

EPIPHANY
FINANCIAL THERAPY™

Manifestation

PLANNER



GETTING TO KNOW MYSELF

Answer the following questions. There are no rules.
Just let your heart speak.

AM I TRULY HAPPY AND AT PEACE WITH MYSELF?
WHY? WHY NOT?

WHAT IS MY "HIGHER SELF" LIKE? DESCRIBE IN DETAIL.

THOUGHT PATTERN

Start monitoring your thought patterns. Write down negative thoughts and replace each and every negative thought with positive ones.

NEGATIVE

POSITIVE

NEGATIVE

POSITIVE

NEGATIVE

POSITIVE

NEGATIVE

POSITIVE

LIMITING BELIEFS

A Belief that is holding you back:

" ex. I can't change myself."

Where did this belief come from?

How is this belief harmful?

What is a better alternative for this belief?

MORNING ROUTINE

WEEK _____

| | MON | TUE | WED | THU | FRI | SAT | SUN |
|-------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
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| A AFFIRMATIONS | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| V VISUALIZATIONS | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| E EXERCISE | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| R READING | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
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MY WHY

NOTES

10 MINUTES TO FACE FEAR

Date

One old fear you are so ready to put behind you:

One way in which your old fear holds you back:

One way your life will be improved by overcoming it:

The final thing you would do if you could step out from behind your fear:

One very small step you can take forward that first thing:

10 MINUTES GRATITUDE

Write a thank you note to someone you wanted to thank for long time and didn't have a chance yet.

Date

One person you would like to thank:

One thing you would like to thank her or him for:

Two details to describe the thing or action for which you're thankful:

One way in which the thing or action made a difference to you:

DAILY GRATITUDE

Morning:

Date:

I am grateful
for:

I'm looking
forward to:

Daily
Affirmations:

Evening:

Good things that happened
today:

Things I can do to make tomorrow even
better:

GRATITUDE TRACKER

MONTH _____

The form consists of a large rectangular area. On the left side, there is a semi-circular arc. Inside this arc, the numbers 1 through 31 are arranged in a curve, corresponding to the days of the month. The numbers 1-7 are at the top, 8-14 are on the right side, 15-25 are at the bottom, and 26-31 are on the left side. From each number, a thin line radiates outwards towards the right edge of the page, creating a sunburst effect. The rest of the page is empty space.

RAISE YOUR VIBRATION

One person with whom you share your adventures:

One meal that reminds you of home:

One memory that makes you giggle:

One errand you're always up for:

One thing you believe now more than ever:

One kind of surprise that brightens your day:

One music that you love to listen:

INSPIRATIONS

PODCASTS

BOOKS

SONGS

VIDEOS

COURSES

AUDIO

MANIFEST YOUR DREAMS

HEALTH I feel vibrant and alive.

RELATIONSHIPS I feel so lucky to have loving people.

SPIRITUALITY I feel calm, centered and connected.

FINANCES I feel abundant.

MIND My mind is sharp and focused.

DESIRE WORKSHEET

DEFINING MY DESIRE

STATING MY WHY

HOW WHOULD I FEEL

3-6-9 METHOD

Date

Write 3 times the name of the thing you want to manifest:

Write 6 times your intention for thing you want to manifest:

Write 9 times what you want to manifest. Be specific and visualize it.

LIST OF ATTRACTIONS

Summarize what you have previously attracted into your life and what you hope to attract in the future. Use it as a visual guide to help you practice positive affirmations and manifest the things you want in the future.

THINGS YOU HAVE ATTRACTED
INTO YOUR LIFE

THINGS YOU WANT TO ATTRACT
INTO YOUR LIFE

ABUNDANCE MINDSET

WHO I WANT TO BE:

WHAT I WANT TO HAVE:

MANIFESTING CHEAT SHEET

IDENTIFY

I want to manifest [your desire] because it will make me feel [identify the emotions this manifestation will give you]

DAYDREAM

What will it feel like when your desire becomes a reality? (Use present tense, ex: I feel, I am, I am thankful...)

ALIGN

List what you can do TODAY to practice feeling the feelings from part 1.

VISION BOARD

Career /
Business

Finance

Family /
Friends

Love

Personal Growth

Health

Leisure

Mind

MANIFESTING HEALTH

WHAT I WANT TO MANIFEST:

WHY I WANT TO MANIFEST IT:

HOW WILL I MANIFEST IT?

FIRST 3 STEPS TO BEGIN WITH

MANIFESTING WEALTH

WHAT I WANT TO MANIFEST:

WHY I WANT TO MANIFEST IT:

HOW WILL I MANIFEST IT?

FIRST 3 STEPS TO BEGIN WITH

MANIFESTING BUSINESS

WHAT I WANT TO MANIFEST:

WHY I WANT TO MANIFEST IT:

HOW WILL I MANIFEST IT?

FIRST 3 STEPS TO BEGIN WITH

MANIFESTING CAREER

WHAT I WANT TO MANIFEST:

WHY I WANT TO MANIFEST IT:

HOW WILL I MANIFEST IT?

FIRST 3 STEPS TO BEGIN WITH

MANIFESTING LOVE

WHAT I WANT TO MANIFEST:

WHY I WANT TO MANIFEST IT:

HOW WILL I MANIFEST IT?

FIRST 3 STEPS TO BEGIN WITH

MANIFESTING FAMILY

WHAT I WANT TO MANIFEST:

WHY I WANT TO MANIFEST IT:

HOW WILL I MANIFEST IT?

FIRST 3 STEPS TO BEGIN WITH

MANIFESTING FRIENDS

WHAT I WANT TO MANIFEST:

WHY I WANT TO MANIFEST IT:

HOW WILL I MANIFEST IT?

FIRST 3 STEPS TO BEGIN WITH

MANIFESTING TRAVEL

WHAT I WANT TO MANIFEST:

WHY I WANT TO MANIFEST IT:

HOW WILL I MANIFEST IT?

FIRST 3 STEPS TO BEGIN WITH

MANIFESTING HOME

WHAT I WANT TO MANIFEST:

WHY I WANT TO MANIFEST IT:

HOW WILL I MANIFEST IT?

FIRST 3 STEPS TO BEGIN WITH

MANIFESTING CAR

WHAT I WANT TO MANIFEST:

WHY I WANT TO MANIFEST IT:

HOW WILL I MANIFEST IT?

FIRST 3 STEPS TO BEGIN WITH

VISUALIZATION REFLECTION

DURING MY VISUALIZATION I SAW:

DURING MY VISUALIZATION I FELT EMOTIONS:

USING MY 5 SENSES, I COULD SEE, HEAR, SMELL, TASTE, TOUCH:



WHAT I'D LIKE TO SEE MORE OF:

WHAT I'D LIKE TO SEE LESS OF:

SETTING INTENTIONS

MY INTENTION FOR THIS YEAR/DAY:

DESCRIBE IT

HOW DOES THAT INTENTION MAKE
YOU FEEL?

HOW DOES THAT INTENTION MAKE
OTHERS FEEL?

WRITE 3 OR MORE WAYS HOW YOUR INTENTION IS SERVING YOU RIGHT NOW:

LETTING GO WORKSHEET

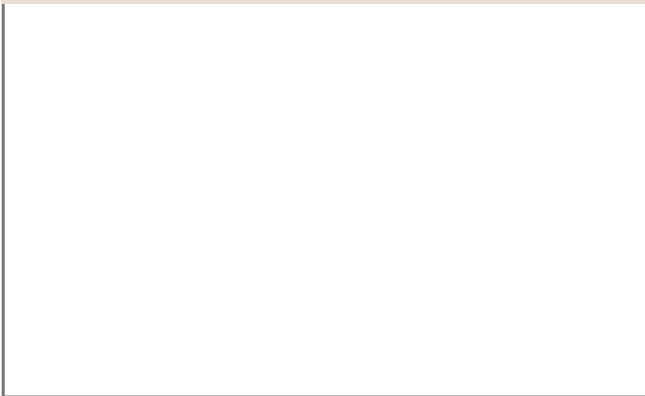
WHAT I'M LETTING GO OF



HOW I FEEL



STEPS TO MOVE FORWARD



HOW THIS WILL HELP ME



DRAW A SYMBOL OR A FEW WORDS ABOUT LETTING GO



MY 10 AFFIRMATIONS

1. I AM ...

2. I AM ...

3. I AM ...

4. I AM ...

5. I AM ...

6. I AM ...

7. I AM ...

8. I AM ...

9. I AM ...

10. I AM ...

RECEIVING IN WORKSHEET

WHAT I'M RECEIVING IN

A large, empty rectangular box with a thin black border, intended for writing or drawing.

HOW I FEEL

A large, empty rectangular box with a thin black border, intended for writing or drawing.

AFFIRMATIONS

A large, empty rectangular box with a thin black border, intended for writing or drawing.

HOW THIS WILL HELP ME

A large, empty rectangular box with a thin black border, intended for writing or drawing.

DRAW A SYMBOL OR A FEW WORDS ABOUT RECEIVING IN

A large, empty rectangular box with a thin black border, intended for drawing or writing.

PERFECT DAY

WHAT DOES THE TYPICAL DAY LOOK LIKE FOR ME?

WHAT'S MY INCOME?

INCOME SOURCE?

WHAT EXCITES ME MOST ABOUT LIFE NOW?

ADVISE I WOULD GIVE TO OLD ME

MONEY BLOCK SELF TALK

Topic of Conversation:

What You Said:

From Whom This Idea Came From:

Why You Said It:

What Happened Next:

How You Feel About It:

What You Learned:

EDIT MONEY BLOCKS

MONEY BLOCKS



EDIT

MONEY BLOCKS



EDIT

MONEY BLOCKS



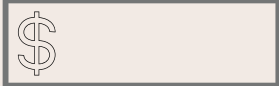
EDIT

MANIFESTING MONEY

THE UNIVERSE BANK

DATE

PAY TO THE ORDER OF _____



Paid in full

The Universe

FOR

SIGNATURE

THE UNIVERSE BANK

DATE

PAY TO THE ORDER OF _____



Paid in full

The Universe

FOR

SIGNATURE

THE UNIVERSE BANK

DATE

PAY TO THE ORDER OF _____



Paid in full

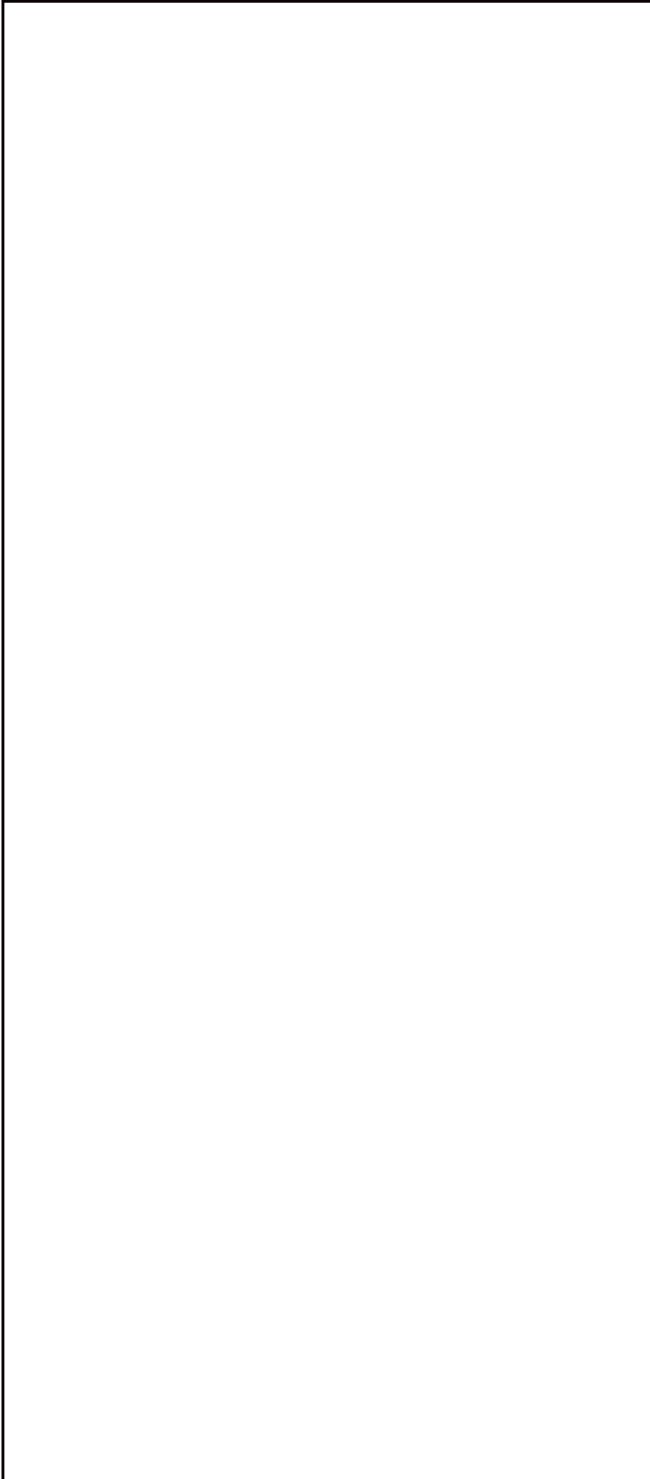
The Universe

FOR

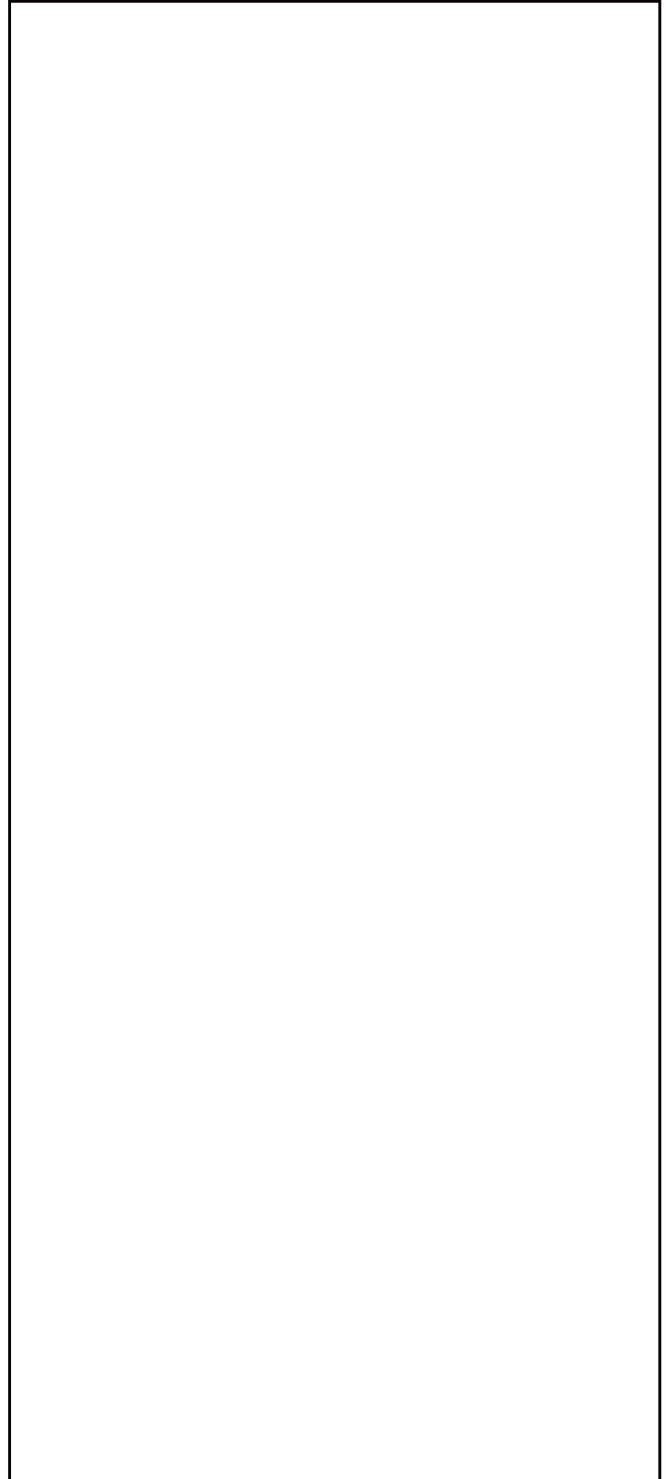
SIGNATURE

MY BELIEFS ABOUT MONEY

MONEY IS

A large, empty rectangular box with a thin black border, intended for the user to write their beliefs about what money is.

MONEY SHOULD

A large, empty rectangular box with a thin black border, intended for the user to write their beliefs about what money should be.

10 WAYS OF THINKING

When we are kind to ourselves and speak with good intentions, we are more likely to attract good things. Write down 10 ways of positive thinking.

1

2

3

4

5

6

7

8

9

10

ACTION BRAINSTORM

Stop Doing

| |
|--|
| |
|--|

Do Less

| |
|--|
| |
|--|

Keep Doing

| |
|--|
| |
|--|

Start Doing

| |
|--|
| |
|--|

GROWTH VS FIXED MINDSET

Growth Mindset

CHALLENGES

Challenges are a way for me to get better

DESIRES

I try new things

SKILLS

I can always learn new things

OBSTACLE

I'll change my approach until I succeed

SUCCESS OF OTHERS

I'm inspired by their success. Maybe I have something to learn from their success.

CRITICISM

I can learn from the feedback!

Fixed Mindset

CHALLENGES

I try to avoid challenges so I don't look stupid

DESIRES

I'll just stick to what I know

SKILLS

I'm either good at it or not. If I'm not, it's okay

OBSTACLE

I'm just not good at it and that's the way it is

SUCCESS OF OTHERS

It's unfair that they're succeeding and I am not

CRITICISM

I feel threatened by the criticism I got

DAILY MINDFULNESS

| | | | | | | |
|---|---|---|---|---|---|---|
| M | T | W | T | F | S | S |
|---|---|---|---|---|---|---|

TOP DAILY AFFIRMATIONS FOR MANIFESTATION

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GRATITUDE

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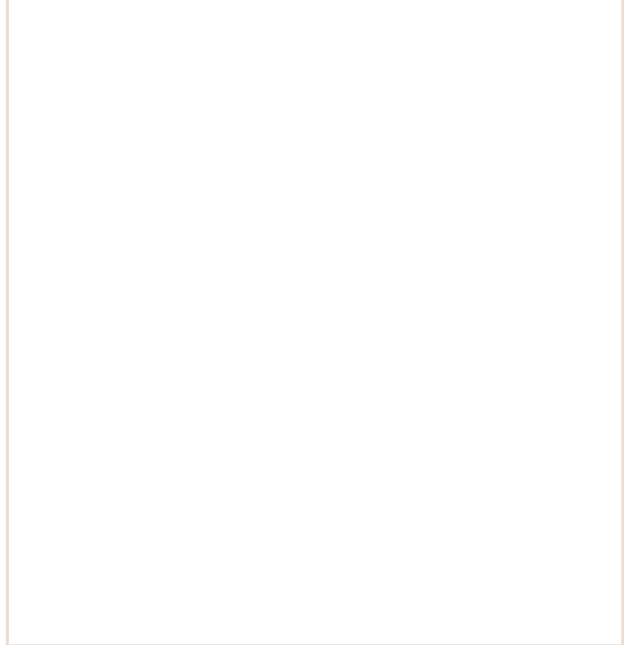
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MANIFESTING FOCUS

FOCUS FOR TODAY

A large, empty rectangular box with a thin brown border, intended for writing the focus for the day.

STEPS TO REACH MY GOAL

A large, empty rectangular box with a thin brown border, intended for listing steps to reach a goal.

AFFIRMATIONS FOR FOCUS

A large, empty rectangular box with a thin brown border, intended for writing affirmations.

DRAW A FOCUS SYMBOL OR WHAT YOU'RE FOCUSING FOR

A large, empty rectangular box with a thin brown border, intended for drawing a focus symbol or visualizing the focus.

MANIFESTING GOALS

GOALS

WHAT WILL IT LOOK LIKE WHEN I ACHIEVE THIS?

HOW WILL I FEEL WHEN I ACHIEVE THIS?

MY STEPS

DATE I PLAN TO MANIFEST THIS

MANIFESTED DATE

PERSONAL PLANNER

MONTH

| SUN | MON | TUES | WED | THURS | FRI | SAT |
|-----|-----|------|-----|-------|-----|-----|
| | | | | | | |
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MONTH GOALS

-
-
-
-
-

NOTES

WEEKLY REFLECTION

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES



MONTHLY REFLECTION

Best things that happened this month...

Who were the best people of the month
(why?)...

What can I do to make next month even
better...

YEARLY REFLECTION

The best things that happened this year...

The best people of the year(why?)...

What I learned this year...

I'm most grateful for...

What I am doing to make next year even better...

MANIFESTATION UPDATES

CAREER

BUSINESS

FINANCE

HEALTH

FAMILY

FRIENDS

MANIFESTATION UPDATES

LOVE

LEISURE

PERSONAL GROWTH

MIND

TRAVEL

NEW THINGS

BUCKET LIST



Achievements

On this side, write down all the things you want to ACHIEVE in your life - physically, financially, relationship wise, in your career etc.

Experiences

On this side, write down all the things you want to EXPERIENCE in your life - happiness, new places, foods etc.

| | |
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MY NEW REALITY

JOURNALING

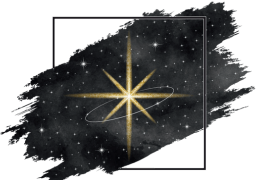


A grid of 12 columns and 20 rows of small, light gray dots, designed for journaling or writing.

JOURNALING



A series of 15 horizontal, light beige bars stacked vertically, providing a template for journaling entries.



EPIPHANY
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