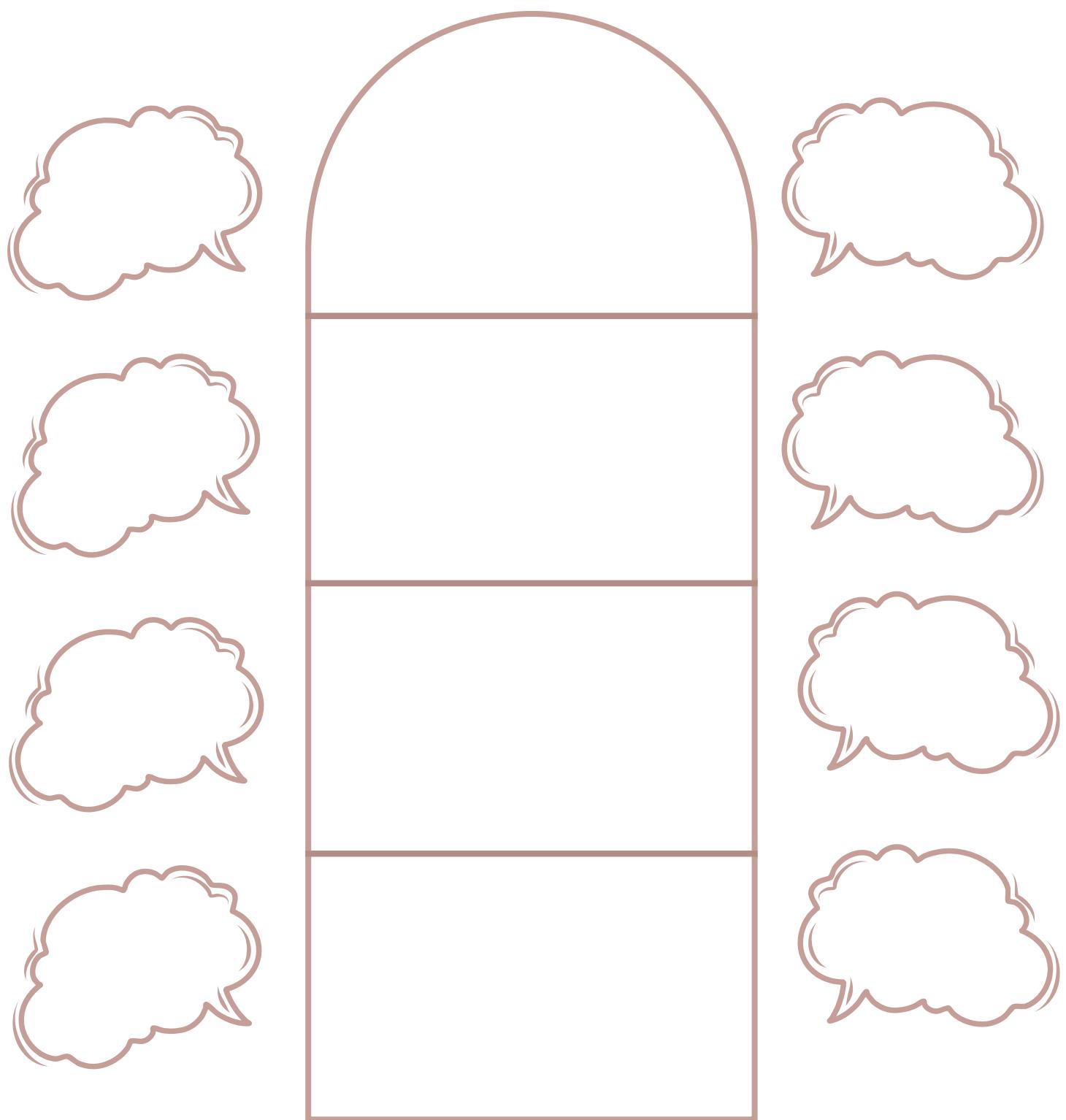
*What skills do you want to
cultivate?*

*What do you truly enjoy doing
without worrying about money?*

My Life's Vision

VISIONS & *affirmations*

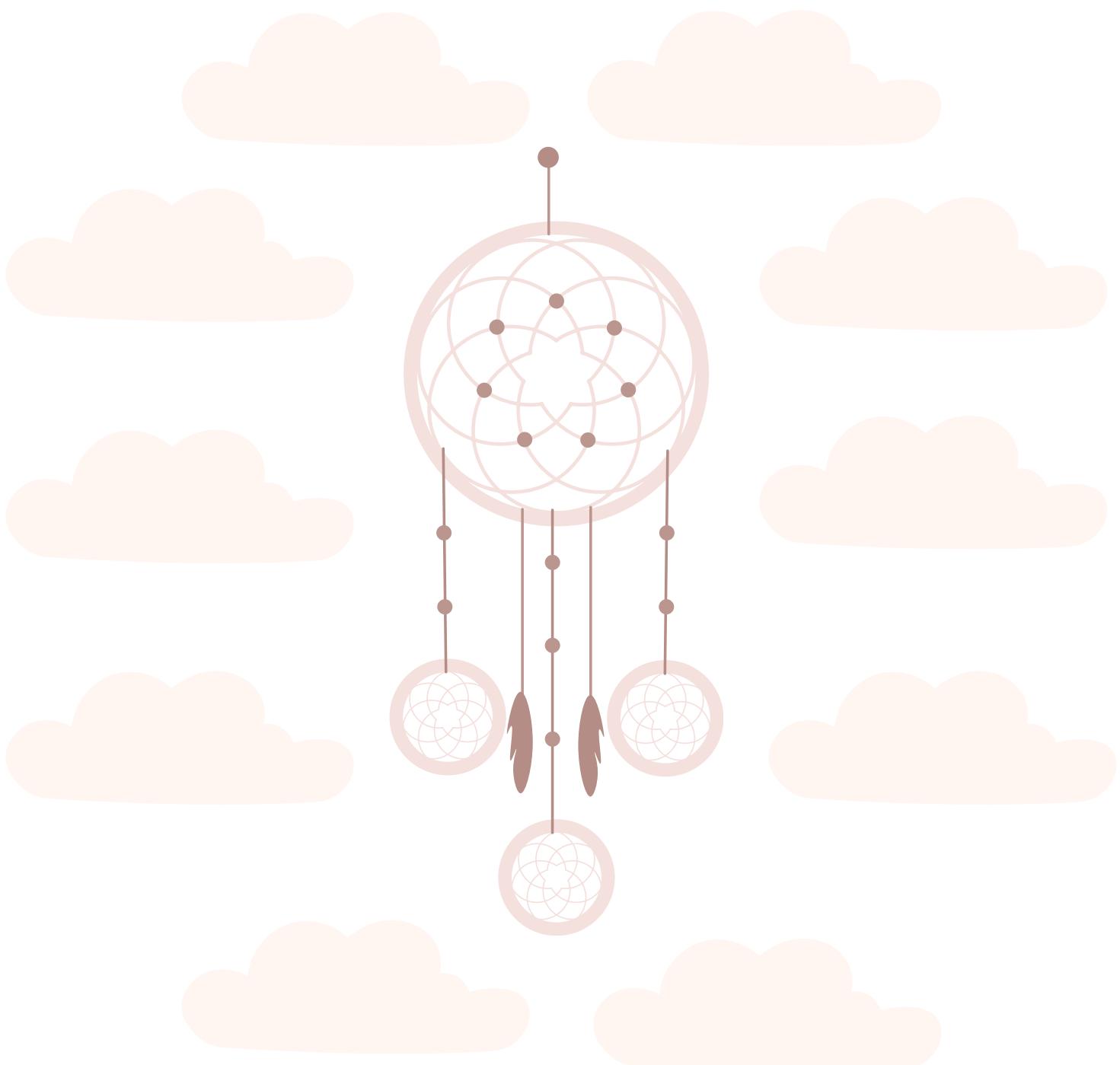
Share your dream within the dome using doodles or words. Sprinkle some positive affirmations to fuel your journey in the clouds towards making this dream a reality!



MY DREAMS

and desires

Describe your wildest dreams and desires as if they are happening right now around the dream catcher!



VISION BOARD

*overview**Health**Career goals**Family**Money**Travels**Hobbies**Relationships*

W H A T I W A N T

to have

This worksheet serves as a tool to help you clarify your material desires and aspirations. Think freely and don't let fear stop you from writing what you truly want! This is the beauty of manifestation. Let's first create what you want in the mindscape and then your reality!

List of Material Possessions

List of priorities

Why do you want this?

Reflect on your list

Reflect on your list and consider if there are any deeper motivations or values underlying your desires

Release your inhibitions

Embrace freedom by overcoming inhibitions to unlock new experiences, opportunities, and connections.

Review and update

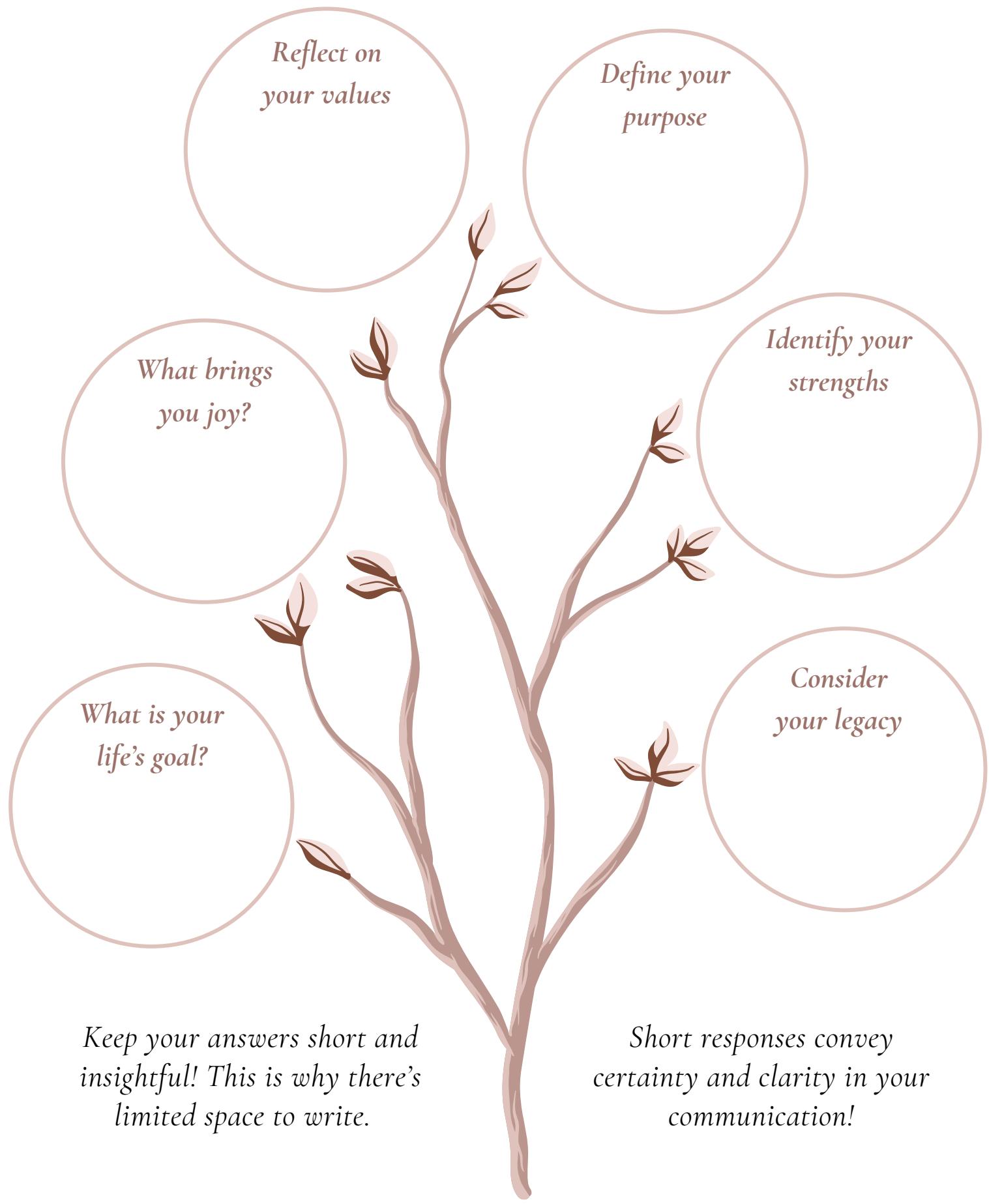
Regularly review and update your list as your desires and circumstances change.

WHAT I WANT

to become

Write in detail about who you want to become, your strengths, what makes you feel happy, your rituals, your talents, and what kind of a person you want to become.

PERSONAL *vision statement tree*



PERSONAL *vision statement part two*

After finishing the above exercise, draft your personal vision statement in more detail. Start by reflecting on your core values such as integrity, compassion, and growth. Define your ultimate mission or purpose in life and identify your unique strengths, talents, and abilities. Envision your life in the future, considering what you want to accomplish and how you want to be remembered. Reflect on activities, experiences, or relationships that bring you joy, and set specific goals based on your values, purpose, and strengths. These steps can help you develop a clear and inspiring vision for your life, guiding your actions and decisions toward a fulfilling future. Draft your personal vision statement below:

PHASE E

70

Phase Three

GOAL SETTING

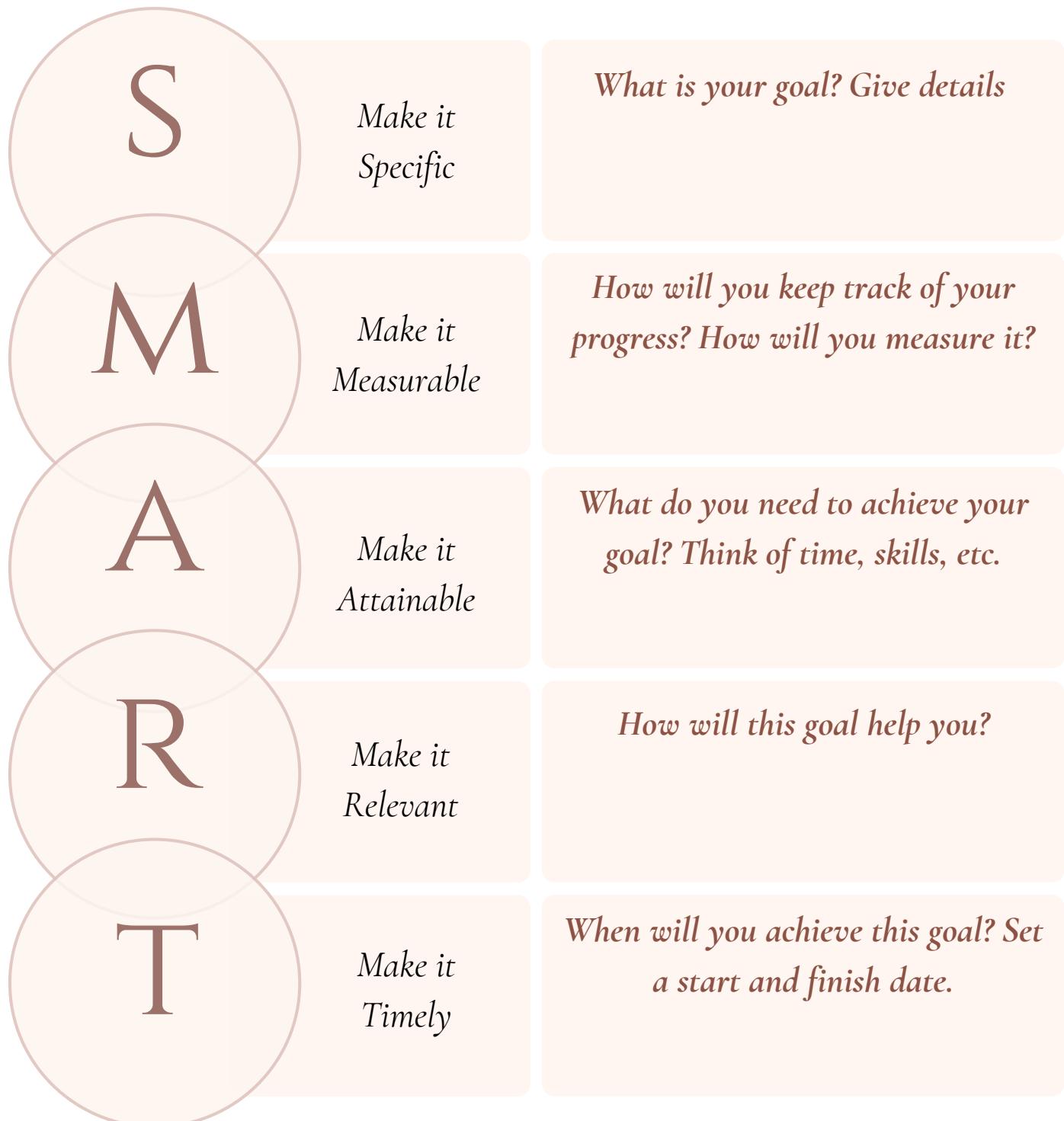
Setting goals is crucial for manifestation, providing clarity and drive to turn aspirations into tangible outcomes by aligning goals with values and vision.



T H R E E

SMART Goals

SMART goal setting is like the secret recipe for whipping up goals that are Specific, Measurable, achievable, relevant, and time-bound. It's like goal-making with a sprinkle of magic!



S M A R T Goals Part Two

Achieving our goals is dependent on whether we take action. Use the table below to understand the "why" behind your **most important goal**.

Goal:

Why is this goal important to me?



What will this give you?



How will achieving this goal benefit me or others?



How will I measure progress towards my goal?



How will I celebrate or reward myself when I achieve this goal?

MY GOALS

and dreams

My dream for the year ahead is...

1

*My number one goal
this year is:* _____

I need to take these steps to reach it:

1

2

3

4

2

*My second
goal this year is:* _____

I need to take these steps to reach it:

1

2

3

4

3

*My third goal
this year is:* _____

I need to take these steps to reach it:

1

2

3

4

MY GOALS

overview

Personal

Health

Mental

Finance

Career

Other

Priority goals:

Motivation:

Period of time: _____

MY LIFE'S

goals

For each of the categories below, write down things you are doing well and where you need improvement. Take the time to reflect on these, and write a goal for each category.

Category	What I'm doing well	Where I need improvement	My goals
<i>Family</i>			
<i>Friends</i>			
<i>Work/ School</i>			
<i>Body</i>			
<i>Mental Health</i>			
<i>Spirituality</i>			

TERM GOALS

worksheet

Utilize this table to outline your short-term and long-term objectives. Ensure that your goals are Specific, Measurable, Achievable, Relevant, and Time-bound (SMART).

<i>Short-term Goals (1-12 months)</i>	<i>Long-term Goals (1-5 years)</i>

YEARLY GOALS

worksheet

Setting goals is like making a delicious recipe - you mix up specific, measurable targets within a timeframe to cook up success! It's like drawing a treasure map to your dreams, guiding you step by step towards your shiny goal!

What is your goal?

Action Steps

Why do you want to achieve it?

What is your goal?

Action Steps

Why do you want to achieve it?

What is your goal?

Action Steps

Why do you want to achieve it?

SELF-CARE

Goals

This section will make it easier for you to identify the core problem and chart a way forward. Write down the goal you'd want to achieve and write why is it important for you. Write the measurable outcome would mean you've succeeded or that you're on the right path?

<i>Goal 1 :</i>	<i>Why it's important :</i>
	<i>Measurable Outcome :</i>

<i>Goal 2 :</i>	<i>Why it's important :</i>
	<i>Measurable Outcome :</i>

<i>Goal 3 :</i>	<i>Why it's important :</i>
	<i>Measurable Outcome :</i>

A C H I E V I N G

Our Goals

When you set a goal, you are making a plan to achieve or improve. Some examples of a self loving goal would include meditating for 15 minutes, taking a walk in nature, pursuing your hobbies, reading, eating healthy food, journaling, etc. Make sure you think about this goal and work towards achieving it.

My goal →

Deadline →

*Supporting
Tasks*

<input type="text"/>	<input type="text"/>

Outcome →

Notes

Write down any obstacles you will face and how you will overcome them

RESOLUTIONS

overview

Habits

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

Things to learn

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

Material Things

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

Career & Money Goals

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

Personal Development

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

Health Resolutions

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

TIME - BOUND

goal setting

30 DAYS

*Goal:**Action Plan:*

60 DAYS

*Goal:**Action Plan:*

90 DAYS

*Goal:**Action Plan:*

TIME - BOUND *goal setting*

P

Physical

Exercise, sleep and healthy food

Emotional

Mental health, mindfulness and self knowledge

Intellectual

Any goal that develops your intellect or learning ability

I

Relationships

Romantic, friendly or family relationship goals

R

Professional

Career goals

P

PHASE

83

Phase Four

FACING FEARS & LIMITING BELIEFS

Facing fears and limiting beliefs is a critical aspect of the manifestation process. These internal barriers can significantly hinder your ability to manifest your desires if not addressed.

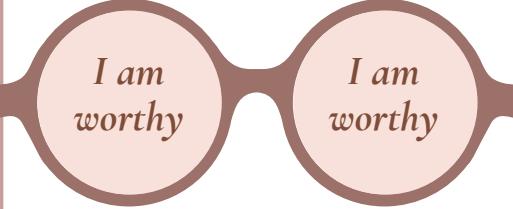
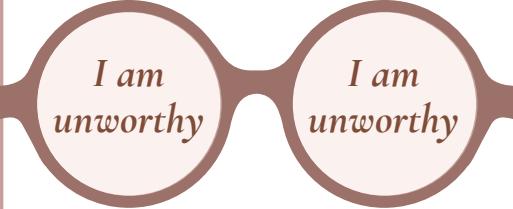


FOUR

C O R E B E L I E F S

and limiting beliefs

Everyone experiences life differently. Two people experiencing the same situation will process it extremely differently. Think of core beliefs like a pair of sunglasses. Everyone sees differently depending on the shade of your glasses.

Situation	Core Belief	Consequences
You start a new business and think of looking for investors		Thought- "Why would they invest in my biz?" Behaviour- Never looks for investors.
		Thought- "I believe in my business!" Behaviour- Looks for investors proactively

To start challenging your negative core beliefs, you first need to identify what these beliefs are. Some common examples are:

I am unworthy

I am powerless

I am a failure

I am alone

I am defective

I am weak

I am a burden

I am different

I am unlovable

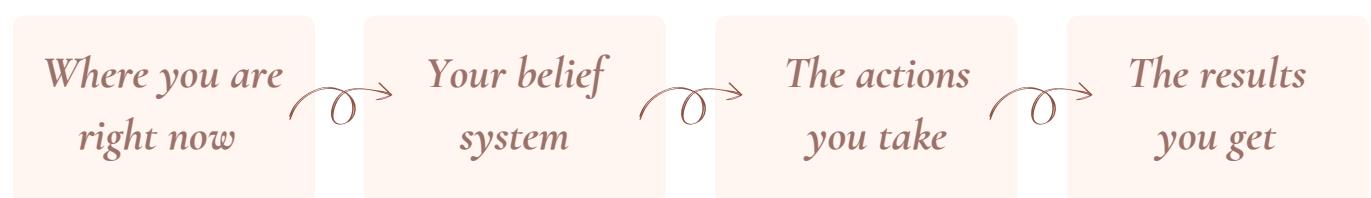
What is one of your negative core beliefs? _____

List a piece of evidence contrary to your negative core belief.

LIMITING

beliefs

Limiting beliefs are beliefs that constrain or restrict you in some way. They are often deeply ingrained and may be based on past experiences, societal conditioning, or negative self-perceptions. Limiting beliefs can hold you back from reaching your full potential and can impact various areas of your life, including relationships, career, and personal development.



What beliefs are holding me back?

How are my beliefs different from my friends and family?

Are these beliefs true? If yes, are these harmful?

What are some better and more productive beliefs?

IDENTIFY

fear and doubt

To identify your fears and doubts, start by reflecting on situations, goals, or decisions that make you feel anxious or uncertain. Write down specific scenarios or areas of your life where you experience fear or doubt. Next, consider the following questions to delve deeper into these feelings:

Do I really believe I am worthy of it?

Do I really trust I would be able to handle it?

Do I really believe it's possible for me?

What insecurities do I have surrounding this?

What limiting beliefs are holding me back?

DECATASTROPHIZING

worksheet

Anxiety is extremely hard to live with because you constantly assume the worst that is going to happen. This can lead to thinking and acting irrationally. Use this worksheet to understand and get to the root of why you feel like this and combat it!

What is the worst that can happen?

What are the 3 things that will happen before the worst happens?

01

02

03

What is the worst that can happen?

The worst can happen but it's not the worst case scenario. Using your logic, describe what is more likely to happen.

PUTTING THOUGHTS

on trial

The "Putting Thoughts on Trial" worksheet is a practical tool that can be used to challenge negative thinking patterns and promote mental well-being. It is often used in conjunction with other CBT techniques as part of a comprehensive treatment plan for conditions such as anxiety, depression, and stress.

Prosecution & Defence: Gather evidence in support of, and against your thought. Evidence can only be used if it's a verifiable fact.

Judge: Come to a verdict regarding your thoughts. Is the thought accurate and fair? Are there other thoughts that can explain the facts?



The Thought



The Defence



The Prosecution

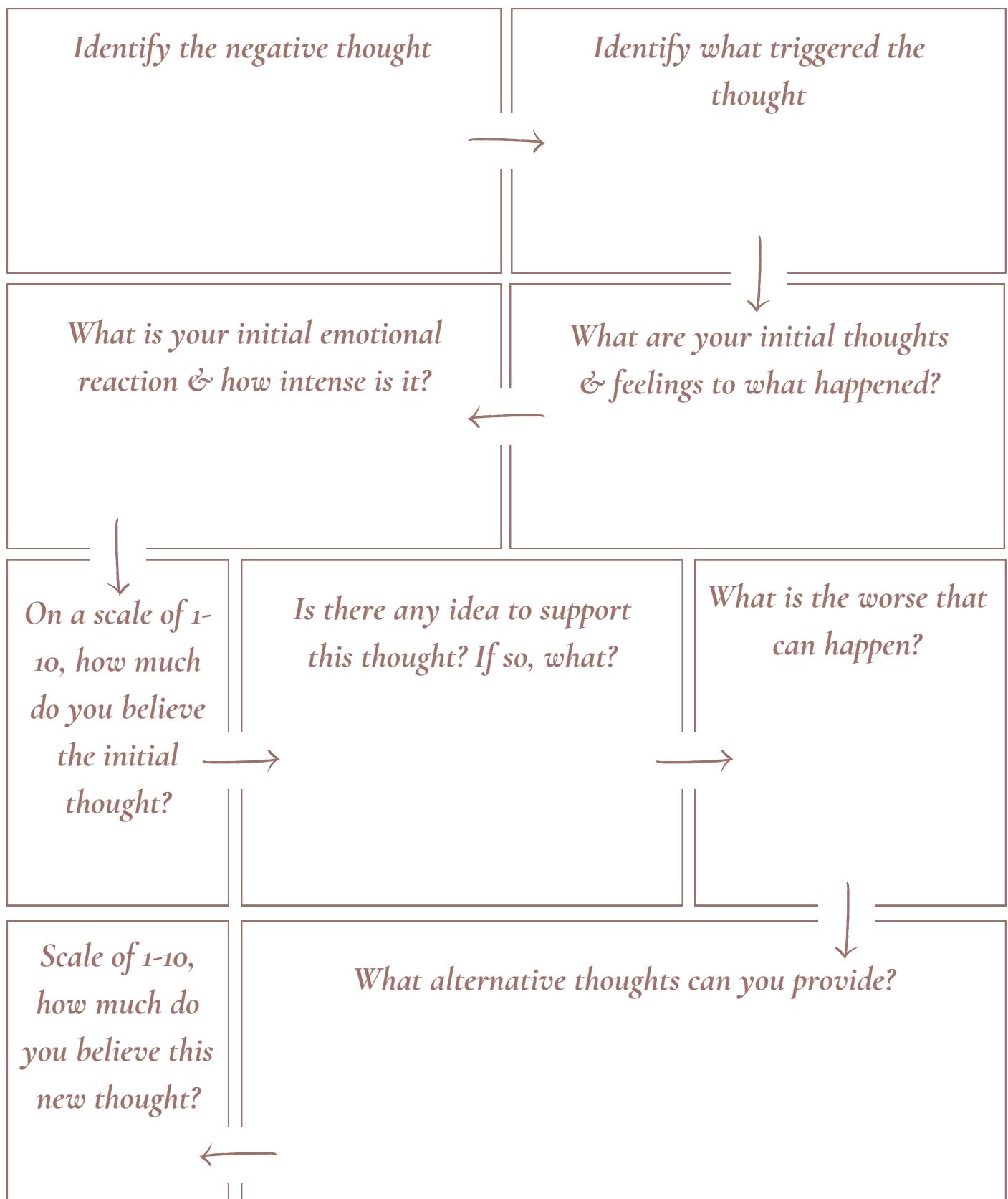


Judge's Verdict

REFRAMING

your thoughts

Follow the arrows to make your way to restructure and process negative thoughts.



MANIFESTATIONS

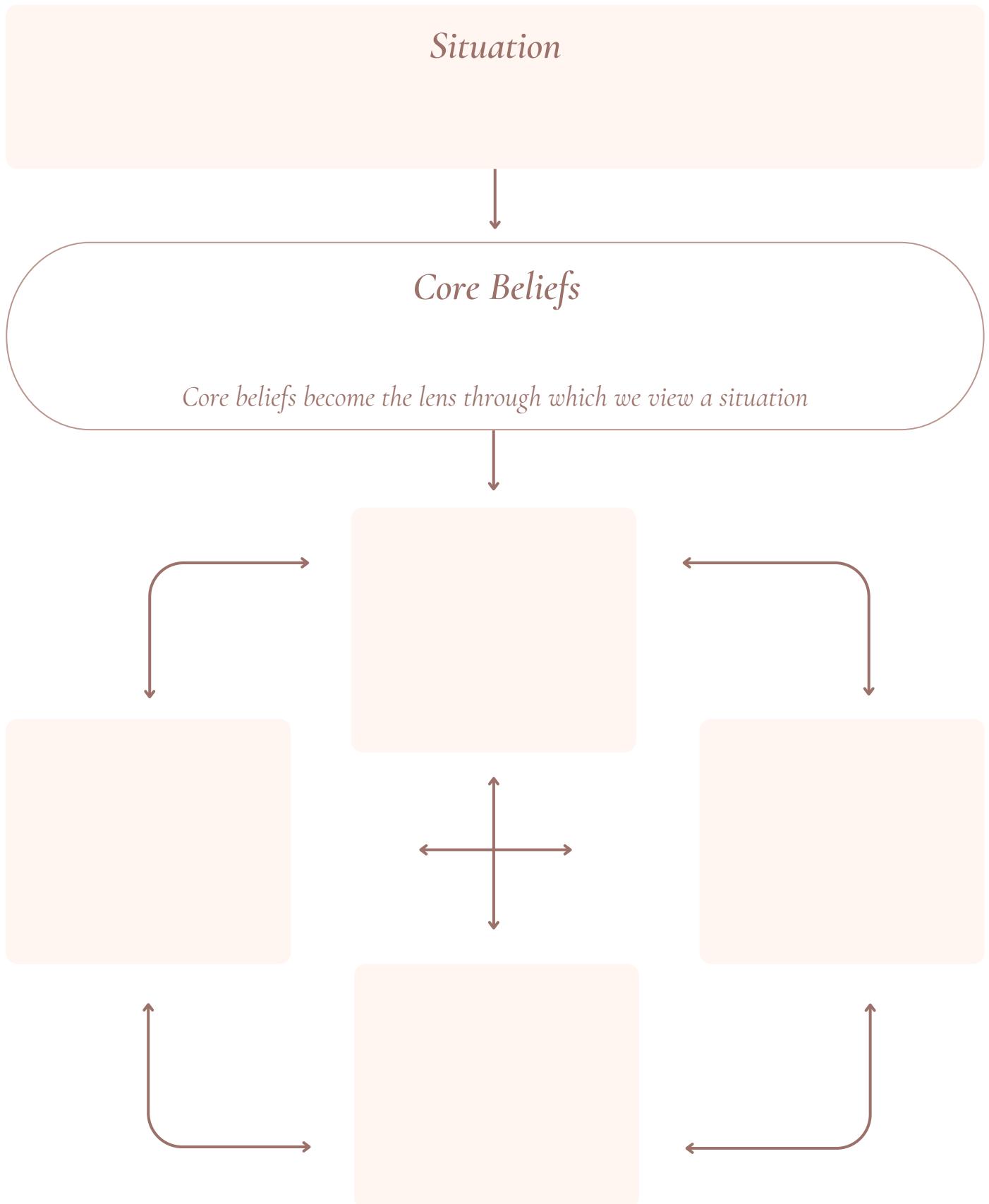
vs. limiting beliefs

Bring your internal critic to the surface and jot down its thoughts, even if they seem illogical or unreasonable. Understanding every detail of your fear and doubts will only empower you to let it go.

<i>My Goals/Manifestations</i>	<i>Limiting beliefs and fear</i>

C O G N I T I V E

restructuring



C O R E B E L I E F S

examining the evidence

Core Belief

Information that supports my core belief

*Accepted
Information that I incorporated into my core belief*

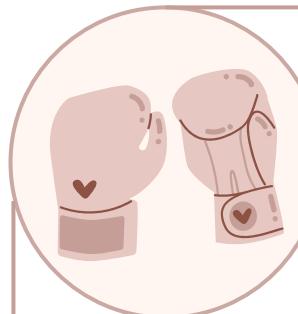
Information that does not support my core belief

*Rejected
Information that I did not integrate into my core belief*

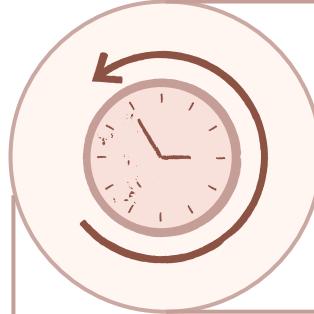
*Modified
Information that I modified before integrating into my core belief*

LET IT GO!

releasing limiting beliefs



Write down something that is holding you back in life, something that you are constantly judging yourself for. Write about the experience you feel shame, guilt or anger around.



Now write a letter to your past self. Offer yourself compassion and kindness. Forgive yourself and understand whether your actions were rooted in pain or insecurity.

MY COPING

mantra

When we constantly think about our negative beliefs, we make it automatic. These automatic beliefs get reinforced and make us spiral into our negative thoughts. It's important to catch ourselves and try to replace negative words with positive words. Using these language swaps, create your own mantra! Here are some examples of language swaps that can be used:

Low vibe/self-esteem



I can't do it



I will never succeed



I don't know how



I am not good enough



It won't work out



High vibe/self-esteem

I can do anything I put my mind to

I will give my 100% & that is enough

I will learn, understand & ask for help

I can do anything I put my mind to

Everything will work out for me

Using positive words, draft your mantra! Read this mantra every morning after waking up and just before going to sleep. Bless yourself!

Example: I am a powerful soul. Whatever I choose, I'm able to do it. I have limitless potential. I am grateful for all that I have. My every thought is a beautiful blessing. I am calm & at peace.

My Mantra:

OVERCOMING

self criticism

Forgive the past

Understand that they were driven by their own insecurities, struggling with their own demons. They weren't right in what they did, but, you can try to understand them nonetheless. Forgive them so that you can heal.

Who are the people that criticised you in the past that you would like to forgive?

Accept all of yourself

Write down things that you do not like about yourself and see as imperfections or weaknesses. Write down how you will accept them and love them as they are.

What I like and love about myself...

I am going to love and accept that...

PHASE

96

Phase Five

CULTIVATING SELF-LOVE & SELF-CARE

Cultivating self-love and self-care plays a crucial role in the process of manifestation. When you prioritize your well-being and develop a positive relationship with yourself, you create a fertile ground for manifesting your desires.



Five

SELF-LOVE

worksheet

Self-care begins with self-love! There's so much to love about ourselves. Never forget how special you are. Before you start this exercise, take two minutes to ground yourself. Use the spaces below to write everything you love about yourself! You are a being of love and light, you don't need a reason to love yourself; however, we sometimes fall into a loop of self-loathing. Please look back at the beauty you embody and remind yourself why you're a loveful soul by reading these hearts!



S E L F - L O V E

sentence stems

Sometimes we find it hard to love ourselves but we only need a little nudge in the right direction. Use the sentence stems below to cultivate and redirect self-love.

I choose to be proud of it because I deserve to have it:

This week I have gotten a little better at:

I choose to accept this about myself:

Each day, I get stronger and better at:

C B T S E L F – E S T E E M

worksheet

Take your time to reflect on each question or statement. Use this worksheet to create a more positive and loving self-image! Answer the questions thoughtfully and honestly.

Write five things you truly appreciate and love about yourself.

01

02

03

04

05

Describe a recent situation you felt proud of yourself. What did you do and why was it significant?

Write 3 compliments you received from someone recently.

01

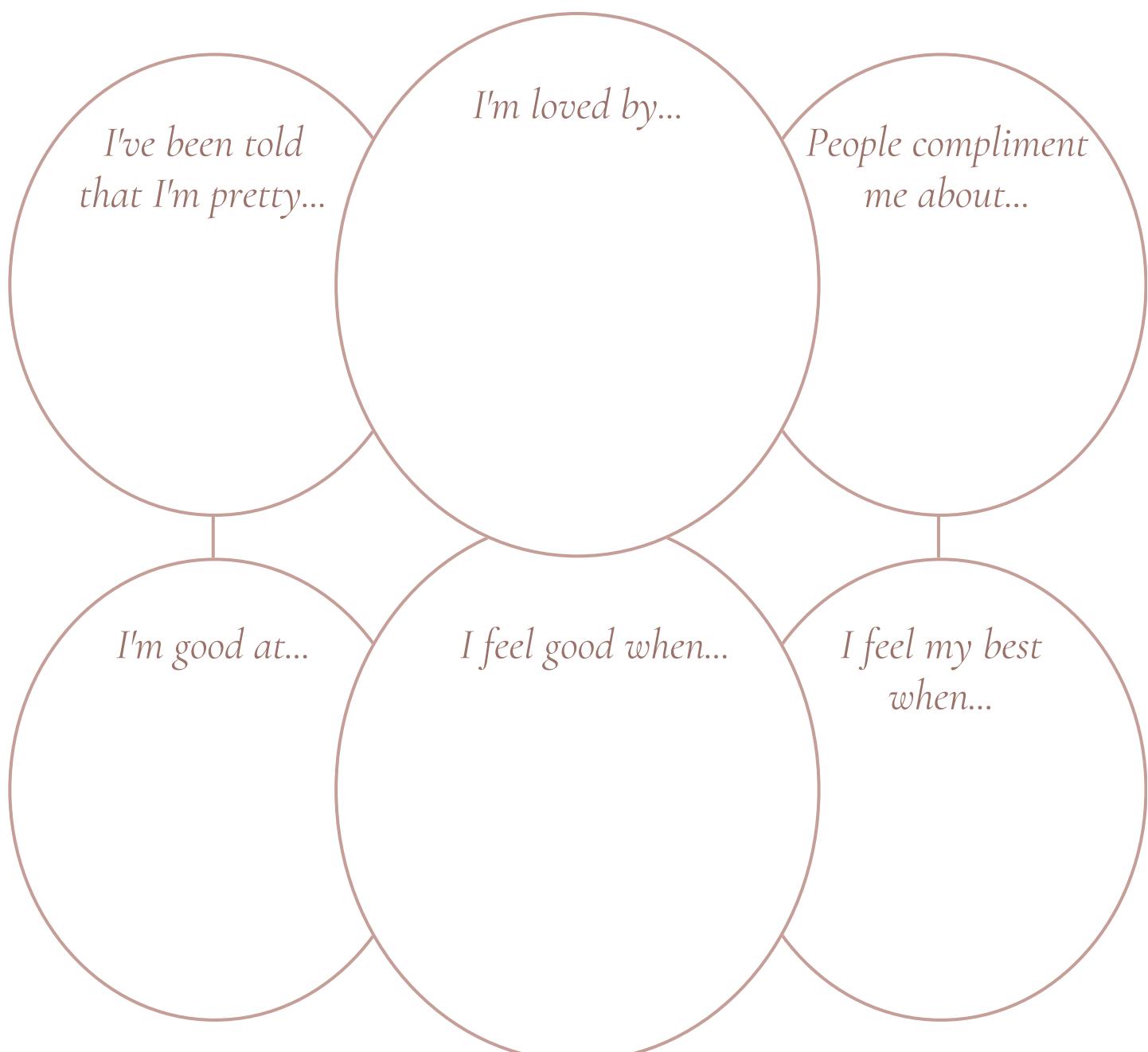
02

03

SELF-ESTEEM

worksheet

Self-love is empathetic and understanding of flaws, and appreciative of the good within each of us. Self-love is not only important, but necessary for positive emotional health and various facets of success. In lieu of this, fill each of the spaces below to the best of your knowledge.



12 DAYS OF

self-love checklist

The 12-day self-care challenge is designed to help individuals prioritize their well-being and cultivate a positive relationship with themselves. Each day, participants engage in a different self-care activity or practice aimed at promoting self-love and self-compassion.

Day One

Do a 15 minute guided meditation



Day Two

Go out for a walk in nature



Day Three

Write a letter to your future self



Day Four

Declutter and organise your closet



Day Five

List all your accomplishments



Day Six

Sleep in with no alarm



Day Seven

Book a day trip to your fave location



Day Eight

Create a gratitude list- morning & night



Day Nine

Enjoy your favourite dessert



Day Ten

Reconnect with an old friend



Day Eleven

Do a digital detox every morning



Day Twelve

Spend a day off of social media



S E L F - L O V E

Quiz

Answer the questions below honestly and truthfully! Self-love is not a goal or destination, it is a continuous and ongoing process.

	Yes	No	A Little
01 <i>Have you taken a break recently?</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
02 <i>Have I eaten nutritious & healthy food recently?</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
03 <i>Have I exercised and focused on movement at all this week?</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
04 <i>Do I set healthy boundaries in my relationships?</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
05 <i>Do you regularly engage in activities that nurture your mind, body, and spirit?</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
06 <i>Do you practice positive self-talk, speaking to yourself with kindness?</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
07 <i>Do you accept yourself as you are, recognize your strengths & embrace your flaws?</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

LOVING *Others*

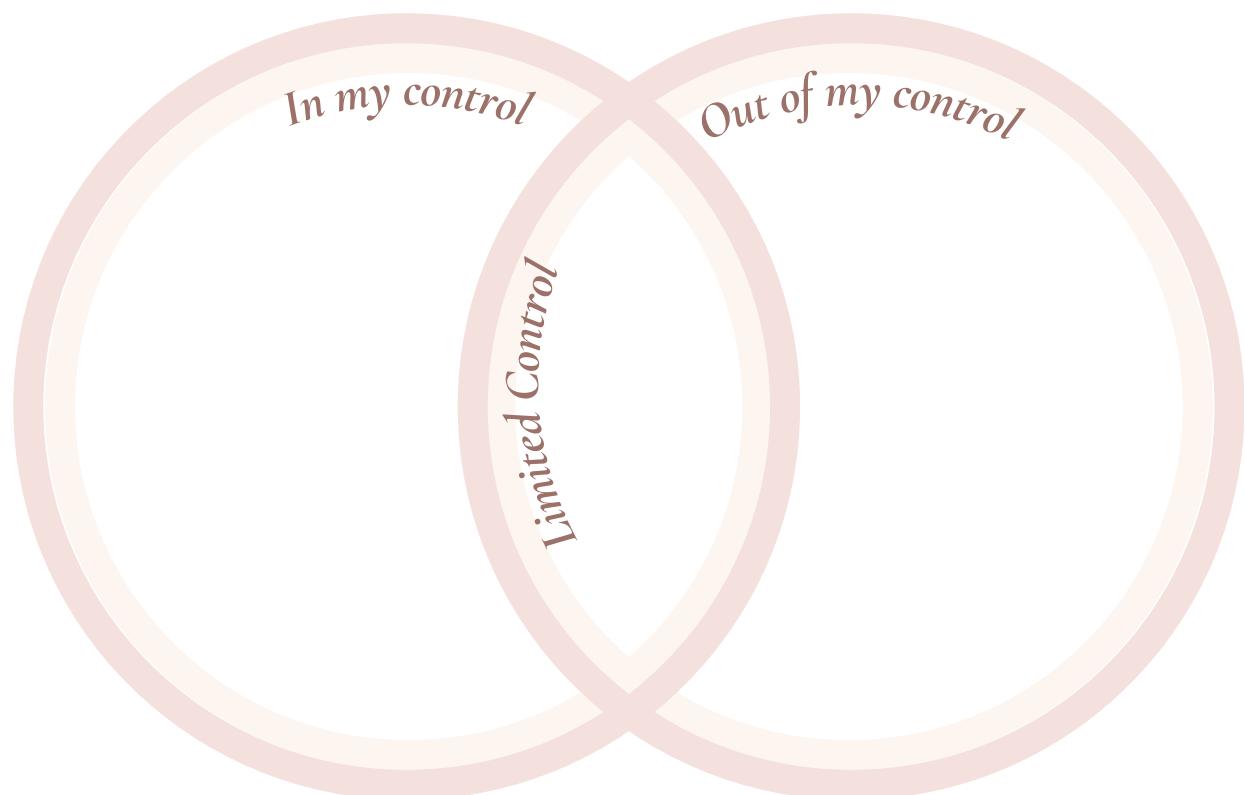
Jot down the names of individuals who have positively influenced you, and express your gratitude for their impact on your life.

CALM DOWN! *My Comfort List*

Life is not linear, it is full of ups and downs. Whenever you feel anxious, overwhelmed, or low, use this toolbox to pick yourself up again. Write about everything that makes you feel better emotionally!

CIRCLE OF *Control*

Sometimes self-love can be as simple as choosing to let go of things you cannot control. Use this worksheet to list the things that you need to do in your life and things you can let go of.



I will hold onto...

I will let go of...

B E A T T H E

routine

Our routines have the power to bring us back to reality and ground us! Having structured routines for the morning, evening, and night can have numerous benefits for overall well-being and productivity. Let's work towards creating a more loving daily routine.

Morning

Current Routine

New & Improved Routine

Evening

Current Routine

New & Improved Routine

Night

Current Routine

New & Improved Routine

SELF-CARE

routine worksheet

A few self-care ideas are :

Physical	Mental	Emotional	Growth
Exercise	Brain Dump	Journaling	Hobbies
Balanced Diet	Saying No	Meditation	New Skills
Pampering	Affirmations	Podcast	Socialising
Grooming	Therapy	Reflection	Goal Setting
Stress Relief	Kindness	Therapy	Habits

Fill the box below with ideas for your perfect self-care routine. If you need inspiration, check the ideas above!

Daily	Weekly	Monthly

SELF-CARE

routine worksheet

Write down your intentions for each realm of your life mentioned below!
Try to be brief and to-the-point!

Physical

Intellectual

Spiritual

Environmental

Social

Emotional

Occupational

Financial

Career

SELF-CARE

routine worksheet

For each category below, choose at least one strategy that you can and want to try. It is important to develop a self-care plan that is individual to you.

Mind

When/where/when will I engage in this activity?

Emotions

When/where/when will I engage in this activity?

Emotions

When/where/when will I engage in this activity?

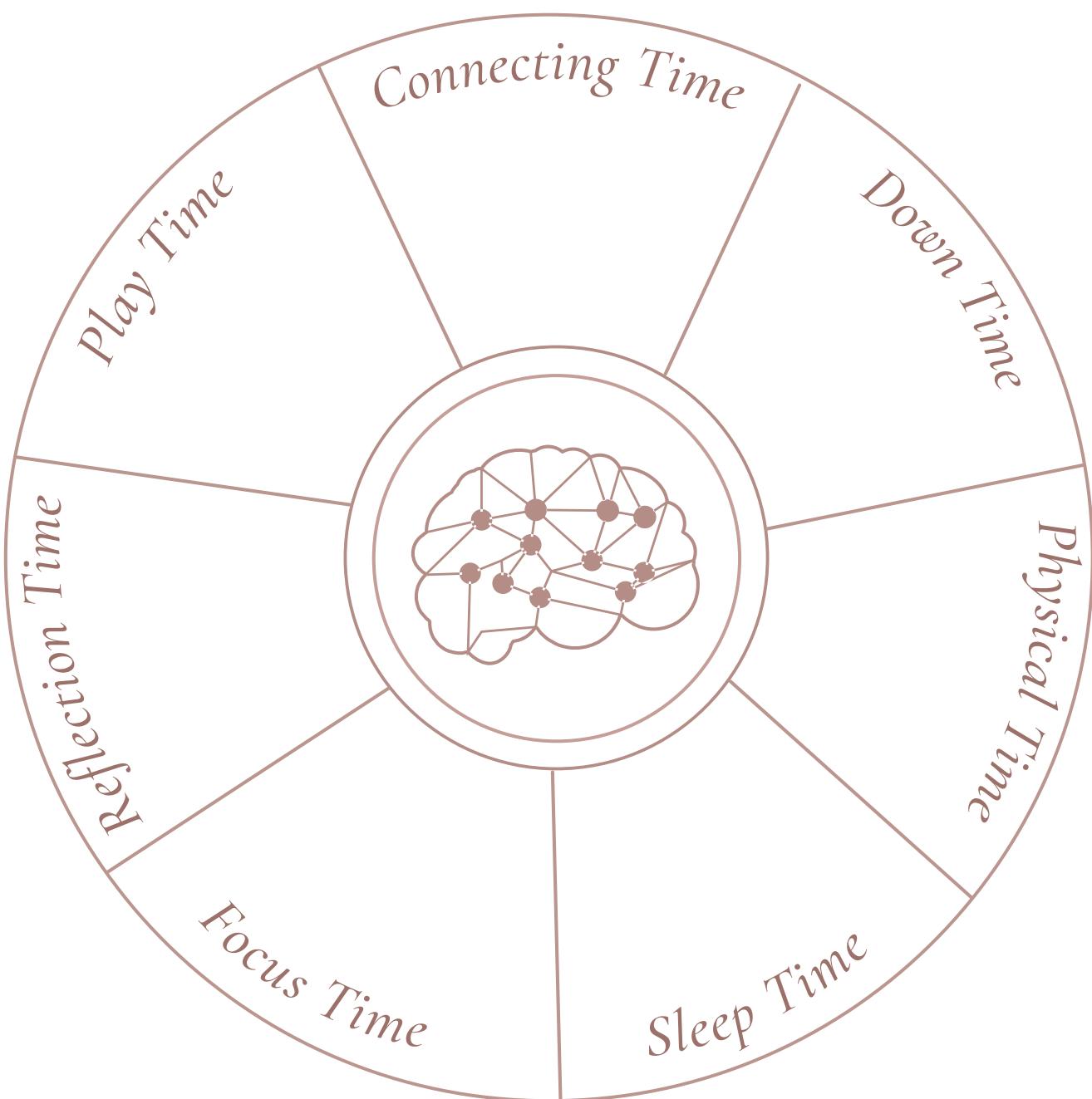
Spirit

When/where/when will I engage in this activity?

HEALTHY MIND

platter

The Healthy Mind Platter identifies 7 areas which strengthen the brain's internal connections. Consider using this tool to reflect on what your week looks like for each of the seven areas.



GOODBYE STRESS!

stress management worksheet

Stress management is defined as the tools, strategies, or techniques that reduce stress and reduce the negative impacts stress has on your mental or physical well-being. When stress management is used regularly and in response to stressful life events, we can optimise our well-being.

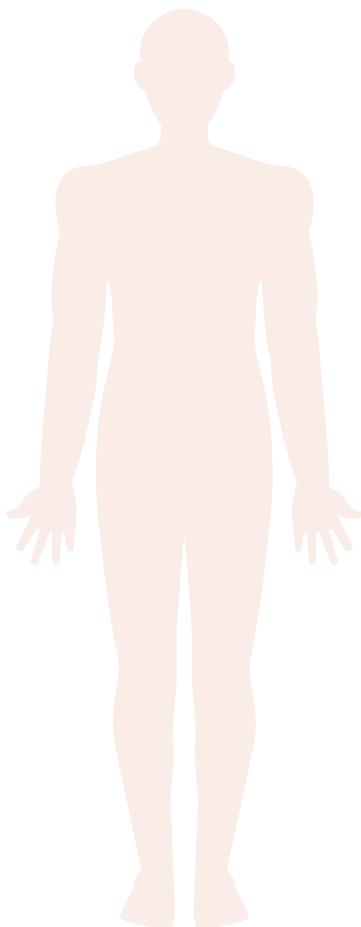
What are your five stress buttons (Triggers)?

01

02

03

04



*Where do you feel
stress in your body?*



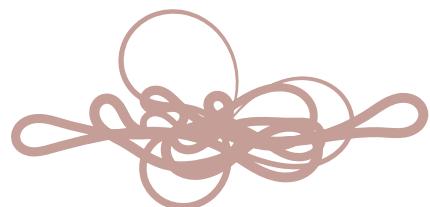
*Mark the areas
with a black pen*

What helps?

Understand your stress buttons. Take break & pause sometimes. Listen to music. Keep a stress journal. Watch a movie!

Stress happens when you have

- ◆ A lot of things happening all at once
- ◆ An important decision to make
- ◆ A major event coming up
- ◆ Something really dangerous happened



RECOGNIZING

Stress

1

List the ways you experience stress physically, emotionally and behaviourally.

<i>Physically</i>	<i>Emotionally</i>	<i>Behaviourally</i>

2

Circle the ways stress affects you that are most troubling.

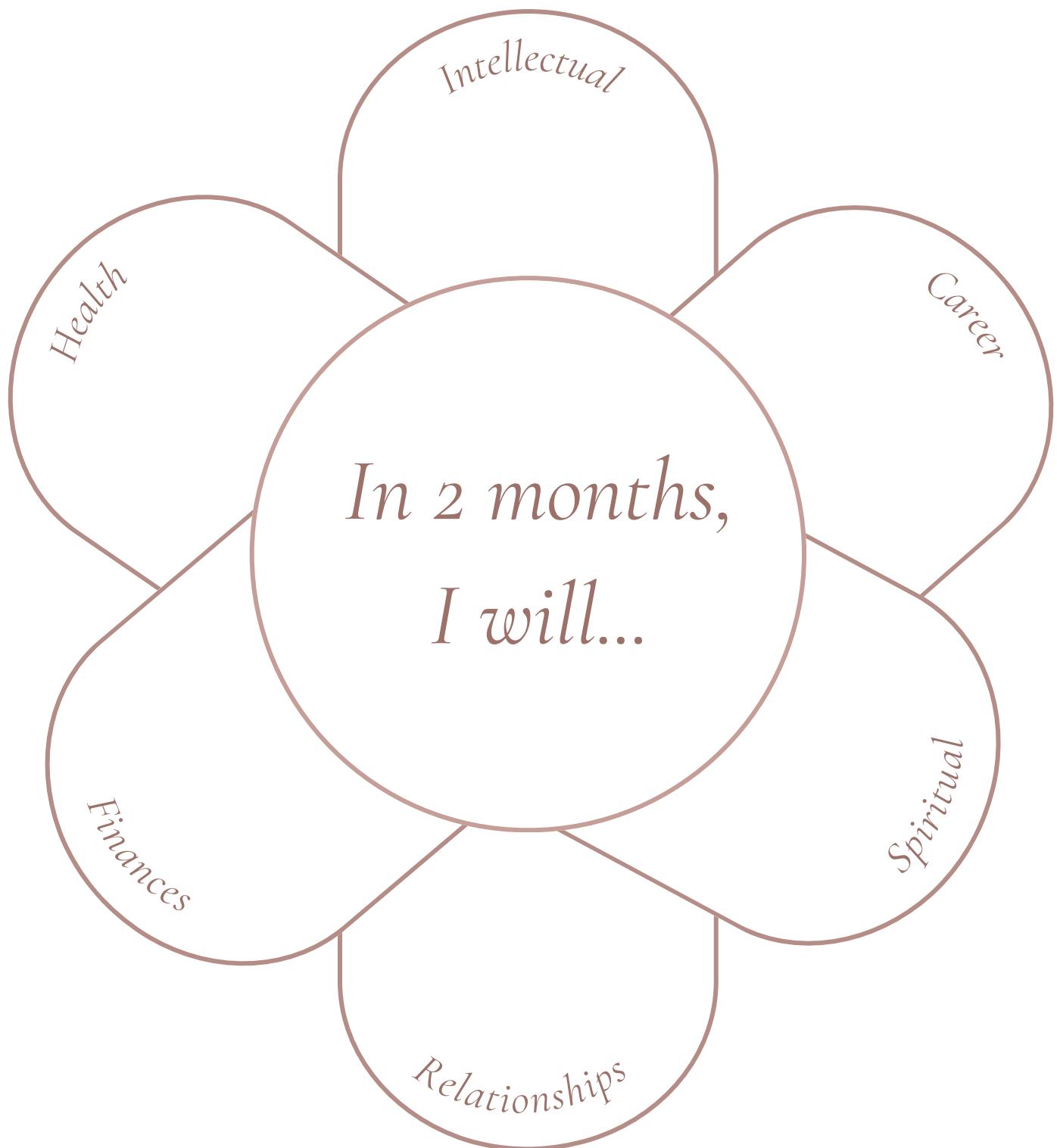
3

List things you can do to reduce the symptoms of stress. If you need ideas, think of activities where these symptoms are naturally lower (e.g. hobbies).

SELF-CARE

flower

Imagine there are no obstacles or hurdles in your path, how would you want each of parameters mentioned below to look like :



SELF-CARE

Matrix

Important

Urgent

Not Urgent

Do it

Schedule it

Delegate it

Delete it

SELF-CARE ROUTINE

Building Blocks

Self-care means taking the time to do things that help you live a better life and improve both your physical health and mental health. When it comes to your mental health, self-care can help you manage stress, lower your risk of illness, and increase your energy. Even small acts of self-care in your daily life can have a big impact.

Here are some tips that can help you:

- Get regular exercise to boost your mood and improve health
 - Try a relaxing activity to alleviate stress
 - Set goals and priorities to stay mindful throughout the day
 - Practice gratitude and count your blessings every day
 - Focus on positivity and identify which thoughts are positive, negative or intrusive in nature
 - Stay connected with family and friends who can provide emotional and practical support

CHECKLIST

1

1

1

1

1

1

1

1

1

1

1

NIGHTLY *Reset*

Re-Center

- Take several deep breaths calmly and visualise positivity as you breathe
- Close your eyes and enjoy the stillness & silence in this moment
- Visualise your dreams and aspirations whilst feeling positive

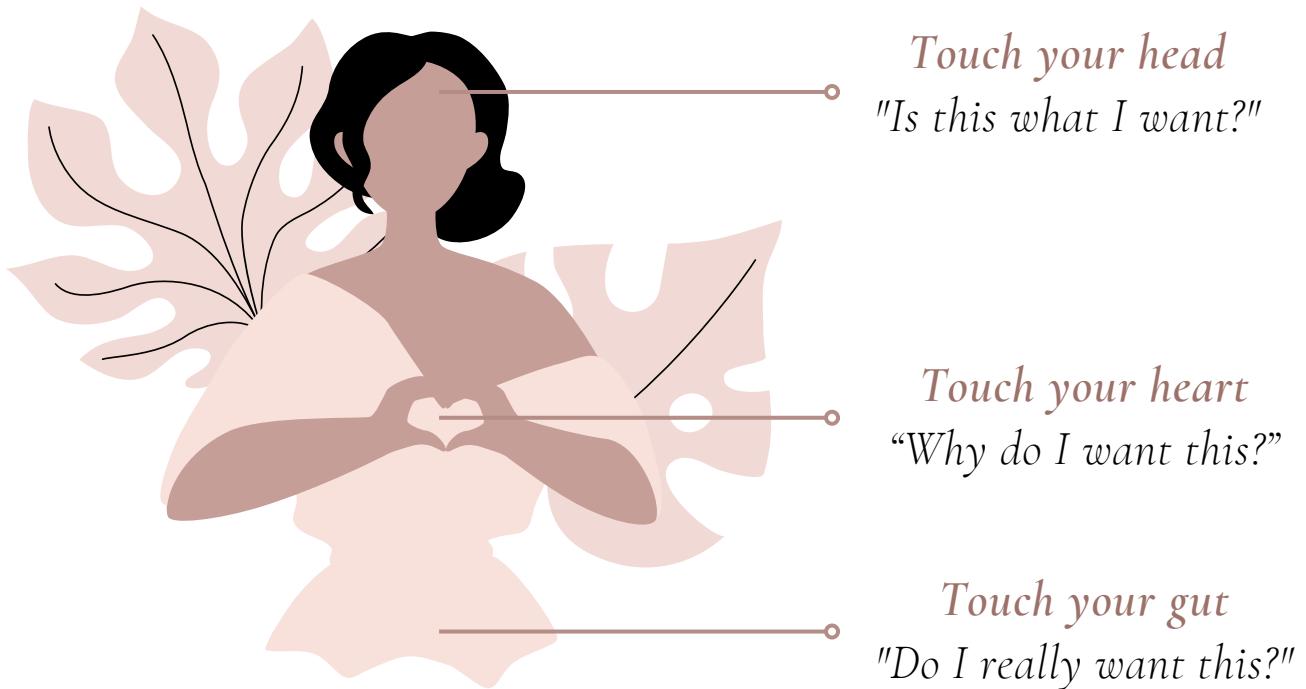
*Three awesome things
that happened today*

*Were there any
blocks that came up today?*

*Is there anything I would like to do differently tomorrow?
How do I want to feel tomorrow?*

INTUITIVE *Guidance*

It's so important to listen to your intuition! That little voice in your head and that tingling feeling in your gut has a lot of power and strength to guide you on your life's path. Here's a short exercise that you can do to strengthen your intuition.



Touch your head
"Is this what I want?"

Touch your heart
"Why do I want this?"

Touch your gut
"Do I really want this?"

My Reflections

PHASE

118

Phase Six

MANIFESTATION TECHNIQUES

Manifestation techniques are practical tools and strategies used to help individuals attract and realize their desires and goals. These techniques play a vital role in the manifestation process by focusing your thoughts, emotions, and actions towards achieving your aspirations.



SIX

SETTING intentions part one

“

*The universe conspires to
help those who know where
they are going*

Paulo Coelho

Top 3 things/experiences I am manifesting:

What do you want to see discover and explore:

SETTING *intentions part 2*

What skills do you want to improve or master?

Which habits do you want to cultivate or get rid of?

What do you want to achieve career/education wise?

CLARIFYING

intentions

Identify a keyword that reflects your goals related to every section below. Write this word on the line below the title. Write 2-3 goals for each section below. Read these allowed at least once a week!

Guidance & Support

Mission

Knowledge

Creativity

Wellness & Wellbeing

Family

Love

Radiance

Abundance

ENERGISE THE water you drink

The water method of manifestation involves using water as a medium to set and amplify your intentions. Water is believed to carry energy and be highly receptive to thoughts and emotions, making it a powerful tool for manifestation. Use the

Steps.

Use a clean glass or container of water. Tap water, bottled water, or crystals like clear quartz or rose quartz can be added for energy enhancement.



01 Set a specific goal or intention and phrase it

02 Hold the glass of water in your hands. Close your eyes and visualize your desired outcome.

03 Open your eyes and speak your intentions or affirmations into the water. Use the present tense.

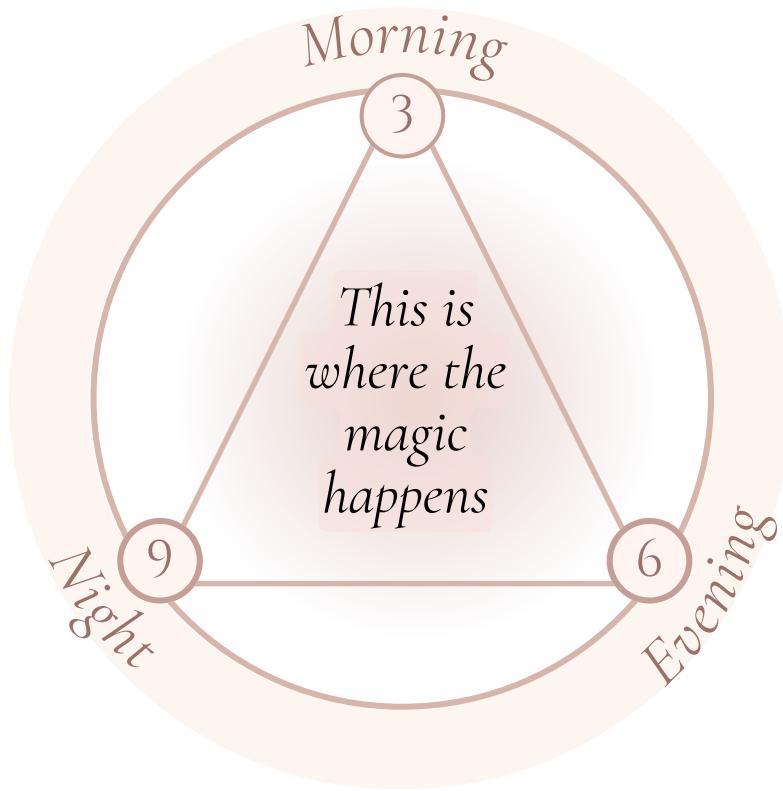
04 As you speak your intentions, imagine your energy and the energy of your desires flowing into the water.

05 Slowly drink the water, visualizing the charged energy and intentions entering your body and spreading throughout your being. Express Gratitude.

3 - 6 - 9

method part one

The 369 manifestation method is based on the teachings of Nikola Tesla, who famously stated "If you only knew the magnificence of the 3, 6, and 9, then you would have the key to the universe." This method involves writing down your intention three times in the morning, six times in the afternoon, and nine times at night for 33 days.



<i>I want to manifest..</i>	<i>My affirmation</i>

3 - 6 - 9
Method

3 affirmations in the morning

6 affirmations in the afternoon

9 affirmations at night

W O O P *Method*

W

Wish.

What is my most important wish? What would I like to achieve?

O

Outcome.

What would be the best thing to come out of this?

O

Obstacle.

What will get in the way? What within me stands in the way?

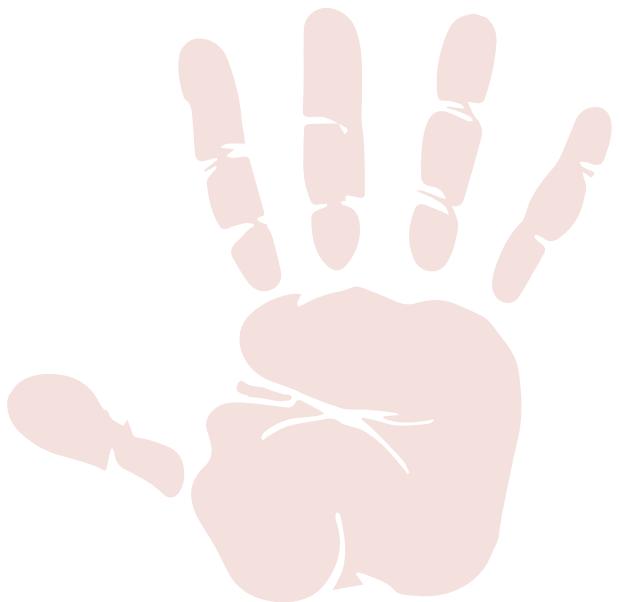
P

Plan.

What can I do to overcome this obstacle?

VISUALIZING

wealth and abundance



Quick Visualization Exercise

Many of us don't know how to visualize! This short exercise will make this process easier for you.

- 01 Take a good look at your palm and memorize the big lines on it
- 02 Now close your eyes and visualize your palm in your mind's eye

Use the technique of visualization to manifest your monthly income goal. Follow the instructions below:

Date: _____

Write the exact monthly income you're looking to manifest and write it down below. Make sure the amount you decide doesn't challenge you and feels attainable for you. The aim is to not allow your mind to challenge you. Start with a number that feels comfortable for now and work your way up. Once you finish writing the date, month, and desired monthly income; close your eyes, and visualize what you've written on this piece of paper.

Today is the _____ of _____
 & I have already made _____ this month, happily &
 easily.

21 DAY MONEY affirmation challenge

Repeat these affirmations related to money every day for the next 21 days! Don't let it challenge you and say every word with belief and conviction. Stop focusing on the how and start surrendering to the universe. Add these to your daily affirmation mantra. Use the grid below to write the date and track your progress!

Large sums of money come to me, easily and quickly from multiple income sources, in increasing quantities consistently, in the best interest of all, that I get to keep, spend, use, and give joyously. I am a magnet for wealth and abundance. The right opportunities always find me. I get paid to exist. Wealth is my birthright. I love money and money loves me. Money shows up for me. I don't work for money, money works for me. I am financially abundant, and money comes to me in expected and unexpected ways.

21 Day Challenge



M I R R O R

method

The mirror technique is a potent method for drawing in wealth, health, relationships, and abundance. It operates on the principle that our energy is mirrored back to us when we gaze at our reflection. By looking at ourselves in the mirror, we are essentially observing our own energy, not just a physical image. Our emotions play a crucial role in this process: positive feelings attract positive outcomes, while negative emotions draw negative circumstances.



01

Stand in front of the mirror and look yourself in the eyes. Take a few deep breaths to center yourself.

02

While looking at yourself in the mirror, affirm your desires as if they have already manifested.

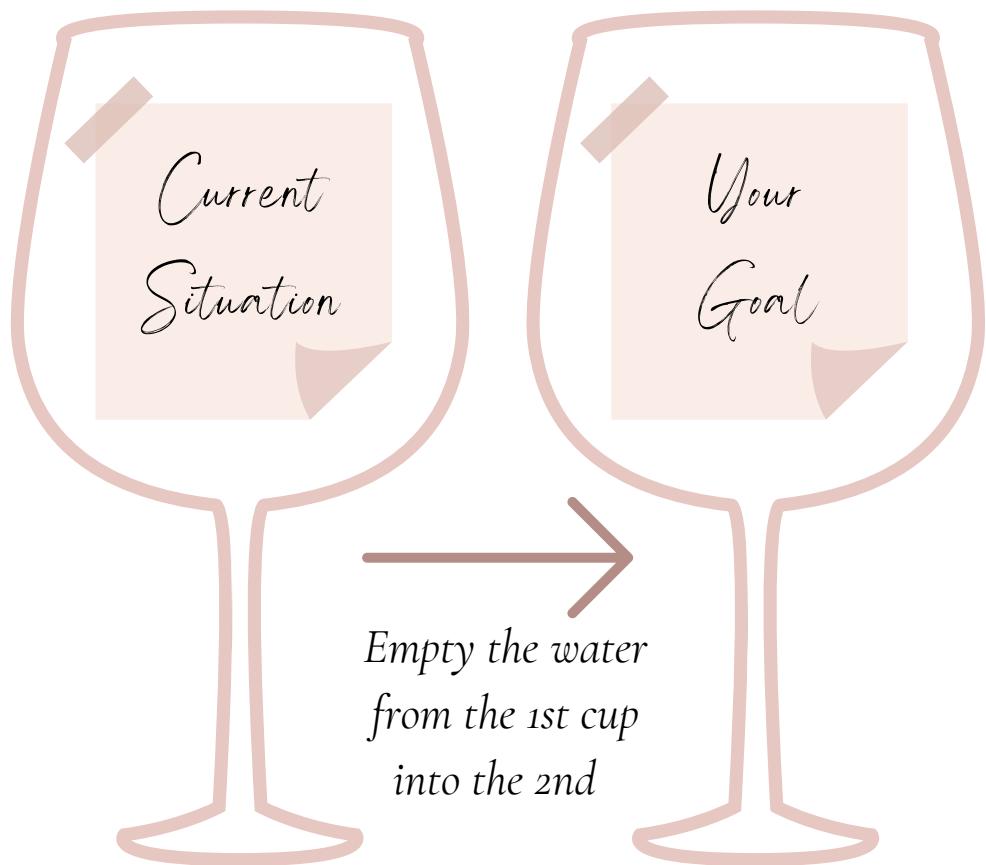
03

As you affirm your desires, visualize them as if they have already come true. Express gratitude!

A few things I'd like to say to myself in the mirror:

2 CUP

method part one

**Materials Required**

Two cups
aesthetic note
Sticky notes or paper
Marker or pen
Water



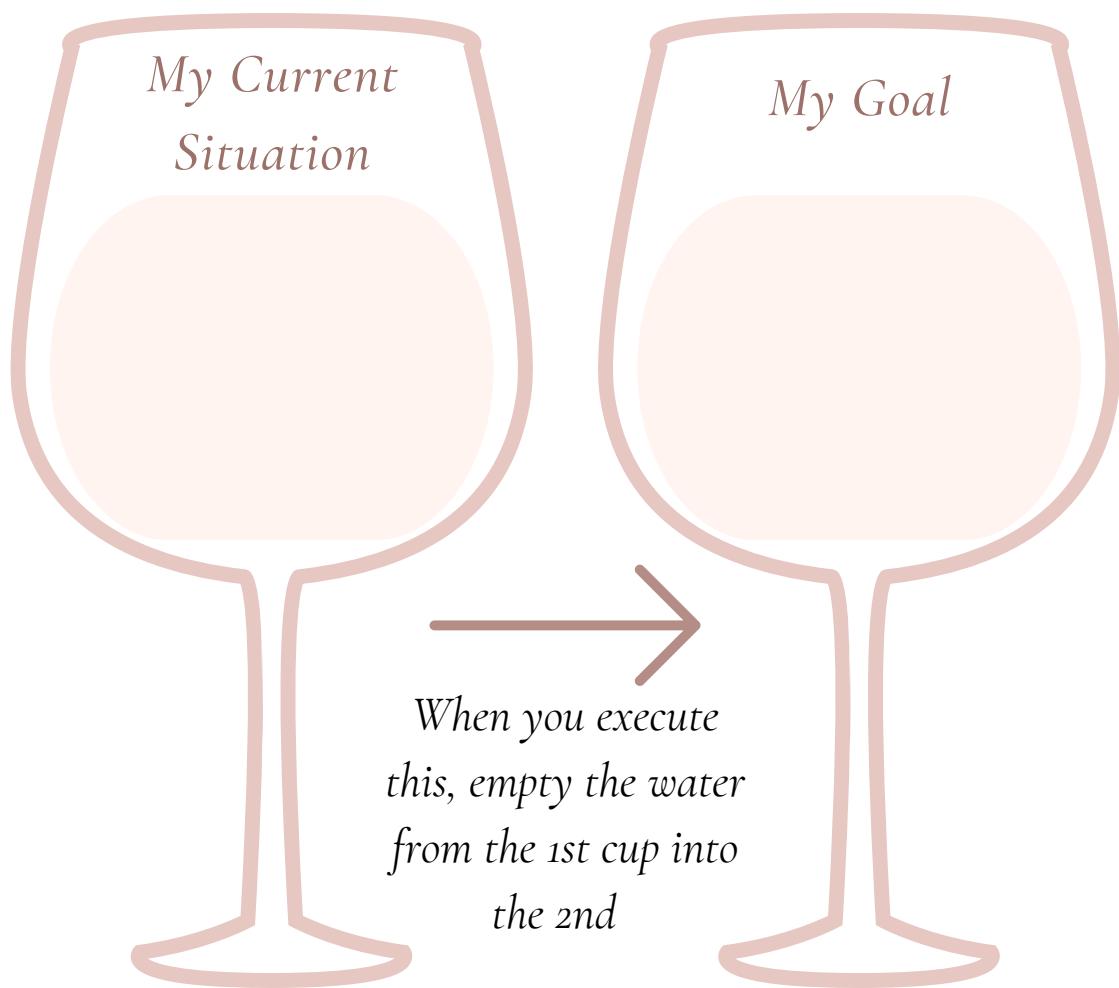
Reflect on the experience. How did you feel during the process? What thoughts came to mind? List any action steps you can take.

Label cups with current situation and desired outcome. Fill 1st cup with water. Pour into 2nd cup to symbolize transformation. Visualize change while pouring. Drink from 2nd cup with intention of manifesting desired outcome.

2 C U P

method part two

Use this worksheet to make rough notes for the exercise you will conduct. Refer to this to set and reaffirm your intentions and affirmations.



Positive Affirmation

*I will revisit
this on*

*Give yourself some
time before revisiting*

MANIFESTATION

Cheque

The manifestation check method is a visualization technique often used to manifest financial abundance or other specific desires. Write a cheque addressed to yourself and signed by the universe. In the section below, write why you're grateful and how you'll use the money.

Infinite Abundance & Gratitude Bank	
4444 Dream Avenue, The Universe 11111	
PAY TO THE	DATE _____
ORDER OF _____	\$ _____
DOLLARS _____	
MEMO _____	<i>The Universe</i> AUTHORIZED SIGNATURE
1224441111 11122111188	

How I'll use the money received

MANIFESTATION

Cheques

Print these cheques and keep them in your wallet or stick them on your vision board! You can even use these to keep under your pillow everyday.

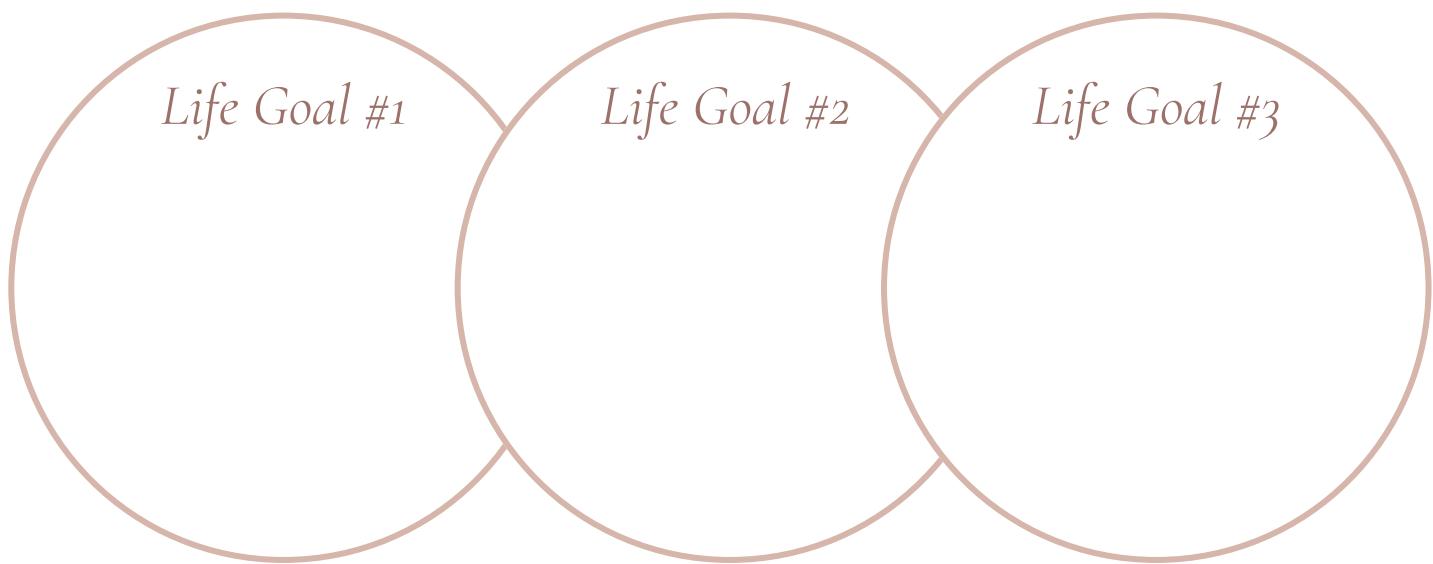
<i>Infinite Abundance & Gratitude Bank</i>	
<i>4444 Dream Avenue, The Universe 11111</i>	
DATE _____	
PAY TO THE	\$ _____
ORDER OF _____	
DOLLARS _____	
MEMO _____	
 <small>AUTHORIZED SIGNATURE</small>	
1224441111 11122111188	

<i>Infinite Abundance & Gratitude Bank</i>	
<i>4444 Dream Avenue, The Universe 11111</i>	
DATE _____	
PAY TO THE	\$ _____
ORDER OF _____	
DOLLARS _____	
MEMO _____	
 <small>AUTHORIZED SIGNATURE</small>	
1224441111 11122111188	

AFFIRMATIONS

Worksheet

It's time to start reflecting upon what you truly want to do in life! Write down your top 3 and most important goals in life. Once you have written them, write your affirmation down in the present tense (As you have already achieved your goals). Recite this affirmation twice daily.



Daily Affirmation

Write down your affirmations in present tense here

ATTRACTI ONS

Worksheet

Use this list as a visual and descriptive guide to enlist experiences and things that you have attracted into your life along with things and experiences that you would want to attract into your life in the future.

Things & experiences you
have attracted into your life

Things & experiences you
wish to attract into your life

MANIFESTATION

Worksheet

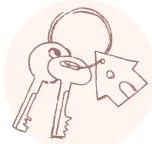
I am manifesting...

Visualize it coming to life

I feel...



I have...



I am...



I see...



What are 3 intentional actions are you taking?

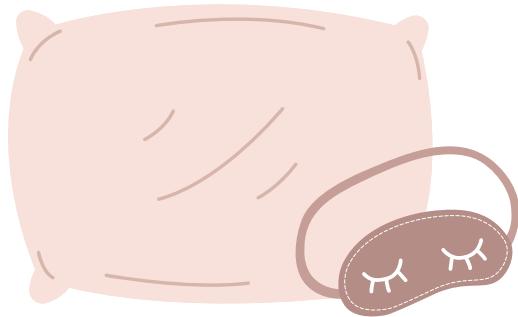


What has the universe already delivered?

P I L L O W

method explained

The pillow manifestation method is a technique used to manifest desires or goals by placing written affirmations or intentions under your pillow while you sleep.



Set Your Intention

Decide on a specific goal or desire that you want to manifest. It could be related to your personal life, career, health, or any other area.

Write Your Affirmation

Write a positive affirmation or statement that reflects your desired outcome. Use present tense and be specific.

Place Under Your Pillow

Before going to bed, place the paper with your affirmation under your pillow. You can also hold it and visualize your desire coming true.

Sleep and Visualize

As you drift off to sleep, concentrate on your affirmation and imagine your desired outcome as a reality, feeling the associated emotions.

P I L L O W

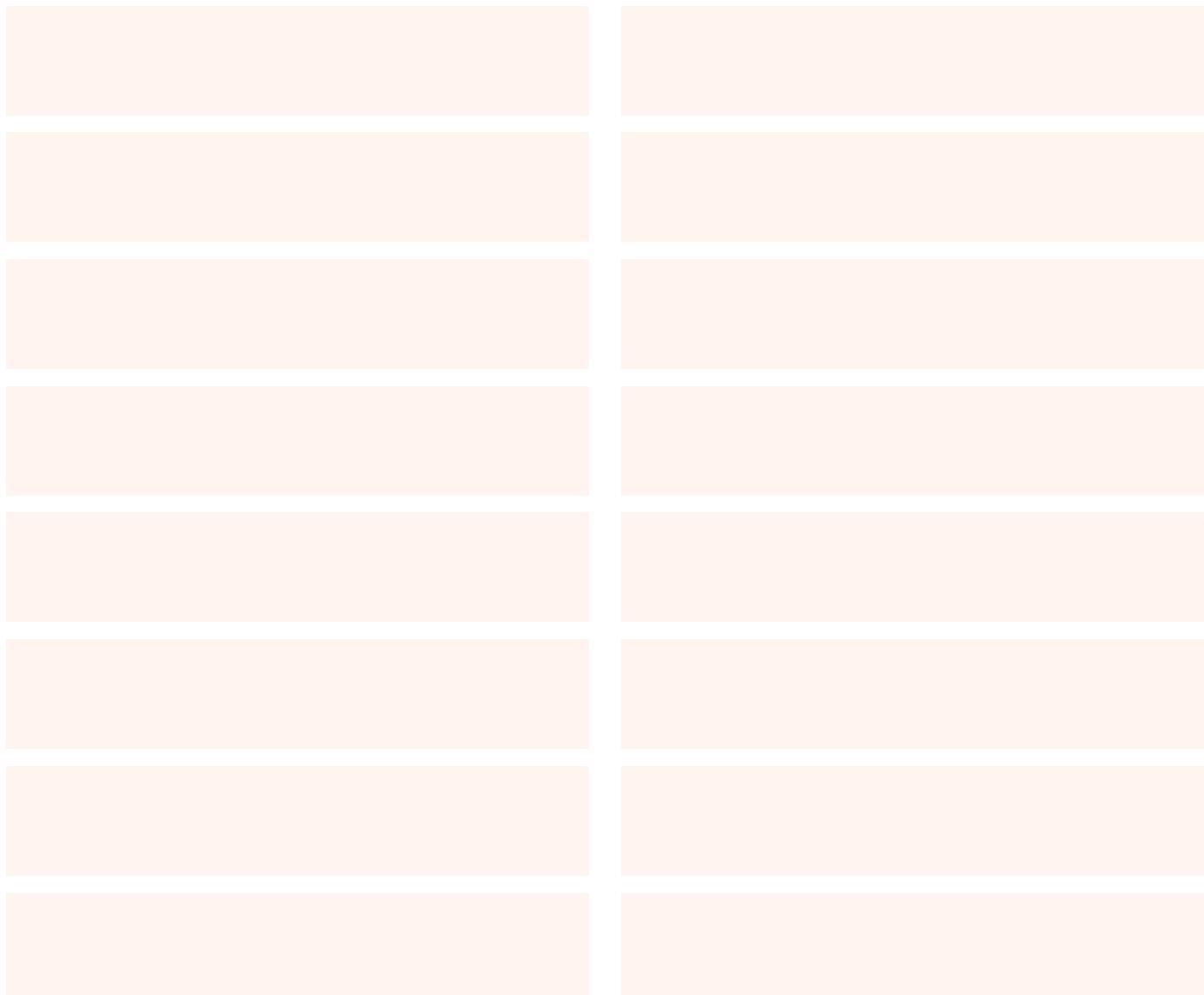
method worksheet

Follow the instructions mentioned on the previous page and write down everything you want to manifest in the present tense like you've already achieved it! Feel the emotions as if your manifestations have come to life already! Thank the universe and be grateful for it at every step.



R A I S E Y O U R *vibration*

Raising your vibration is a concept often associated with spiritual and holistic practices. It refers to elevating your emotional, mental, and spiritual state to align with higher frequencies or energies. The idea is that everything in the universe is made up of energy, including our thoughts, emotions, and actions, and these energies can be measured in terms of their vibrational frequency. Remember, raising your vibration is a personal journey, and what works for one person may not work for another. It's about finding practices that resonate with you and support your well-being. Make a list of practices and habits that lift you up and make you happy!



F R E Q U E N C Y

tuning worksheet

One person you share
your adventures with

One meal that
reminds you of home

One memory that
makes you joyous

One chore/errand you
never say no to

Music that you love
to listen to

One thing you believe
now more than ever

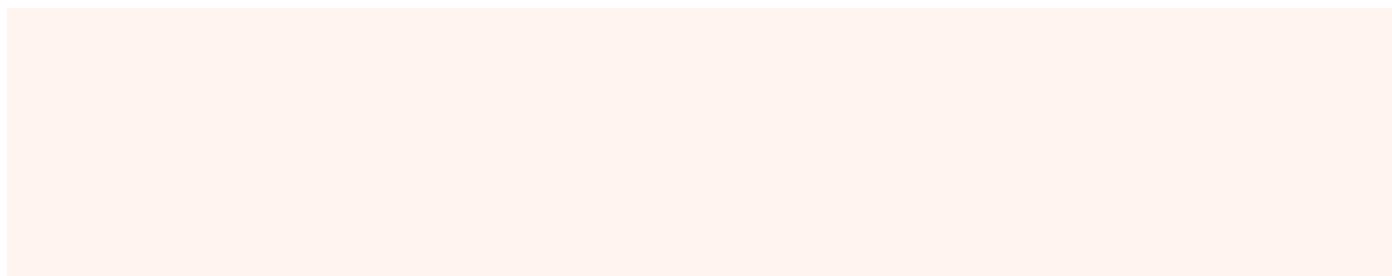


S U B C O N S C I O U S

rewiring and reprogramming

The key to reprogramming our subconscious mind is REPETITION! What we tell ourselves repeatedly has a major impact on us throughout our lives. The subconscious mind plays a significant role in the process of manifestation. Manifestation is the idea that through focused thoughts, beliefs, and actions, we can bring about our desires and goals into reality. This worksheet aims to reprogram your subconscious mind through repetition by creating a 21 day challenge.

My Positive Affirmation Mantra



Day		
01		
02		
03		
04		
05		
06		
07		

Day		
08		
09		
10		
11		
12		
13		
14		

Day		
15		
16		
17		
18		
19		
20		
21		

SCRIPTING

My destiny - Checklist

Scripting is a manifestation technique where you write down your desires and goals as if they have already happened. The idea behind scripting is to create a detailed and vivid description of your desired reality, which can help you align your thoughts, beliefs, and emotions with your goals. In the next part of this worksheet, create your script!



Set Your Intention

Begin by setting clear intentions for what you want to manifest. Be specific about your desires and the outcomes you wish to achieve.



Write in the Present Tense

Write your script as if your goals have already been accomplished. For example, instead of saying "I will be successful," say "I am successful."



Visualize While Writing

As you write, visualize yourself living your desired reality. Imagine how it feels to have achieved your goals.



Express Gratitude

End your script with gratitude for the manifestation of your desires. This helps reinforce a positive mindset and aligns your energy with abundance.



SCRIPTING

My destiny

Read this page every single day! Follow the steps mentioned on the previous page. Scripting fuels your goals and propels your desires to become a reality.

SCRIPTING *My destiny - Examples*

Health and Wellness

I am radiating health and vitality. My body feels strong, and every cell vibrates with energy. I am grateful for the nourishment I provide to my body; in return, it supports all of my activities with strength and endurance.



Financial Abundance

Financial abundance flows effortlessly into my life, allowing me to live comfortably, clear my debts, and save for the future. I am grateful for the security and freedom my financial stability provides.



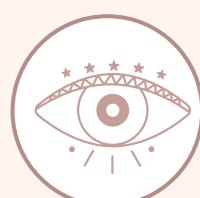
Career Advancements

I have achieved the promotion I've been working towards, and now I lead a team that respects and values my guidance. My contributions are recognized and rewarded, making me feel valued and fulfilled in my career.



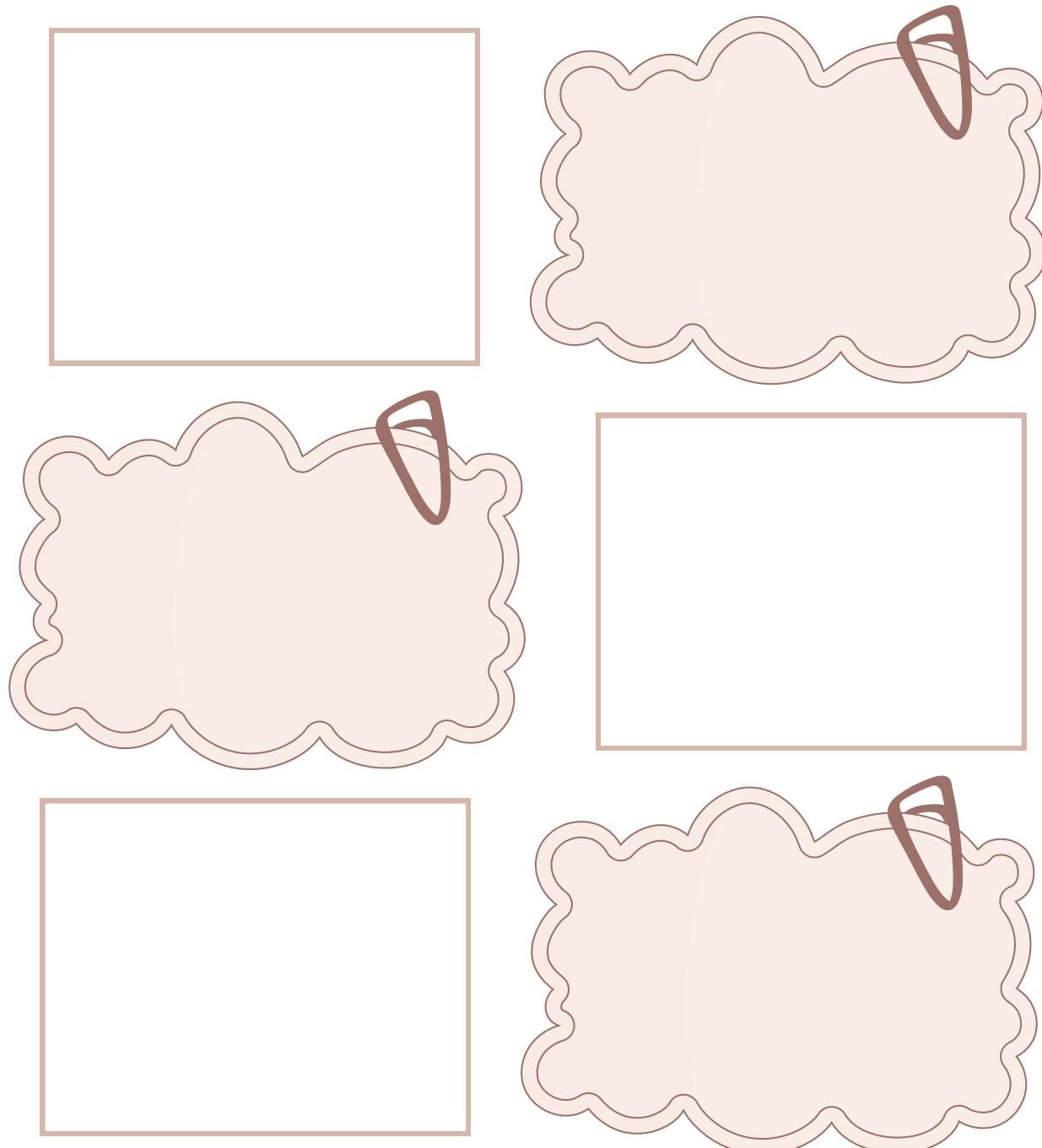
Spiritual Abundance

I am deeply connected to my spiritual path, finding peace and purpose in my practices. This connection brings clarity and serenity into my daily life, guiding me in moments of uncertainty.



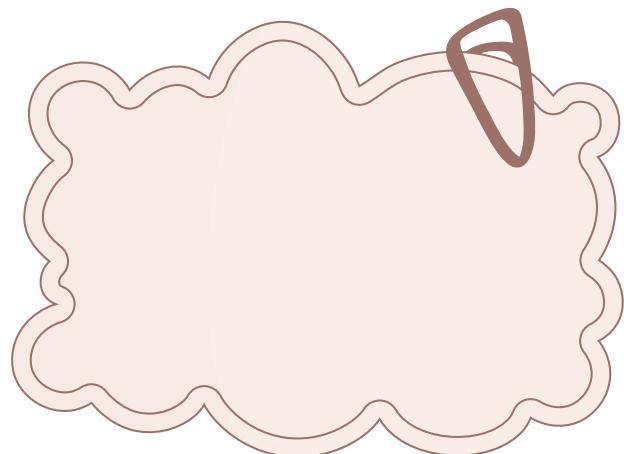
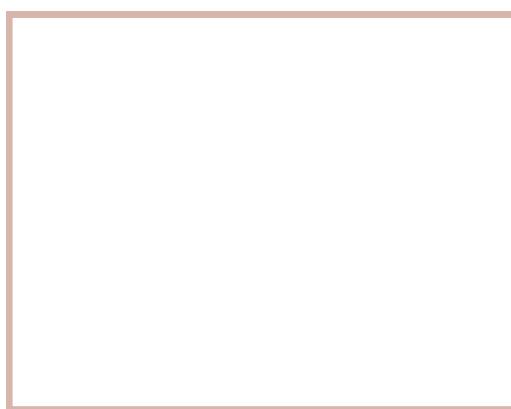
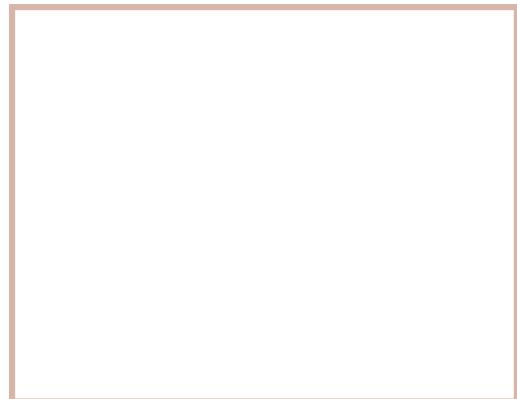
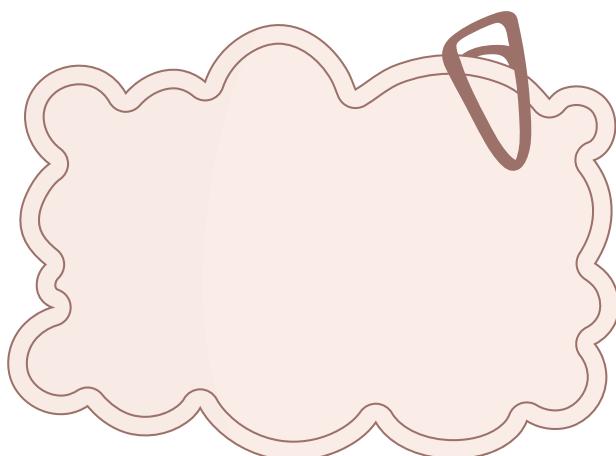
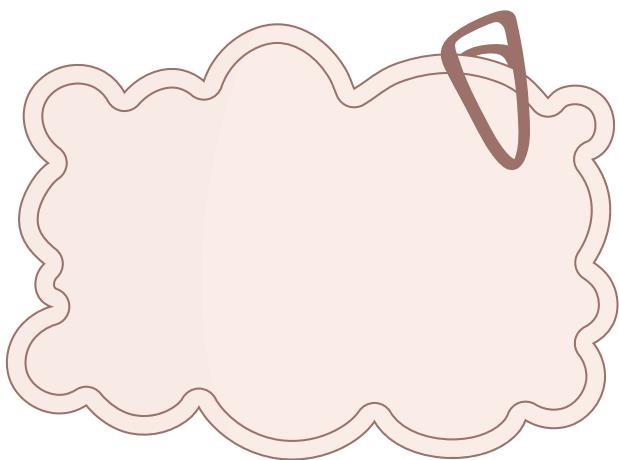
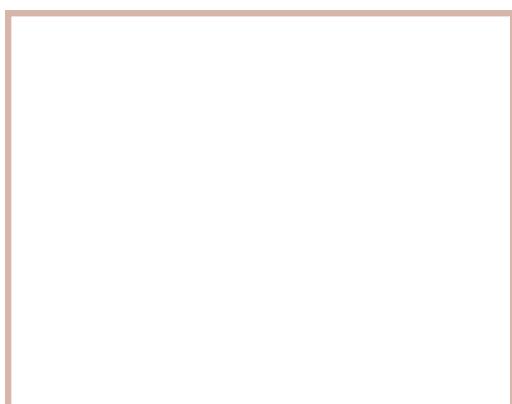
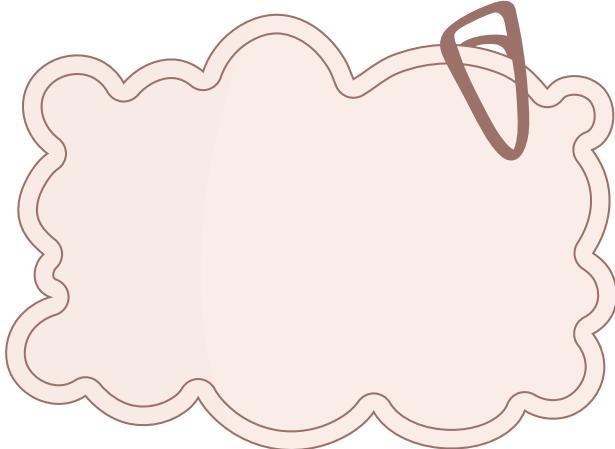
SCRIPTING *from the future*

Enhance your scripting journal with visuals such as photos, drawings, or magazine cutouts that align with your manifestations. These visuals are powerful anchors, making your goals more real and attainable. Combining words with images strengthens your connection to your desires, enhancing the manifestation process.

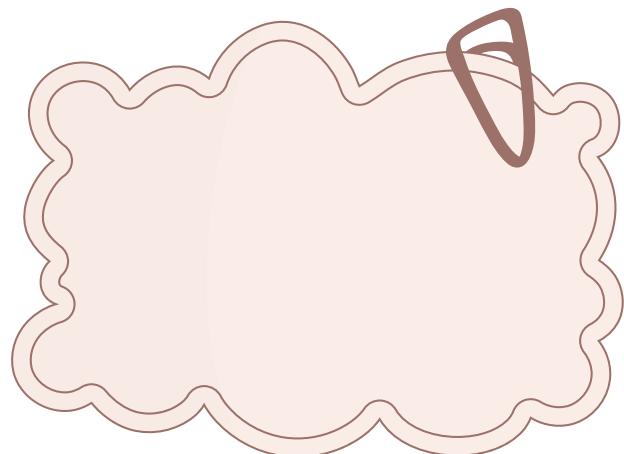
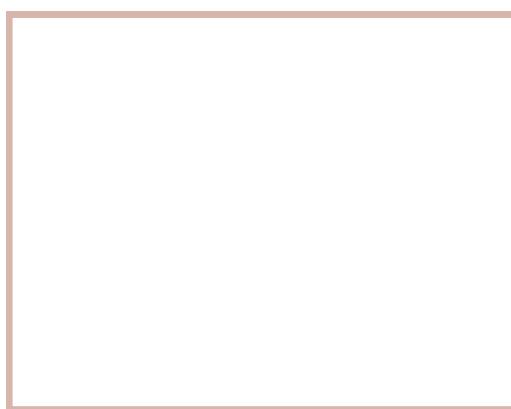
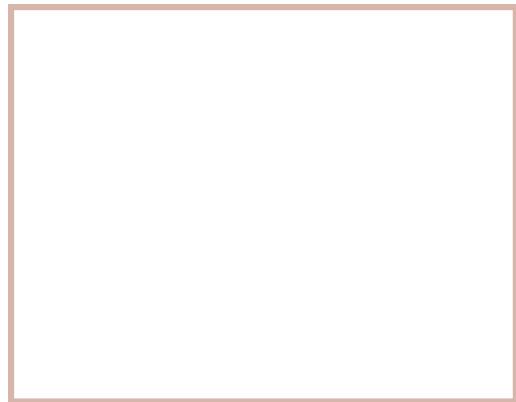
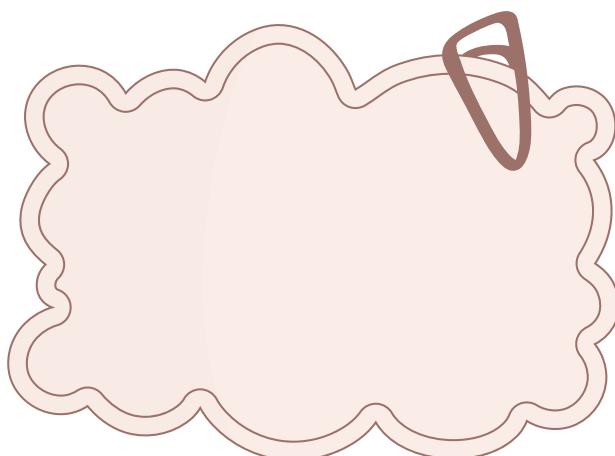
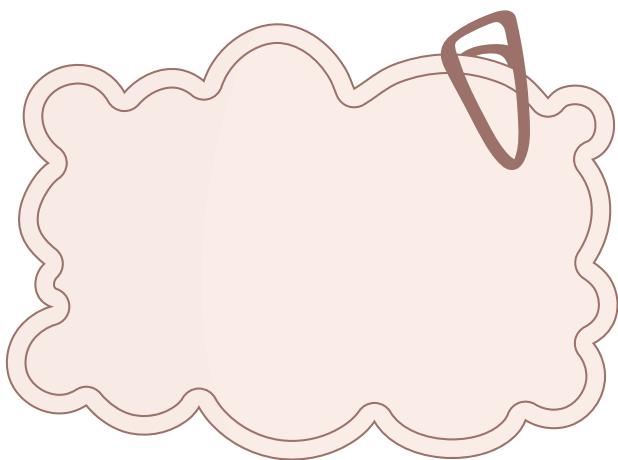
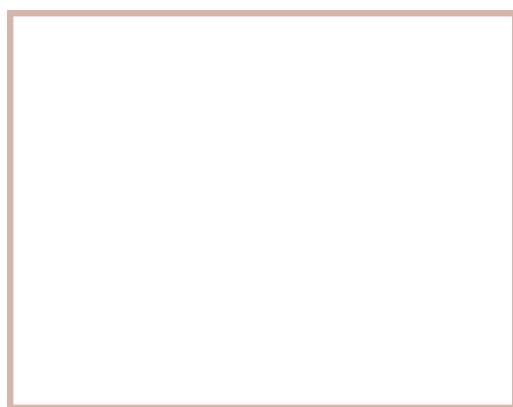
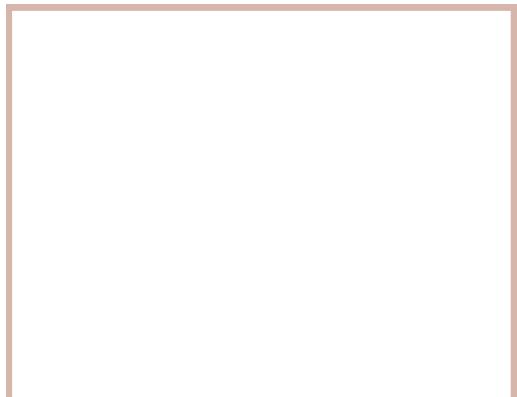
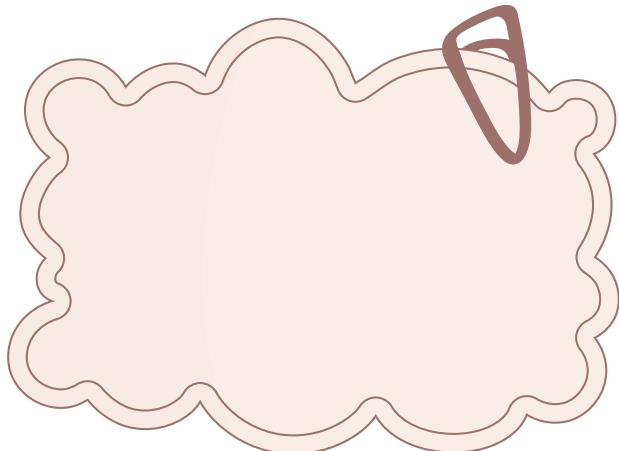


SCRIPTING

from the future part two



SCRIPTING

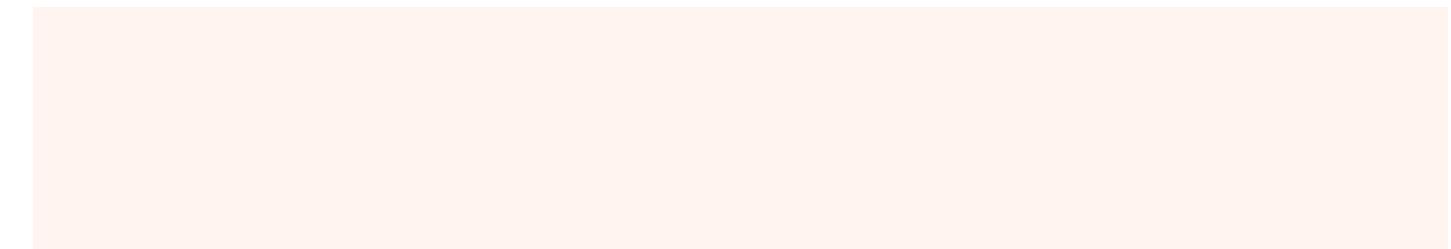
from the future part three

W H I S P E R

method

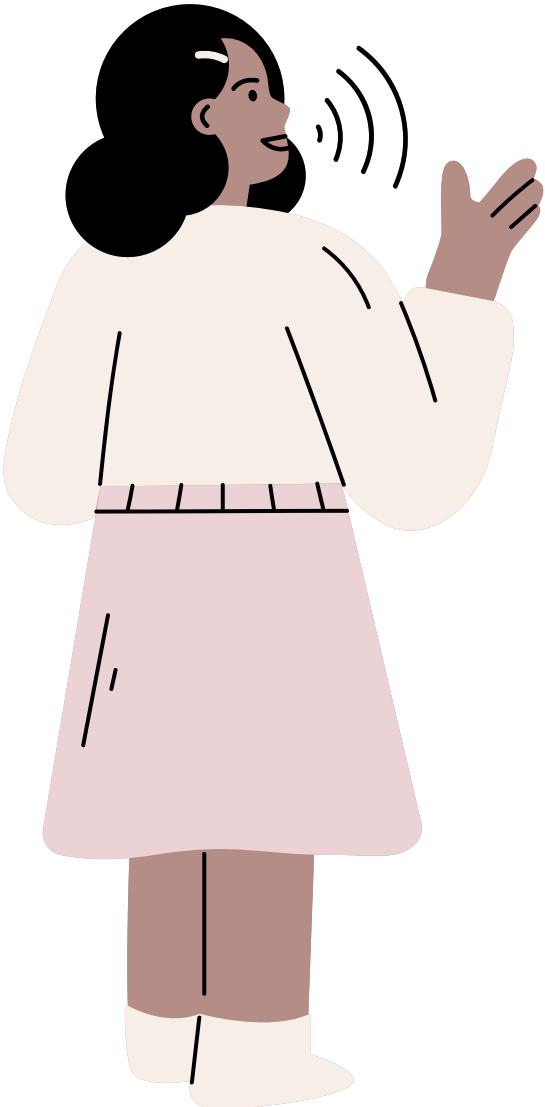
The Whispering Technique of Manifestation, is a manifestation method that involves softly whispering your desires to the universe. This technique is based on the idea that whispering your intentions can help you focus your thoughts and energy, and send a powerful message to the universe.

Setting my intention for this practice



Enter a meditative state

Prepare for the whispering step by calming your mind and body and maintaining your attention on the task at hand. Sit or lay comfortably, close your eyes, and concentrate on your breathing. Let thoughts and judgements pass peacefully, don't ponder!



Whisper & visualise your manifestation

Close your eyes and softly whisper your desires to the universe. Speak as if you are having a conversation with the universe, expressing your desires with sincerity and clarity. Visualise while you whisper it!

End this practice with gratitude & an open mind.

LETTER TO *the universe*

Writing a letter to the universe is a powerful way to express your desires, intentions, and gratitude. Start your letter by addressing the universe!



FUTURE box

The Future Box Technique involves manifesting desires by writing them on paper, placing them in a box with symbolic items, visualizing goals as achieved, feeling associated emotions, and releasing desires to the universe by opening the box. Regular practice helps align your energy with goals. Use the spaces below to brainstorm about everything you'd like to put inside the box!



“What you think, you become. What you feel, you attract. What you imagine, you create.”

Buddha

GLOBE TROTTER!

manifesting a vacay

Let's be real, we all have a wish to travel and explore the depths of the world! Draw a point on the countries you would love to travel to and write about how you feel while exploring these new places like it has already happened! Be grateful and excited about the wonderful experiences you had. Get creative, stick pictures, and create your own travel script and board!



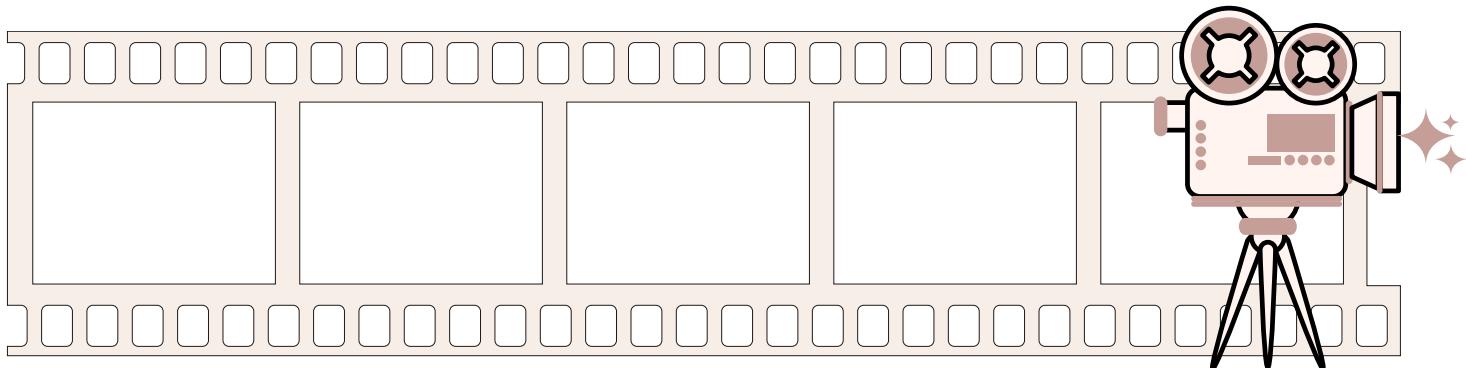
My Travel Log

My favourite moments, places and experiences

MY DREAM LIFE

as a movie part one

The Mental Movie Method is a visualization technique used to manifest desires and goals. It involves creating a detailed mental "movie" or scenario of your desired outcome, engaging all your senses to make it as vivid and real as possible. Stick Images that correspond to your movie while writing! Make it fun and creative!



Create a Script

Write a detailed script or story describing your goal as if it has already happened. Include sensory details (what you see, hear, feel, etc.).

Visualization:

Close your eyes and visualize the script playing out in your mind like a movie. Imagine yourself experiencing the scenario in real time.

Engage Your Senses:

As you visualize, engage all your senses. Feel the emotions associated with achieving your goal.

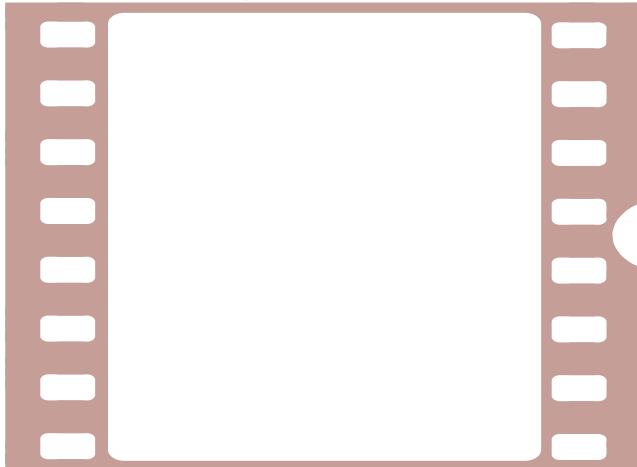
Belief and Trust

Believe in achievable goals, trust the universe, use motivation from mental visualization for inspired action towards goals.

M Y D R E A M L I F E

as a movie part two

STICK A PICTURE



“

I am the creator of my reality. I am abundant and powerful. I am a divine and loveful soul. I am the architect and CEO of my life.

I am a successful

*A Journey of Becoming
my highest self*

M Y D R E A M L I F E

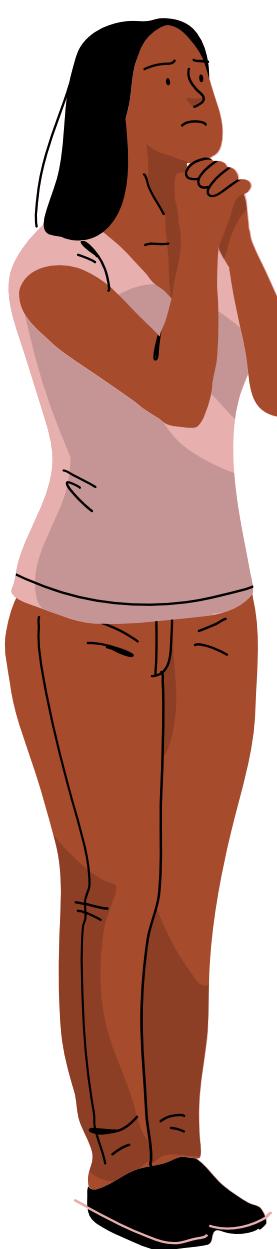
as a movie part three

SCRIPTING

dialog

Write imagined conversations between your present and future self or between you and a mentor/inspirational figure. These dialogues can offer insights, advice, and encouragement, reinforcing your belief in your ability to manifest your dreams. It's a creative way to explore different perspectives and deepen your understanding of the journey ahead.

Present Self



Higher/Future Self



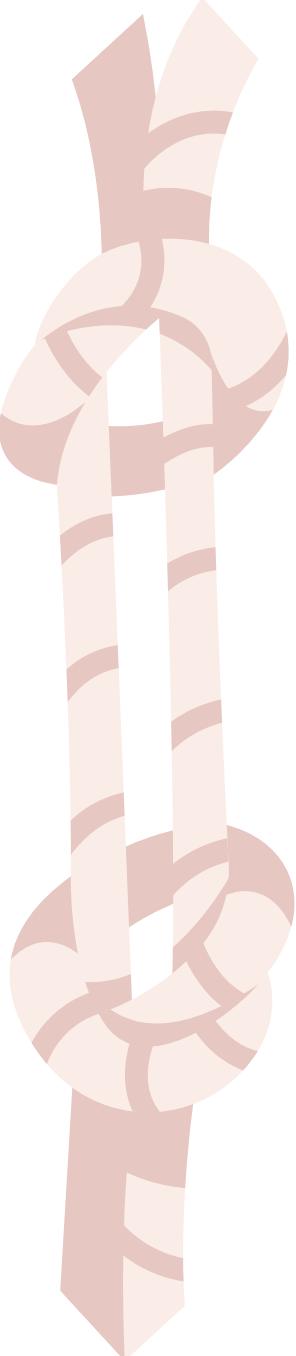
KNOT

method

The knot method of manifestation is a technique that combines elements of intention setting, visualization, and symbolic action to manifest desired outcomes. It involves tying knots in a string or cord while focusing on specific intentions or goals. Here's a step-by-step guide on how to use this method:

Knot Technique

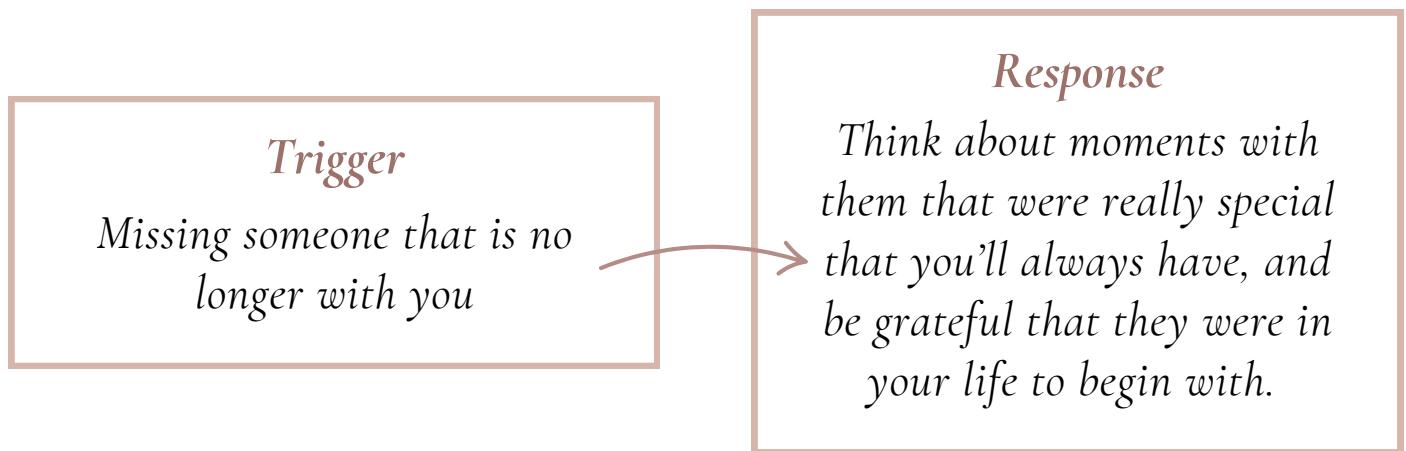
Choose a symbolic long string, cord, or thread based on its length and color to reflect your intentions.

- 
- 01 Clearly define what you want to manifest. Be specific and positive in your phrasing.
 - 02 Hold the string in your hands and close your eyes. Visualize your desired outcome as if it has already happened.
 - 03 As you tie each knot, focus on a specific aspect of your intention. You can say an affirmation or a positive statement related to your goal while tying each knot. For example, if you are tying seven knots for prosperity, you might say, "I am attracting abundance into my life" with each knot.
 - 04 Keep the string in a place where you will see it regularly. It can serve as a reminder of your intentions and help maintain your focus on manifesting your goals.

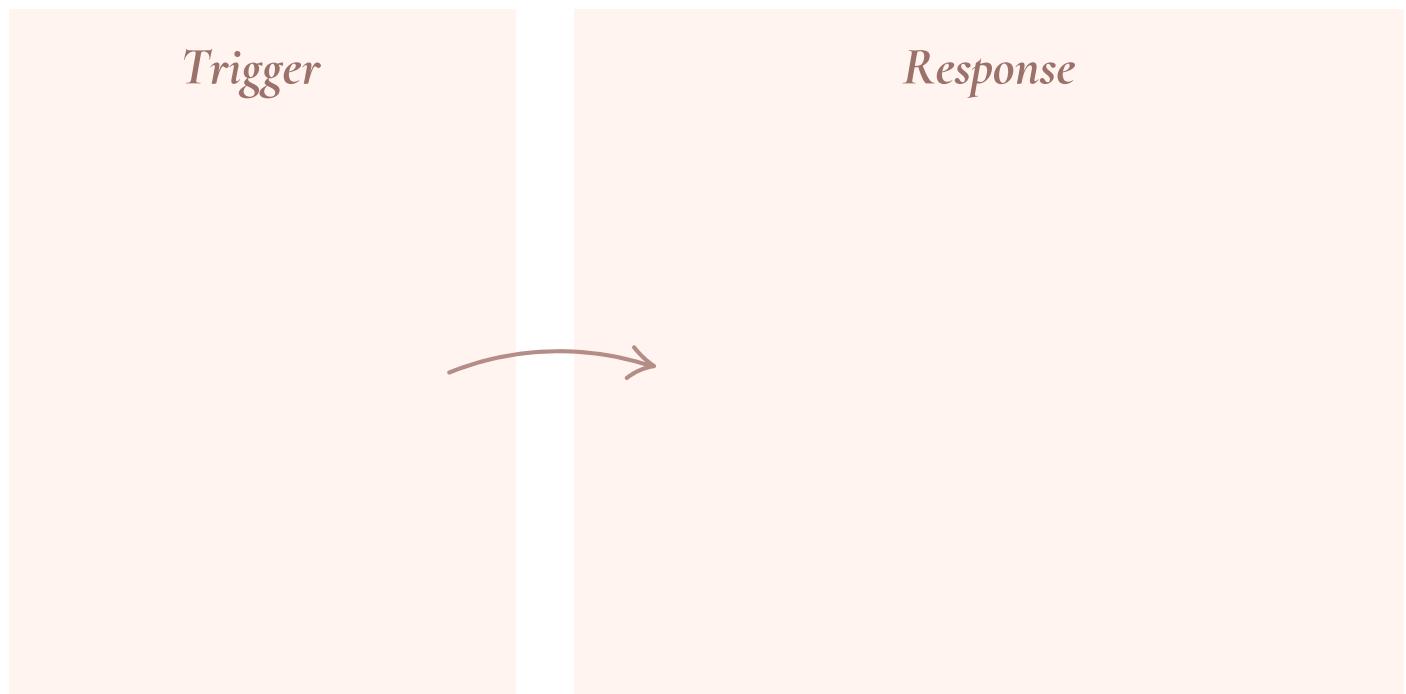
DISCOUNT TRIGGER

method

We all go through some tough times and situations in our life. However, we have the power to choose how we perceive a situation. Small tweaks in the way we respond to situations can make a tremendous difference to how good and positive we feel in life. No matter what the situation is, take a “negative” moment and instantly shift it into a positive opportunity to feel good and invite wonderful things into your life.



In the section below, mention something that is bothering you and choose to find a positive attitude of gratitude from it.



BLITZ JAR

method

Practicing Gratitude Blitzing is a wonderful and uplifting method to elevate your energy, enhance your mood, and draw positive things towards you. The Blitz Method involves continuously listing numerous things you are thankful for without pausing. Share all the things and experiences you appreciate in the images below, and remember to express gratitude to the universe or a higher power for all the blessings at the end.

My Gratitude Jar

List 20-30 things you are
grateful for in your life



Write your
thank you
note here

TIME LAPSE

method part one

The time-lapse method is like a gratitude stack that is jumbled up as past, present and future events. So when you go through those past and present manifestations, there's a "certainty" in your vibration that carries over and applies to the 'future' statements as well. Remember, you attract who you are and what your vibration is! Just create your list as per the format mentioned below. Please use the phrase "I am grateful for...." for your future manifestations like they have already happened.

Past Self ↗

Present Self ↗

Future Self ↗

Present Self ↗

Future Self ↗

Past Self ↗

Present Self ↗

Future Self ↗

TIME LAPSE

method part two

Present Self ↗

Future Self ↗

Future Self ↗

Past Self ↗

Present Self ↗

Future Self ↗

Present Self ↗

Future Self ↗

Past Self ↗

Past Self ↗

Future Self ↗

I CAN & I WILL

my vision board

Creating a vision board is a creative and powerful way to manifest your goals and dreams by visually representing them. Collect magazines, newspapers, photos, quotes, and any other materials that resonate with your intentions. You can also print images from the internet or use your own photographs.

What is my intention?

What supplies will I need?

Remember this

I am worthy of all the success and abundance coming into my life. I am aligned with the energy of abundance and prosperity. I believe in myself and my ability to achieve my goals.

Vision Board Checklist

- Supplies for making my vision board
- A deep meditation before creating my vision board
- Reading through my affirmation mantra
- Going back to my intentions worksheet & aligning myself

MY VISION BOARD *at a glance*

Career

Health

Relationships

Finances

Spiritual

Mental

VISION BOARD

for my career

In the space below, create your vision board and write words or phrases that add meaning and emotions to your career-related vision and goals. At the end of this exercise, write how you feel and thank the universe for blessing your life as if all your goals have already been achieved.

My Work and Career

My Gratitude Message & Affirmations

VISION BOARD

for my health

In the space below, create your vision board and write words or phrases that add meaning and emotions to your health-related vision and goals. At the end of this exercise, write how you feel and thank the universe for blessing your life as if all your goals have already been achieved.

My Physical & Mental Health

My Gratitude Message & Affirmations

VISION BOARD

for money and finances

In the space below, create your vision board and write words or phrases that add meaning and emotions to your money-related vision and goals. At the end of this exercise, write how you feel and thank the universe for blessing your life as if all your goals have already been achieved.

Financial Abundance & Money

My Gratitude Message & Affirmations

VISION BOARD

for love and relationships

In the space below, create your vision board and write words or phrases that add meaning and emotions to your love-related vision and goals. At the end of this exercise, write how you feel and thank the universe for blessing your life as if all your goals have already been achieved.

My ideal partner

My Gratitude Message & Affirmations

VISION BOARD

for my lifestyle

In the space below, create your vision board and write words or phrases that add meaning and emotions to your vision and goals. At the end of this exercise, write how you feel and thank the universe for blessing your life as if all your goals have already been achieved.

My lifestyle

My Gratitude Message & Affirmations

VISION BOARD

for spirituality

In the space below, create your vision board and write words or phrases that add meaning and emotions to your vision and goals. At the end of this exercise, write how you feel and thank the universe for blessing your life as if all your goals have already been achieved.

My Spiritual Journey

My Gratitude Message & Affirmations

VISION BOARD

for travel

In the space below, create your vision board and write words or phrases that add meaning and emotions to your vision and goals. At the end of this exercise, write how you feel and thank the universe for blessing your life as if all your goals have already been achieved.

Travel

My Gratitude Message & Affirmations

PHASE

170

Phase Seven

PRACTICING GRATITUDE

Gratitude plays a pivotal role in the manifestation process. It is a powerful tool that can transform your mindset, raise your vibrational frequency, and attract positive experiences into your life.



S E V E N

GRATITUDE

grat

01

I feel grateful for the level of physical activities I'm able to incorporate into my life given my daily schedule

YES

NO

MAYBE

02

I feel grateful for all my close family and friends that I am blessed to have in my life and how I'm able to remain in contact with them

YES

NO

MAYBE

03

I sit down and feel grateful for the challenges and obstacles I've faced in my life because it made me a better person

YES

NO

MAYBE

04

I feel gratitude towards everything I have been blessed with now and honour the journey that I'm on even if I sometimes don't achieve my goals

YES

NO

MAYBE

05

I always manage to get through the worst times by reminding myself that life is not a linear journey; but, it is a journey of ups and downs

YES

NO

MAYBE

06

I feel grateful for everything I have achieved but I also acknowledge the people and situations that helped me throughout my journey

YES

NO

MAYBE

07

I feel like I don't have everything I want in life; everything feels wrong in life and practicing gratitude feels like an impossible task sometimes

YES

NO

MAYBE

C O U N T

your blessings

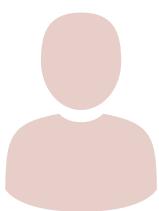
This is a guided gratitude exercise so that it's easier to enter the attitude of gratitude! Sometimes counting our blessings based on the most obvious aspects of our life is underrated but is definitely worth it.



I am grateful for my family because _____



Something good that happened today _____



I am grateful for my friend because _____



I am grateful for who i am because _____



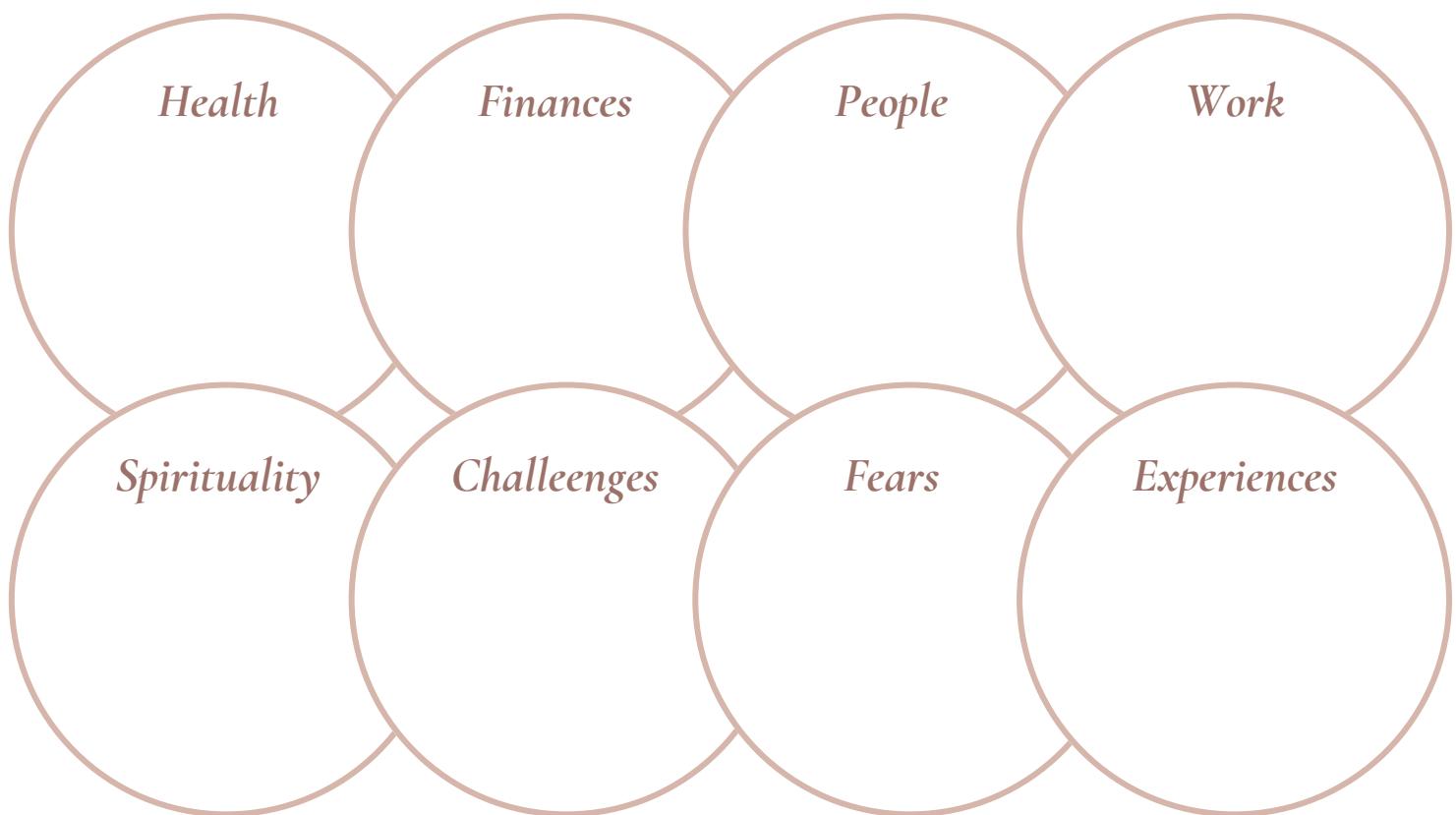
Something silly I am grateful for _____



Something else I am grateful for _____

DEVISING MY *gratitude prayer*

In positive psychology research, gratitude is strongly and consistently associated with greater happiness. The day feels different when you practice gratefulness as soon as you wake up and just before you go to sleep! Write what you're grateful for in the spheres below and then use the white box below to craft your gratitude prayer in detail using the information you mentioned in the spheres.



My Gratitude Prayer

DRAW 3 THINGS

you are grateful for

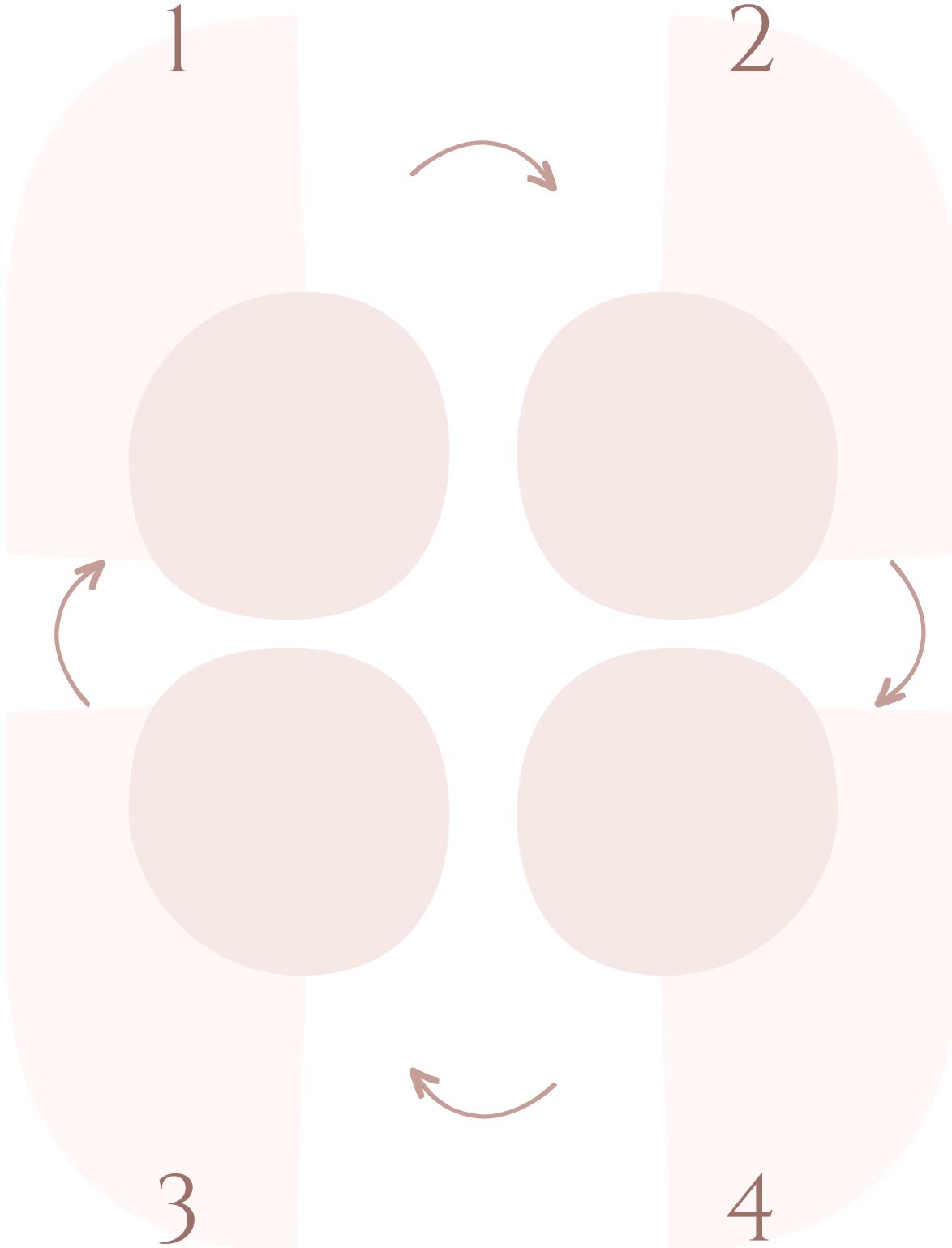
Draw some of the things you are grateful for in the circles below. Write a few words about what you've drawn.

1

2

3

4



J A R O F *Gratitude*

Treat this jar as YOUR jar of gratitude for all the places, people, experiences, challenges (Yes!) that helped you in your life to becomes more happy and positive. Draw or write about everything you are grateful for in your life!

*Manifesting your reality is all about
the attitude of gratitude*

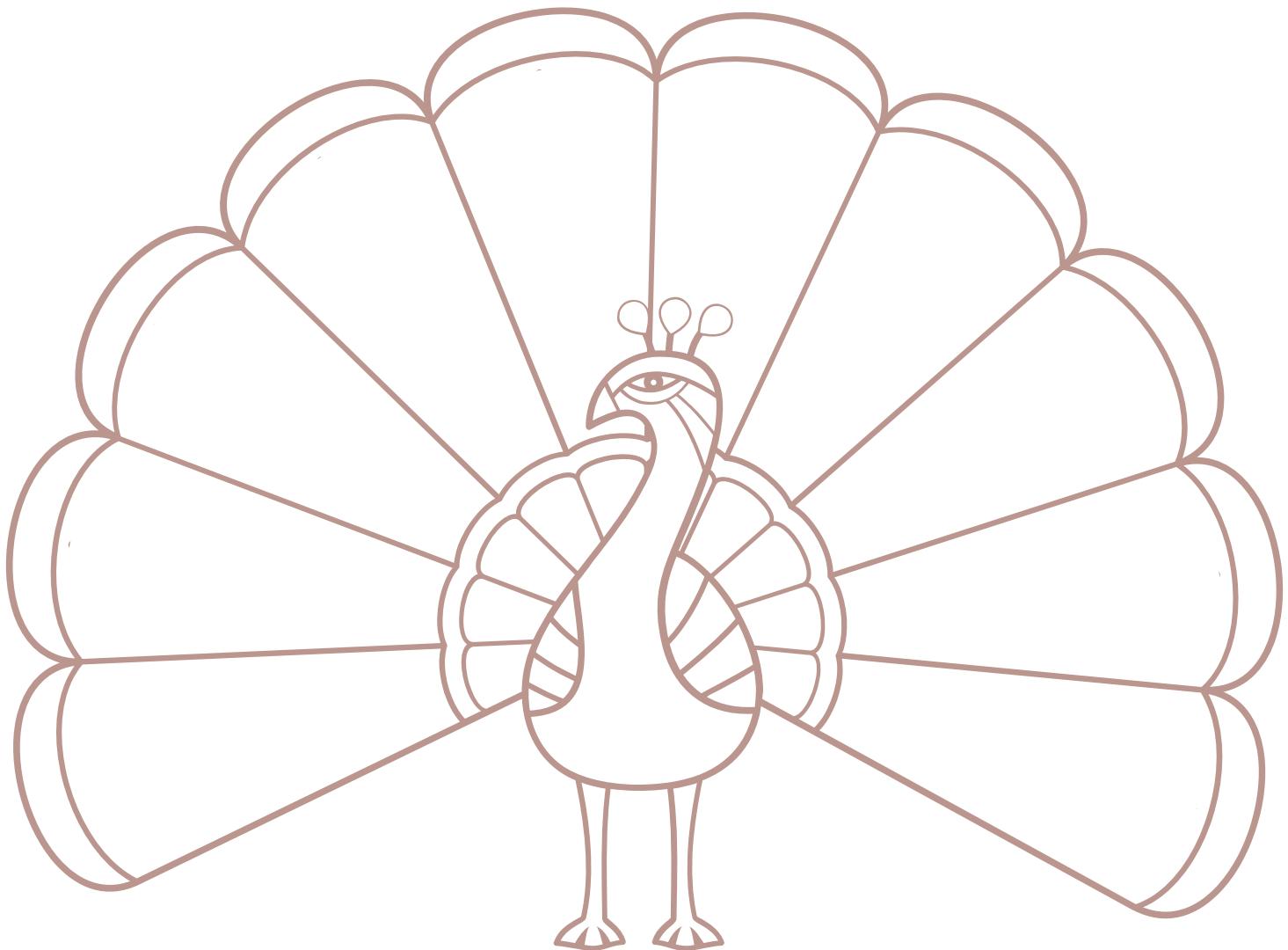
C O U N T your blessings

- 1 Take several deep breaths calmly
- 2 Start thinking about everything you feel grateful for
- 3 Choose a color you associate with each point and color away!

Quick Tip: You can also use this graphic and write down things you would like to manifest and feel gratitude for these things like you already have them! This is a Law of Attraction technique!



Gratitude is the key that unlocks the door to manifestation.



C O U N T

your blessings

Morning Gratitude Prayer
Before you begin the day, list the
9 things you are grateful for..

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9

Lesson from challenges
Mention the people, situations or
obstacles have taught you...

- 1 I'm learning that..
- 2 I'm learning that..
- 3 I'm learning that..

People I'm thankful for
List five people that made you feel
a little happier today. They could
be friends, family or strangers.

- 1
- 2
- 3
- 4
- 5

The best part of my day...
Write down the best part of your
day and focus on it for 5 minutes
before you go to sleep.

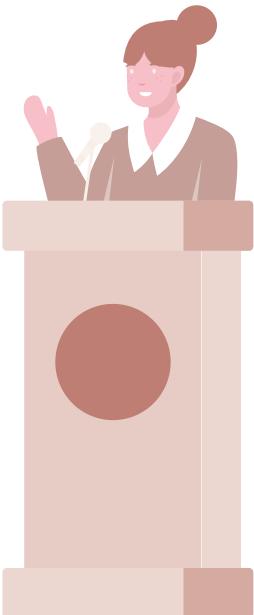
PHASE E

178

Phase Eight

TURNING ENVY INTO INSPIRATION

Turning envy into inspiration plays a crucial role in the manifestation process by transforming negative emotions into a positive driving force that can propel you towards your goals.



F I G H T

EXPLORING

Envy

It is so important to understand what triggers envy. Envy is that sinking feeling in the pit of your stomach when you compare yourself or your life with others. In the worksheet below, try to identify your triggers.

Reflect on situations, experiences, or qualities in others that trigger feelings of envy within you. Write down at least three triggers below:

- 1 _____
- 2 _____
- 3 _____

Consider why each trigger evokes envy. Is it because you desire something similar for yourself, or does it highlight insecurities or unmet needs? Write down your thoughts and reflections for each trigger:

Trigger One		Reflection	
Trigger Two		Reflection	
Trigger Three		Reflection	

UNDERSTANDING

your envy

Envy

Envy is a feeling of discontent or resentment aroused by someone else's possessions, qualities, or achievements, and a desire to have those possessions, qualities, or achievements for oneself.

Inspiration

The opposite of envy is inspiration. Inspiration fuels creativity and motivation, sourced externally or internally, driving individuals to pursue passions overcome challenges, and achieve goals.

Every time we feel envy, we have an opportunity to turn it into inspiration. In this worksheet, mention a few instances you've felt envy and write an inspiring thought beside it.

Envious Thought

Inspired Thought

Envious Thought

Inspired Thought

Envious Thought

Inspired Thought

SEEK OUT

inspiration

Always remember that inspiration is high vibe. Whenever you feel envy taking over, just remember that it is an opportunity to feel inspired and open your mind to new and unimaginable possibilities! Actively seek out inspiration from people, family, social media, movies etc and provide proof that it is more than possible to manifest everything you desire.



Inspiring people around me



Lifestyle that inspires me



Personal Experiences that have inspired me

INSPIRATION

based goal setting

Based on the inspiration gained from reframing envy, set specific and achievable goals for yourself. Write down at least one goal inspired by each trigger:

<i>Trigger</i>	<i>Inspired Goal</i>

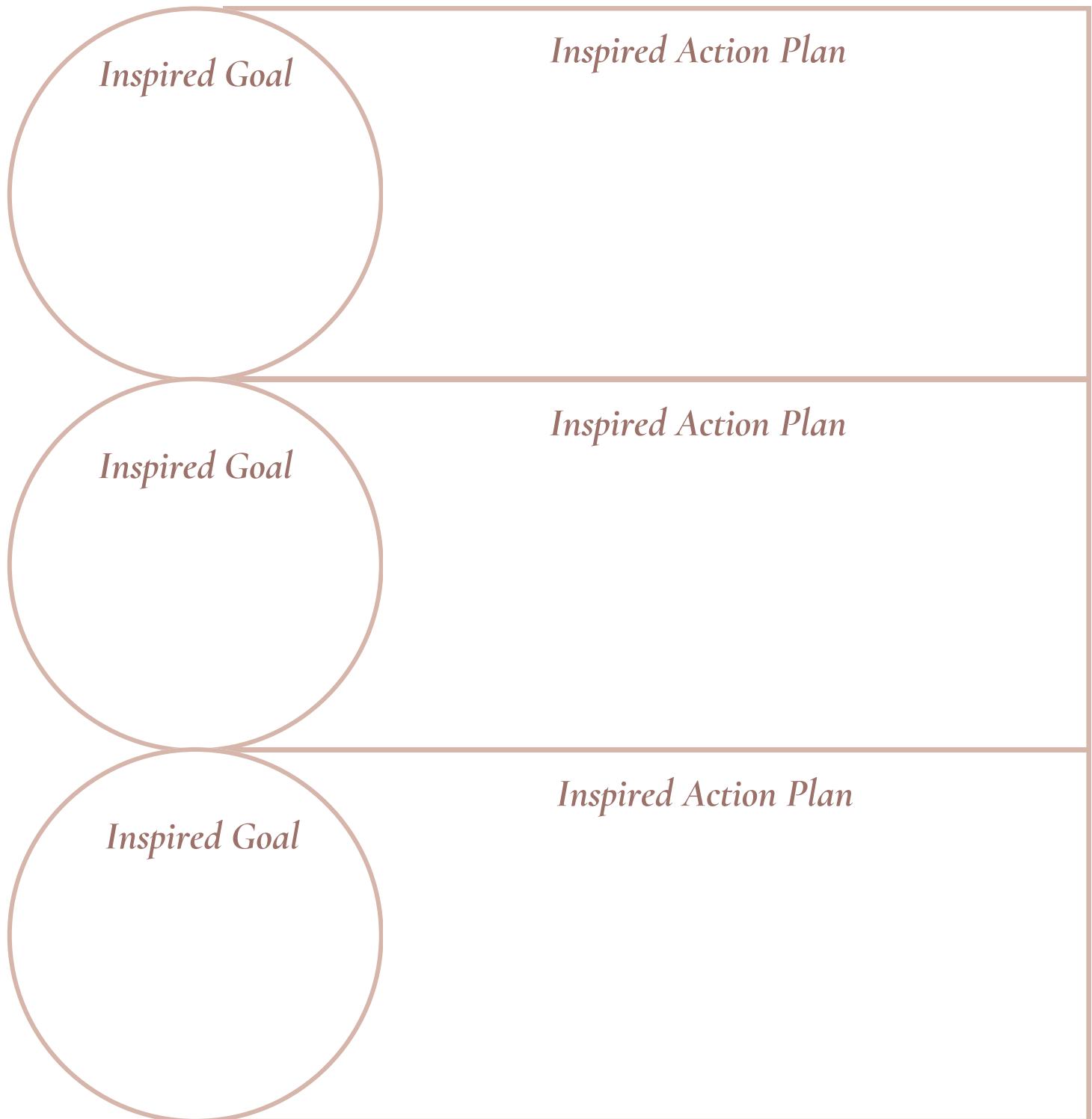
<i>Trigger</i>	<i>Inspired Goal</i>

<i>Trigger</i>	<i>Inspired Goal</i>

INSPIRED

action

Outline concrete steps you can take to work towards your goals and overcome any obstacles or challenges along the way. Break down each goal into smaller, manageable tasks and set deadlines for completion. Write down your action plan for each goal:



PHASE E

184

Phase Nine TRUST & SURRENDER

Trust and surrender play essential roles in the manifestation process, helping individuals align their intentions with the universe and allowing their desires to manifest more effortlessly.

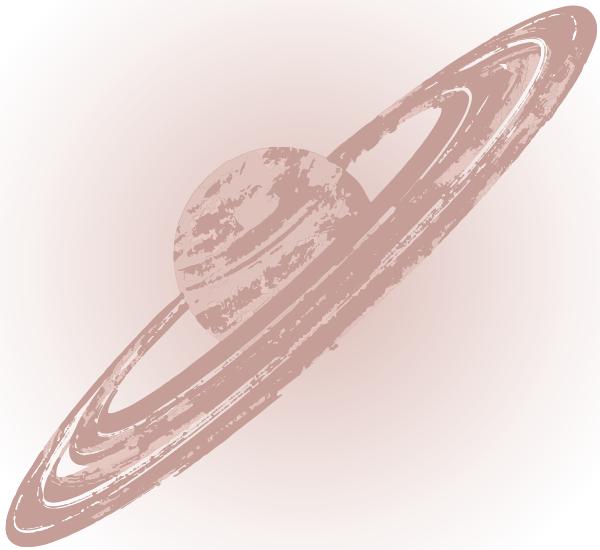


NINE

TRUST &

let go

“
Surrender to the divine timing of your life. Trust in the plan of the universe.
 ”



Surrendering to the universe and trusting its guidance is crucial to our personal growth, fulfillment, and alignment with our highest potential.

1 Letting Go of Control:

Surrendering to the universe involves releasing our need to control every aspect of our lives. It means acknowledging that there are forces beyond our understanding and trusting that everything is unfolding as it should, even if it doesn't match our expectations. By surrendering control, we open ourselves up to new possibilities and opportunities that we may not have considered otherwise.

2 Embracing Flow and Flexibility:

When we trust the universe, we learn to flow with the natural rhythms of life. We become more adaptable and resilient in the face of change, understanding that challenges are often opportunities in disguise. Trusting the universe allows us to navigate life's ups and downs with greater ease and grace, knowing that we are supported by a higher intelligence.

3 Finding Inner Peace:

Surrendering to the universe brings a sense of inner peace and serenity. It frees us from the burden of worry, anxiety, and fear, as we relinquish the need to constantly struggle and strive for control. Trusting in the universe's wisdom allows us to cultivate a deep sense of faith and acceptance, knowing that we are held and supported by something greater than ourselves.

4 Aligning with Divine Timing:

Trusting the universe means surrendering to divine timing. It involves having faith that everything is unfolding according to a higher plan, even if we can't see the bigger picture in the present moment. By trusting in divine timing, we learn to be patient and to trust that things will unfold in the right way and at the right time.

Manifesting With Ease

Surrendering to the universe and trusting its guidance can enhance our manifestation abilities. When we release resistance and align ourselves with the flow of abundance, we become more receptive to the blessings and opportunities that come our way. Trusting in the universe's support can help us manifest our desires more easily and efficiently. Emotionally detach yourself from whatever you think will be the result or outcome. It's time to embrace equanimity and enjoy the process. Use all the manifestation techniques in this workbook with pure intentions and thoughts. Never force yourself to go through this process and just let it flow.

Manifesting is all about surrender. It is about knowing and visualizing what you want, being proactive in reaching it but then surrendering to the journey that will ultimately guide you there.

UNDERSTANDING

trust and surrender

Isn't it so fascinating that once you let go of control and resistance, your most valuable manifestations come to life? So many times we get what we "want" only after we completely give up and stop caring if we get it. However, it's important to understand that:

Letting go ≠ Giving up

Consider how trust and surrender play a role in the process of manifestation. What do these concepts mean to you in the context of manifesting your desires? Write down your reflections:

Define what trust and surrender look like when applied to manifestation. How do you trust in the universe's ability to deliver your desires, and how do you surrender control to allow manifestation to unfold naturally? Write down your definitions:

BUILDING *trust*

Consider how trust and surrender play a role in the process of manifestation. What do these concepts mean to you in the context of manifesting your desires? Write down your reflections:

My affirmations for trust

Create affirmations that reinforce your trust in the manifestation process. Write down positive, present-tense statements that affirm your belief in the universe's ability to manifest your desires.

EMBRACING

surrender

Integration Plan:

Create a plan for integrating trust and surrender into your manifestation practice. Outline specific actions you will take to strengthen your trust and surrender on a daily basis. Write down your integration plan:

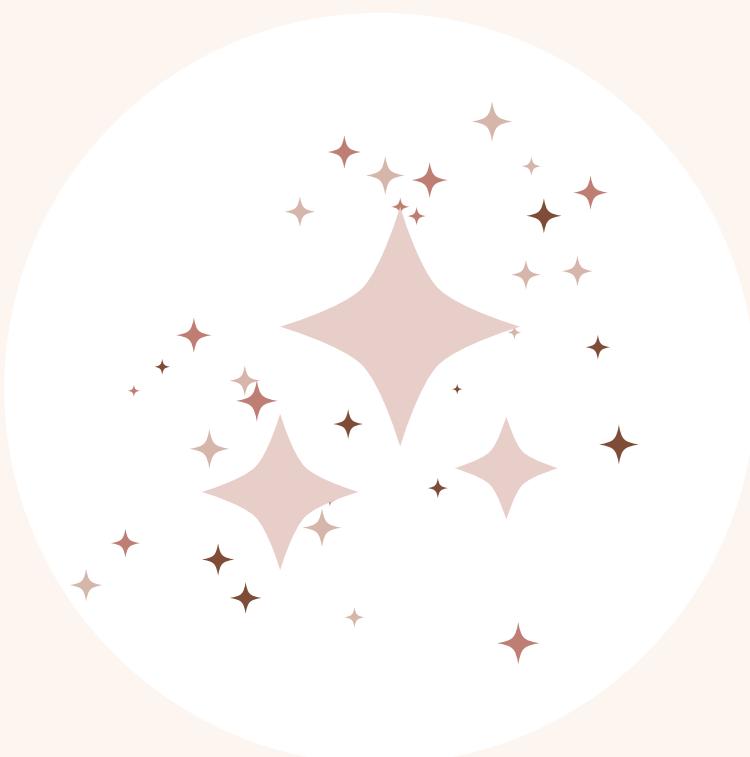
PHASE

190

Phase Ten

TRUST & LETTING GO

Trusting the universe is a powerful concept rooted in the belief that there is a higher intelligence or cosmic order guiding our lives. It involves having faith in the process of life unfolding in its own time and according to a greater plan.



TEN

TRUST THE Universe

“The mind is everything. What you think you become.”

Trust is a crucial component of successful manifestation. When you set your intentions and take inspired actions, you are co-creating with the universe. Trusting the process means believing that the universe is working behind the scenes to bring your desires to fruition.

Believing in the Unseen

Manifestation involves faith in the unseen. Trusting the universe means believing that your desires are being worked on, even when you can't see immediate results.

Detachment from Outcomes

Becoming overly attached to specific outcomes can create resistance. Trusting the universe involves detaching from the "how" and "when" and allowing things to unfold naturally.

*Congratulations on starting this
beautiful journey.*

We attract who we are. The universe responds to our vibration- who we are at our core! Your thoughts and actions raise your vibration. The entire point of this workbook is to work through our thoughts and who we are as people. The concept of manifestation is so deeply rooted in psychology and subconscious reprogramming.

LETTING GO

of control

One of the biggest challenges in manifestation is letting go of the need to control every aspect of the process. Here are some ways to practice letting go:

01

Mindfulness and Meditation

Regular mindfulness practices can help you stay present and reduce the urge to control.

02

Affirmations

Use affirmations to reinforce your trust in the universe. Examples include, "I trust that everything is unfolding perfectly for me," or "I release control and allow the universe to guide me."

03

Gratitude

Focus on what you already have and express gratitude daily. This shifts your energy from lack to abundance, helping you trust that more good things are on their way.

Recognising the signs

The universe often communicates with us through signs and synchronicities. Being open to these signs can reinforce your trust in the process.



Stay Alert



Intuition

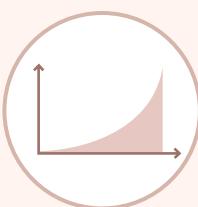


Journalling

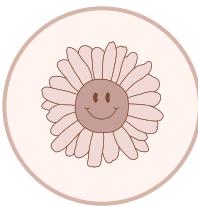
LETTING GO

of control

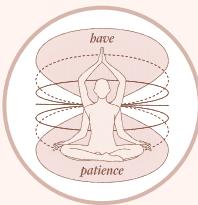
Congratulations on completing this Manifestation Workbook! Throughout this journey, you've explored various techniques to harness the power of your thoughts and intentions. Remember, manifestation is not just about the destination but also about the journey. It involves a continuous process of self-discovery, growth, and alignment with your true self. Here are a few key takeaways to keep in mind:



Regular practice of manifestation techniques helps reinforce your intentions and align your energy with your goals.



Positive thinking and maintaining a high vibration are crucial. Your mindset shapes your reality.



Manifestation is a process. Trust in the timing of the universe and stay patient. What you seek is on its way to you.



Always be grateful for what you have and what is yet to come. Gratitude amplifies positive energy and attracts more of what you desire.



While visualization and intention setting are powerful, taking inspired action towards your goals is equally important.

RECOGNISING

the signs

The universe often communicates with us through signs and synchronicities. Being open to these signs can reinforce your trust in the process. It's crucial to co-create with the universe. It's important to understand our own intuition and listen to our gut.



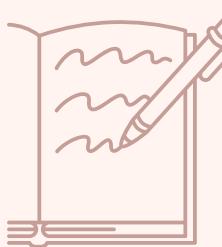
Stay Alert!

Pay attention to recurring patterns, numbers, or unexpected opportunities that align with your goals.



Listen to your intuition

Trust your gut feelings and inner knowing. Your intuition is a direct link to universal guidance.



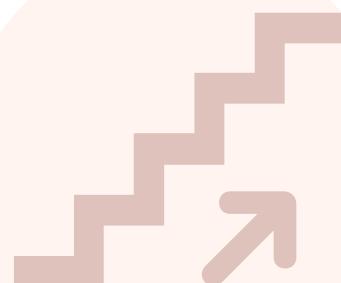
Journalling

Keep a journal of signs and synchronicities. Reflecting on these experiences can strengthen your belief in the universe's support.

BUILDING FAITH

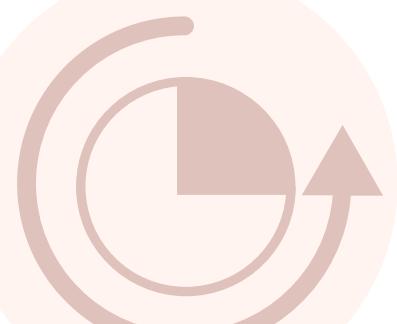
through experience

Building trust in the universe is an ongoing process that grows stronger with each positive experience. Embracing this journey with an open heart and mind allows us to see the subtle signs and synchronicities that guide us. Trust and rely on your experiences.



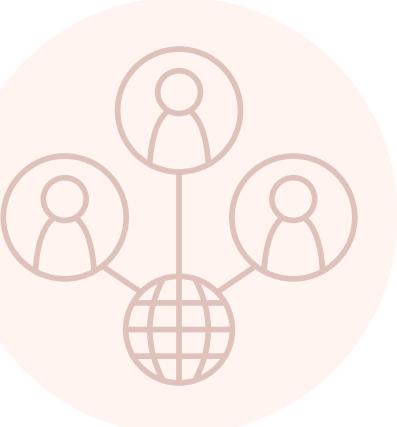
Small Steps

Start by setting small, easily achievable goals. As you see these manifest, your confidence and trust will grow.



Reflect on Past Successes

Think back to times when things worked out unexpectedly well. Use these memories as evidence of the universe's support.



Community and Support

Surround yourself with like-minded individuals who believe in the power of manifestation. Sharing experiences and insights can bolster your faith.

CONCLUSION *of the workbook*

Congratulations on completing this Manifestation Workbook! Throughout this journey, you've explored various techniques to harness the power of your thoughts and intentions. By committing to practices like the Knot Method, the Mirror Method, the Water Method, and trusting the universe, you've taken significant steps towards manifesting your dreams and desires. Remember, manifestation is not just about the destination but also about the journey. It involves a continuous process of self-discovery, growth, and alignment with your true self.



As you move forward, continue to explore and integrate these practices into your daily life. Keep your intentions clear, your thoughts positive, and your actions aligned. Trust in yourself and the power of the universe to bring your dreams to fruition.

Thank you for allowing this workbook to be a part of your manifestation journey. May your path be filled with abundance, joy, and fulfillment. Happy manifesting!

TOOLS

197

Resources

SELF-HELP & GUIDANCE TOOLS

Within this section, you'll find a selection of tools and resources to support you in your quest to reach your full potential and shape your own future.



TOOLS

AFFIRMATIONS

and honouring yourself

Affirmations are positive statements that can help you challenge and overcome negative thoughts and beliefs. Various types of affirmations are tailored to different aspects of life and personal growth. It's crucial to understand that we should try to include affirmations that resonate with us and make us feel more positive! Here are some common types:

01 *Self-Love and Self-Esteem Affirmations*

These affirmations focus on building self-worth, self-acceptance, and confidence. This will help you to cultivate a positive relationship with yourself, enhancing your overall well-being and self-image.

- *I love and accept myself exactly as I am.*
- *I am confident and value myself.*
- *I deserve all the good things that come my way.*

02 *Health and Wellness Affirmations*

Discover affirmations that promote physical health, vitality, and mental well-being. These affirmations help you focus on maintaining a healthy lifestyle and positive body image.

- *My body is healthy, my mind is calm, and my soul is at peace.*
- *I am strong, healthy, and full of energy.*
- *Every cell in my body vibrates with energy and health.*

03

Success and Achievement Affirmations

Explore affirmations that nurture a mindset of success and achievement. Discover the techniques to effectively establish and reach your goals with certainty and perseverance.

- *I am capable of achieving my goals.*
- *Success flows to me effortlessly.*
- *I am committed to my personal and professional growth.*

04

Abundance and Prosperity Affirmations

Focus on affirmations that attract financial prosperity and a sense of abundance. These affirmations help you develop a positive relationship with money and open yourself to new opportunities.

- *I am open to receiving abundance in all areas of my life.*
- *Money flows to me easily and effortlessly.*
- *I am a magnet for wealth and success.*

05

Love and Relationship Affirmations

Explore affirmations that focus on attracting and nurturing loving and healthy relationships. These affirmations help you build strong connections with others based on mutual respect and love.

- *I deserve to be loved and to give love.*
- *My relationships are harmonious and filled with love.*
- *I attract loving and supportive people into my life.*

06

Stress and Anxiety Relief Affirmations

Learn affirmations aimed at reducing stress and promoting a sense of calm and relaxation. These affirmations support you in managing anxiety and maintaining inner peace.

- *I am calm, relaxed, and in control.*
- *I let go of all worry and embrace peace.*
- *I am free from anxiety and live a peaceful life.*

07

Spiritual Growth Affirmations

This chapter delves into affirmations that support spiritual development and a deeper connection with your higher self or the universe. These affirmations help you align with your spiritual path.

- *I am connected to the infinite source of the universe.*
- *I trust the process of life and have faith in the universe.*
- *I am in harmony with the energy of the universe.*

08

Forgiveness and Healing Affirmations

Focus on affirmations that help release past hurts and promote emotional healing. Learn how to forgive yourself and others to move forward with a lighter heart.

- *I forgive myself and others for past mistakes.*
- *I release all negative emotions and embrace peace.*
- *I am healing more and more every day.*

09

Motivation and Productivity Affirmations

Discover affirmations that boost motivation and productivity. These affirmations help you stay focused and driven towards achieving your goals.

- I am focused and persistent; I never give up.
- I am motivated and driven to achieve my goals.
- I am productive and make the most of my time.

10

Personal Growth and Development Affirmations

This chapter covers affirmations that encourage continuous learning and self-improvement. Learn how to embrace new experiences and grow from them.

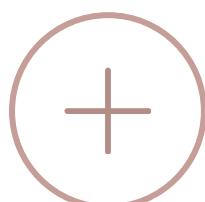
- I am constantly growing and evolving.
- I embrace new experiences and learn from them.
- I am committed to becoming the best version of myself.

My Favourite Affirmations

TIPS TO PRACTISE

affirmations

When you create your affirmations, please keep these tips in mind. They are most effective when you genuinely believe in the possibility of what you are affirming. Visualize your affirmations coming true and feel the positive emotions associated with them. This emotional connection can significantly enhance their power and effectiveness.



Be Positive

Phrase affirmations positively, focusing on what you want to achieve or feel.



Be Present

Use the present tense to affirm that what you desire is already happening.



Be Specific

Make your affirmations specific to your goals and desires.



Believe

Choose affirmations that resonate with you and that you can believe in.



AFFIRMATIONS

and how to use them

Incorporating affirmations into your daily routine can significantly enhance your personal growth and success. Here are some practical tips and strategies to help you make affirmations a consistent and effective part of your life:

01 Start Your Day with Affirmations

Morning Routine

Begin your day by reciting your affirmations. This sets a positive tone and mindset for the day ahead.

Examples:

"Today, I am focused, determined, and successful." "I approach this day with confidence and clarity."

02 Write Them Down

Journaling

Keep a journal where you write down your affirmations daily. This reinforces them and helps you internalize their messages.

Daily Practice

Spend a few minutes each morning or evening writing your affirmations by hand.

03 Use Visual Reminders

Post-It Notes

Place affirmations on sticky notes around your home, such as on your bathroom mirror, fridge, or computer.

Vision Boards

Create a vision board that includes your affirmations alongside images representing your goals.

04

Integrate Affirmations into Meditation

Meditation Practice

Incorporate affirmations into your meditation sessions. Repeat them silently or aloud while you focus on your breath.

Guided Meditations

Use guided meditations that include affirmations tailored to your goals.

05

Pair Affirmations with Daily Activities

Routine Activities

Recite affirmations during routine tasks, such as brushing your teeth, showering, or commuting.

Mindful Moments

Use breaks throughout the day to pause, take a deep breath, and repeat your affirmations.

06

Speak Affirmations Aloud

Verbal Practice

Say your affirmations out loud with conviction and belief. Hearing your own voice reinforces the message.

Mirror Work

Stand in front of a mirror and recite your affirmations while making eye contact with yourself.

07

Incorporate Affirmations into Exercise

Physical Activity

Repeat affirmations during physical activities like running, yoga, or walking. The physical movement can enhance the impact.

Workout Routine

Start and end your workouts with a set of empowering affirmations.

08

Create Affirmation Rituals

Consistent Practice

Establish rituals around your affirmations, such as starting and ending your day with them.

Ritual Space

Dedicate a space in your home where you practice your affirmations daily, creating a sense of sacredness and routine.

09

Involve Your Senses

Visual and Auditory

Write your affirmations and read them aloud. Record yourself saying them and listen to the recording.

Multi-Sensory Engagement

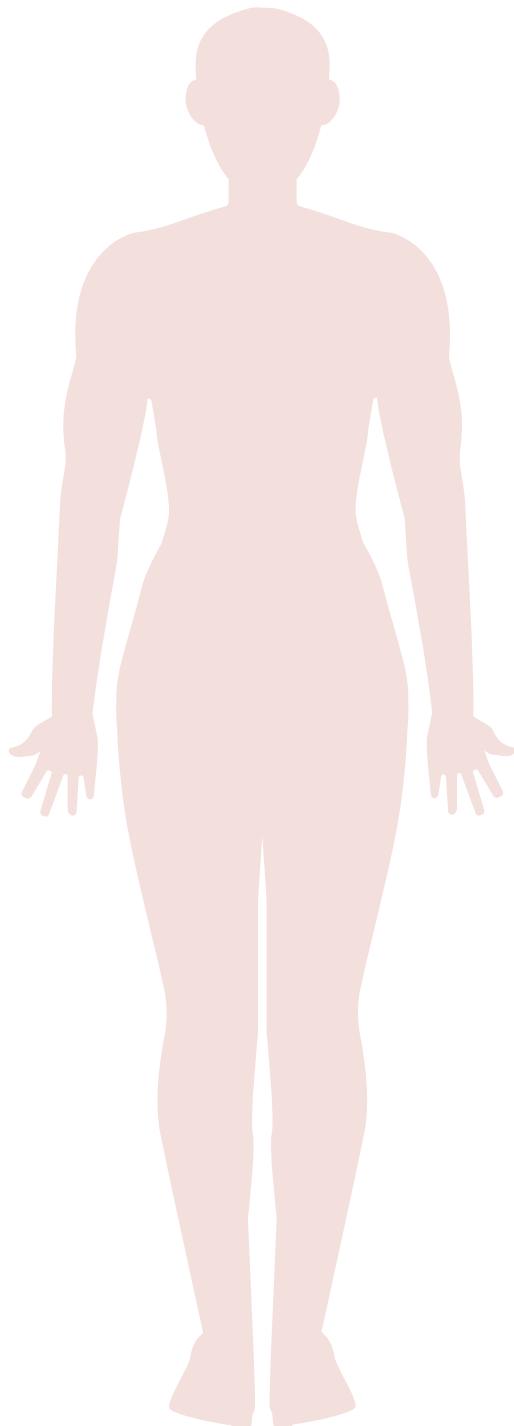
Create a sensory experience by pairing affirmations with scents (like essential oils) or visual aids (like candles).

Integrate tips and strategies for affirmations into your routine to achieve long-term success and personal growth by fostering a positive mindset and attracting desired outcomes through consistent practice and genuine belief.

HOW TO DO

a body scan

The body scan is a mindfulness meditation practice involving scanning your body for pain, tension, or anything out of the ordinary. It can help you feel more connected to your physical and emotional self. In the figure below, mark any areas that you feel pain or discomfort in.



- 01 Lie down or sit in a position that allows you to stretch your limbs easily
- 02 Close your eyes and begin focusing on your breath
- 03 Begin anywhere you like focus on that spot as you continue breathing
- 04 Open your awareness to sensations of pain, tension or discomfort.
- 05 Slowly release your mental awareness of that specific part & redirect it to the next
- 06 Continue the exercise along your body in a way that makes sense to you
- 07 Once you finish scanning parts of your body, let your awareness travel
- 08 Slowly release your focus and bring your attention back to your surroundings.

B R E A T H I N G

techniques

Triangle Breathing

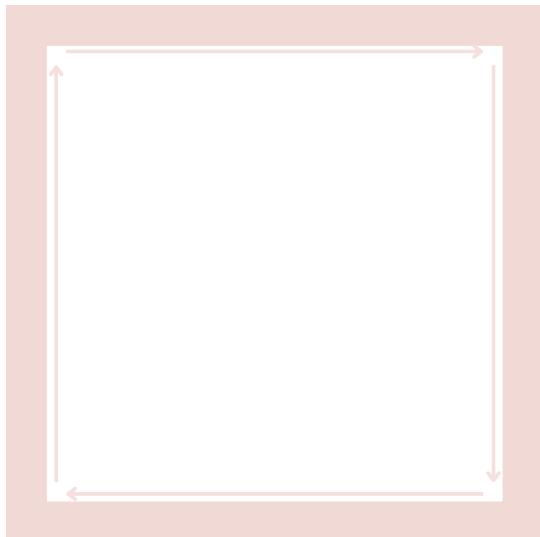
Starting at the bottom left of the triangle, trace your finger up the side while you take a deep breath in. Hold your breath for three seconds as you slide down the other side. Breathe out along the bottom of the triangle. Repeat this until you feel calm and composed.



Breathe out for 5 seconds

Box Breathing

Breathe out for 4 seconds



Hold for 4 seconds

Breathe in for 4 seconds

Hold for 4 seconds

Ground yourself, calm your mind and arrive into greater balance with this simple and powerful breathing technique.

5 Finger Breathing



Slowly trace the outside of the hand with the index finger, breathing in when you trace up a finger and breathing out when you trace down. You can also do this breathing exercise using your own hand.

UNIVERSAL LAWS

of manifestation

Manifestation is often discussed within the framework of several universal laws that are believed to govern the process of attracting and creating the reality you desire. Here are some key laws related to manifestation:

01

Law of Attraction

Principle

Like attracts like. Your thoughts, emotions, and beliefs attract corresponding experiences into your life.

Application

Focus on positive thoughts and feelings to attract positive experiences. Visualize your desires as if they have already been achieved.

Example

Thinking positively about wealth and abundance makes you more likely to attract financial prosperity.

02

Law of Vibration

Principle

Everything in the universe is in constant motion and vibrates at a specific frequency. Your vibration attracts experiences that match your frequency.

Application

Raise your vibration through positive thoughts, feelings, and actions. Engage in activities that make you feel joyful and fulfilled.

Example

Practicing gratitude and self-love can raise your vibration, attracting more positive experiences.

03

Law of Action

Principle

Manifestation requires positive thinking and taking inspired and consistent action toward your goals.

Application

Set clear goals and take steps, no matter how small, towards achieving them. Act on opportunities that align with your desires.

Example

If you want to start a new career, begin by researching the field, networking, and acquiring the necessary skills.

04

Law of Correspondence

Principle

As above, so below; as within, so without. Your external reality mirrors your internal state.

Application

Cultivate a positive internal environment. Work on your mindset, beliefs, and emotional health to reflect desired changes in your external life.

Example

Inner peace and self-acceptance can lead to harmonious relationships and a more peaceful external environment.

05

Law of Cause and Effect (Karma)

Principle

Every action has a corresponding reaction. Your actions, whether positive or negative, create consequences.

Application

Act with intention and integrity. Be mindful of the energy and actions you put out into the world.

Example

Acts of kindness and generosity can lead to positive returns in various aspects of your life.

06

*Law of Compensation**Principle*

You are compensated for your efforts and contributions through financial rewards, recognition, or personal satisfaction.

Application

Provide value in your actions and contributions. Trust that you will be compensated in proportion to your efforts.

Example

Diligent work and providing exceptional service can lead to career advancements and financial rewards.

07

*Law of Perpetual Transmutation of Energy**Principle*

Energy is constantly evolving and transmuting from one form to another. Higher vibrations can transform lower vibrations.

Application

Use positive energy to overcome negative situations. Focus on transforming challenges into opportunities for growth.

Example

Using positive affirmations and visualization to shift a negative mindset into a positive one.

08

Law of Relativity

Principle

Everything is relative and can be seen in relation to something else. Your perspective shapes your experience.

Application

Reframe challenges as opportunities for growth. Compare your progress to your past self rather than others.

Example

Viewing a setback as a learning experience rather than a failure.

09

Law of Polarity

Principle

Everything has an opposite. Understanding this helps you see the positive in negative situations.

Application

Recognize and embrace the duality in life. Use negative experiences as a contrast to appreciate positive ones.

Example

Experiencing failure can make success feel more rewarding and valuable.

10

Law of Rhythm

Principle

Life is cyclical, and everything has a rhythm or pattern. There are natural ups and downs.

Application

Trust the process and stay resilient during challenging times. Understand that difficult phases are temporary and part of the natural cycle.

Example

Staying optimistic and persistent during a career downturn, knowing that it is part of a larger cycle.

11

*Law of Gender**Principle*

Everything has masculine and feminine energies, which are essential for creation and balance.

Application

Balance your masculine (action, logic) and feminine (intuition, nurturing) energies. Use both to manifest your desires effectively.

Example

Combining strategic planning (masculine) with creativity and intuition (feminine) in pursuing your goals.

By understanding and applying these laws, you can enhance your manifestation practice and create a life that aligns with your deepest desires and highest potential.

