

Daily Routine

The following pages describe the daily routine you need to follow. Make a sincere effort to complete all the activities mentioned. If you miss a few steps on one or two days in a week, that is perfectly fine. What matters most is your overall consistency and intention.

Use this journal both in the morning and in the evening. If possible, keep it with you throughout the day. You can open it whenever you need a reminder of the small actions that help raise your vibration (as explained in the chapter “Instant Actions to Raise Your Vibrations”), or revisit key ideas from the first part of this book. This practice is especially helpful in the initial weeks, until the concepts are deeply absorbed and the suggested actions naturally become daily habits.

The Principle of Immersion: Lasting transformation happens when you remain immersed in your goals throughout the day. Of course, you will be involved in focused activities such as work, meetings, household responsibilities, sports, or time with loved ones. That is natural and necessary. What truly matters is what your mind returns to after these activities. Once a task is complete, gently refocus your attention on your vision, your goals, and the next aligned action you can take. When you regularly reflect on your vision during the day and before going to sleep with full awareness, your subconscious mind continues to work on it even while you are asleep.

Your environment plays a decisive role in shaping your thoughts, emotions, and behaviours. What you read and watch, the content you consume on social media, and the people you spend time with—family, friends, colleagues—all influence your inner state. Your environment should support the manifestation mindset you are building. If it does not, consciously change whatever is within your control.

This is the essence of the Principle of Immersion: staying deeply and consistently engaged—mentally and emotionally—with your dream. Your vision must become your top priority. Allow yourself to be positively obsessed with it, without distraction or dilution.

By following the daily routine as shown on the following pages, you remain focused, aligned, and fully immersed in the realization of your dream.

Put the day and date here

Today is Monday 26 Jan 2026

Be always in the present moment

Vision Board

Visualization

Meditation

Exercise

Write 3 things you are grateful for :

Tick on the activities you have done on that day

Place for Gratitude thoughts in the morning

Today's affirmations:

Write your morning affirmations here

Write in one sentence why achieving your vision is important for you

Reminder of your "WHY"

Write the things you will do today to help achieve your goals

Today's plan to achieve your goals

Tick the actions you took today to raise your energy frequencies

- | | | |
|--|--|---|
| <input type="checkbox"/> Act of Kindness | <input type="checkbox"/> Feel grateful for what you have | <input type="checkbox"/> Smile, laugh |
| <input checked="" type="checkbox"/> Help / Guide someone | <input type="checkbox"/> Recall past happy moments | <input type="checkbox"/> Talk to a close friend |
| <input type="checkbox"/> Genuinely thank someone | <input type="checkbox"/> Do some fun activity | <input checked="" type="checkbox"/> Appreciate |
| <input type="checkbox"/> Positive self-talk | <input checked="" type="checkbox"/> Call a family member | <input type="checkbox"/> Listen to Music |
| <input type="checkbox"/> Be in the present moment | <input type="checkbox"/> Show Respect, Compassion | <input type="checkbox"/> Slow exhalation |
| <input type="checkbox"/> Watch something inspiring | <input type="checkbox"/> Practice intentional calmness | <input type="checkbox"/> Acceptance |
| <input type="checkbox"/> Charity (even if small) | <input type="checkbox"/> Be sincerely happy for others | <input type="checkbox"/> Take a walk in nature |

Tick on the actions you took today

Complete these activities
in the morning

Tick the emotions you felt today

- Enlightenment / Oneness
- Peace / Serenity
- Joy / Bliss / Gratitude
- Love / Compassion
- Clarity / Understanding
- Acceptance / Forgiveness / Flow
- Willingness / Optimism / Hope
- Neutrality / Trust
- Courage / Confidence / Empowerment

- Pride / Superiority / Ego
- Anger / Resentment / Frustration / Stress
- Jealousy / Envy / Comparisons
- Craving / Impatience / Greed / Lust
- Fear / Anxiety / Worry / Doubt
- Grief / Sadness / Regret
- Apathy / Hopelessness / Victimhood / Sloth
- Guilt / Unworthiness
- Shame / Self-Hatred / Humiliation

Scribe here indicating how low / high were your emotional vibes today
in the morning, afternoon and evening



Write down any limiting thoughts / beliefs that showed up today

Note down any thought or belief which showed up
today which has potential to block your progress

Describe a situation today that disturbed you. What emotions did you experience, and what triggered them? How will you tackle with such situation next time?"

What went well today? What did you do today to progress?

Write what was positive today?
What actions you took today towards achievements
of your goals?

I forgive (who disturbed you today) / I let go (something which you want to forget)

Write if you want to forgive someone who disturbed
you today. If not, continue with regular practice
(Forgive people from your past)

Short Reading

Meditation

Affirmations

Visualization

Vision Board

Tick on the activities you have done on that day

Today is _____

Be always in the present moment

Vision Board

Visualization

Meditation

Exercise

Write 3 things you are grateful for :

Today's affirmations:

Write in one sentence why achieving your vision is important for you

Write the things you will do today to help achieve your goals

Tick the actions you took today to raise your energy frequencies

- | | | |
|--|--|---|
| <input type="checkbox"/> Act of Kindness | <input type="checkbox"/> Feel grateful for what you have | <input type="checkbox"/> Smile, Laugh |
| <input type="checkbox"/> Help / Guide someone | <input type="checkbox"/> Recall past happy moments | <input type="checkbox"/> Talk to a close friend |
| <input type="checkbox"/> Genuinely thank someone | <input type="checkbox"/> Do some fun activity | <input type="checkbox"/> Appreciate |
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| <input type="checkbox"/> Watch something inspiring | <input type="checkbox"/> Practice intentional calmness | <input type="checkbox"/> Acceptance |
| <input type="checkbox"/> Charity (even if small) | <input type="checkbox"/> Be sincerely happy for others | <input type="checkbox"/> Take a walk in nature |

Universe is responding - Be receptive - Be in higher vibes

Tick the emotions you felt today

High frequency emotions	<input type="checkbox"/> Enlightenment / Oneness <input type="checkbox"/> Peace / Serenity <input type="checkbox"/> Joy / Bliss / Gratitude <input type="checkbox"/> Love / Compassion <input type="checkbox"/> Clarity / Understanding <input type="checkbox"/> Acceptance / Forgiveness / Flow <input type="checkbox"/> Willingness / Optimism / Hope <input type="checkbox"/> Neutrality / Trust <input type="checkbox"/> Courage / Confidence / Empowerment	Low frequency emotions	<input type="checkbox"/> Pride / Superiority / Ego <input type="checkbox"/> Anger / Resentment / Frustration / Stress <input type="checkbox"/> Jealousy / Envy / Comparisons <input type="checkbox"/> Craving / Impatience / Greed / Lust <input type="checkbox"/> Fear / Anxiety / Worry / Doubt <input type="checkbox"/> Grief / Sadness / Regret <input type="checkbox"/> Apathy / Hopelessness / Victimhood / Sloth <input type="checkbox"/> Guilt / Unworthiness <input type="checkbox"/> Shame / Self-Hatred / Humiliation
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How were your emotional energies distributed today?



Write down any limiting thoughts / beliefs that showed up today.

Who or what affected your emotional vibes? What will you do differently next time?
Were you satisfied with your behaviour today? How will you improve your response tomorrow?

What went well today? What did you do today to progress?

I forgive (who disturbed you today) / I let go (something which you want to forget)

Short Reading

Meditation

Affirmations

Visualization

Vision Board

Today is _____

Your thoughts are the seeds. Plant positivity & watch your life bloom.

Vision Board

Visualization

Meditation

Exercise

Write 3 things you are grateful for :

Today's affirmations:

Write in one sentence why achieving your vision is important for you

Write the things you will do today to help achieve your goals

Tick the actions you took today to raise your energy frequencies

- | | | |
|--|--|---|
| <input type="checkbox"/> Act of Kindness | <input type="checkbox"/> Feel grateful for what you have | <input type="checkbox"/> Smile, Laugh |
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Universe is responding - Be receptive - Be in higher vibes

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How were your emotional energies distributed today?



Write down any limiting thoughts / beliefs that showed up today.

Who or what affected your emotional vibes? What will you do differently next time? Were you satisfied with your behaviour today? How will you improve your response tomorrow?

What went well today? What did you do today to progress?

I forgive (who disturbed you today) / I let go (something which you want to forget)

[Short Reading](#)

[Meditation](#)

[Affirmations](#)

[Visualization](#)

[Vision Board](#)

Today is _____

What you focus on grows. Focus on what you truly desire.

Vision Board

Visualization

Meditation

Exercise

Write 3 things you are grateful for :

Today's affirmations:

Write in one sentence why achieving your vision is important for you

Write the things you will do today to help achieve your goals

Tick the actions you took today to raise your energy frequencies

- | | | |
|--|--|---|
| <input type="checkbox"/> Act of Kindness | <input type="checkbox"/> Feel grateful for what you have | <input type="checkbox"/> Smile, Laugh |
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Universe is responding - Be receptive - Be in higher vibes

Tick the emotions you felt today

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How were your emotional energies distributed today?



Write down any limiting thoughts / beliefs that showed up today.

Who or what affected your emotional vibes? What will you do differently next time? Were you satisfied with your behaviour today? How will you improve your response tomorrow?

What went well today? What did you do today to progress?

I forgive (who disturbed you today) / I let go (something which you want to forget)

Short Reading

Meditation

Affirmations

Visualization

Vision Board

Today is _____

Your imagination is the blueprint of your reality.

Vision Board

Visualization

Meditation

Exercise

Write 3 things you are grateful for :

Today's affirmations:

Write in one sentence why achieving your vision is important for you

Write the things you will do today to help achieve your goals

Tick the actions you took today to raise your energy frequencies

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Universe is responding - Be receptive - Be in higher vibes

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How were your emotional energies distributed today?



Write down any limiting thoughts / beliefs that showed up today.

Who or what affected your emotional vibes? What will you do differently next time?
Were you satisfied with your behaviour today? How will you improve your response tomorrow?

What went well today? What did you do today to progress?

I forgive (who disturbed you today) / I let go (something which you want to forget)

Short Reading

Meditation

Affirmations

Visualization

Vision Board

Today is _____

Manifestation begins the moment you believe it's possible.

Vision Board

Visualization

Meditation

Exercise

Write 3 things you are grateful for :

Today's affirmations:

Write in one sentence why achieving your vision is important for you

Write the things you will do today to help achieve your goals

Tick the actions you took today to raise your energy frequencies

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|--|--|---|
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Universe is responding - Be receptive - Be in higher vibes

Tick the emotions you felt today

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How were your emotional energies distributed today?



Write down any limiting thoughts / beliefs that showed up today.

Who or what affected your emotional vibes? What will you do differently next time?
Were you satisfied with your behaviour today? How will you improve your response tomorrow?

What went well today? What did you do today to progress?

I forgive (who disturbed you today) / I let go (something which you want to forget)

[Short Reading](#)

[Meditation](#)

[Affirmations](#)

[Visualization](#)

[Vision Board](#)

Today is _____

The Universe responds to the energy you emit.

Vision Board

Visualization

Meditation

Exercise

Write 3 things you are grateful for :

Today's affirmations:

Write in one sentence why achieving your vision is important for you

Write the things you will do today to help achieve your goals

Tick the actions you took today to raise your energy frequencies

- | | | |
|--|--|---|
| <input type="checkbox"/> Act of Kindness | <input type="checkbox"/> Feel grateful for what you have | <input type="checkbox"/> Smile, Laugh |
| <input type="checkbox"/> Help / Guide someone | <input type="checkbox"/> Recall past happy moments | <input type="checkbox"/> Talk to a close friend |
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| <input type="checkbox"/> Watch something inspiring | <input type="checkbox"/> Practice intentional calmness | <input type="checkbox"/> Acceptance |
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Universe is responding - Be receptive - Be in higher vibes

Tick the emotions you felt today

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How were your emotional energies distributed today?



Write down any limiting thoughts / beliefs that showed up today.

Who or what affected your emotional vibes? What will you do differently next time? Were you satisfied with your behaviour today? How will you improve your response tomorrow?

What went well today? What did you do today to progress?

I forgive (who disturbed you today) / I let go (something which you want to forget)

Short Reading

Meditation

Affirmations

Visualization

Vision Board

Today is _____

Visualize vividly, act consistently, receive effortlessly.

Vision Board

Visualization

Meditation

Exercise

Write 3 things you are grateful for :

Today's affirmations:

Write in one sentence why achieving your vision is important for you

Write the things you will do today to help achieve your goals

Tick the actions you took today to raise your energy frequencies

- | | | |
|--|--|---|
| <input type="checkbox"/> Act of Kindness | <input type="checkbox"/> Feel grateful for what you have | <input type="checkbox"/> Smile, Laugh |
| <input type="checkbox"/> Help / Guide someone | <input type="checkbox"/> Recall past happy moments | <input type="checkbox"/> Talk to a close friend |
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| <input type="checkbox"/> Charity (even if small) | <input type="checkbox"/> Be sincerely happy for others | <input type="checkbox"/> Take a walk in nature |

Universe is responding - Be receptive - Be in higher vibes

Tick the emotions you felt today

High frequency emotions	<input type="checkbox"/> Enlightenment / Oneness <input type="checkbox"/> Peace / Serenity <input type="checkbox"/> Joy / Bliss / Gratitude <input type="checkbox"/> Love / Compassion <input type="checkbox"/> Clarity / Understanding <input type="checkbox"/> Acceptance / Forgiveness / Flow <input type="checkbox"/> Willingness / Optimism / Hope <input type="checkbox"/> Neutrality / Trust <input type="checkbox"/> Courage / Confidence / Empowerment	Low frequency emotions	<input type="checkbox"/> Pride / Superiority / Ego <input type="checkbox"/> Anger / Resentment / Frustration / Stress <input type="checkbox"/> Jealousy / Envy / Comparisons <input type="checkbox"/> Craving / Impatience / Greed / Lust <input type="checkbox"/> Fear / Anxiety / Worry / Doubt <input type="checkbox"/> Grief / Sadness / Regret <input type="checkbox"/> Apathy / Hopelessness / Victimhood / Sloth <input type="checkbox"/> Guilt / Unworthiness <input type="checkbox"/> Shame / Self-Hatred / Humiliation
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How were your emotional energies distributed today?



Write down any limiting thoughts / beliefs that showed up today.

Who or what affected your emotional vibes? What will you do differently next time? Were you satisfied with your behaviour today? How will you improve your response tomorrow?

What went well today? What did you do today to progress?

I forgive (who disturbed you today) / I let go (something which you want to forget)

Short Reading

Meditation

Affirmations

Visualization

Vision Board

Weekly Reflection Exercise

On the following pages, you will find the weekly reflection exercise you need to complete.

In this exercise, you are invited to sit back and take a broader view of what happened during the last week. Ask yourself: Was I following my routine sincerely? Was I able to maintain myself in the high-energy frequency zones? Please use the wheel diagrams. They will help you create a visual summary of your weekly performance.

The questionnaire that follows the Wheel Exercise will guide you to reflect on the actions you took and the progress you made towards your goals in the past week. It will also help you revisit any disturbing or demotivating incidents that might have occurred. After answering the questions and doing some introspection, you can decide how you will handle similar situations in the future.

You also need to reflect on the habits and behaviours that are not aligned with your goals. Remember, your time is valuable, and every minute of your life can be productive. Even spending time with your loved ones is productive—it energizes you. Playing sports is also productive because it supports your physical and mental health. Watching a good movie occasionally is fine if it helps you recharge. However, avoid binge-watching. Avoid violent or obscene content. Avoid mindless scrolling on social media. Instead, use social media consciously—to learn, to gain information, and to acquire knowledge that helps you grow.

Stay alert to the limiting beliefs that show up in your thoughts or behaviours. Record them as soon as you notice them during the week, and write them along with an action plan. Define relevant affirmations for each of them. Even if there is the slightest thought that is not aligned with your goals—or that creates resistance or doubt about your big dream—catch it. Go deeper and ask yourself: Why is this thought coming up? Identify the limiting belief behind it. Once you find it, start working on it using the techniques mentioned in this book.

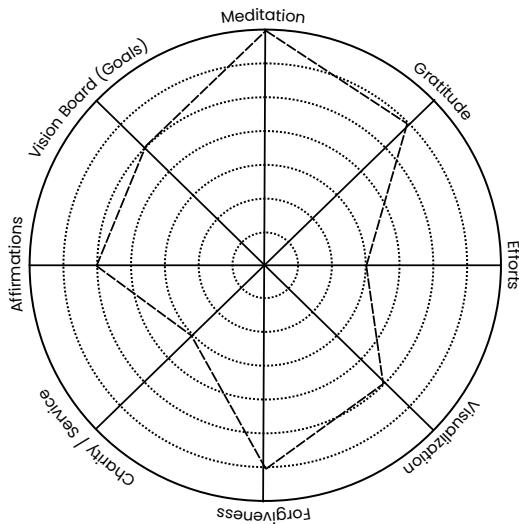
Keep referring to your past records (daily routines and weekly reflections). Continue to fine-tune your thoughts, actions, habits, and behaviours, and learn to manage your emotions and feelings. In this way, you prepare yourself to receive the gifts of the Universe.

Weekly Reflection : Activity Wheel of Manifestation

This activity is designed to help you reflect on your progress every week. This Activity Wheel of Manifestation has eight critical activities which are necessary to intensify the response from the Universe. Rate yourself on these eight factors using the following criteria.

1. Are you meditating every day? Meditation puts you in a higher vibe zone and strengthens your connection with the Universe.
2. Are you reading your "Vision Board" in the morning and before going to bed? A vision board clarifies priorities to your subconscious mind.
3. Did you practice "Gratitude" every morning? Gratitude puts you in the receiving mode for the gifts of the Universe.
4. Are you practicing your affirmations daily? Do you think you're reading them with the right feelings?
5. Did you take appropriate efforts towards the achievement of your goals?
6. How has your visualization practice been? Were you able to feel/generate elevated feelings while visualizing?
7. Are you giving back something to the Universe? It can be charity, help, or guidance to others without any expectation of return.
8. Are you practicing forgiveness daily? Forgiving those who have hurt you unblocks the flow of energy and increases your manifestation power.

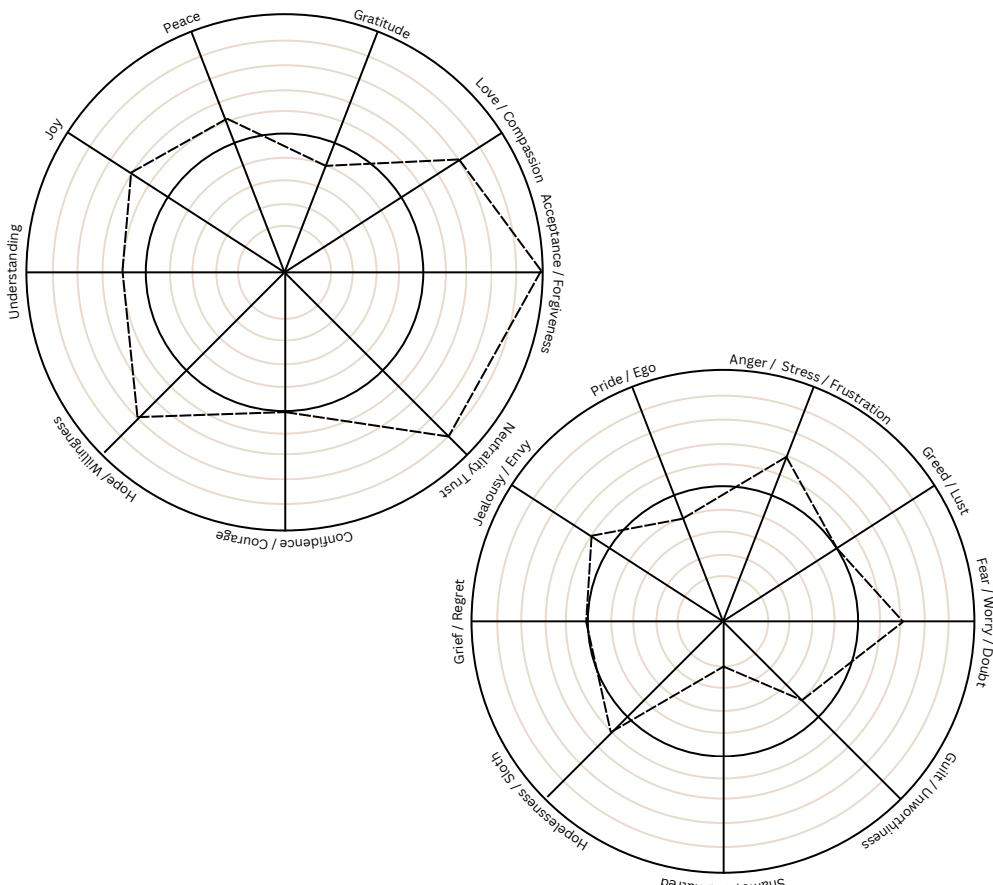
There are seven circles in the diagram below. Each circle represents one day. If you did meditation for 7 days, rate yourself as 7 (as shown below). If you could do the charity/ service/ help for 3 days, rate yourself as 3. After rating on all 8 factors, connect the web as shown below. This web should expand every week showing your dedication.



Weekly Reflection : Emotion Wheels of Manifestation

This activity is designed to help you reflect on your stronger emotions in every week

1. The wheel on the left side shows high-frequency emotions, and the one on the right side shows low-frequency emotions.
2. Could you rate your emotions in the last week? The stronger the emotions, the larger your circle.
3. Remember to be honest with yourself while rating. The purpose isn't to achieve perfection but to highlight areas that need improvement.
4. Your circle on the left side should be as large as possible, and the one on the right should be as small as possible. If it is not the case, don't worry. The first step is to understand where you are and then take conscious efforts to improve further. If you practice every day, following the daily activities outlined in this book, you will see significant progress within a few weeks.
5. There are total 10 circles in the diagram below. Each circle represents one point. Example : If you think you were very high on the acceptance/forgiveness emotion, rate yourself at 10. If you need to improve on the gratitude, rate accordingly.



List down the achievements of the last week. Was there alignment between your vision, your thoughts, your emotions and your actions?

Note your progress toward your goal. Did you take any action?
Acknowledge it, even if it is a small achievement or minor step forward

Write about the people or situations that disturbed your emotional balance. Reflect on each experience with honesty. Remember that such people and situations appear in your life to teach you something. Consider what the Universe may be guiding you to learn through these encounters.

Hint: Notice what makes you feel uncomfortable when dealing with these individuals or situations. That discomfort is a signal. It points directly to what the Universe wants you to face, learn, and rise above. Add these learnings to your list of improvement actions.

Keep the habit of noting down such incidents.
Change your perspective when looking at every difficulty you face in life.
It is not a difficulty. It is an opportunity to learn—an opportunity offered
by the Universe to help you grow, evolve, and strengthen your inner self.

No situation or person has the power to disturb you on their own. It is your response that creates the disturbance. Decide in advance how you choose to respond the next time you face a similar situation or person. Use the if-then format to guide your response. Example: "If I feel my heartbeat racing before a presentation, then I will smile, take a deep breath, and focus on connecting with the audience through a relaxed, casual conversation." - Visualize the situation and the desired outcome in advance.

Define the thought you will bring the next time you face a similar situation. Be specific about the mindset you intend to adopt so you can respond with clarity and calmness. Also, define the actions you will begin taking now to prepare yourself for the next similar incident.

The environment is stronger than willpower. Identify what you can change in your surroundings to maintain a high vibration frequency. This may include distancing yourself from negative friends or colleagues, avoiding negative social media content, choosing uplifting reading material, and eliminating other distractions that lower your energy.

Identify and change the environmental factors around you that are lowering your energy frequency. Note them here.

Habits & Behaviour: Identify the behaviours that need to change (such as going to bed late, waking up late, unproductive habits, and activities that add no value—like excessive chatting at the coffee machine in the office). Write them down here and make a firm decision not to repeat them.

Write down the habits and behaviours from the last week that affected your productivity or energy.

Review the limiting thoughts and beliefs you recorded each day. If any of them are not already on your identified list of limiting beliefs, write these newly discovered beliefs here and replace them with empowering beliefs. Include those empowering beliefs in next week's affirmations.

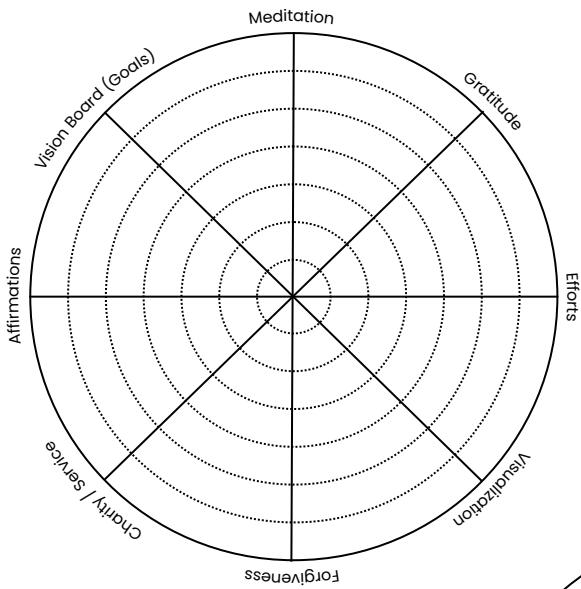
You may identify limiting beliefs that are unique to you & not mentioned in the chapter "Discovering Hidden Limiting Beliefs." If so, reread that chapter to understand the logic behind defining affirmations. Use that logic to create your own affirmations. Consider taking support of AI to generate additional ideas.

Define at least one action that challenges the above limiting belief.

Example: If you feel you are not good at public speaking, watch videos on improving public speaking skills or visualize yourself confidently addressing an audience. Start by speaking in a small group about a subject you are interested in and observe how people become impressed.

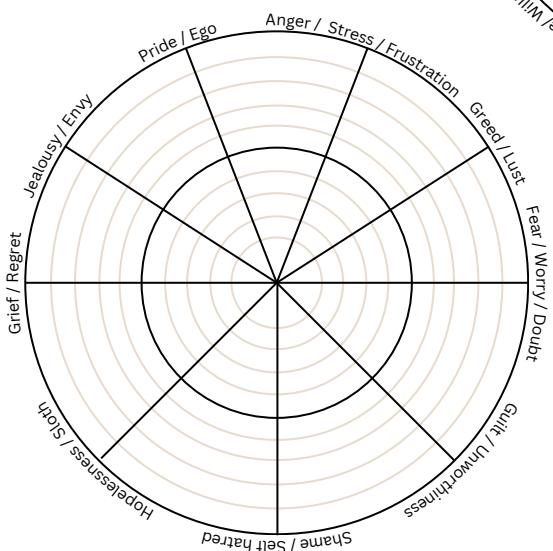
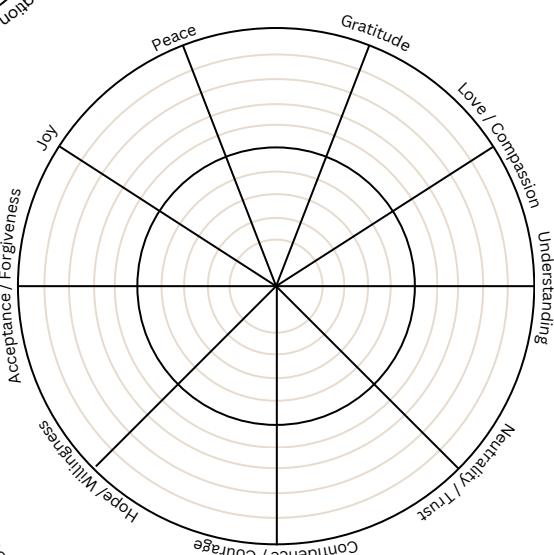
Write down the action plan for next week

Week-1 Reflections : Rate yourself honestly



Activities which need your focus...

Higher Emotions which need your focus...



Lower Emotions which need your focus...

List down the achievements of the last week. Was there alignment between your vision, your thoughts, your emotions and your actions?

Write about the people or situations that disturbed your emotional balance. Reflect on each experience with honesty. Remember that such people and situations appear in your life to teach you something. Consider what the Universe may be guiding you to learn through these encounters.

Hint: Notice what makes you feel uncomfortable when dealing with these individuals or situations. That discomfort is a signal. It points directly to what the Universe wants you to face, learn, and rise above. Add these learnings to your list of improvement actions.

No situation or person has the power to disturb you on their own. It is your response that creates the disturbance. Decide in advance how you choose to respond the next time you face a similar situation or person. Use the if-then format to guide your response. Example: “If I feel my heartbeat racing before a presentation, then I will smile, take a deep breath, and focus on connecting with the audience through a relaxed, casual conversation.” - Visualize the situation and the desired outcome in advance.

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Habits & Behaviour: Identify the behaviours that need to change (such as going to bed late, waking up late, unproductive habits, and activities that add no value—like excessive chatting at the coffee machine in the office). Write them down here and make a firm decision not to repeat them.

Review the limiting thoughts and beliefs you recorded each day. If any of them are not already on your identified list of limiting beliefs, write these newly discovered beliefs here and replace them with empowering beliefs. Include those empowering beliefs in next week's affirmations.

Define at least one action that challenges the above limiting belief.

Example: If you feel you are not good at public speaking, watch videos on improving public speaking skills or visualize yourself confidently addressing an audience. Start by speaking in a small group about a subject you are interested in and observe how people become impressed.

Write down the action plan for next week.

Today is _____

Every thought is a vibration shaping your world.

Vision Board

Visualization

Meditation

Exercise

Write 3 things you are grateful for :

Today's affirmations:

Write in one sentence why achieving your vision is important for you

Write the things you will do today to help achieve your goals

Tick the actions you took today to raise your energy frequencies

- | | | |
|--|--|---|
| <input type="checkbox"/> Act of Kindness | <input type="checkbox"/> Feel grateful for what you have | <input type="checkbox"/> Smile, Laugh |
| <input type="checkbox"/> Help / Guide someone | <input type="checkbox"/> Recall past happy moments | <input type="checkbox"/> Talk to a close friend |
| <input type="checkbox"/> Genuinely thank someone | <input type="checkbox"/> Do some fun activity | <input type="checkbox"/> Appreciate |
| <input type="checkbox"/> Positive self-talk | <input type="checkbox"/> Call a family member | <input type="checkbox"/> Listen to Music |
| <input type="checkbox"/> Be in the present moment | <input type="checkbox"/> Show Respect, Compassion | <input type="checkbox"/> Slow exhalation |
| <input type="checkbox"/> Watch something inspiring | <input type="checkbox"/> Practice intentional calmness | <input type="checkbox"/> Acceptance |
| <input type="checkbox"/> Charity (even if small) | <input type="checkbox"/> Be sincerely happy for others | <input type="checkbox"/> Take a walk in nature |

Universe is responding - Be receptive - Be in higher vibes

Tick the emotions you felt today

High frequency emotions	<input type="checkbox"/> Enlightenment / Oneness <input type="checkbox"/> Peace / Serenity <input type="checkbox"/> Joy / Bliss / Gratitude <input type="checkbox"/> Love / Compassion <input type="checkbox"/> Clarity / Understanding <input type="checkbox"/> Acceptance / Forgiveness / Flow <input type="checkbox"/> Willingness / Optimism / Hope <input type="checkbox"/> Neutrality / Trust <input type="checkbox"/> Courage / Confidence / Empowerment	Low frequency emotions	<input type="checkbox"/> Pride / Superiority / Ego <input type="checkbox"/> Anger / Resentment / Frustration / Stress <input type="checkbox"/> Jealousy / Envy / Comparisons <input type="checkbox"/> Craving / Impatience / Greed / Lust <input type="checkbox"/> Fear / Anxiety / Worry / Doubt <input type="checkbox"/> Grief / Sadness / Regret <input type="checkbox"/> Apathy / Hopelessness / Victimhood / Sloth <input type="checkbox"/> Guilt / Unworthiness <input type="checkbox"/> Shame / Self-Hatred / Humiliation
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How were your emotional energies distributed today?



Write down any limiting thoughts / beliefs that showed up today.

Who or what affected your emotional vibes? What will you do differently next time?
Were you satisfied with your behaviour today? How will you improve your response tomorrow?

What went well today? What did you do today to progress?

I forgive (who disturbed you today) / I let go (something which you want to forget)

Short Reading

Meditation

Affirmations

Visualization

Vision Board

Today is _____

What you feel with certainty attracts what you seek.

Vision Board

Visualization

Meditation

Exercise

Write 3 things you are grateful for :

Today's affirmations:

Write in one sentence why achieving your vision is important for you

Write the things you will do today to help achieve your goals

Tick the actions you took today to raise your energy frequencies

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Universe is responding - Be receptive - Be in higher vibes

Tick the emotions you felt today

High frequency emotions	<input type="checkbox"/> Enlightenment / Oneness <input type="checkbox"/> Peace / Serenity <input type="checkbox"/> Joy / Bliss / Gratitude <input type="checkbox"/> Love / Compassion <input type="checkbox"/> Clarity / Understanding <input type="checkbox"/> Acceptance / Forgiveness / Flow <input type="checkbox"/> Willingness / Optimism / Hope <input type="checkbox"/> Neutrality / Trust <input type="checkbox"/> Courage / Confidence / Empowerment	Low frequency emotions	<input type="checkbox"/> Pride / Superiority / Ego <input type="checkbox"/> Anger / Resentment / Frustration / Stress <input type="checkbox"/> Jealousy / Envy / Comparisons <input type="checkbox"/> Craving / Impatience / Greed / Lust <input type="checkbox"/> Fear / Anxiety / Worry / Doubt <input type="checkbox"/> Grief / Sadness / Regret <input type="checkbox"/> Apathy / Hopelessness / Victimhood / Sloth <input type="checkbox"/> Guilt / Unworthiness <input type="checkbox"/> Shame / Self-Hatred / Humiliation
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How were your emotional energies distributed today?



Write down any limiting thoughts / beliefs that showed up today.

Who or what affected your emotional vibes? What will you do differently next time?
Were you satisfied with your behaviour today? How will you improve your response tomorrow?

What went well today? What did you do today to progress?

I forgive (who disturbed you today) / I let go (something which you want to forget)

Short Reading

Meditation

Affirmations

Visualization

Vision Board

Today is _____

Gratitude elevates your energy faster than desire alone.

Vision Board

Visualization

Meditation

Exercise

Write 3 things you are grateful for :

Today's affirmations:

Write in one sentence why achieving your vision is important for you

Write the things you will do today to help achieve your goals

Tick the actions you took today to raise your energy frequencies

- | | | |
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Universe is responding - Be receptive - Be in higher vibes

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How were your emotional energies distributed today?



Write down any limiting thoughts / beliefs that showed up today.

Who or what affected your emotional vibes? What will you do differently next time?
Were you satisfied with your behaviour today? How will you improve your response tomorrow?

What went well today? What did you do today to progress?

I forgive (who disturbed you today) / I let go (something which you want to forget)

Short Reading

Meditation

Affirmations

Visualization

Vision Board

Today is _____

Positive feelings create an open channel to abundance.

Vision Board

Visualization

Meditation

Exercise

Write 3 things you are grateful for :

Today's affirmations:

Write in one sentence why achieving your vision is important for you

Write the things you will do today to help achieve your goals

Tick the actions you took today to raise your energy frequencies

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Universe is responding - Be receptive - Be in higher vibes

Tick the emotions you felt today

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How were your emotional energies distributed today?



Write down any limiting thoughts / beliefs that showed up today.

Who or what affected your emotional vibes? What will you do differently next time?
Were you satisfied with your behaviour today? How will you improve your response tomorrow?

What went well today? What did you do today to progress?

I forgive (who disturbed you today) / I let go (something which you want to forget)

[Short Reading](#)

[Meditation](#)

[Affirmations](#)

[Visualization](#)

[Vision Board](#)

Today is _____

Forgiveness frees your energy to attract miracles.

Vision Board

Visualization

Meditation

Exercise

Write 3 things you are grateful for :

Today's affirmations:

Write in one sentence why achieving your vision is important for you

Write the things you will do today to help achieve your goals

Tick the actions you took today to raise your energy frequencies

- | | | |
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Universe is responding - Be receptive - Be in higher vibes

Tick the emotions you felt today

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How were your emotional energies distributed today?



Write down any limiting thoughts / beliefs that showed up today.

Who or what affected your emotional vibes? What will you do differently next time? Were you satisfied with your behaviour today? How will you improve your response tomorrow?

What went well today? What did you do today to progress?

I forgive (who disturbed you today) / I let go (something which you want to forget)

Short Reading

Meditation

Affirmations

Visualization

Vision Board

Today is _____

Love radiates energy that transforms your environment.

Vision Board

Visualization

Meditation

Exercise

Write 3 things you are grateful for :

Today's affirmations:

Write in one sentence why achieving your vision is important for you

Write the things you will do today to help achieve your goals

Tick the actions you took today to raise your energy frequencies

- | | | |
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Universe is responding - Be receptive - Be in higher vibes

Tick the emotions you felt today

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How were your emotional energies distributed today?



Write down any limiting thoughts / beliefs that showed up today.

Who or what affected your emotional vibes? What will you do differently next time?
Were you satisfied with your behaviour today? How will you improve your response tomorrow?

What went well today? What did you do today to progress?

I forgive (who disturbed you today) / I let go (something which you want to forget)

Short Reading

Meditation

Affirmations

Visualization

Vision Board

Today is _____

Happiness is not a destination, it is a journey.

Vision Board

Visualization

Meditation

Exercise

Write 3 things you are grateful for :

Today's affirmations:

Write in one sentence why achieving your vision is important for you

Write the things you will do today to help achieve your goals

Tick the actions you took today to raise your energy frequencies

- | | | |
|--|--|---|
| <input type="checkbox"/> Act of Kindness | <input type="checkbox"/> Feel grateful for what you have | <input type="checkbox"/> Smile, Laugh |
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Universe is responding - Be receptive - Be in higher vibes

Tick the emotions you felt today

High frequency emotions	<input type="checkbox"/> Enlightenment / Oneness <input type="checkbox"/> Peace / Serenity <input type="checkbox"/> Joy / Bliss / Gratitude <input type="checkbox"/> Love / Compassion <input type="checkbox"/> Clarity / Understanding <input type="checkbox"/> Acceptance / Forgiveness / Flow <input type="checkbox"/> Willingness / Optimism / Hope <input type="checkbox"/> Neutrality / Trust <input type="checkbox"/> Courage / Confidence / Empowerment	Low frequency emotions	<input type="checkbox"/> Pride / Superiority / Ego <input type="checkbox"/> Anger / Resentment / Frustration / Stress <input type="checkbox"/> Jealousy / Envy / Comparisons <input type="checkbox"/> Craving / Impatience / Greed / Lust <input type="checkbox"/> Fear / Anxiety / Worry / Doubt <input type="checkbox"/> Grief / Sadness / Regret <input type="checkbox"/> Apathy / Hopelessness / Victimhood / Sloth <input type="checkbox"/> Guilt / Unworthiness <input type="checkbox"/> Shame / Self-Hatred / Humiliation
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How were your emotional energies distributed today?



Write down any limiting thoughts / beliefs that showed up today.

Who or what affected your emotional vibes? What will you do differently next time?
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What went well today? What did you do today to progress?

I forgive (who disturbed you today) / I let go (something which you want to forget)

Short Reading

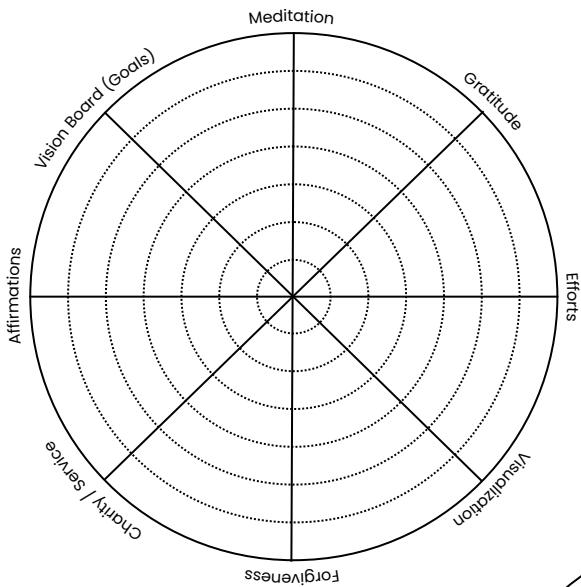
Meditation

Affirmations

Visualization

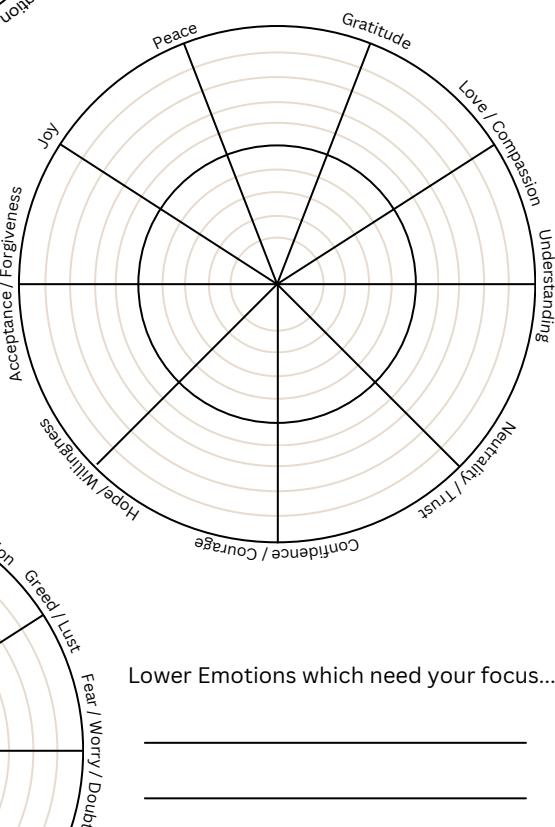
Vision Board

Week-2 Reflections : Rate yourself honestly

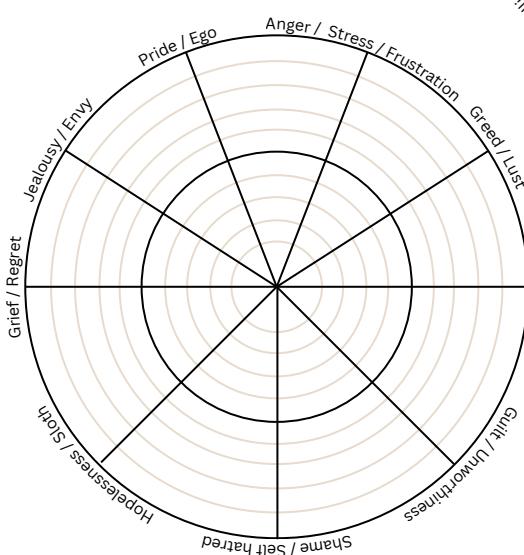


Activities which need your focus...

Higher Emotions which need your focus...



Higher Emotions which need your focus...



List down the achievements of the last week. Was there alignment between your vision, your thoughts, your emotions and your actions?

Write about the people or situations that disturbed your emotional balance. Reflect on each experience with honesty. Remember that such people and situations appear in your life to teach you something. Consider what the Universe may be guiding you to learn through these encounters.

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Habits & Behaviour: Identify the behaviours that need to change (such as going to bed late, waking up late, unproductive habits, and activities that add no value—like excessive chatting at the coffee machine in the office). Write them down here and make a firm decision not to repeat them.

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Define at least one action that challenges the above limiting belief.

Example: If you feel you are not good at public speaking, watch videos on improving public speaking skills or visualize yourself confidently addressing an audience. Start by speaking in a small group about a subject you are interested in and observe how people become impressed.

Write down the action plan for next week.

How to Find Your Passion & convert it into an income source?

What you used to like in your childhood?

What is it you can do for hours and hours and still do not feel tired?

Can this passion be useful to generate income ?

Do you have the skills & knowledge to convert this passion into a profession?

If not, how can they be developed? Create a plan

Get trained from the experts in the field

Start small, learn, correct.
Fail fast, learn fast

Launch your venture at full scale !

Today is _____

Focus on what lifts you, not what drags you down.

Vision Board

Visualization

Meditation

Exercise

Write 3 things you are grateful for :

Today's affirmations:

Write in one sentence why achieving your vision is important for you

Write the things you will do today to help achieve your goals

Tick the actions you took today to raise your energy frequencies

- | | | |
|--|--|---|
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| <input type="checkbox"/> Be in the present moment | <input type="checkbox"/> Show Respect, Compassion | <input type="checkbox"/> Slow exhalation |
| <input type="checkbox"/> Watch something inspiring | <input type="checkbox"/> Practice intentional calmness | <input type="checkbox"/> Acceptance |
| <input type="checkbox"/> Charity (even if small) | <input type="checkbox"/> Be sincerely happy for others | <input type="checkbox"/> Take a walk in nature |

Universe is responding - Be receptive - Be in higher vibes

Tick the emotions you felt today

High frequency emotions	<input type="checkbox"/> Enlightenment / Oneness <input type="checkbox"/> Peace / Serenity <input type="checkbox"/> Joy / Bliss / Gratitude <input type="checkbox"/> Love / Compassion <input type="checkbox"/> Clarity / Understanding <input type="checkbox"/> Acceptance / Forgiveness / Flow <input type="checkbox"/> Willingness / Optimism / Hope <input type="checkbox"/> Neutrality / Trust <input type="checkbox"/> Courage / Confidence / Empowerment	Low frequency emotions	<input type="checkbox"/> Pride / Superiority / Ego <input type="checkbox"/> Anger / Resentment / Frustration / Stress <input type="checkbox"/> Jealousy / Envy / Comparisons <input type="checkbox"/> Craving / Impatience / Greed / Lust <input type="checkbox"/> Fear / Anxiety / Worry / Doubt <input type="checkbox"/> Grief / Sadness / Regret <input type="checkbox"/> Apathy / Hopelessness / Victimhood / Sloth <input type="checkbox"/> Guilt / Unworthiness <input type="checkbox"/> Shame / Self-Hatred / Humiliation
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How were your emotional energies distributed today?



Write down any limiting thoughts / beliefs that showed up today.

Who or what affected your emotional vibes? What will you do differently next time? Were you satisfied with your behaviour today? How will you improve your response tomorrow?

What went well today? What did you do today to progress?

I forgive (who disturbed you today) / I let go (something which you want to forget)

Short Reading

Meditation

Affirmations

Visualization

Vision Board

Today is _____

Every emotion carries power. Choose wisely.

Vision Board

Visualization

Meditation

Exercise

Write 3 things you are grateful for :

Today's affirmations:

Write in one sentence why achieving your vision is important for you

Write the things you will do today to help achieve your goals

Tick the actions you took today to raise your energy frequencies

- | | | |
|--|--|---|
| <input type="checkbox"/> Act of Kindness | <input type="checkbox"/> Feel grateful for what you have | <input type="checkbox"/> Smile, Laugh |
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Short Reading

Meditation

Affirmations

Visualization

Vision Board

Today is _____

Energy flows where attention goes. Choose wisely.

Vision Board

Visualization

Meditation

Exercise

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Short Reading

Meditation

Affirmations

Visualization

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Today is _____

Your energy vibration sets the tone for the life you attract.

Vision Board

Visualization

Meditation

Exercise

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[Short Reading](#)

[Meditation](#)

[Affirmations](#)

[Visualization](#)

[Vision Board](#)

Today is _____

The Universe mirrors your inner world.

Vision Board

Visualization

Meditation

Exercise

Write 3 things you are grateful for :

Today's affirmations:

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Short Reading

Meditation

Affirmations

Visualization

Vision Board

Today is _____

Every challenge is a cosmic nudge toward growth.

Vision Board

Visualization

Meditation

Exercise

Write 3 things you are grateful for :

Today's affirmations:

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Short Reading

Meditation

Affirmations

Visualization

Vision Board

Today is _____

Energy sent is energy received, radiate wisely.

Vision Board

Visualization

Meditation

Exercise

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I forgive (who disturbed you today) / I let go (something which you want to forget)

[Short Reading](#)

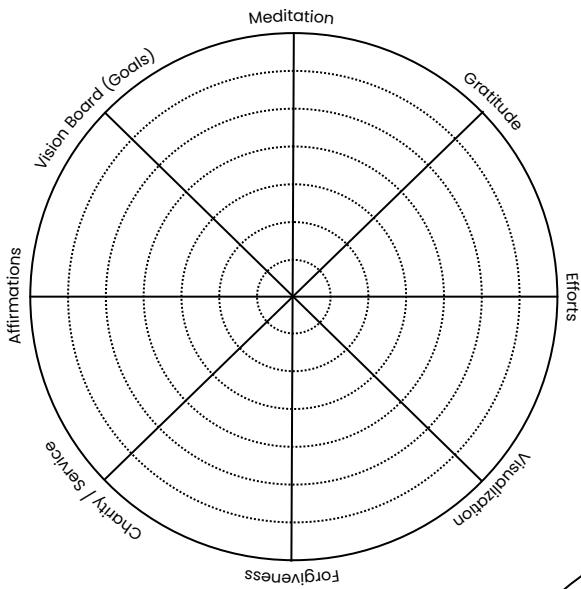
[Meditation](#)

[Affirmations](#)

[Visualization](#)

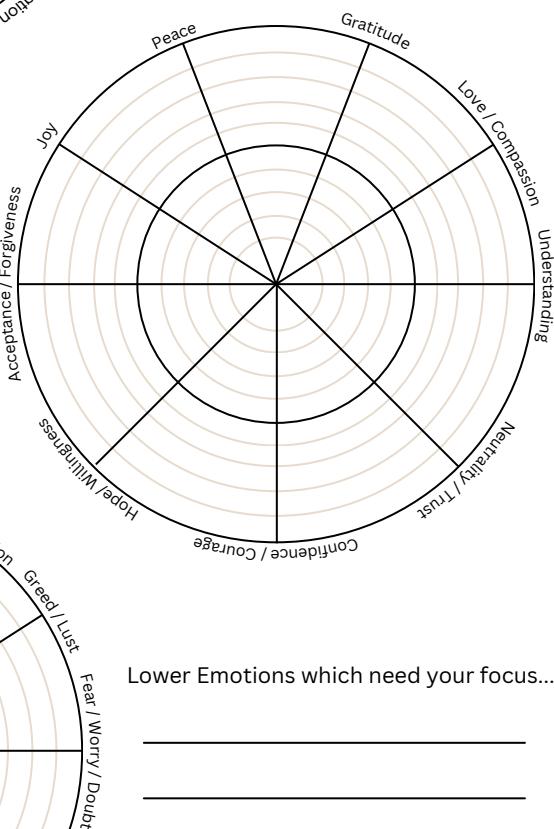
[Vision Board](#)

Week-3 Reflections : Rate yourself honestly

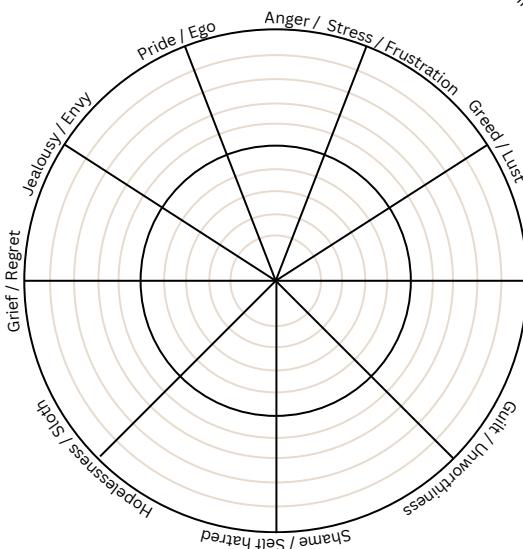


Activities which need your focus...

Higher Emotions which need your focus...



Lower Emotions which need your focus...



List down the achievements of the last week. Was there alignment between your vision, your thoughts, your emotions and your actions?

Write about the people or situations that disturbed your emotional balance. Reflect on each experience with honesty. Remember that such people and situations appear in your life to teach you something. Consider what the Universe may be guiding you to learn through these encounters.

Hint: Notice what makes you feel uncomfortable when dealing with these individuals or situations. That discomfort is a signal. It points directly to what the Universe wants you to face, learn, and rise above. Add these learnings to your list of improvement actions.

No situation or person has the power to disturb you on their own. It is your response that creates the disturbance. Decide in advance how you choose to respond the next time you face a similar situation or person. Use the if-then format to guide your response. Example: “If I feel my heartbeat racing before a presentation, then I will smile, take a deep breath, and focus on connecting with the audience through a relaxed, casual conversation.” - Visualize the situation and the desired outcome in advance.

The environment is stronger than willpower. Identify what you can change in your surroundings to maintain a high vibration frequency. This may include distancing yourself from negative friends or colleagues, avoiding negative social media content, choosing uplifting reading material, and eliminating other distractions that lower your energy.

Habits & Behaviour: Identify the behaviours that need to change (such as going to bed late, waking up late, unproductive habits, and activities that add no value—like excessive chatting at the coffee machine in the office). Write them down here and make a firm decision not to repeat them.

Review the limiting thoughts and beliefs you recorded each day. If any of them are not already on your identified list of limiting beliefs, write these newly discovered beliefs here and replace them with empowering beliefs. Include those empowering beliefs in next week's affirmations.

Define at least one action that challenges the above limiting belief.

Example: If you feel you are not good at public speaking, watch videos on improving public speaking skills or visualize yourself confidently addressing an audience. Start by speaking in a small group about a subject you are interested in and observe how people become impressed.

Write down the action plan for next week.

My favorite Songs

- Make a list of the songs which always lift your mood.
- Keep on listening to them frequently.
- After few months, make a new list.

Listening to your favourite music is a simple and powerful way to instantly lift your mood and raise your energy.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

13.

14.

15.

16.

17.

18.

19.

20.

Today is _____

Inner peace is the foundation of outer abundance.

Vision Board

Visualization

Meditation

Exercise

Write 3 things you are grateful for :

Today's affirmations:

Write in one sentence why achieving your vision is important for you

Write the things you will do today to help achieve your goals

Tick the actions you took today to raise your energy frequencies

- | | | |
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Universe is responding - Be receptive - Be in higher vibes

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Were you satisfied with your behaviour today? How will you improve your response tomorrow?

What went well today? What did you do today to progress?

I forgive (who disturbed you today) / I let go (something which you want to forget)

[Short Reading](#)

[Meditation](#)

[Affirmations](#)

[Visualization](#)

[Vision Board](#)

Today is _____

Your intuition is the whisper of the Universe within.

Vision Board

Visualization

Meditation

Exercise

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Short Reading

Meditation

Affirmations

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Vision Board

Today is _____

The present moment is your portal to creation.

Vision Board

Visualization

Meditation

Exercise

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| <input type="checkbox"/> Charity (even if small) | <input type="checkbox"/> Be sincerely happy for others | <input type="checkbox"/> Take a walk in nature |

Universe is responding - Be receptive - Be in higher vibes

Tick the emotions you felt today

High frequency emotions	<input type="checkbox"/> Enlightenment / Oneness <input type="checkbox"/> Peace / Serenity <input type="checkbox"/> Joy / Bliss / Gratitude <input type="checkbox"/> Love / Compassion <input type="checkbox"/> Clarity / Understanding <input type="checkbox"/> Acceptance / Forgiveness / Flow <input type="checkbox"/> Willingness / Optimism / Hope <input type="checkbox"/> Neutrality / Trust <input type="checkbox"/> Courage / Confidence / Empowerment	Low frequency emotions	<input type="checkbox"/> Pride / Superiority / Ego <input type="checkbox"/> Anger / Resentment / Frustration / Stress <input type="checkbox"/> Jealousy / Envy / Comparisons <input type="checkbox"/> Craving / Impatience / Greed / Lust <input type="checkbox"/> Fear / Anxiety / Worry / Doubt <input type="checkbox"/> Grief / Sadness / Regret <input type="checkbox"/> Apathy / Hopelessness / Victimhood / Sloth <input type="checkbox"/> Guilt / Unworthiness <input type="checkbox"/> Shame / Self-Hatred / Humiliation
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How were your emotional energies distributed today?



Write down any limiting thoughts / beliefs that showed up today.

Who or what affected your emotional vibes? What will you do differently next time? Were you satisfied with your behaviour today? How will you improve your response tomorrow?

What went well today? What did you do today to progress?

I forgive (who disturbed you today) / I let go (something which you want to forget)

Short Reading

Meditation

Affirmations

Visualization

Vision Board

Today is _____

Spiritual alignment is the key to effortless manifestation.

Vision Board

Visualization

Meditation

Exercise

Write 3 things you are grateful for :

Today's affirmations:

Write in one sentence why achieving your vision is important for you

Write the things you will do today to help achieve your goals

Tick the actions you took today to raise your energy frequencies

- | | | |
|--|--|---|
| <input type="checkbox"/> Act of Kindness | <input type="checkbox"/> Feel grateful for what you have | <input type="checkbox"/> Smile, Laugh |
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Universe is responding - Be receptive - Be in higher vibes

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Short Reading

Meditation

Affirmations

Visualization

Vision Board

Today is _____

Compassion elevates your frequency beyond limitations.

Vision Board

Visualization

Meditation

Exercise

Write 3 things you are grateful for :

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I forgive (who disturbed you today) / I let go (something which you want to forget)

[Short Reading](#)

[Meditation](#)

[Affirmations](#)

[Visualization](#)

[Vision Board](#)

Today is _____

You are the architect of your reality.

Vision Board

Visualization

Meditation

Exercise

Write 3 things you are grateful for :

Today's affirmations:

Write in one sentence why achieving your vision is important for you

Write the things you will do today to help achieve your goals

Tick the actions you took today to raise your energy frequencies

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I forgive (who disturbed you today) / I let go (something which you want to forget)

Short Reading

Meditation

Affirmations

Visualization

Vision Board

Today is _____

Your potential is limitless when fear is released.

Vision Board

Visualization

Meditation

Exercise

Write 3 things you are grateful for :

Today's affirmations:

Write in one sentence why achieving your vision is important for you

Write the things you will do today to help achieve your goals

Tick the actions you took today to raise your energy frequencies

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Universe is responding - Be receptive - Be in higher vibes

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What went well today? What did you do today to progress?

I forgive (who disturbed you today) / I let go (something which you want to forget)

Short Reading

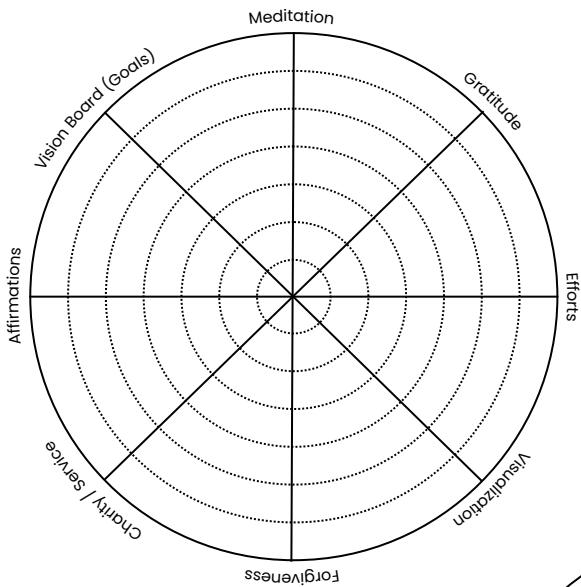
Meditation

Affirmations

Visualization

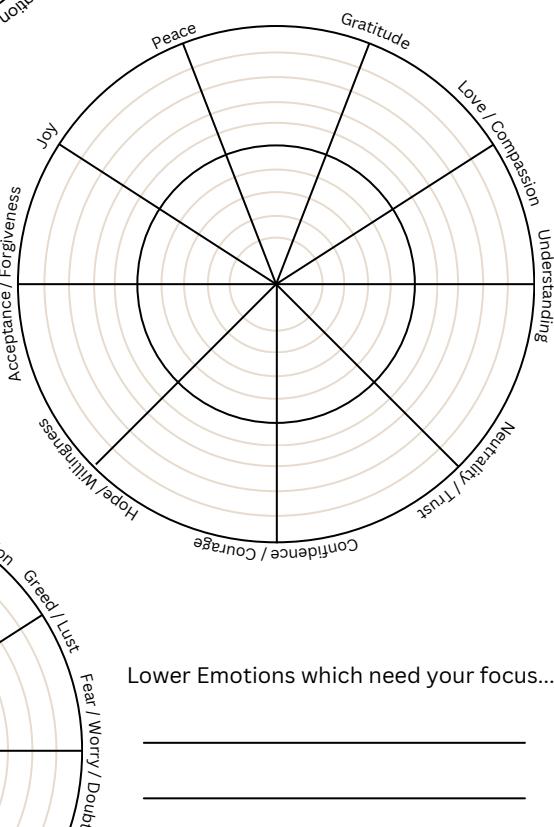
Vision Board

Week-4 Reflections : Rate yourself honestly

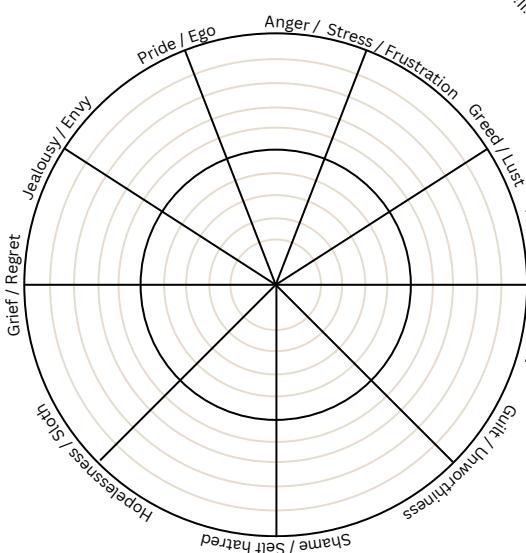


Activities which need your focus...

Higher Emotions which need your focus...



Lower Emotions which need your focus...



List down the achievements of the last week. Was there alignment between your vision, your thoughts, your emotions and your actions?

Write about the people or situations that disturbed your emotional balance. Reflect on each experience with honesty. Remember that such people and situations appear in your life to teach you something. Consider what the Universe may be guiding you to learn through these encounters.

Hint: Notice what makes you feel uncomfortable when dealing with these individuals or situations. That discomfort is a signal. It points directly to what the Universe wants you to face, learn, and rise above. Add these learnings to your list of improvement actions.

No situation or person has the power to disturb you on their own. It is your response that creates the disturbance. Decide in advance how you choose to respond the next time you face a similar situation or person. Use the if-then format to guide your response. Example: “If I feel my heartbeat racing before a presentation, then I will smile, take a deep breath, and focus on connecting with the audience through a relaxed, casual conversation.” - Visualize the situation and the desired outcome in advance.

The environment is stronger than willpower. Identify what you can change in your surroundings to maintain a high vibration frequency. This may include distancing yourself from negative friends or colleagues, avoiding negative social media content, choosing uplifting reading material, and eliminating other distractions that lower your energy.

Habits & Behaviour: Identify the behaviours that need to change (such as going to bed late, waking up late, unproductive habits, and activities that add no value—like excessive chatting at the coffee machine in the office). Write them down here and make a firm decision not to repeat them.

Review the limiting thoughts and beliefs you recorded each day. If any of them are not already on your identified list of limiting beliefs, write these newly discovered beliefs here and replace them with empowering beliefs. Include those empowering beliefs in next week's affirmations.

Define at least one action that challenges the above limiting belief.

Example: If you feel you are not good at public speaking, watch videos on improving public speaking skills or visualize yourself confidently addressing an audience. Start by speaking in a small group about a subject you are interested in and observe how people become impressed.

Write down the action plan for next week.

Thoughts

An average human being has 12,000 to 60,000 thoughts per day.

90% of these thoughts are repeated every day.

80% of them are negative.

This means that every day you are programming your subconscious mind with negative thoughts. Every day you are reinforcing your limiting beliefs.

Identify the negative thoughts you are repeatedly experiencing.

Write them down here whenever they show up.

Next time you notice these negative thoughts arising, take a deep breath.

- Breathe in through your nose for 4 seconds, feeling your chest & belly expand.
- Focus fully on the sensation of the breath entering your body.
- Hold gently for 2–3 seconds.
- Exhale slowly through your mouth for 6–8 seconds, allowing your body to relax.
- Then consciously shift your attention to a different, more empowering thought.

Today is _____

Trust your journey. Every step is purposeful.

Vision Board

Visualization

Meditation

Exercise

Write 3 things you are grateful for :

Today's affirmations:

Write in one sentence why achieving your vision is important for you

Write the things you will do today to help achieve your goals

Tick the actions you took today to raise your energy frequencies

- | | | |
|--|--|---|
| <input type="checkbox"/> Act of Kindness | <input type="checkbox"/> Feel grateful for what you have | <input type="checkbox"/> Smile, Laugh |
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Universe is responding - Be receptive - Be in higher vibes

Tick the emotions you felt today

High frequency emotions	<input type="checkbox"/> Enlightenment / Oneness <input type="checkbox"/> Peace / Serenity <input type="checkbox"/> Joy / Bliss / Gratitude <input type="checkbox"/> Love / Compassion <input type="checkbox"/> Clarity / Understanding <input type="checkbox"/> Acceptance / Forgiveness / Flow <input type="checkbox"/> Willingness / Optimism / Hope <input type="checkbox"/> Neutrality / Trust <input type="checkbox"/> Courage / Confidence / Empowerment	Low frequency emotions	<input type="checkbox"/> Pride / Superiority / Ego <input type="checkbox"/> Anger / Resentment / Frustration / Stress <input type="checkbox"/> Jealousy / Envy / Comparisons <input type="checkbox"/> Craving / Impatience / Greed / Lust <input type="checkbox"/> Fear / Anxiety / Worry / Doubt <input type="checkbox"/> Grief / Sadness / Regret <input type="checkbox"/> Apathy / Hopelessness / Victimhood / Sloth <input type="checkbox"/> Guilt / Unworthiness <input type="checkbox"/> Shame / Self-Hatred / Humiliation
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How were your emotional energies distributed today?



Write down any limiting thoughts / beliefs that showed up today.

Who or what affected your emotional vibes? What will you do differently next time? Were you satisfied with your behaviour today? How will you improve your response tomorrow?

What went well today? What did you do today to progress?

I forgive (who disturbed you today) / I let go (something which you want to forget)

Short Reading

Meditation

Affirmations

Visualization

Vision Board

Today is _____

Consistency in belief outlasts occasional inspiration.

Vision Board

Visualization

Meditation

Exercise

Write 3 things you are grateful for :

Today's affirmations:

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Write the things you will do today to help achieve your goals

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Short Reading

Meditation

Affirmations

Visualization

Vision Board

Today is _____

Focus on what you can create, not what you lack.

Vision Board

Visualization

Meditation

Exercise

Write 3 things you are grateful for :

Today's affirmations:

Write in one sentence why achieving your vision is important for you

Write the things you will do today to help achieve your goals

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Short Reading

Meditation

Affirmations

Visualization

Vision Board

Today is _____

Let optimism be your constant companion.

Vision Board

Visualization

Meditation

Exercise

Write 3 things you are grateful for :

Today's affirmations:

Write in one sentence why achieving your vision is important for you

Write the things you will do today to help achieve your goals

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Short Reading

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Affirmations

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Today is _____

Rise above doubt. Your dreams are calling.

Vision Board

Visualization

Meditation

Exercise

Write 3 things you are grateful for :

Today's affirmations:

Write in one sentence why achieving your vision is important for you

Write the things you will do today to help achieve your goals

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Universe is responding - Be receptive - Be in higher vibes

Tick the emotions you felt today

High frequency emotions	<input type="checkbox"/> Enlightenment / Oneness <input type="checkbox"/> Peace / Serenity <input type="checkbox"/> Joy / Bliss / Gratitude <input type="checkbox"/> Love / Compassion <input type="checkbox"/> Clarity / Understanding <input type="checkbox"/> Acceptance / Forgiveness / Flow <input type="checkbox"/> Willingness / Optimism / Hope <input type="checkbox"/> Neutrality / Trust <input type="checkbox"/> Courage / Confidence / Empowerment	Low frequency emotions	<input type="checkbox"/> Pride / Superiority / Ego <input type="checkbox"/> Anger / Resentment / Frustration / Stress <input type="checkbox"/> Jealousy / Envy / Comparisons <input type="checkbox"/> Craving / Impatience / Greed / Lust <input type="checkbox"/> Fear / Anxiety / Worry / Doubt <input type="checkbox"/> Grief / Sadness / Regret <input type="checkbox"/> Apathy / Hopelessness / Victimhood / Sloth <input type="checkbox"/> Guilt / Unworthiness <input type="checkbox"/> Shame / Self-Hatred / Humiliation
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How were your emotional energies distributed today?



Write down any limiting thoughts / beliefs that showed up today.

Who or what affected your emotional vibes? What will you do differently next time? Were you satisfied with your behaviour today? How will you improve your response tomorrow?

What went well today? What did you do today to progress?

I forgive (who disturbed you today) / I let go (something which you want to forget)

Short Reading

Meditation

Affirmations

Visualization

Vision Board

Today is _____

Gratitude multiplies the blessings you receive.

Vision Board

Visualization

Meditation

Exercise

Write 3 things you are grateful for :

Today's affirmations:

Write in one sentence why achieving your vision is important for you

Write the things you will do today to help achieve your goals

Tick the actions you took today to raise your energy frequencies

- | | | |
|--|--|---|
| <input type="checkbox"/> Act of Kindness | <input type="checkbox"/> Feel grateful for what you have | <input type="checkbox"/> Smile, Laugh |
| <input type="checkbox"/> Help / Guide someone | <input type="checkbox"/> Recall past happy moments | <input type="checkbox"/> Talk to a close friend |
| <input type="checkbox"/> Genuinely thank someone | <input type="checkbox"/> Do some fun activity | <input type="checkbox"/> Appreciate |
| <input type="checkbox"/> Positive self-talk | <input type="checkbox"/> Call a family member | <input type="checkbox"/> Listen to Music |
| <input type="checkbox"/> Be in the present moment | <input type="checkbox"/> Show Respect, Compassion | <input type="checkbox"/> Slow exhalation |
| <input type="checkbox"/> Watch something inspiring | <input type="checkbox"/> Practice intentional calmness | <input type="checkbox"/> Acceptance |
| <input type="checkbox"/> Charity (even if small) | <input type="checkbox"/> Be sincerely happy for others | <input type="checkbox"/> Take a walk in nature |

Universe is responding - Be receptive - Be in higher vibes

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[Short Reading](#)

[Meditation](#)

[Affirmations](#)

[Visualization](#)

[Vision Board](#)

Today is _____

Visualize fully, believe completely, receive naturally.

Vision Board

Visualization

Meditation

Exercise

Write 3 things you are grateful for :

Today's affirmations:

Write in one sentence why achieving your vision is important for you

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I forgive (who disturbed you today) / I let go (something which you want to forget)

Short Reading

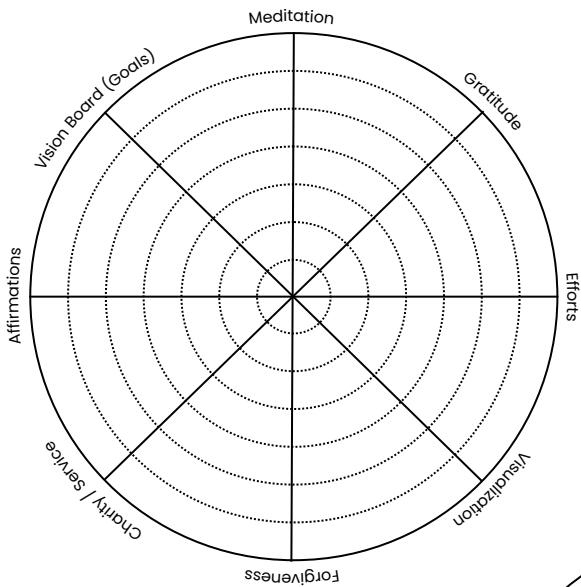
Meditation

Affirmations

Visualization

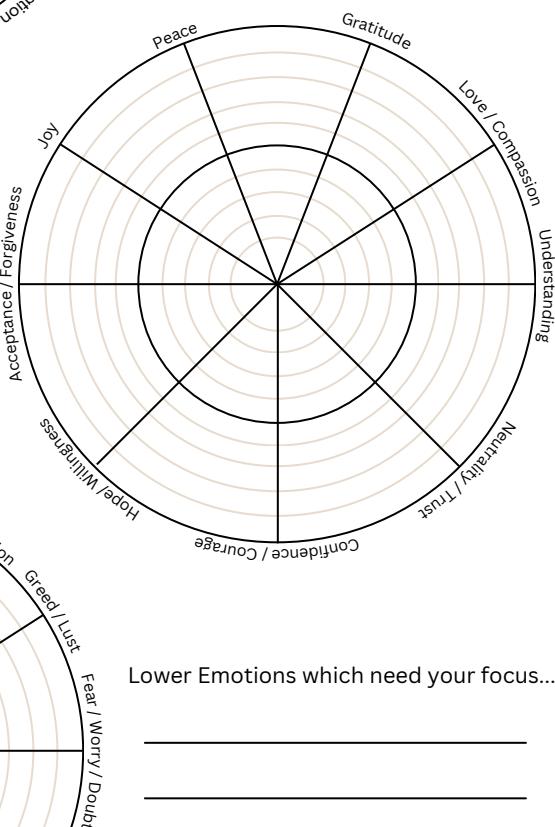
Vision Board

Week-5 Reflections : Rate yourself honestly

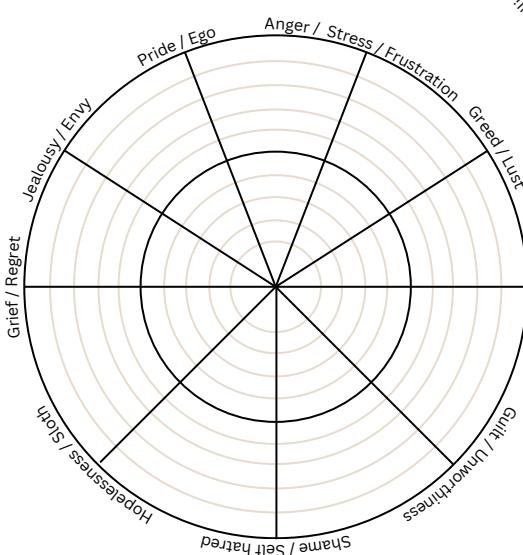


Activities which need your focus...

Higher Emotions which need your focus...



Higher Emotions which need your focus...



List down the achievements of the last week. Was there alignment between your vision, your thoughts, your emotions and your actions?

Write about the people or situations that disturbed your emotional balance. Reflect on each experience with honesty. Remember that such people and situations appear in your life to teach you something. Consider what the Universe may be guiding you to learn through these encounters.

Hint: Notice what makes you feel uncomfortable when dealing with these individuals or situations. That discomfort is a signal. It points directly to what the Universe wants you to face, learn, and rise above. Add these learnings to your list of improvement actions.

No situation or person has the power to disturb you on their own. It is your response that creates the disturbance. Decide in advance how you choose to respond the next time you face a similar situation or person. Use the if-then format to guide your response. Example: “If I feel my heartbeat racing before a presentation, then I will smile, take a deep breath, and focus on connecting with the audience through a relaxed, casual conversation.” - Visualize the situation and the desired outcome in advance.

The environment is stronger than willpower. Identify what you can change in your surroundings to maintain a high vibration frequency. This may include distancing yourself from negative friends or colleagues, avoiding negative social media content, choosing uplifting reading material, and eliminating other distractions that lower your energy.

Habits & Behaviour: Identify the behaviours that need to change (such as going to bed late, waking up late, unproductive habits, and activities that add no value—like excessive chatting at the coffee machine in the office). Write them down here and make a firm decision not to repeat them.

Review the limiting thoughts and beliefs you recorded each day. If any of them are not already on your identified list of limiting beliefs, write these newly discovered beliefs here and replace them with empowering beliefs. Include those empowering beliefs in next week's affirmations.

Define at least one action that challenges the above limiting belief.

Example: If you feel you are not good at public speaking, watch videos on improving public speaking skills or visualize yourself confidently addressing an audience. Start by speaking in a small group about a subject you are interested in and observe how people become impressed.

Write down the action plan for next week.

Happy Memories

Write down the most happy moments of your life.

Keep on reading them when you feel that your emotional vibes are down.

Today is _____

The universe rewards clarity and persistence.

Vision Board

Visualization

Meditation

Exercise

Write 3 things you are grateful for :

Today's affirmations:

Write in one sentence why achieving your vision is important for you

Write the things you will do today to help achieve your goals

Tick the actions you took today to raise your energy frequencies

- | | | |
|--|--|---|
| <input type="checkbox"/> Act of Kindness | <input type="checkbox"/> Feel grateful for what you have | <input type="checkbox"/> Smile, Laugh |
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| <input type="checkbox"/> Be in the present moment | <input type="checkbox"/> Show Respect, Compassion | <input type="checkbox"/> Slow exhalation |
| <input type="checkbox"/> Watch something inspiring | <input type="checkbox"/> Practice intentional calmness | <input type="checkbox"/> Acceptance |
| <input type="checkbox"/> Charity (even if small) | <input type="checkbox"/> Be sincerely happy for others | <input type="checkbox"/> Take a walk in nature |

Universe is responding - Be receptive - Be in higher vibes

Tick the emotions you felt today

High frequency emotions	<input type="checkbox"/> Enlightenment / Oneness <input type="checkbox"/> Peace / Serenity <input type="checkbox"/> Joy / Bliss / Gratitude <input type="checkbox"/> Love / Compassion <input type="checkbox"/> Clarity / Understanding <input type="checkbox"/> Acceptance / Forgiveness / Flow <input type="checkbox"/> Willingness / Optimism / Hope <input type="checkbox"/> Neutrality / Trust <input type="checkbox"/> Courage / Confidence / Empowerment	Low frequency emotions	<input type="checkbox"/> Pride / Superiority / Ego <input type="checkbox"/> Anger / Resentment / Frustration / Stress <input type="checkbox"/> Jealousy / Envy / Comparisons <input type="checkbox"/> Craving / Impatience / Greed / Lust <input type="checkbox"/> Fear / Anxiety / Worry / Doubt <input type="checkbox"/> Grief / Sadness / Regret <input type="checkbox"/> Apathy / Hopelessness / Victimhood / Sloth <input type="checkbox"/> Guilt / Unworthiness <input type="checkbox"/> Shame / Self-Hatred / Humiliation
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How were your emotional energies distributed today?



Write down any limiting thoughts / beliefs that showed up today.

Who or what affected your emotional vibes? What will you do differently next time?
Were you satisfied with your behaviour today? How will you improve your response tomorrow?

What went well today? What did you do today to progress?

I forgive (who disturbed you today) / I let go (something which you want to forget)

[Short Reading](#)

[Meditation](#)

[Affirmations](#)

[Visualization](#)

[Vision Board](#)

Today is _____

Feelings fuel the law of attraction, nurture positive ones.

Vision Board

Visualization

Meditation

Exercise

Write 3 things you are grateful for :

Today's affirmations:

Write in one sentence why achieving your vision is important for you

Write the things you will do today to help achieve your goals

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[Short Reading](#)

[Meditation](#)

[Affirmations](#)

[Visualization](#)

[Vision Board](#)

Today is _____

Align goals, beliefs and actions for true manifestation.

Vision Board

Visualization

Meditation

Exercise

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Today's affirmations:

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What went well today? What did you do today to progress?

I forgive (who disturbed you today) / I let go (something which you want to forget)

Short Reading

Meditation

Affirmations

Visualization

Vision Board

Today is _____

Present is the most powerful place to create.

Vision Board

Visualization

Meditation

Exercise

Write 3 things you are grateful for :

Today's affirmations:

Write in one sentence why achieving your vision is important for you

Write the things you will do today to help achieve your goals

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What went well today? What did you do today to progress?

I forgive (who disturbed you today) / I let go (something which you want to forget)

Short Reading

Meditation

Affirmations

Visualization

Vision Board

Today is _____

Every moment is an opportunity to redirect energy.

Vision Board

Visualization

Meditation

Exercise

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Write the things you will do today to help achieve your goals

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[Short Reading](#)

[Meditation](#)

[Affirmations](#)

[Visualization](#)

[Vision Board](#)

Today is _____

Your inner world determines your outer experience.

Vision Board

Visualization

Meditation

Exercise

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I forgive (who disturbed you today) / I let go (something which you want to forget)

Short Reading

Meditation

Affirmations

Visualization

Vision Board

Today is _____

Be in the present. The universe meets you there.

Vision Board

Visualization

Meditation

Exercise

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Universe is responding - Be receptive - Be in higher vibes

Tick the emotions you felt today

High frequency emotions	<input type="checkbox"/> Enlightenment / Oneness <input type="checkbox"/> Peace / Serenity <input type="checkbox"/> Joy / Bliss / Gratitude <input type="checkbox"/> Love / Compassion <input type="checkbox"/> Clarity / Understanding <input type="checkbox"/> Acceptance / Forgiveness / Flow <input type="checkbox"/> Willingness / Optimism / Hope <input type="checkbox"/> Neutrality / Trust <input type="checkbox"/> Courage / Confidence / Empowerment	Low frequency emotions	<input type="checkbox"/> Pride / Superiority / Ego <input type="checkbox"/> Anger / Resentment / Frustration / Stress <input type="checkbox"/> Jealousy / Envy / Comparisons <input type="checkbox"/> Craving / Impatience / Greed / Lust <input type="checkbox"/> Fear / Anxiety / Worry / Doubt <input type="checkbox"/> Grief / Sadness / Regret <input type="checkbox"/> Apathy / Hopelessness / Victimhood / Sloth <input type="checkbox"/> Guilt / Unworthiness <input type="checkbox"/> Shame / Self-Hatred / Humiliation
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How were your emotional energies distributed today?



Write down any limiting thoughts / beliefs that showed up today.

Who or what affected your emotional vibes? What will you do differently next time? Were you satisfied with your behaviour today? How will you improve your response tomorrow?

What went well today? What did you do today to progress?

I forgive (who disturbed you today) / I let go (something which you want to forget)

Short Reading

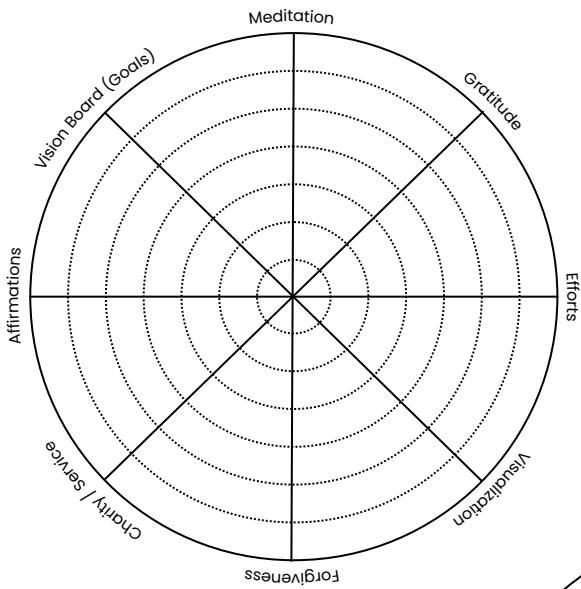
Meditation

Affirmations

Visualization

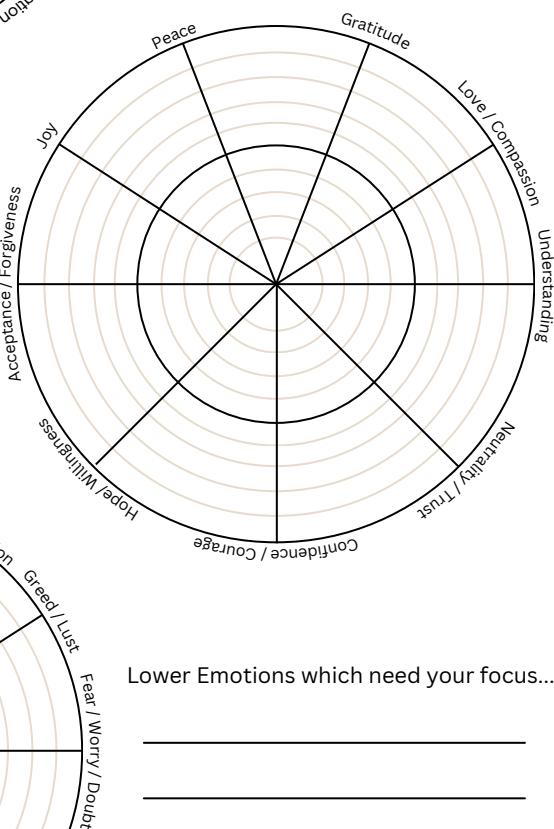
Vision Board

Week-6 Reflections : Rate yourself honestly

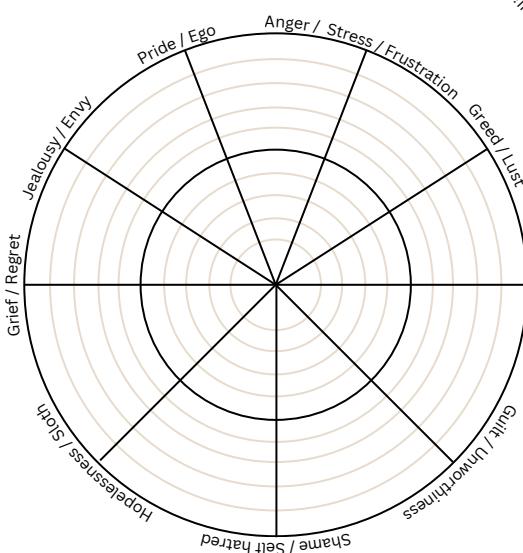


Activities which need your focus...

Higher Emotions which need your focus...



Higher Emotions which need your focus...



List down the achievements of the last week. Was there alignment between your vision, your thoughts, your emotions and your actions?

Write about the people or situations that disturbed your emotional balance. Reflect on each experience with honesty. Remember that such people and situations appear in your life to teach you something. Consider what the Universe may be guiding you to learn through these encounters.

Hint: Notice what makes you feel uncomfortable when dealing with these individuals or situations. That discomfort is a signal. It points directly to what the Universe wants you to face, learn, and rise above. Add these learnings to your list of improvement actions.

No situation or person has the power to disturb you on their own. It is your response that creates the disturbance. Decide in advance how you choose to respond the next time you face a similar situation or person. Use the if-then format to guide your response. Example: “If I feel my heartbeat racing before a presentation, then I will smile, take a deep breath, and focus on connecting with the audience through a relaxed, casual conversation.” - Visualize the situation and the desired outcome in advance.

The environment is stronger than willpower. Identify what you can change in your surroundings to maintain a high vibration frequency. This may include distancing yourself from negative friends or colleagues, avoiding negative social media content, choosing uplifting reading material, and eliminating other distractions that lower your energy.

Habits & Behaviour: Identify the behaviours that need to change (such as going to bed late, waking up late, unproductive habits, and activities that add no value—like excessive chatting at the coffee machine in the office). Write them down here and make a firm decision not to repeat them.

Review the limiting thoughts and beliefs you recorded each day. If any of them are not already on your identified list of limiting beliefs, write these newly discovered beliefs here and replace them with empowering beliefs. Include those empowering beliefs in next week's affirmations.

Define at least one action that challenges the above limiting belief.

Example: If you feel you are not good at public speaking, watch videos on improving public speaking skills or visualize yourself confidently addressing an audience. Start by speaking in a small group about a subject you are interested in and observe how people become impressed.

Write down the action plan for next week.

My Future Self

Could you write down your idea of your ideal self?

Visualize what you want to be in next ___ years.

Think about different factors: Health, Career, Skills, Behaviour, Love, Finance, Lifestyle...

Give this personality a nickname

Whenever you encounter any difficult situation or person in life, think how your future self will behave and try acting like that

Keep on reading this 2-3 times in a week - Ideally before going to bed

Today is _____

Appreciating the little things opens doors to bigger blessings.

Vision Board

Visualization

Meditation

Exercise

Write 3 things you are grateful for :

Today's affirmations:

Write in one sentence why achieving your vision is important for you

Write the things you will do today to help achieve your goals

Tick the actions you took today to raise your energy frequencies

- | | | |
|--|--|---|
| <input type="checkbox"/> Act of Kindness | <input type="checkbox"/> Feel grateful for what you have | <input type="checkbox"/> Smile, Laugh |
| <input type="checkbox"/> Help / Guide someone | <input type="checkbox"/> Recall past happy moments | <input type="checkbox"/> Talk to a close friend |
| <input type="checkbox"/> Genuinely thank someone | <input type="checkbox"/> Do some fun activity | <input type="checkbox"/> Appreciate |
| <input type="checkbox"/> Positive self-talk | <input type="checkbox"/> Call a family member | <input type="checkbox"/> Listen to Music |
| <input type="checkbox"/> Be in the present moment | <input type="checkbox"/> Show Respect, Compassion | <input type="checkbox"/> Slow exhalation |
| <input type="checkbox"/> Watch something inspiring | <input type="checkbox"/> Practice intentional calmness | <input type="checkbox"/> Acceptance |
| <input type="checkbox"/> Charity (even if small) | <input type="checkbox"/> Be sincerely happy for others | <input type="checkbox"/> Take a walk in nature |

Universe is responding - Be receptive - Be in higher vibes

Tick the emotions you felt today

High frequency emotions	<input type="checkbox"/> Enlightenment / Oneness <input type="checkbox"/> Peace / Serenity <input type="checkbox"/> Joy / Bliss / Gratitude <input type="checkbox"/> Love / Compassion <input type="checkbox"/> Clarity / Understanding <input type="checkbox"/> Acceptance / Forgiveness / Flow <input type="checkbox"/> Willingness / Optimism / Hope <input type="checkbox"/> Neutrality / Trust <input type="checkbox"/> Courage / Confidence / Empowerment	Low frequency emotions	<input type="checkbox"/> Pride / Superiority / Ego <input type="checkbox"/> Anger / Resentment / Frustration / Stress <input type="checkbox"/> Jealousy / Envy / Comparisons <input type="checkbox"/> Craving / Impatience / Greed / Lust <input type="checkbox"/> Fear / Anxiety / Worry / Doubt <input type="checkbox"/> Grief / Sadness / Regret <input type="checkbox"/> Apathy / Hopelessness / Victimhood / Sloth <input type="checkbox"/> Guilt / Unworthiness <input type="checkbox"/> Shame / Self-Hatred / Humiliation
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How were your emotional energies distributed today?



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Who or what affected your emotional vibes? What will you do differently next time?
Were you satisfied with your behaviour today? How will you improve your response tomorrow?

What went well today? What did you do today to progress?

I forgive (who disturbed you today) / I let go (something which you want to forget)

[Short Reading](#)

[Meditation](#)

[Affirmations](#)

[Visualization](#)

[Vision Board](#)

Today is _____

A thankful heart is a powerful attractor.

Vision Board

Visualization

Meditation

Exercise

Write 3 things you are grateful for :

Today's affirmations:

Write in one sentence why achieving your vision is important for you

Write the things you will do today to help achieve your goals

Tick the actions you took today to raise your energy frequencies

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What went well today? What did you do today to progress?

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[Short Reading](#)

[Meditation](#)

[Affirmations](#)

[Visualization](#)

[Vision Board](#)

Today is _____

Focus on what is going well to manifest more of it.

Vision Board

Visualization

Meditation

Exercise

Write 3 things you are grateful for :

Today's affirmations:

Write in one sentence why achieving your vision is important for you

Write the things you will do today to help achieve your goals

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Short Reading

Meditation

Affirmations

Visualization

Vision Board

Today is _____

Celebrate each step of your journey.

Vision Board

Visualization

Meditation

Exercise

Write 3 things you are grateful for :

Today's affirmations:

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[Short Reading](#)

[Meditation](#)

[Affirmations](#)

[Visualization](#)

[Vision Board](#)

Today is _____

Gratitude is the frequency that calls forth miracles.

Vision Board

Visualization

Meditation

Exercise

Write 3 things you are grateful for :

Today's affirmations:

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I forgive (who disturbed you today) / I let go (something which you want to forget)

Short Reading

Meditation

Affirmations

Visualization

Vision Board

Today is _____

Positive energy radiates and attracts similar energy.

Vision Board

Visualization

Meditation

Exercise

Write 3 things you are grateful for :

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What went well today? What did you do today to progress?

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Short Reading

Meditation

Affirmations

Visualization

Vision Board

Today is _____

Daily appreciation rewires your life toward abundance.

Vision Board

Visualization

Meditation

Exercise

Write 3 things you are grateful for :

Today's affirmations:

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Write the things you will do today to help achieve your goals

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Universe is responding - Be receptive - Be in higher vibes

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Short Reading

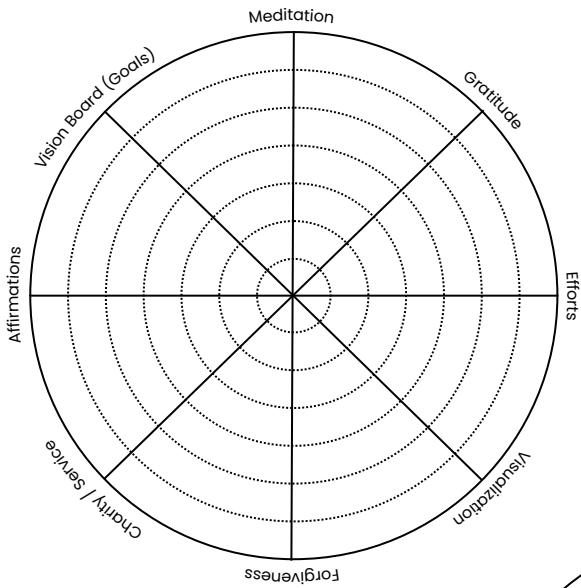
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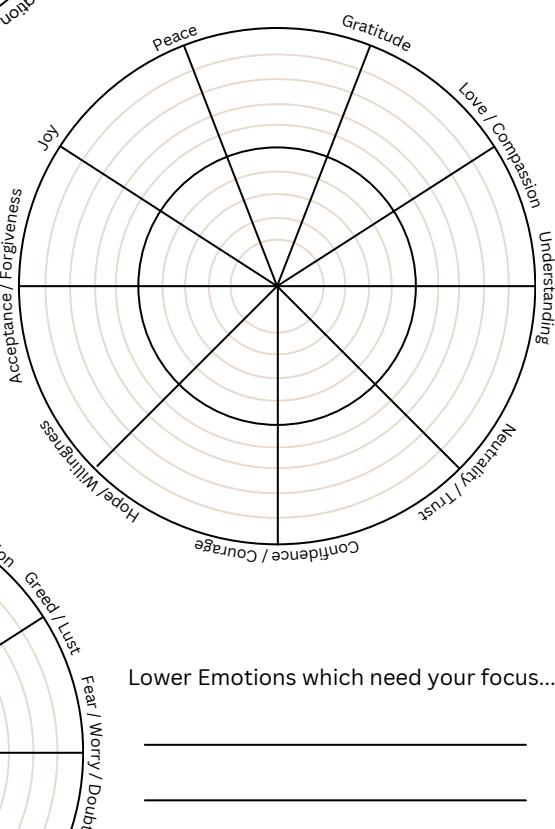
Vision Board

Week-7 Reflections : Rate yourself honestly

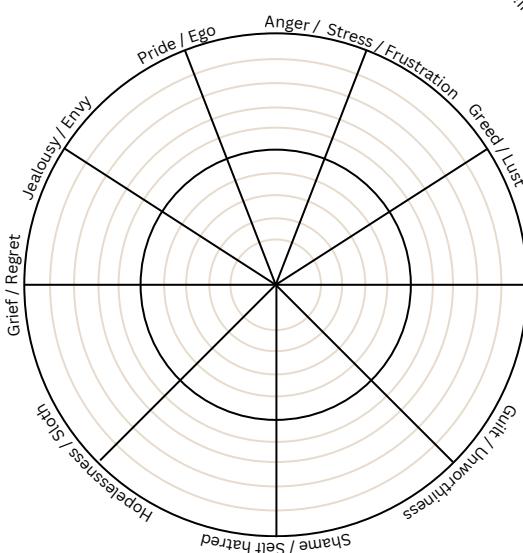


Activities which need your focus...

Higher Emotions which need your focus...



Higher Emotions which need your focus...



List down the achievements of the last week. Was there alignment between your vision, your thoughts, your emotions and your actions?

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Hint: Notice what makes you feel uncomfortable when dealing with these individuals or situations. That discomfort is a signal. It points directly to what the Universe wants you to face, learn, and rise above. Add these learnings to your list of improvement actions.

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The environment is stronger than willpower. Identify what you can change in your surroundings to maintain a high vibration frequency. This may include distancing yourself from negative friends or colleagues, avoiding negative social media content, choosing uplifting reading material, and eliminating other distractions that lower your energy.

Habits & Behaviour: Identify the behaviours that need to change (such as going to bed late, waking up late, unproductive habits, and activities that add no value—like excessive chatting at the coffee machine in the office). Write them down here and make a firm decision not to repeat them.

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Define at least one action that challenges the above limiting belief.

Example: If you feel you are not good at public speaking, watch videos on improving public speaking skills or visualize yourself confidently addressing an audience. Start by speaking in a small group about a subject you are interested in and observe how people become impressed.

Write down the action plan for next week.

Water Manifestation

Dr. Masaru Emoto, a Japanese researcher, conducted a fascinating experiment on water. He exposed water samples to different words, music, and emotions – such as love, gratitude, anger, and hate. After freezing the water, he photographed the ice crystals.

The results were inspiring: Water that received positive words & feelings formed beautiful, balanced crystals. Water exposed to negative emotions formed distorted, chaotic shapes.

This simple yet powerful experiment showed that water responds to energy, words, and emotion. The principle behind water manifestation is the same – everything vibrates, including your thoughts and emotions, and water carries that vibration beautifully.

When you focus love, gratitude, and belief on water, you program it with positive energy. When you drink that water, your body – which is made up of about 60% water – absorbs those vibrations. Your mind and body begin to align with your chosen intention.

Here is how you can practice water manifestation.

- Choose clean water and a container (Glass or copper).
- Decide on your affirmation.
- Make it short and in the present tense.
- Write or stick the affirmation on the bottle, or on a small piece of paper beside it.
- Charge it with emotion. Hold the container, close your eyes, and feel gratitude, love, or joy as you say your affirmation.
- Keep it overnight (optional).
- Place it near your bed; avoid phones or negative sounds.
- Drink mindfully in the morning.
- Take slow sips and imagine the energy of your affirmations entering your body.
- Repeat daily for 21 days.
- Observe changes in your thoughts, emotions, and confidence.

Dr. Emoto's experiment proved that thoughts and emotions affect water. It is the same with you. What you say to yourself truly matters. Bruce Lee once said, "Do not talk negatively about yourself even when you are joking." Avoid negative self-talk. Practice positive self-talk.

Today is _____

Belief transforms potential into reality.

Vision Board

Visualization

Meditation

Exercise

Write 3 things you are grateful for :

Today's affirmations:

Write in one sentence why achieving your vision is important for you

Write the things you will do today to help achieve your goals

Tick the actions you took today to raise your energy frequencies

- | | | |
|--|--|---|
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Universe is responding - Be receptive - Be in higher vibes

Tick the emotions you felt today

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How were your emotional energies distributed today?



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Who or what affected your emotional vibes? What will you do differently next time? Were you satisfied with your behaviour today? How will you improve your response tomorrow?

What went well today? What did you do today to progress?

I forgive (who disturbed you today) / I let go (something which you want to forget)

Short Reading

Meditation

Affirmations

Visualization

Vision Board

Today is _____

Your vibration is your currency with the universe.

Vision Board

Visualization

Meditation

Exercise

Write 3 things you are grateful for :

Today's affirmations:

Write in one sentence why achieving your vision is important for you

Write the things you will do today to help achieve your goals

Tick the actions you took today to raise your energy frequencies

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[Short Reading](#)

[Meditation](#)

[Affirmations](#)

[Visualization](#)

[Vision Board](#)

Today is _____

Inner alignment creates outer miracles.

Vision Board

Visualization

Meditation

Exercise

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[Short Reading](#)

[Meditation](#)

[Affirmations](#)

[Visualization](#)

[Vision Board](#)

Today is _____

You are a co-creator with the Universe.

Vision Board

Visualization

Meditation

Exercise

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[Short Reading](#)

[Meditation](#)

[Affirmations](#)

[Visualization](#)

[Vision Board](#)

Today is _____

Peaceful mind attracts limitless opportunities.

Vision Board

Visualization

Meditation

Exercise

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[Short Reading](#)

[Meditation](#)

[Affirmations](#)

[Visualization](#)

[Vision Board](#)

Today is _____

Every action aligned with purpose becomes effortless.

Vision Board

Visualization

Meditation

Exercise

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[Short Reading](#)

[Meditation](#)

[Affirmations](#)

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[Vision Board](#)

Today is _____

Your mindset shapes your possibilities.

Vision Board

Visualization

Meditation

Exercise

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[Short Reading](#)

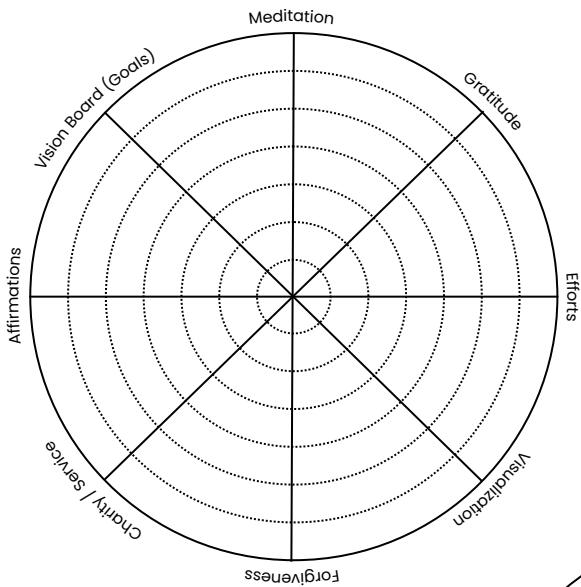
[Meditation](#)

[Affirmations](#)

[Visualization](#)

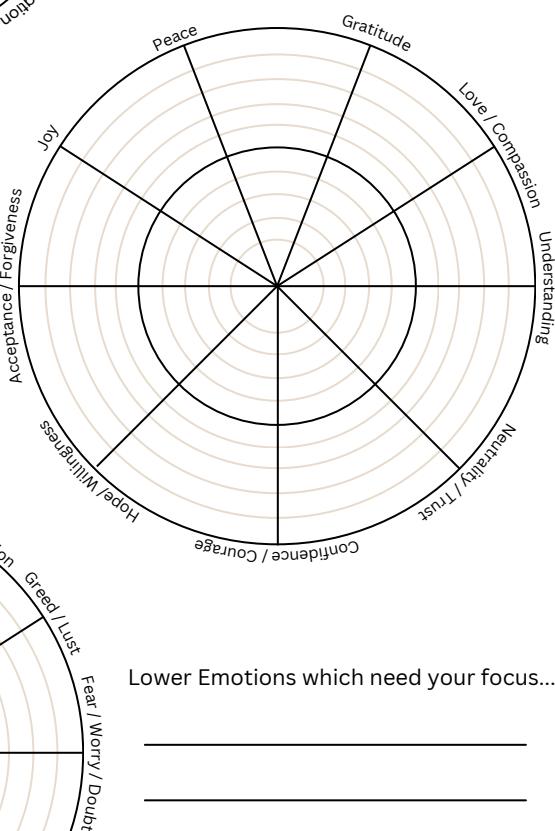
[Vision Board](#)

Week-8 Reflections : Rate yourself honestly

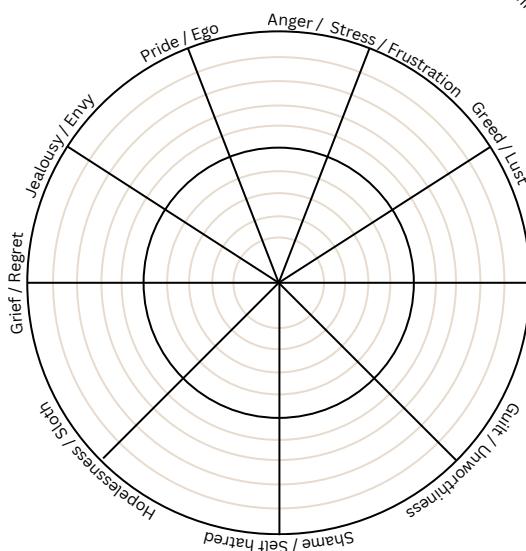


Activities which need your focus...

Higher Emotions which need your focus...



Higher Emotions which need your focus...



List down the achievements of the last week. Was there alignment between your vision, your thoughts, your emotions and your actions?

Write about the people or situations that disturbed your emotional balance. Reflect on each experience with honesty. Remember that such people and situations appear in your life to teach you something. Consider what the Universe may be guiding you to learn through these encounters.

Hint: Notice what makes you feel uncomfortable when dealing with these individuals or situations. That discomfort is a signal. It points directly to what the Universe wants you to face, learn, and rise above. Add these learnings to your list of improvement actions.

No situation or person has the power to disturb you on their own. It is your response that creates the disturbance. Decide in advance how you choose to respond the next time you face a similar situation or person. Use the if-then format to guide your response. Example: “If I feel my heartbeat racing before a presentation, then I will smile, take a deep breath, and focus on connecting with the audience through a relaxed, casual conversation.” - Visualize the situation and the desired outcome in advance.

The environment is stronger than willpower. Identify what you can change in your surroundings to maintain a high vibration frequency. This may include distancing yourself from negative friends or colleagues, avoiding negative social media content, choosing uplifting reading material, and eliminating other distractions that lower your energy.

Habits & Behaviour: Identify the behaviours that need to change (such as going to bed late, waking up late, unproductive habits, and activities that add no value—like excessive chatting at the coffee machine in the office). Write them down here and make a firm decision not to repeat them.

Review the limiting thoughts and beliefs you recorded each day. If any of them are not already on your identified list of limiting beliefs, write these newly discovered beliefs here and replace them with empowering beliefs. Include those empowering beliefs in next week's affirmations.

Define at least one action that challenges the above limiting belief.

Example: If you feel you are not good at public speaking, watch videos on improving public speaking skills or visualize yourself confidently addressing an audience. Start by speaking in a small group about a subject you are interested in and observe how people become impressed.

Write down the action plan for next week.

My unpleasant Past

- Write down the painful events of your past right from childhood.
- Feel that your emotions and memories are getting downloaded on this paper.
- Tear this page, burn it or flush it. Feel the painful memories disappearing for good.

Write a cheque to yourself

Put a future date

Put the desired dream amount

Keep that cheque in your wallet

It should be visible whenever you are using your wallet



In 1985, when Jim Carrey was a struggling, unknown comedian barely making ends meet, he decided to put the law of attraction to the test. One night, sitting in his old car parked on Mulholland Drive in Los Angeles, he wrote himself a cheque for \$10 million for “acting services rendered”, post-dated it Thanksgiving 1995, and carried it in his wallet as a symbol of faith in his future.

Despite facing years of rejection and hardship, he never stopped believing in his vision, visualizing success with deep emotion and certainty. Remarkably, in 1994, almost precisely at the time he had written on the cheque, Jim Carrey received a payment of \$10 million for his breakout role in Dumb and Dumber.

This incredible story became a living testament to the power of belief, visualization, and unwavering persistence—proving that when your intention is clear and your faith unshakable, the universe conspires to turn your imagination into reality.

Final words

Manifestation is not a miracle. However, miracles can be the ultimate result of the manifestation process.

Highly developed spiritual beings—those who are free from lower emotions, free from limiting beliefs, and who vibrate at exceptionally high frequencies—are capable of performing what we call miracles. These enlightened individuals emit energy at the highest vibrational levels.

Examples of such miracles are found across various religious scriptures. Paramahansa Yogananda, for instance, received financial support precisely when he needed it. Donations arrived at the perfect moment, often from strangers who knew him, even though he did not know them. They would approach him and hand over cheques for precisely the amount required. These were effortless manifestations. While this level of manifestation may be difficult for the average person, these examples demonstrate its authenticity and power.

I want to reemphasize the importance of beliefs. Having empowering beliefs is the most critical ingredient in manifestation.

Empowering beliefs create positive emotions. Our responsibility is to sustain those emotions and remain in high-vibration states. We have already explored the small actions that help maintain these vibrations. In addition, it is essential to stay in the present—avoid excessive worry about the future or dwelling on the past. Even if you are clear about the outcome you wish to achieve, you should not think about it constantly. Overthinking the result can create doubt and uncertainty when challenges arise. It also sends a signal of “lack” to the Universe, which attracts undesired outcomes.

So, know your goal, but do not obsess over the result. Stay fully present. Focus on the actions you have defined, enjoy the process, and love what you are doing. Then, let go of everything else.

Let the Universe do its job—manifest your desires.

Happy Manifesting !!!

