

The book cover features a dense, repeating pattern of stylized flowers. The background is a deep forest green, populated with small, bright orange and yellow daisy-like flowers. Overlaid on this are larger, cream-colored flowers with dark outlines. Some of these larger flowers have centers filled with a pattern of small orange and red dots. The overall aesthetic is reminiscent of early 20th-century decorative arts or Art Deco floral motifs.

ALIGNED MANIFESTATION JOURNAL

35 DAYS TO REPROGRAM YOUR MIND + ATTRACT WHAT YOU DESIRE

HOW TO USE THIS JOURNAL

1. WRITE DAILY
2. TAKE A FEW MINUTES EVERY MORNING OR EVENING TO REFLECT AND SET INTENTIONS. CONSISTENCY CREATES MOMENTUM.
3. BE HONEST WITH YOURSELF
4. WRITE FREELY AND OPENLY—THIS IS YOUR SAFE SPACE. NO FILTERS, NO JUDGMENT.
5. SET CLEAR INTENTIONS
6. USE THESE PAGES TO DEFINE WHAT YOU TRULY WANT. CLARITY ATTRACTS MANIFESTATION.
7. VISUALIZE + FEEL
8. DON'T JUST WRITE YOUR GOALS—SEE THEM, FEEL THEM, AND EMBODY THE EMOTIONS AS IF THEY ARE ALREADY REAL.
9. REFLECT + CELEBRATE
10. REVISIT PAST ENTRIES TO NOTICE GROWTH AND CELEBRATE WINS (BIG OR SMALL). THIS BUILDS GRATITUDE AND TRUST IN THE PROCESS.
11. MAKE IT YOURS
12. DECORATE, DOODLE, OR ADD AFFIRMATIONS. THIS JOURNAL IS YOUR PERSONAL SANCTUARY FOR SELF-DISCOVERY AND MANIFESTATION.

**Trust The Process, It Will Work... It
Has To Work Once You Do Your
Part.**

**The Source Of Life Is Waiting For
You To Take Your Little Baby Steps,
To Reward You With Everything
You Stepped For.**

Grounding & Awareness

Week 1

DATE: / /

DAILY SPELL

List 3 intentions for the next 7 days.

1.

2.

3.

Write 1 affirmation to support these intentions

Emotional Check-In Current emotion: (circle/checklist — calm, stressed, hopeful, joyful, uncertain, excited, etc.) One tool I used to regulate/reset:

What do I want to invite into my life this week?

Evening Reflection A win or sign I noticed today... How I showed up as my higher self...Mood shift from morning to night: (scale 1–10)

Small steps create big shifts.

DATE: / /

DAILY SPELL

What am I grateful for today? (List 5 things)

How does gratitude shift the way I feel right now?

Small steps create big shifts.

DATE: / /

DAILY SPELL

How am I feeling today?

What is contributing to this feeling?

What can I do to support my emotional well-being?

Small steps create big shifts.

DATE: / /

DAILY SPELL

What do I need to release to feel lighter today?

Write it down, then cross it out boldly.

Small steps create big shifts.

DATE: / /

DAILY SPELL

Describe my ideal morning or day in detail.

What is 1 small change I can make tomorrow to bring me closer to that?

Small steps create big shifts.

DATE: / /

DAILY SPELL

List 3 things I love about myself.

Write 1 way I will celebrate myself today.

Small steps create big shifts.

DATE: / /

DAILY SPELL

What area of my life needs more care?

List 3 steps I can take this week to give it more attention.

Small steps create big shifts.

Weekly Reflection

What progress did I notice this week? Which old patterns did I interrupt?
How did I step into my new identity? What I'm most proud of: My
intention for next week:

[illegible]

Clarity & Intention

Week 2

DATE: / /

DAILY SPELL

If fear didn't exist, what would I do today?

Write down 1 bold action I could take this week.

Small steps create big shifts.

DATE: / /

DAILY SPELL

What limiting belief am I ready to let go of?

Rewrite it into a powerful belief.

How would my life change if I fully believed this?

Small steps create big shifts.

DATE: / /

DAILY SPELL

What am I proud of myself for recently?

How did I grow from that experience?

Small steps create big shifts.

DATE: / /

DAILY SPELL

What does success mean to me right now?

List 3 ways I already embody success.

Small steps create big shifts.

DATE: / /

DAILY SPELL

If I could create anything in my life instantly, what would it be?

Write about it in present tense, as if it's already real.

How would I feel living this reality?

Small steps create big shifts.

DATE: / /

DAILY SPELL

What daily moments bring me peace or joy?

How can I create more space for those moments?

Small steps create big shifts.

DATE: / /

DAILY SPELL

What is 1 clear intention I want to set for this week?

Write 1 action that supports it.

Small steps create big shifts.

Weekly Reflection

What progress did I notice this week? Which old patterns did I interrupt?
How did I step into my new identity? What I'm most proud of: My
intention for next week:

[illegible]

Vision & Expansion

Week 3

DATE: / /

DAILY SPELL

Who is my highest self?

Write a “day in the life” schedule of them.

How can I embody a piece of that today?

Small steps create big shifts.

DATE: / /

DAILY SPELL

If I had no limits, what would I be doing right now?

Write 5 limitless dreams.

Small steps create big shifts.

DATE: / /

DAILY SPELL

What 3 experiences do I want to manifest this year?

Write them in detail, as if they already happened.

Small steps create big shifts.

DATE: / /

DAILY SPELL

What would I do today if I trusted myself fully?

What is 1 small act of self-trust I can take now?

Small steps create big shifts.

DATE: / /

DAILY SPELL

What does financial freedom feel like to me?

Write about the emotions, not just the numbers.

Small steps create big shifts.

DATE: / /

DAILY SPELL

What area of my life feels unbalanced?

Write 3 steps to bring balance.

Circle the one I'll start today.

Small steps create big shifts.

DATE: / /

DAILY SPELL

Write a love letter to my future self.

End with 3 affirmations they would say back to me.

Small steps create big shifts.

Weekly Reflection

What progress did I notice this week? Which old patterns did I interrupt?
How did I step into my new identity? What I'm most proud of: My
intention for next week:

[illegible]

Gratitude & Trust

Week 4

DATE: / /

DAILY SPELL

List 10 things I'm grateful for right now.

Write how my body feels after focusing on gratitude.

Small steps create big shifts.

DATE: / /

DAILY SPELL

Who has positively impacted my life?

Write a thank-you note (sent or unsent).

Small steps create big shifts.

DATE: / /

DAILY SPELL

What past challenge became a hidden blessing?

What did it teach me?

Small steps create big shifts.

DATE: / /

DAILY SPELL

What signs of alignment or synchronicity have I noticed lately?

How do these signs make me feel supported?

Small steps create big shifts.

DATE: / /

DAILY SPELL

Write 3 small wins I can celebrate today.

How will I reward myself?

Small steps create big shifts.

DATE: / /

DAILY SPELL

How has my life shifted in a positive way this month?

Write down the growth I'm most proud of.

Small steps create big shifts.

DATE: / /

DAILY SPELL

How can I trust the timing of my life more?

Write 3 mantras that help me release control.

Small steps create big shifts.

Weekly Reflection

What progress did I notice this week? Which old patterns did I interrupt?
How did I step into my new identity? What I'm most proud of: My
intention for next week:

[illegible]

Embodiment & Action

Week 5

DATE: / /

DAILY SPELL

What daily habit will move me closer to my dream life?

Write down how I can start today.

Small steps create big shifts.

DATE: / /

DAILY SPELL

How does my highest self walk into a room? (posture, energy, confidence)

What is 1 way I can embody that now?

Small steps create big shifts.

DATE: / /

DAILY SPELL

What habits or patterns no longer serve me?

Write them down and cross them out powerfully.

Small steps create big shifts.

DATE: / /

DAILY SPELL

What new rituals will help me embody my manifestations?

Commit to starting 1 this week.

Small steps create big shifts.

DATE: / /

DAILY SPELL

If my dream life were already here, how would I spend my day?

Journal it as if I'm living it.

Small steps create big shifts.

DATE: / /

DAILY SPELL

What does “alignment” mean to me?

List 3 daily actions that reflect alignment.

Small steps create big shifts.

DATE: / /

DAILY SPELL

Write about the person I am becoming.

Why am I proud of them?

End with 3 affirmations of who I am stepping into.

Small steps create big shifts.

Weekly Reflection

What progress did I notice this week? Which old patterns did I interrupt?
How did I step into my new identity? What I'm most proud of: My
intention for next week:

[illegible]

**YOU DESERVE
EVERYTHING!**