

Manifestation



Read the prompts and complete the sentences about you.

1) If a genie was to grant me 3 wishes, they are...

2) The benefits of my Manifestations are...

3) The main blocks to my Manifestations are...

4) My plan for my Manifestation is...

5) The intention behind my Manifestation; the Why is...

6) If all my wishes Manifested, my life would be more...

Action steps

1) Keep a written reminder that Manifestation is a natural phenomenon.

-Manifestation is happening all the time. You are Manifesting all the time. Whether good or bad, your outside world is only mirroring your inner world.

2) Write down your intention and read it out loud at least 2 times a day.

-Avoid writing reasonable goals; instead write unreasonable far fetched ideas.

3) Overcome your blocks by daily relentless affirmations to dilute any negativity.

4) Live in the end by holding on to the mental image of the end goal.