

Manifestation Journal

Manifestation means bringing something into reality through your thoughts, feelings, beliefs, and emotions. By focusing on what you really want and cultivating your feelings and beliefs, it will become a reality. Manifesting isn't just about wanting something and waiting for it to happen. It's about taking aligned actions, and it's about believing you have what it takes to make it happen.

The first step is to pick a journal. It can be on a computer or a real paper journal. You can use this sheet or a method of your choosing. Your manifestation journal should include all your dreams, goals, and things you'd love to attract in your life. The idea is to get as many details as you can so that you can **feel** something when imagining your dream life. Write in story form and include the smallest details. Read and write them often so they become a part of your day and you can focus on them. Need ideas and inspiration on what to write? Here are some exercises, and ideas to inspire you.

Write down all the goals and plans you have for your life - start with a Brain Dump (which is great for brainstorming new ideas).. You can expand on each one as you begin to form the story.

Write the story of your future life - Focus on one goal/plan at a time. Remember details, details, details. Be as specific as you can about what you want to bring into your life. This helps you create an emotional attachment.

Set your intention - Be as clear as possible with your intentions behind your desires... this is the "why" you want this in your life. Talk about how it will make you feel, how it will be beneficial to you, how it will change your life/circumstances.

Appreciation and Gratitude - In order to manifest something new in our lives, we must FEEL grateful for it as if it has already manifested. Visualize and experience what it would feel like to have that in your life NOW.

Daily Intentions - set an intention each day that will move you closer to your goal(s). Some people use the 5x55 method. Here you write an intention 55 times every day for 5 days. An intention is much like an affirmation. Use I statements... I have, I am, I will... etc.

Track your progress and note milestones and achievements in your journal...What happened that is moving you closer to your goal?