

WORKBOOK FOR A MILLIONAIRE

Workbook for a millionaire



This Workbook Is Designed To
Find Clarity & Direction During
The Journey

Charmed Paige

My Story

Hi, I'm Paige — a Registered Nurse and goal manifestation guide.

Before becoming a nurse, my path wasn't smooth. I had dropped out of school and found myself in a difficult situation, uncertain of where life was heading. But even then, a part of me believed there had to be more.

I pushed forward, made it to university, and eventually graduated from nursing school in 2023.

Along the way, I discovered manifestation. At first, I thought it was just about affirmations or positive thinking — but I quickly realized it was so much deeper.



Manifestation is really about knowing yourself, reshaping your beliefs, and building the confidence to use your mind as the most powerful tool you have.

That's why I created this space: to help you understand your own mind, regulate your emotions, and take back control of your life. Because when you align your thoughts, confidence, and actions, you don't just dream about freedom — you create it.

◆
Awareness

Date:

◆ Map – ◆
Spotting
Your Blocks

Notes

WORKSHEET 1

Before you can shift, you need to see what's really in the way. Use this page to get radically honest with yourself.

What thoughts keep repeating in my mind?

What emotions show up most due to my frequent thoughts?

Where in my body do I feel stress/resistance?

What do I fear the most right now?

Past Guiding Sheet

Date:

Notes

WORKSHEET 2

In this section, we take the opportunity to forgive ourselves. One of the main blocks we will face is disappointment of past. It leads to fear and a feeling of undeservingness.

Past Deeds/ Experiences	Emotions & Thoughts created by experience	Act Of Self forgiveness

Trigger Tracker

Date:

Notes

WORKSHEET 3

Your body and emotions often react before your mind notices. This worksheet helps you spot those triggers. Reflect on your day, and answer as best as you can.

• **SITUATION/TRIGGER:**

• **MY REACTION (THOUGHTS/FEELINGS/BODY):**

• **RESET TOOL I USED (CIRCLE ONE): BREATH / GROUNDING / MOVEMENT / JOURNALING**

• **BEFORE RATING (1–10): ____**

• **AFTER RATING (1–10): ____**

✦ Rapid Reset ✦ Journal ✦

Date:

Notes

WORKSHEET 4

This part you must tap in to yourself. Set a 5 AM alarm for tomorrow. As soon as you awake, grab this sheet and write a minimum of 10 affirmations that should defeat your personal fears, doubts, and elevate your thoughts.

Affirmations not provided, as they should be tailored to you, and who YOU are.

Getting up at 5 AM helps to craft affirmations from your soul.

Positive Blueprint

Date:

Notes

WORKSHEET 5

From the puzzle below, the first 3 words you find will be your guide as to what you will focus on for the next 4 weeks. Using these 3 things, generate activities, that will help you focus around these 3 things.



Emotional Alignment Journal

Date:

Notes

WORKSHEET 6

Your emotions are a compass. Use this page to shift state and realign quickly.

• **CURRENT EMOTION:**

• **ROOT THOUGHT BEHIND IT:**

• **NERVOUS SYSTEM SUPPORT I'LL USE:**

• **REPLACEMENT THOUGHT/FEELING I'M CHOOSING:**

• **MOOD BEFORE:** _____

• **MOOD AFTER:** _____

Manifestation Clarity Sheet

Date:

Notes

WORKSHEET 7

Vague intentions lead to vague results. Let's get crystal clear on what you're calling in. Write your main goal describe and define it below to build decisiveness.

• WHAT I WANT TO MANIFEST:

• WHY THIS MATTERS TO ME:

• HOW IT WILL FEEL WHEN IT HAPPENS:

• WHAT SIGNS WOULD SHOW ME I'M ON TRACK?

Aligned Action Plan

Date:

Notes

WORKSHEET 8

Manifestation = inner alignment + outer action. This page helps bridge both. You will write a list of activities that will help fabricate your goals. Below that, create a schedule to complete tasks daily, and weekly to build character and achieve goal/s. Complete weekly.

• **ONE DESIRE I'M FOCUSED ON:**

• **ALIGNED ACTION STEPS I CAN TAKE THIS WEEK:**

• **SUPPORT I NEED (PEOPLE/TOOLS/ENVIRONMENT):**

• **FIRST SMALL STEP I'LL TAKE TODAY:**

• **CREATE SCHEDULE FOR THE WEEK WITH LISTED ACTIONS. ADD 1 OR 2 TASK PER DAY.**

Deep Talk

Date:

Notes

WORKSHEET 9

Here, you will write a letter to yourself. Write a letter to your future self. Write from the heart, and release. Write about whatever you feel inspired to write about. This letter is private and personal, go for it.

Manifestation Reflection & Integration

Date:

Notes

WORKSHEET 10

Celebrate your growth and lock in the shifts. This page is for reflecting + setting your next level. Come to here after 4 weeks.

• WHAT INNER SHIFTS HAVE I NOTICED SINCE STARTING?

• WHICH OLD PATTERNS NO LONGER CONTROL ME?

• WHAT RESULTS HAVE I ALREADY MANIFESTED?

• THE NEXT-LEVEL IDENTITY I'M STEPPING INTO NOW IS...

**This journey was not meant to be
easy, but if you followed the
steps, and took **consistent**
actions, I know you would have
noticed great changes, and for
that I want to say a hearty
Congratulations!!**

**Feel free to share your feedback
with me via**

**email info@mtmstars.com
X [@Charmed_Paige_](#)**

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