

MANIFESTATION

→ PRACTICE ←

DATE:

GO BIG. DREAM GENEROUSLY.
UNAPOLOGETICALLY CREATE
THAT IN WHICH YOU DESIRE.

WHAT DO YOU WANT TO MANIFEST?

WHAT'S YOUR WHY?

WHY DO YOU WANT TO MANIFEST WHAT YOU LISTED ABOVE?



GO QUANTUM. GO OUTSIDE OF TIME & SPACE. ACT AS IF YOUR MANIFESTATION IS ALREADY HERE. WHAT DOES IT FEEL LIKE EMOTIONALLY & SENSATIONALLY IN YOUR BODY WHEN YOU TUNE INTO YOUR DESIRES LIKE THIS? FEEL IT. EMBODY IT. WRITE DOWN YOUR EXPERIENCE.



Ritualize

RITUAL CAN ASSIST US IN GROUNDING DOWN OUR MANIFESTATIONS BY TAPPING INTO MAGIC, FUN & OUR CREATIVE FORCE WITHIN. CIRCLE THE ONE(S) YOU WANT TO INCORPORATE FROM THE LIST BELOW & LEAN IN.

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| + YOGA | + BREATH WORK | + CREATE AN ALTAR |
| + DANCE | + SOUND HEALING | + CREATE A PLAYLIST OR FIND A SONG |
| + CHANTING | + DIVINATION | + GET IN NATURE |
| + EXERCISE | + WORK WITH THE MOON | + CONNECT WITH A DEITY, GOD, UNIVERSE, SPIRIT TEAM, ETC |
| + MEDITATE | + CREATE A DIGITAL ALTAR VIA PINTEREST, CANVA, IG, FB, OR SOMETHING ELSE | + OTHER _____ |
| + CREATE ART | | |
| + RITUAL BATH | | |

Release

ACKNOWLEDGE ANY FEARS OR LIMITING BELIEFS THAT BLOCK OR DETER YOU FROM MANIFESTING WHAT YOU DESIRE. WRITE THEM DOWN BELOW, CUT THEM OUT & SAFELY BURN IN A FIRE PROOF CONTAINER & BURY ASHES IN THE EARTH, OR RIP UP & DISCARD IN THE TRASH AS PART OF RELEASING THESE BLOCKS.



A large rectangular area enclosed by a dotted line, intended for writing down fears or limiting beliefs to be released.

THE ONLY PERSON IN CHARGE OF MAKING YOU OR WHAT YOU DESIRE NOT GOOD ENOUGH IS YOU.

Three horizontal, rounded rectangular boxes with a light beige background and black outlines, each with a chevron-shaped cutout on the right side. These are intended for listing action steps.

Take Action

BITE SIZE THE PIECES. LIST SOME CONCRETE BIG OR SMALL ACTION STEPS YOU CAN TAKE AS PART OF ACTUALIZING YOUR DESIRES.

Evidence

BE ON THE LOOK OUT FOR EVIDENCE OF YOUR DREAM(S) OR GOAL(S) STARTING TO MANIFEST IN THE PHYSICAL. WRITE THAT EVIDENCE DOWN BELOW.

Three horizontal lines provided for writing down evidence of manifesting dreams or goals.