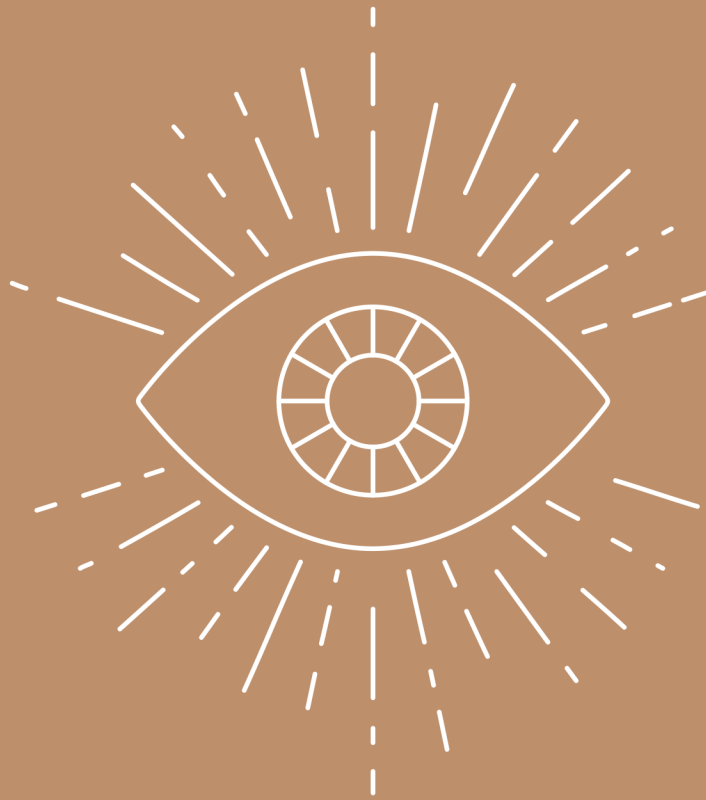


SEE IT WITH YOUR MIND

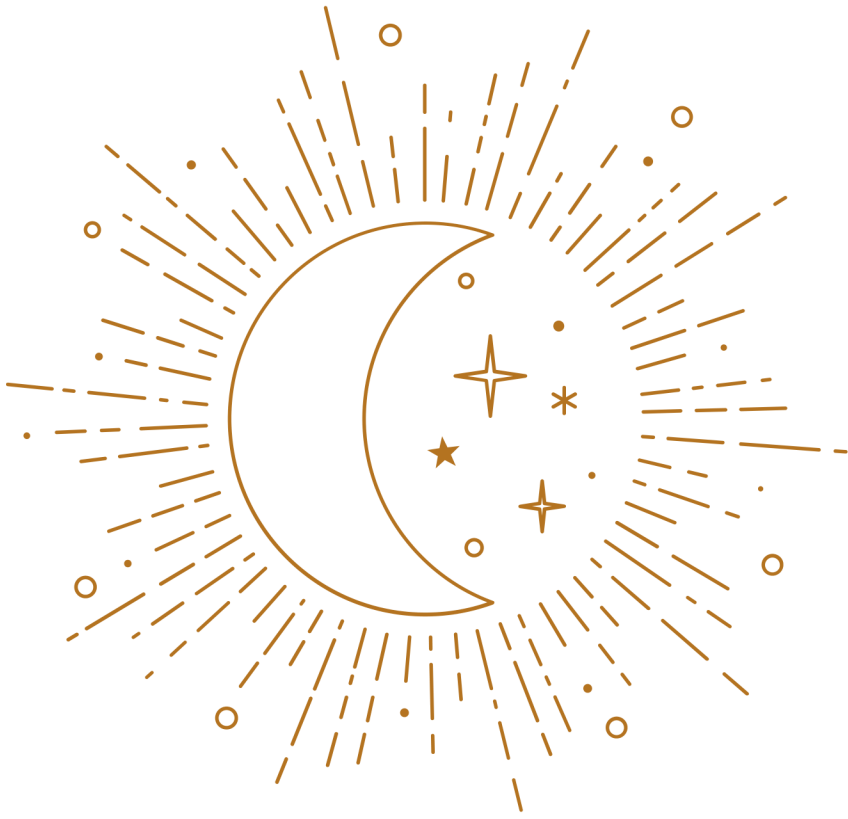


Manifestation Journal

eZodiacSigns



Visualization



Embrace the Law of attraction

The Law of Attraction is a belief that suggests that people have the ability to attract into their lives whatever they focus on. The basic idea behind this concept is that our thoughts and emotions are powerful energy vibrations that can attract or repel experiences, people, and things into our lives. According to the Law of Attraction, the more we focus our thoughts and emotions on what we want, the more likely we are to attract those things into our lives.

The Law of Attraction is based on the principles of quantum physics, which suggest that everything in the universe is made up of energy, and that energy vibrates at different frequencies. This means that our thoughts and emotions also have a vibrational frequency, and they can either be in harmony or disharmony with the things we want to attract into our lives.

To use the Law of Attraction, you should start by visualizing your desired reality. Focus your thoughts and emotions on the things you want and love instead of those that you don't want, or that drain your energy. By doing this, you can raise your vibrational frequency and become a magnet for the things you desire.

Vision board

PROFESSIONAL GOALS

PERSONAL GOALS

HEALTH GOALS

FINANCIAL GOALS

RELATIONSHIP GOALS

BIG DREAMS

HOBBIES

NOTES

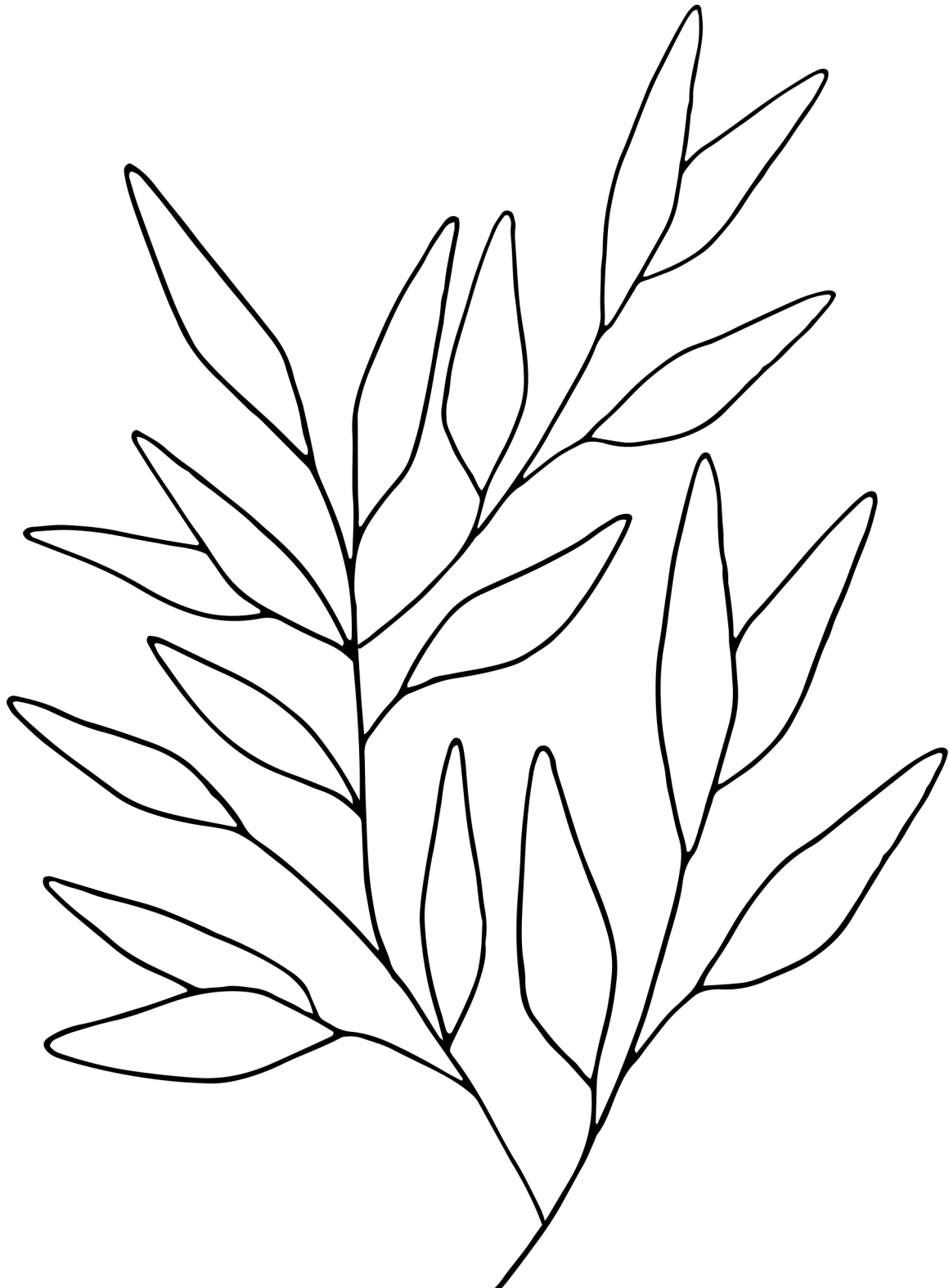
My version of success

What does success mean to you? Be as specific as you can!

Which steps do you need to take to get there? What does it feel like after you've finally made it?

Money flows to me

Write your dreams on the leaves: Which things will you be able to afford when you have all the money you need?





Inspired action



Take inspired action

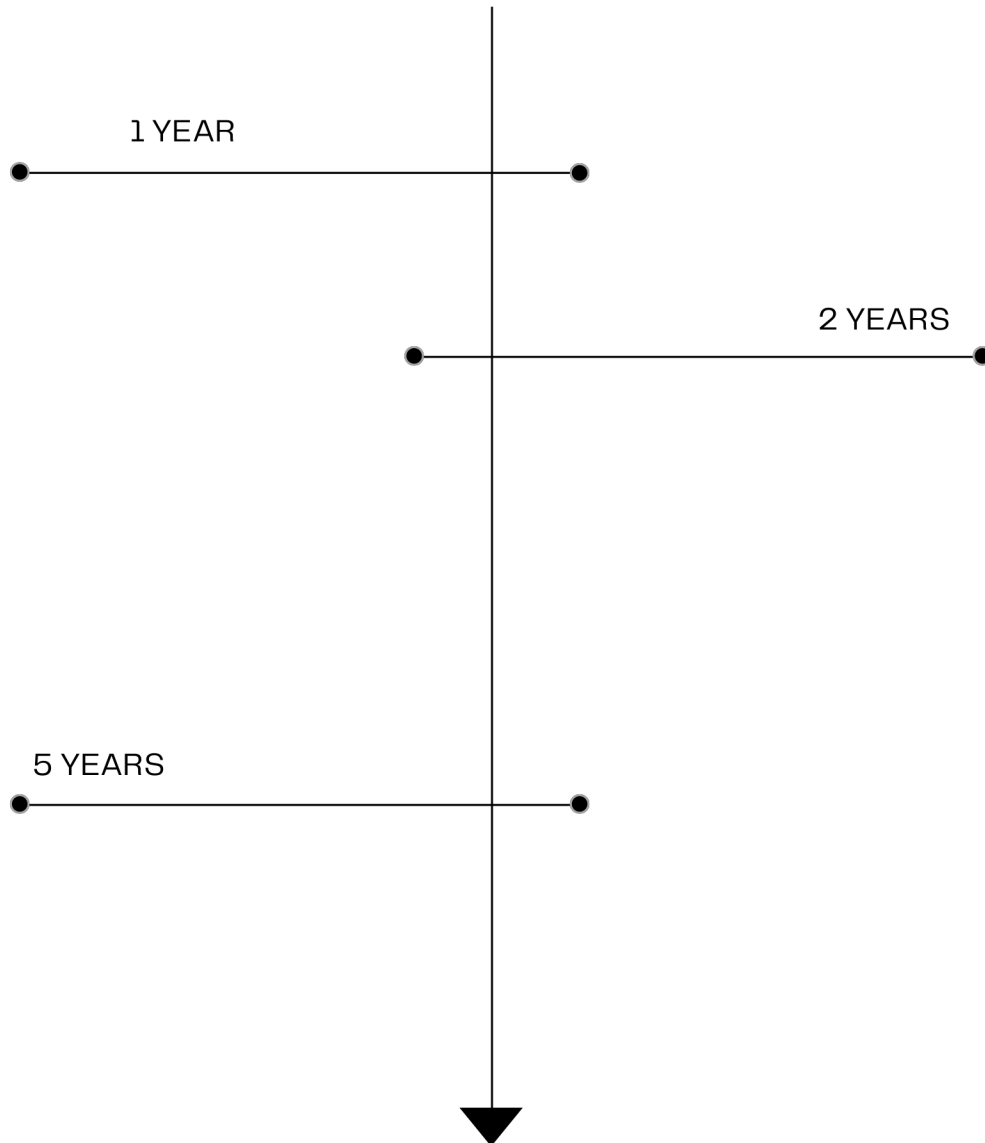
After visualization it is time for inspired action. It is a key component of manifestation because hopes and dreams alone won't change your life, you have to take the steps to change it. Inspired action aligns your energy and vibration with the universe, and allows you to co-create with the universe to bring your desires into reality.

The purpose of inspired action is to take action that is aligned with your goals and intentions, and that feels good to you. This means that you are not just taking action for the sake of taking action, but you are taking action that is inspired by your inner guidance, intuition, and alignment with your desires.

When you take inspired action, you are signaling to the universe that you are ready to receive what you have asked for, and you are taking the necessary steps to bring it into your reality. It helps you to build momentum towards your goals and creates a sense of empowerment and confidence in your ability to manifest what you desire.

Manifest your timeline

To manifest a new reality, you need to know what you want. Create your 5-year-plan with the help of the questions below.



QUESTIONS TO GET YOU STARTED:

Where do you live? What have you accomplished? What do your days look like?
What kind of job/education do you have? Who is in your life?
Which of your current problems have you left behind?

Goal action plan

<p data-bbox="228 428 524 478">GOAL</p>	<p data-bbox="662 428 958 478">THE "WHY"</p>	<p data-bbox="1094 428 1390 478">MOTIVATION</p>
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<p data-bbox="250 911 704 961">AFFIRMATION</p>	<p data-bbox="919 911 1373 961">VISUALIZATION</p>
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BIG STEPS

LITTLE STEPS

NOTES

Steps towards your dreams

MAIN GOAL

ACTION STEPS

1 _____	4 _____
2 _____	5 _____
3 _____	6 _____

GOAL 2

ACTION STEPS

1 _____	4 _____
2 _____	5 _____
3 _____	6 _____

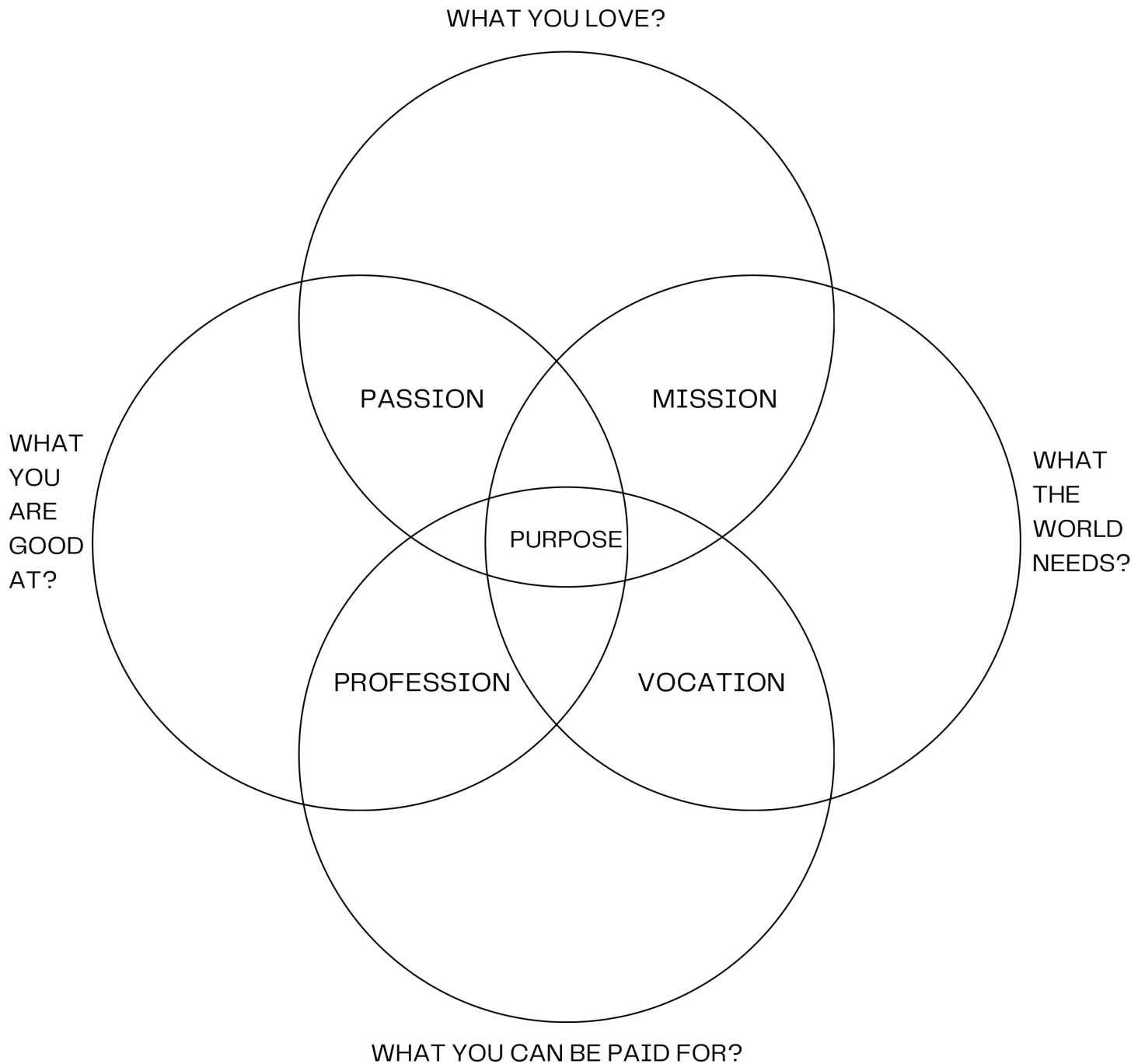
GOAL 3

ACTION STEPS

1 _____	4 _____
2 _____	5 _____
3 _____	6 _____

Find your ikigai

What job, business idea, project or endeavor fits in the intersection of the circles?
That is most likely your true purpose, or ikigai, as the Japanese call it.





Change your mindset



Mindset work in manifestation

Mindset work is a fundamental part of manifestation. Changing your mindset to a positive state is important because our thoughts and beliefs have a profound influence on our reality. When we hold positive and empowering beliefs, we align ourselves with the energy of what we desire, increasing the likelihood of manifesting it. A positive mindset helps to shift your focus from limitations and doubts to possibilities and abundance.

Our thoughts and beliefs create a vibrational frequency that attracts experiences and circumstances of a similar nature. If you harbor negative or limiting beliefs, you may unintentionally manifest outcomes that align with those beliefs. However, by consciously choosing positive and supportive thoughts, you can raise our vibrational frequency, sending out a clear signal to the universe about what you want to manifest.

By changing your mindset to the positive, you create a fertile ground for manifestation. You open yourself up to receive the abundance, opportunities, and synchronicities that are in alignment with your desires. Positive thinking fuels the manifestation process and supports you in creating a life that reflects your highest vision and aspirations.

Monthly self-care

Self-care is an important part of creating a positive and welcoming mindset. It's the little things that count! Type the name of the month in the blank space of the calendar and plan the days you'll practice self-care.

Self-Care Action

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

S	M	T	W	T	F	S

Self-Care Action

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

S	M	T	W	T	F	S

My happy schedule

Practicing self-care raises your vibration and attracts abundance into your life. How do you want to feel on a daily basis? What are the little things you can do everyday to feel more joy?

My perfect morning routine:

- _____
- _____
- _____
- _____
- _____

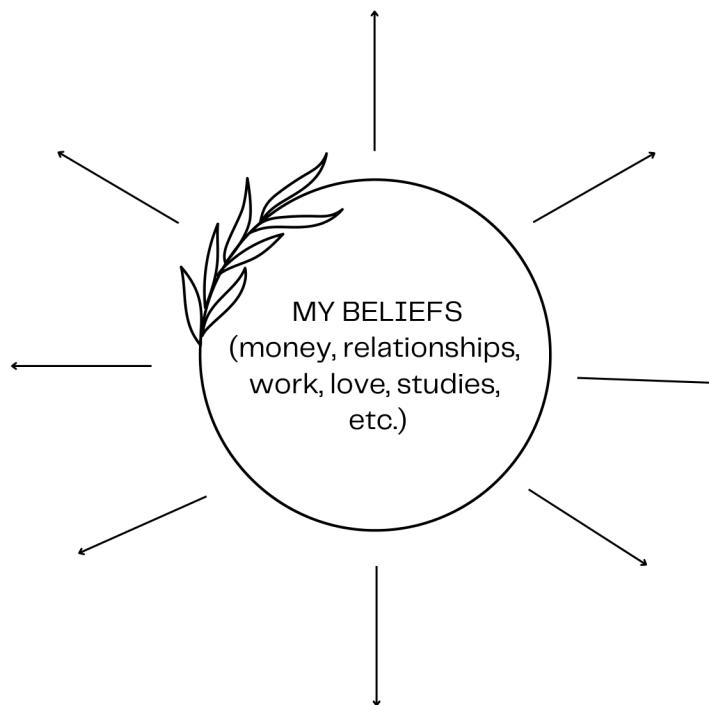
Self-care

Personal Time

Mindfulness exercises to try

Identify limiting beliefs

Write down beliefs about anything you feel strongly about that influence your daily life. Then you can reflect on which ones might be holding you back from creating the life you truly want.



Which beliefs help me to grow and which ones might be limiting me?

Challenge limiting beliefs

Limiting belief 1

Is this belief really grounded? Is it helping me to progress towards my dreams?

Reframe it: how could I challenge this belief?

Limiting belief 2


Is this belief really grounded? Is it helping me to progress towards my dreams?

Reframe it: how could I challenge this belief?


Money blocks

Identify the mental blocks you have with money and create a positive affirmation to reframe it.


Money block	Positive affirmation
-------------	----------------------




Money block	Positive affirmation
-------------	----------------------



Money block	Positive affirmation
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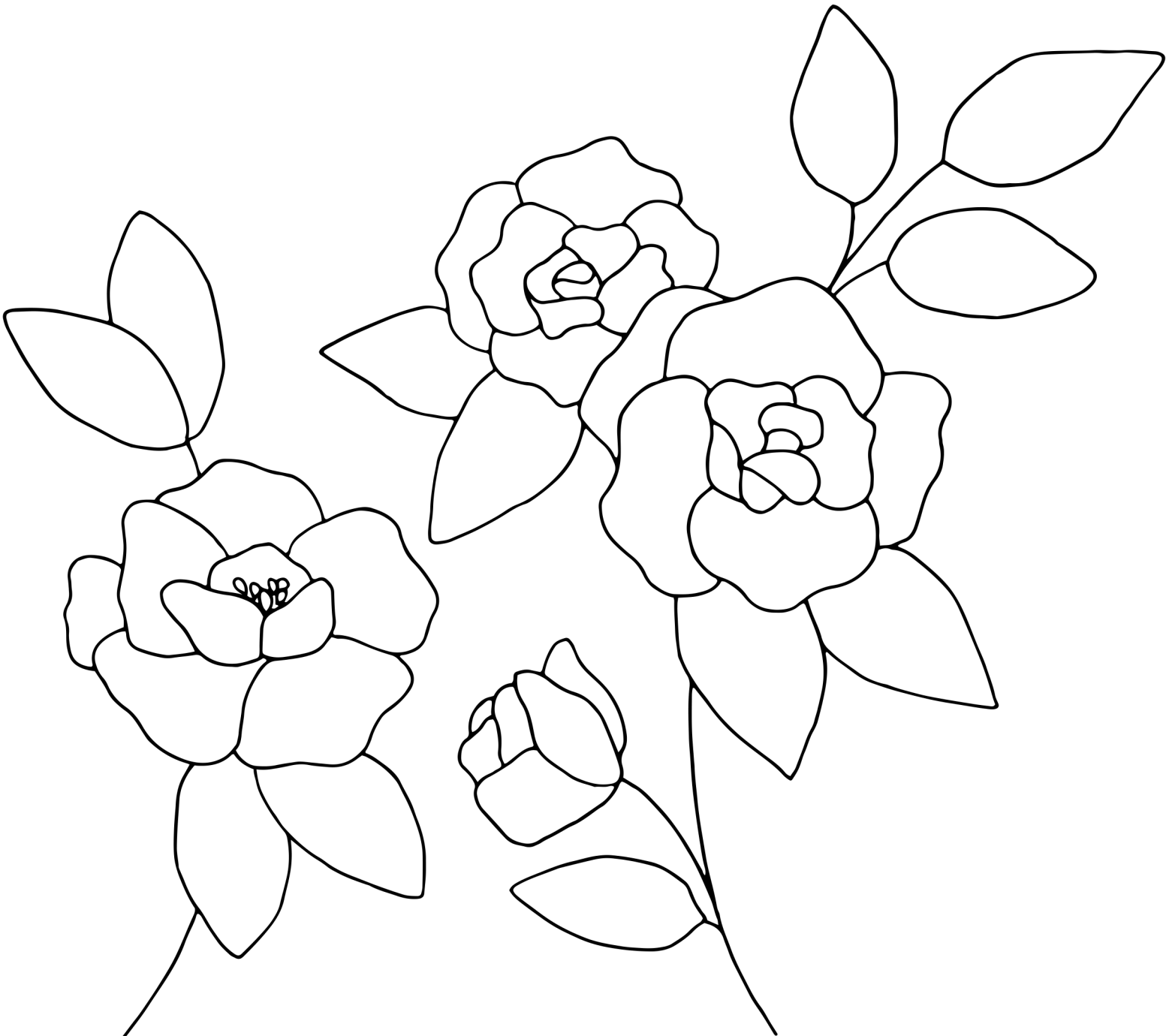
Money block	Positive affirmation
-------------	----------------------



Abundance mindset

When we focus on what we lack, we are in a scarcity mindset. Abundance mindset, on the other hand, means the idea that we have all we need, and that the universe is on our side and willing to give us what we want. So dare to dream abundantly, dare to be unreasonable and even silly in your requests. The first step to achieving it is dreaming it.

Name your most insane, most abundant hopes and dreams on the flower petals, and don't hold back.



Daily gratitude

TODAY I ACHIEVED...

THINGS THAT MADE ME HAPPY:

INTENTION FOR TOMORROW:

DAILY GRATITUDE LIST

NOTE TO SELF

Weekly gratitude

THE BEST THING THAT HAPPENED THIS WEEK

THINGS I LOVE ABOUT MYSELF

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

PEOPLE I'M GRATEFUL FOR

THINGS I LOOK FORWARD TO

THINGS THAT MAKE ME HAPPY

This month's gratitude page

Write down the things that made you feel grateful in the last month.

BLESSINGS

OPPORTUNITIES

PEOPLE & THINGS

CHALLENGES



Affirmations & journaling

Self-love affirmations

Affirmations for getting through difficult moments

Affirmations for loving my body

Affirmations for believing in myself

Affirmations for accepting myself as I am

Abundance affirmations

Affirmations for manifesting money

Affirmations for manifesting love

Affirmations for manifesting success

Affirmations for manifesting all my dreams to come true

Life goal affirmations

Affirmations for believing my goals will come true

Affirmations for strength on my path

Affirmations for wisdom to guide me

Affirmations for having the support and resources I need

Affirmations for receiving love

Affirmations for believing I'm worthy of love

Affirmations for manifesting love into my life

Affirmations for loving myself

Affirmations for knowing that love is endless, not scarce
