Includes expert-approved journal prompts

Manifestation DREAM JOURNAL

This manifestation journal is a soul therapy, mindset writing tool that can help you intentionally create your reality.

By Crystal Derksen

Manifestation

DREAM JOURNAL

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Manifestation DREAM JOURNAL

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DREAM JOURNAL

WELCOME HERE, ON THIS 33 DAY SPIRITUAL JOURNEY. I BELIEVE YOUR SOUL HAS CALLED YOU HERE.

I'M SO EXCITED THAT YOU HAVE GOT YOUR HANDS ON THIS JOURNAL.

IF YOU ARE READY TO MASTER MANIFESTING, OR WANT TO UPGRADE YOUR EXPERIENCE; YOU CAN JOIN MY MEMBERSHIP: THE VIA IMAGINE THAT METHOD® MEMBERSHIP

I HOPE YOU ENJOY THIS JOURNAL & HERE'S TO YOU CREATING A LIFE THAT'S BETTER THAN YOUR DREAMS!

XX CRYSTAL

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DREAM JOURNAL

WHAT IS MANIFESTING?

MANIFESTING IS ABOUT TURNING YOUR DREAMS INTO REALITY, IT DOES REQUIRE YOU TO TAKE PROACTIVE STEPS TOWARD WHATEVER IT IS YOU DESIRE. MY HOPE FOR YOU IS THAT THIS JOURNAL WILL HELP YOU TO TAKE INSPIRED ACTION & BELIEVE THAT YOU REALLY CAN LIVE A LIFE YOU LOVE.

DREAM JOURNAL

Method

USE THIS TEMPLATE EVERY SINGLE DAY.

1. CONNECT: CONNECT TO THE POWERFUL LIGHT WITHIN YOU.

2. ASK FOR WHAT YOU WANT? FOCUS ON IT.

3. FEEL ALL THE GOOD FEELINGS 'AS IF' IT ALREADY HAPPENED. THIS WILL ACTIVATE YOUR BRAIN'S SUPERPOWER, COMMUNICATING THAT THIS IS IMPORTANT TO YOU.

4. RELEASE. SURRENDER THE OUTCOME. RELEASE ANY DOUBTS OR NEGATIVE STORIES. RELEASE TRYING TO FIGURE IT OUT & CONTROLLING THE PROCESS. THIS WILL ALLOW THE DESIRE TO MANIFEST.

5. GRATITUDE SHIFTS YOUR PERCEPTION TO SEEING THE LOVE IN ALL THINGS.

6. TAKE ACTION. FAITH WITHOUT WORKS IS DEAD. ACTION STRENGTHENS YOUR NEURALPATHWAYS.

DO THIS DAILY. COME BACK TO VISIT THIS PAGE, DAILY.

FOR THIS 33 DAY JOURNEY YOU CAN PICK 1 DESIRE OR YOU CAN PLAY & HAVE FUN WITH LOTS OF LITTLE DESIRES TO BUILD YOUR CONFIDENCE.

YOU CAN'T DO THIS WRONG. JUST PLAY. IF YOU SENSE THINGS GETTING HEAVY - PLAY.

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DREAM JOURNAL

FINALLY, WHAT IS THE SECRET TO MANIFESTING?

THE SECRET TO MANIFESTING IS NOT ABOUT GETTING; IT'S ABOUT ALLOWING. THE MORE YOU LET GO OF CONTROL & LEARN TO TRUST GOD YOU WILL EFFORTLESSLY BECOME A MAGNET FOR ALL GOOD THINGS. GOD IS FOR YOU. ALWAYS HAS BEEN, ALWAYS WILL BE FOR YOU.

Goal in 1 year

DREAM JOURNAL

ONCE YOU'VE SET YOUR INTENTION, ASK FOR WHAT YOU WANT—AND WRITE IT DOWN.

1)

2)

3)

CLOSE WITH GRATITUDE

Goal in 6 mths

DREAM JOURNAL

ONCE YOU'VE SET YOUR INTENTION, ASK FOR WHAT YOU WANT—AND WRITE IT DOWN.

1)

2)

3)

CLOSE WITH GRATITUDE

Goal in 3 mths

DREAM JOURNAL

ONCE YOU'VE SET YOUR INTENTION, ASK FOR WHAT YOU WANT—AND WRITE IT DOWN.

1)

2)

3)

CLOSE WITH GRATITUDE

Goal in 33 days

DREAM JOURNAL

ONCE YOU'VE SET YOUR INTENTION, ASK FOR WHAT YOU WANT—AND WRITE IT DOWN.

1)

2)

3)

CLOSE WITH GRATITUDE

Day 1

DREAM JOURNAL

"ANOTHER WAY TO BE 'IN ACTION' WHEN MANIFESTING IS TO ASK YOURSELF THE QUESTION, WHAT WOULD MY FUTURE SELF BE THINKING?" REFRAMING YOUR MINDSET CAN (AND WILL) ENABLE YOU TO BE SUCCESSFUL. "BEING" THE PERSON WHO ALREADY HAS, DOES, AND FEELS YOUR GOALS, DREAMS, AND DESIRES HELPS YOU BECOME THAT PERSON."

#1 DO THE DREAM JOURNAL PROCESS

#2 WRITE ABOUT YOUR AMAZING SUCCESSFUL FUTURE SELF.

CLOSE WITH GRATITUDE

Day 2

DREAM JOURNAL

#1 THE DREAM JOURNAL PROCESS

#2 LET GO OF ANY RESISTANCE AND LIMITING BELIEFS. TO MOVE PAST YOUR LIMITING BELIEFS, IT'S ESSENTIAL THAT YOU FIRST IDENTIFY WHAT EXACTLY THEY ARE. TO DO THIS, ASK YOURSELF: WHAT ARE THE BELIEFS I HAVE ABOUT MYSELF THAT MAY BE INHIBITING MY PROGRESS? WRITE IT OUT. CROSS IT OUT. REFRAME IT. CREATE A NEW POSITIVE AFFIRMATION.

EXAMPLE: I DON'T BELIEVE THAT I CAN BE A SUCCESSFUL ENTREPRENEUR & MOM AT THE SAME TIME.

I CAN HAVE IT ALL!! WHAT WOULD IT TAKE FOR ME TO ALLOW MYSELF TO HAVE IT ALL?

CLOSE WITH GRATITUDE

Bliss Tips

DREAM JOURNAL

IT'S THE FEELING THAT PULLS YOUR DESIRE IN. CLOSE YOUR EYES AND IMAGINE HOW GOOD IT FEELS TO EXPERIENCE YOUR DESIRE. ALLOW YOUR MIND TO CREATE VISIONS OF WHAT YOU WANT TO MANIFEST.

SURRENDER TO THE CREATIVE POWER OF YOUR IMAGINATION.

YOU'LL KNOW YOUR VISUALIZATION IS WORKING TO YOUR BENEFIT WHEN YOU FEEL GOOD.

Day 3

DREAM JOURNAL

#1 DO THE DREAM JOURNAL PROCESS

#2 TODAY, NOTICE YOUR ENERGY AS YOU GO THROUGH YOUR DAY. ENERGY IS EVERYTHING. “THE ENERGY WE PUT OUT IN THE WORLD IS THE ENERGY WE GET BACK." WHAT ENERGY ARE YOU PUTTING OUT?

CLOSE WITH GRATITUDE

Day 4

DREAM JOURNAL

#1 DO THE DREAM JOURNAL PROCESS

#2 FOR 30 SECONDS - DAY DREAM AS YOUR FUTURE SELF. START EMBODYING YOUR FUTURE SELF.

#3 GET CLEAR ON ACTION STEPS. "WHAT'S IT GOING TO TAKE TO GET SUPER CLEAR ON MY LITTLE ACTION STEPS? "WHAT'S IT GOING TO TAKE TO BELIEVE THAT IT CAN BE EASY & FUN TO MANIFEST?" ALLOW THESE QUESTIONS TO OPEN UP YOUR ENERGY TO RECEIVE INSIGHTS.

CLOSE WITH GRATITUDE

Bliss Tips

DREAM JOURNAL

AS LONG AS YOUR THOUGHTS ARE ALIGNED WITH WHAT YOU WANT, YOU WILL MANIFEST YOUR DESIRE. HOWEVER, WHEN YOU FEEL THE CONTRAST OF WHAT YOU DON'T WANT RELEASE THE LIE & GET THE LOVE PERSPECTIVE.

IT'S NEARLY IMPOSSIBLE TO MONITOR EVERY SINGLE THOUGHT YOU HAVE ON A DAILY BASIS. AN AVERAGE HUMAN THINKS OVER 60,000 THOUGHTS A DAY! THEREFORE, ALLOW YOUR EMOTIONS TO BE A FEEDBACK MECHANISM INSTEAD OF YOUR THOUGHTS.

THE WAY THAT YOU FEEL IS A REFLECTION OF THE THOUGHTS THAT YOU ARE THINKING. CHECKING HOW YOU FEEL, YOU WILL ALWAYS KNOW THE DEGREE OF ALIGNMENT OF YOUR THOUGHTS.

Day 5

DREAM JOURNAL

#1 DO THE DREAM JOURNAL PROCESS.

#2 FOR 30 SECONDS - DAY DREAM AS YOUR FUTURE SELF. EMBODY YOUR FUTURE SELF.

#3 WRITE OUT YOUR PERFECT DAY.

CLOSE WITH GRATITUDE

Bliss Tips

DREAM JOURNAL

WHAT DOES IT MEAN TO EMBODY YOUR FUTURE SELF?

FIRST, DON'T OVER COMPLICATE IT. IT MEANS YOU REALIGN YOUR ENERGY TO YOUR FUTURE SELF...YOUR DESIRE. YOU ACT 'AS IF' YOU ARE ALREADY LIVING AS YOUR FUTURE SELF. ACTIVATING ALL YOUR SENSES. WALK, TALK, BE-ING YOUR SUCCESSFUL FUTURE SELF.

Day 6

DREAM JOURNAL

#1 DO THE DREAM JOURNAL PROCESS

#2 FOR 30 SECONDS - DAY DREAM AS YOUR FUTURE SELF. EMBODY YOUR FUTURE SELF.

#3 MANIFEST SOMETHING SMALL TODAY. MANIFESTING A SMALL DESIRE IS A GOOD WAY TO PRACTICE LETTING GO AND ALLOWING THE UNIVERSAL PRINCIPLES TO DO FOR YOU WHAT YOU CANNOT DO FOR YOURSELF. BE OPEN TO RECEIVING IN UNEXPECTED WAYS. DO THIS USING THE DREAM JOURNAL PROCESS.

EXAMPLES: A PHONE CALL, TEXT, MONEY, A FREE COFFEE, WINNING A PRIZE, SEEING A FEATHER.

WHAT WOULD IT TAKE TO MANIFEST EASILY & EFFORTLESSLY?

MY MANISFESTATION:

CLOSE WITH GRATITUDE

Bliss Tips

DREAM JOURNAL

THE KEY TO GETTING RID OF YOUR DOUBTS WHEN MANIFESTING IS TO STOP TREATING DOUBT AS YOUR ENEMY. DOUBT IS SIMPLY AN INDICATION FROM YOUR INTUITION THAT THERE IS STILL SOME 'LETTING GO' TO DO ON YOUR PART TO TURN THIS DESIRE INTO A BELIEF.

Day 7

DREAM JOURNAL

#1 DO THE DREAM JOURNAL PROCESS

#2 FOR 30 SECONDS - DAY DREAM AS YOUR FUTURE SELF. EMBODY YOUR FUTURE SELF.

#3 WE'VE COMPLETED 7 DAYS ALREADY! THAT WAS FAST. YOUR GOALS & INTENTIONS WILL CHANGE ALONG THE WAY. LET'S DO A REVIEW. WHAT HAVE YOU ALLOWED IN?

CLOSE WITH GRATITUDE

Bliss Tips

DREAM JOURNAL

THE KEY TO MANIFESTATION JOURNALLING IS TO WRITE ABOUT YOUR LIFE 'AS IF' YOUR DESIRES HAVE ALREADY MANIFESTED.

THIS JOURNAL WILL ALSO HELP YOU WITH THIS EMBODIMENT PROCESS BECAUSE IT ALLOWS YOU TO DELIBERATELY USE YOUR IMAGINATION TO CREATE THE REALITY YOU DESIRE.

WHAT WOULD IT TAKE TO BELIEVE THAT YOUR DESIRE WILL MANIFEST NO MATTER WHAT?

Day 8

DREAM JOURNAL

#1 DO THE DREAM JOURNAL PROCESS

#2 FOR 30 SECONDS - DAY DREAM AS YOUR FUTURE SELF. EMBODY YOUR FUTURE SELF.
#3 NAME YOUR DOUBTS. CROSS THEM OUT. REFRAME IT. FILL IT IN WITH SOMETHING POSITIVE.

EXAMPLE: I'M NOT GOOD ENOUGH.

I'M MORE THAN GOOD ENOUGH. I'M A CHILD OF GOD. I'M DEEPLY LOVED. I'M ONE WITH THE CREATOR OF THE UNIVERSE, THAT MAKES ME POWERFUL, AMAZING, WONDERFUL.

WHERE EVER I FEEL THE DISSONANCE IN MY BODY I WILL BRING IN LIGHT & TRUTH.

CLOSE WITH GRATITUDE

Day 9

DREAM JOURNAL

#1 DO THE DREAM JOURNAL PROCESS

#2 FOR 60 SECONDS - DAY DREAM AS YOUR FUTURE SELF. EMBODY YOUR FUTURE SELF.

#3 WRITE OUT YOUR STRENGTHS AS YOUR FUTURE SELF.

CLOSE WITH GRATITUDE

Day 10

DREAM JOURNAL

#1 DO THE DREAM JOURNAL PROCESS

#2 FOR 60 SECONDS - DAY DREAM AS YOUR FUTURE SELF. EMBODY YOUR FUTURE SELF.

#3 THIS MANIFESTATION JOURNAL IS CREATED TO HELP YOU REWIRE YOUR BRAIN TO BELIEVE THAT IT IS POSSIBLE FOR YOU TO HAVE WHAT YOU WANT. EVEN IF IT FEELS A LITTLE BIT MORE POSSIBLE FOR YOU, IT'S WORKING. "WHAT WOULD IT TAKE FOR ME TO NOTICE HOW FAR I'VE COME ALREADY?"

CLOSE WITH GRATITUDE

Day 11

DREAM JOURNAL

#1 DO THE DREAM JOURNAL PROCESS

#2 FOR 60 SECONDS - DAY DREAM AS YOUR FUTURE SELF. EMBODY YOUR FUTURE SELF.

#3 MANIFEST SOMETHING SMALL TO BUILD YOUR CONFIDENCE & MOMENTUM. THREE STEPS TO FOLLOW: DECIDE, ALIGN & RECEIVE

EXAMPLE: *DECIDE...MANIFEST AN AMAZING PARKING SPACE THAT IS CLOSE TO THE FRONT DOOR.

*ALIGN...WHILE DRIVING THERE EXPRESS GRATITUDE. FEELING GOOD.

*RECEIVE...BE PREPARED TO DRIVE IN TO THAT OPEN SPACE.

CLOSE WITH GRATITUDE

Day 12

DREAM JOURNAL

#1 DO THE DREAM JOURNAL PROCESS

#2 FOR 60 SECONDS - DAY DREAM AS YOUR FUTURE SELF. EMBODY YOUR FUTURE SELF.

#3 CULTIVATE A POSITIVE MINDSET: WHAT WOULD IT TAKE TO HAVE AN ATTITUDE OF GRATITUDE? CREATE A LIST OF WHAT YOU'RE THANKING FOR.

CLOSE WITH GRATITUDE

Day 13

DREAM JOURNAL

#1 DO THE DREAM JOURNAL PROCESS

#2 FOR 60 SECONDS - DAY DREAM AS YOUR FUTURE SELF. EMBODY YOUR FUTURE SELF.

#3 ONE OF THE BIGGEST LIMITING BELIEFS THAT PREVENTS OUR MANIFESTATION FROM COMING RIGHT TO US IS OUR LACK OF SELF LOVE AND OUR BELIEF THAT WE ARE UNWORTHY. OWN YOUR WORTHINESS TODAY. WHAT WOULD IT TAKE TO FEEL SO VALUABLE & PRECIOUS?

CLOSE WITH GRATITUDE

Day 14

DREAM JOURNAL

#1 DO THE DREAM JOURNAL PROCESS

#2 FOR 60 SECONDS - DAY DREAM AS YOUR FUTURE SELF. EMBODY YOUR FUTURE SELF.

#3 SPEAK KINDLY TO YOURSELF, DAY ONE: NOTICE HOW YOU TALK TO YOURSELF. IF YOU SAY SOMETHING UNKIND, REPHRASE IT IMMEDIATELY. JOURNAL ABOUT HOW YOUR FUTURE SELF SPEAKS & THINKS.

CLOSE WITH GRATITUDE

Day 15

DREAM JOURNAL

#1 DO THE DREAM JOURNAL PROCESS

#2 FOR 60 SECONDS - DAY DREAM AS YOUR FUTURE SELF. EMBODY YOUR FUTURE SELF.

#3 SPEAK KINDLY TO YOURSELF, DAY TWO: NOTICE HOW YOU TALK TO YOURSELF. IF YOU SAY SOMETHING UNKIND, REPHRASE IT IMMEDIATELY. JOURNAL ABOUT HOW YOUR FUTURE SELF SPEAKS & THINKS.

CLOSE WITH GRATITUDE

Day 16

DREAM JOURNAL

#1 DO THE DREAM JOURNAL PROCESS

#2 FOR 60 SECONDS - DAY DREAM AS YOUR FUTURE SELF. EMBODY YOUR FUTURE SELF.

#3 SPEAK KINDLY TO YOURSELF, DAY THREE: NOTICE HOW YOU TALK TO YOURSELF. IF YOU SAY SOMETHING UNKIND, REPHRASE IT IMMEDIATELY. JOURNAL ABOUT HOW YOUR FUTURE SELF SPEAKS & THINKS.

CLOSE WITH GRATITUDE

Day 17

DREAM JOURNAL

#1 DO THE DREAM JOURNAL PROCESS

#2 TAP INTO YOUR INTUITION: LEARN TO LISTEN TO THAT STILL SMALL VOICE INSTEAD OF BLOCKING IT. JOURNAL ABOUT HOW YOUR FUTURE SELF LISTENS TO THAT STILL SMALL VOICE. EMBODY THAT NEW WAY OF LISTENING.

"WHAT WOULD IT TAKE TO LISTEN TO THAT STILL SMALL VOICE THAT IS LEADING ME INTO AN ABUNDANT LIFE?" ALLOW THIS QUESTION TO OPEN YOUR ENERGY.

CLOSE WITH GRATITUDE

Day 18

DREAM JOURNAL

#1 DO THE DREAM JOURNAL PROCESS

#2 FOR 60 SECONDS - DAY DREAM AS YOUR FUTURE SELF. EMBODY YOUR FUTURE SELF.

#3 TAP INTO YOUR INTUITION: LEARN TO LISTEN TO THAT STILL SMALL VOICE INSTEAD OF BLOCKING IT. DO YOU BLOCK YOUR INTUTION? WHAT WOULD IT TAKE TO BE A KNOW IT ALL? EVERYTHING IN THE WAY OF THAT I CLEAR & TRANSMUTE, ANYWHERE & EVERYWHERE THAT IS STORED. CLEAR. JOURNAL WHAT YOU BELIEVE ABOUT BEING 'A KNOW IT ALL'. DISCOVER WHY IT'S OKAY TO BE A KNOW IT ALL.

CLOSE WITH GRATITUDE

Day 19

DREAM JOURNAL

#1 DO THE DREAM JOURNAL PROCESS

#2 FOR 60 SECONDS - DAY DREAM AS YOUR FUTURE SELF. EMBODY YOUR FUTURE SELF.

#3 LEARNING TO LISTEN & TRUST YOUR INNER SELF IS A CRUCIAL STEP TO MANIFESTING YOUR DESIRES. YOU MUST TRUST YOUR GUT FEELING. NOTICE HOW 'IT' FEELS TO YOU WITHOUT JUDGING IT? PRACTICE THIS TODAY & WRITE ABOUT YOUR EXPERIENCE. ARE YOU ABANDONING YOURSELF TO PLEASE OTHERS?

CLOSE WITH GRATITUDE

Day 20

DREAM JOURNAL

#1 DO THE DREAM JOURNAL PROCESS

#2 FOR 60 SECONDS - DAY DREAM AS YOUR FUTURE SELF. EMBODY YOUR FUTURE SELF.

#3 GRATITUDE IS THE GIFT THAT KEEPS GIVING. IT RAISES OUR FREQUENCY, MAKES US FEEL GOOD & ATTRACTS EVEN MORE ABUNDANCE INTO OUR LIVES. NOTICE HOW GRATITUDE SHIFTS YOUR STATE.

CLOSE WITH GRATITUDE

Day 21

DREAM JOURNAL

#1 DO THE DREAM JOURNAL PROCESS

#2 FOR 60 SECONDS - DAY DREAM AS YOUR FUTURE SELF. EMBODY YOUR FUTURE SELF.

#3 CREATE A VISION BOARD (PHYSICAL OR DIGITAL). VISION BOARDS ARE A MANIFESTATION TOOL THAT CAN HELP YOU MANIFEST YOUR GOALS, DESIRES, AND DREAMS TO YOUR REALITY. YOU CAN USE A VISION BOARD TO GAIN CLARITY OF YOUR DREAM LIFE OR SIMPLY CREATE A VISUAL REPRESENTATION OF YOUR DREAM LIFE.

WHAT WOULD IT TAKE TO ALLOW MYSELF TO DREAM BIG? WHAT

WOULD IT TAKE FOR IT TO BE EASY?

SPEND SOME TIME GETTING IN TOUCH WITH WHAT'S REALLY IMPORTANT TO YOU.

CLOSE WITH GRATITUDE

My

VISION BOARD

Day 22

DREAM JOURNAL

#1 DO THE DREAM JOURNAL PROCESS

#2 FOR 60 SECONDS - DAY DREAM AS YOUR FUTURE SELF. EMBODY YOUR FUTURE SELF.

#3 TO MAKE YOUR VISION BOARD WORK, PUT IT SOMEWHERE YOU CAN SEE IT & DON'T BE AFRAID TO MAKE UPDATES. WHAT WILL IT TAKE TO GLANCE AT YOUR VISION BOARD EVERYDAY? ALLOW THIS QUESTION TO OPEN YOUR ENERGY.

CLOSE WITH GRATITUDE

Day 23

DREAM JOURNAL

#1 DO THE DREAM JOURNAL PROCESS

#2 FOR 60 SECONDS - DAY DREAM AS YOUR FUTURE SELF. EMBODY YOUR FUTURE SELF.

#3 VISION BOARD GLANCE

#4 GAIN MORE CLARITY ABOUT WHAT YOU REALLY WANT. JOURNAL PROMPT: I AM HAPPIEST WHEN I....

CLOSE WITH GRATITUDE

Day 24

DREAM JOURNAL

#1 DO THE DREAM JOURNAL PROCESS

#2 FOR 60 SECONDS - DAY DREAM AS YOUR FUTURE SELF. EMBODY YOUR FUTURE SELF.

#3 VISION BOARD GLANCE

#4 GAIN MORE CLARITY ABOUT WHAT YOU REALLY WANT. JOURNAL PROMPT: THE POSITIVE CHANGES I WANT TO MAKE IN THE WORLD ARE... WHAT CHANGES DO YOU NEED TO MAKE TO ACCOMPLISH THIS?

CLOSE WITH GRATITUDE

Day 25

DREAM JOURNAL

#1 DO THE DREAM JOURNAL PROCESS

#2 FOR 60 SECONDS - DAY DREAM AS YOUR FUTURE SELF. EMBODY YOUR FUTURE SELF.

#3 VISION BOARD GLANCE

#4 GAIN MORE CLARITY ABOUT WHAT YOU REALLY WANT. JOURNAL PROMPT: I AM SUCCESSFUL AT REACHING MY GOALS WHEN I...

CLOSE WITH GRATITUDE

Day 26

DREAM JOURNAL

#1 DO THE DREAM JOURNAL PROCESS

#2 FOR 60 SECONDS - DAY DREAM AS YOUR FUTURE SELF. EMBODY YOUR FUTURE SELF.

#3 VISION BOARD GLANCE

#4 MANY PEOPLE HAVE A CHALLENGING TIME TRUSTING THEMSELVES BECAUSE THEY HAVE MADE MISTAKES IN THE PAST. YOU CAN'T CHANGE WHAT HAS ALREADY HAPPENED. BUT YOU CAN LEARN FROM THE PAST. FORGIVE YOURSELF FOR WHATEVER WRONGDOINGS YOU HAVE PREVIOUSLY PERPETRATED. LEARN FROM YOUR PAST AND USE THOSE LESSONS TO MOVE FORWARD.

WHAT WILL IT TAKE FOR YOU TO FORGIVE YOURSELF & MOVE FORWARD WITH JOY? EVERYTHING IN THE WAY OF THAT I CLEAR & TRANSMUTE. MAKE A DECISION TO RELEASE YOURSELF FROM THE PAST. HOW WILL THAT CHANGE YOUR LIFE?

CLOSE WITH GRATITUDE

Day 27

DREAM JOURNAL

#1 DO THE DREAM JOURNAL PROCESS

#2 FOR 60 SECONDS - DAY DREAM AS YOUR FUTURE SELF. EMBODY YOUR FUTURE SELF.

#3 VISION BOARD GLANCE

#4 DECIDE TO MAKE FEELING GOOD A PRIORITY. ALLOW YOURSELF TO MOVE THROUGH LIFE WITH FLOW & EASE. MANY OF US HAVE UNCONSCIOUSLY MADE THE DECISION TO ONLY FEEL GOOD IF 'I HAVE PERFECT HEALTH' OR ONLY IF 'I HAVE X AMOUNT IN THE BANK'. CAN YOU SEE HOW THAT IS DISTORTED? NOTICE WHAT AREAS OF YOUR LIFE YOU DO THAT? WHAT IS THE LESSON? WHAT CHANGES DO YOU NEED TO MAKE?

CLOSE WITH GRATITUDE

Day 28

DREAM JOURNAL

#1 DO THE DREAM JOURNAL PROCESS

#2 FOR 60 SECONDS - DAY DREAM AS YOUR FUTURE SELF. EMBODY YOUR FUTURE SELF.

#3 VISION BOARD GLANCE.

#4 WRITE A LETTER TO GOD TO CULTIVATE TRUST. THE MOST IMPORTANT STEP IS SURRENDER; TO LET GO & TRUST THAT YOUR DESIRES ARE MAKING ITS WAY TO YOU. YOU GET TO REST WHILE THE UNIVERSAL LAWS WILL WORK FOR YOU.

CLOSE WITH GRATITUDE

Day 29

DREAM JOURNAL

#1 DO THE DREAM JOURNAL PROCESS

#2 FOR 60 SECONDS - DAY DREAM AS YOUR FUTURE SELF. EMBODY YOUR FUTURE SELF.

#3 VISION BOARD GLANCE.

#4 VISUALIZE AND WRITE DOWN YOUR DREAM LIFE USING YOUR 5 SENSES.

CLOSE WITH GRATITUDE

Day 29

DREAM JOURNAL

#1 DO THE DREAM JOURNAL PROCESS

#2 FOR 60 SECONDS - DAY DREAM AS YOUR FUTURE SELF. EMBODY YOUR FUTURE SELF.

#3 VISION BOARD GLANCE.

#4 DESCRIBE HOW YOU FEEL WHEN YOU SURRENDER THE DESIRED OUTCOME & TRUST THE UNIVERSAL LAWS TO WORK FOR YOU.

CLOSE WITH GRATITUDE

Day 30

DREAM JOURNAL

#1 DO THE DREAM JOURNAL PROCESS

#2 FOR 60 SECONDS - DAY DREAM AS YOUR FUTURE SELF. EMBODY YOUR FUTURE SELF.

#3 VISION BOARD GLANCE.

#4 LIST 3 GIFTS YOU HAVE TO OFFER THE WORLD. DO THAT - AND YOU WON'T WORK A DAY IN YOUR LIFE.

CLOSE WITH GRATITUDE

Day 31

DREAM JOURNAL

#1 DO THE DREAM JOURNAL PROCESS

#2 FOR 60 SECONDS - DAY DREAM AS YOUR FUTURE SELF. EMBODY YOUR FUTURE SELF.
#3 VISION BOARD GLANCE
#4 NEUROSCIENTISTS HAVE REPEATEDLY PROVEN THAT WHEN YOU USE MINDSET PRACTICES SUCH AS THIS JOURNAL - YOUR LIFE EXPERIENCE & YOUR BRAIN CHEMISTRY TRANSFORM. NEGATIVE PEOPLE START DISAPPEARING, TRIGGERS DON'T AFFECT YOU THE SAME WAY. WHY ARE TRIGGERS GIFTS? WHAT CHANGES HAVE YOU NOTICED? WHAT MANIFESTATIONS HAVE YOU EXPERIENCED?

CLOSE WITH GRATITUDE

Day 32-33

DREAM JOURNAL

#1 DO THE DREAM JOURNAL PROCESS

#2 FOR 60 SECONDS - DAY DREAM AS YOUR FUTURE SELF. EMBODY YOUR FUTURE SELF.

#3 VISION BOARD GLANCE

#4 THE HO'OPONOPONO PRAYER:
THERE ARE FOUR FORCES AT WORK IN THIS PRAYER:
REPENTANCE, FORGIVENESS, GRATITUDE, AND LOVE.
THE PHRASES, WHICH YOU CAN REPEAT IN ANY ORDER,
SILENTLY TO YOURSELF OR OUT LOUD, ARE:

1. I AM SORRY.
2. (PLEASE) FORGIVE ME.
3. THANK YOU.
4. I LOVE YOU.

IT’S NATURAL TO RESIST THIS PRACTICE AT FIRST, ESPECIALLY IF YOU'VE GOT A LOT OF HEALING TO DO. BUT IT'S WORTH IT EVERY SECOND. FORGIVE YOURSELF TODAY. START BY NOTICING THE PROBLEM THAT NEEDS CLEARING.

I'M SORRY

WHEN YOU SAY I’M SORRY, YOU RECOGNIZE THAT YOU ARE RESPONSIBLE FOR YOUR OWN THOUGHTS, BELIEFS, AND ACTIONS THAT ARE PREVENTING YOU FROM LIVING YOUR BEST LIFE.

EXAMPLE: I’M SORRY FOR... LETTING OTHER OPINIONS AFFECT MY SELF-WORTH. (TAKE TIMETO PROCESS & WRITE OR SPEAK OUT LOUD.)

CLOSE WITH GRATITUDE

PLEASE FORGIVE ME

ASKING FORGIVENESS FROM YOURSELF, OTHERS, OR GOD. YOU ARE SIMPLY REPLACING THE NEGATIVE EMOTIONS WITH A POSITIVE ATTITUDE.

EXAMPLE: PLEASE FORGIVE ME FOR... NOT LOVING MYSELF JUST THE WAY I AM. (TAKE TIMETO PROCESS & WRITE OR SPEAK OUT LOUD.)

CLOSE WITH GRATITUDE

THANK YOU

SAYING THANK YOU IS A SIMPLE WAY OF EXPRESSING GRATITUDE AND APPRECIATION TO GOD & FOR ALL THAT YOU ARE & HAVE IN YOUR LIFE.

EXAMPLE: “THANK YOU BODY FOR ALL THAT YOU DO...”
(TAKE TIMETO PROCESS & WRITE OR SPEAK OUT LOUD.)

CLOSE WITH GRATITUDE

I LOVE YOU

IT STARTS WITH LOVING YOURSELF AND ACCEPTING YOURSELF JUST AS YOU ARE. WHEN THAT IS TRUE FOR YOU, IT IS MUCH EASIER TO SHARE YOUR LOVE WITH OTHERS.

EXAMPLE: "I LOVE YOU & I ACKNOWLEDGE YOU FOR ALL THAT YOU ARE."

CLOSE WITH GRATITUDE

SEND US YOUR AMAZING RESULTS. THE SMALL & THE BIG, IT ALL MATTERS.

WITH LOVE & LIGHT,

Crystal Derksen
CRYSTAL@CC-EFT.COM

JOIN THE VIA IMAGINE THAT METHOD MEMBERSHIP TO MASTER MANIFESTING, WIN YOUR WEEK, **EXPERIENCE GOD WITHIN YOU, RECEIVE ANSWERS TO QUESTIONS, RELEASE ANYTHING THAT KEEPS YOU STUCK SO THAT YOU CAN FEEL AMAZING—** AND LIVE YOUR PURPOSE!

IF YOUR OVER FUMBLING AROUND THEN THIS IS FOR YOU. TAKE ACTION:

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