

# MANIFEST IN MAY

## 7-DAY CHALLENGE WORKBOOK

*Your Journey to Conscious Creation*

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Name: \_\_\_\_\_

Start Date: \_\_\_\_\_

# DAY 1: LET'S QUESTION REALITY TOGETHER

Welcome to Day 1! Today, we're opening the door to possibility by questioning what you've accepted as 'just the way it is.' Reality is more flexible than you think—and science backs this up.

## The Gateway Project

The CIA declassified documents from The Gateway Project that prove consciousness can alter reality. Read the full analysis here:

[CIA Gateway Project Document](#)

## TODAY'S CHALLENGE: Ask the Universe for a Sign

Right now, in this moment, ask the universe to show you a sign that you're on the right path.

**My sign from the universe WAS:**

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## THE RULES:

- ✓ Expect it within 24 hours
- ✓ Do NOT ask for a specific thing
- ✓ If it doesn't show up, do it again!
- ✓ Share with me on Instagram—tag me with YOUR sign!

 I'll be giving away SIGNED BOOKS to people who share their signs! 

## **MY MAGIC WORD**

Each day, you'll capture your MAGIC WORD—the one word that represents what you're calling in today. What's your word for Day 1?

**My Magic Word:** \_\_\_\_\_

# DAY 2: CONSCIOUS MIND ONBOARDING

Your conscious mind is only 5% of your brain—but it's the GATEKEEPER. Today, you're learning to work WITH it, not against it.

## The Power Split: 5% vs 95%

<p><b>CONSCIOUS MIND (5%)</b> <i>The Gatekeeper • Logic • Decision Maker</i></p>
<p><b>SUBCONSCIOUS MIND (95%)</b> <i>Beliefs • Patterns • Programs • Habits • Emotions</i></p> <p>This is where the real work happens</p>

## TODAY'S CHALLENGE: Place Your Cosmic Order

The Cosmic Costco has EVERYTHING in bulk—but you have to ASK. Vision is the magic word that places your order.

### What are you ordering from the Cosmic Costco?

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### "What Am I Done With?" List

What are you NO LONGER available for? What are you done tolerating?

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## **"What Do I WANT?" List**

Get honest. What do you ACTUALLY want? No filtering. No making it 'realistic.'

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## **MY MAGIC WORD**

**My Magic Word:** \_\_\_\_\_

# DAY 3: CLARITY & HONESTY

Vague visions get vague results. Today, we're getting SPECIFIC and HONEST about what you want and what you're no longer tolerating.

## The 4 Pillars of Manifestation

CLARITY	HONESTY	CONNECTION	ACTIVATION
Know exactly what you want	Admit what's not working	Feel it in your body	Take aligned action

## TODAY'S CHALLENGE: The Honesty Audit

*Am I REALLY being honest? Am I holding back?*

**What am I no longer satisfied with?**

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## Get SPECIFIC: Pick ONE area and clarify your vision

*Instead of 'I want more money,' write: 'I want to make \$ \_\_\_\_ per month doing \_\_\_\_\_ work, so I can \_\_\_\_\_.'*

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## **MY MAGIC WORD**

**My Magic Word:** \_\_\_\_\_

# DAY 4: VISION ARCHITECTURE - PERMISSION TO DREAM BIG

Let me tell you about a place called Narnia. A magical world hidden behind a wardrobe. But here's the thing—the kids almost didn't find it. Why? Because they were too busy being 'realistic.' Today, we're talking about Vision Architecture, and I'm giving you PERMISSION to dream bigger than you've ever allowed yourself to dream.

## Playing Small Gets Small Results

You say you want 'a little more income'—you get \$200. You say you want 'some improvement'—you get incremental change. But when you say 'I want to completely transform my life'—the universe matches THAT energy.

*The Narnia Principle: In the story, the wardrobe was always there. The magic world was always accessible. But the kids almost missed it because they weren't LOOKING for it. They were being practical, realistic, 'grown-up.' Your big vision is like Narnia—it's there, waiting. But you have to give yourself permission to LOOK.*

## TODAY'S CHALLENGE: The Narnia Vision

Close your eyes. Imagine there's a wardrobe in front of you. Behind it is your BIGGEST, most audacious dream life. The one you've been too scared to admit.

### Step through the wardrobe. What do you see?

*Write your biggest, most audacious vision. No editing. No 'but that's not realistic.' Just WRITE.*

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## **MY MAGIC WORD**

**My Magic Word:** \_\_\_\_\_

# DAY 5: SUBCONSCIOUS SCRIPTS - PART 1

Today we go DEEP. You're uncovering the hidden programs running your life—the ones you didn't even know were there.

## The Subconscious Mind (95% of Your Power)

### THE SUBCONSCIOUS

*Programs installed in childhood*

*Running 24/7 without your awareness*

*Controlling 95% of your decisions, behaviors, and results*

## TODAY'S CHALLENGE: Uncover Your Script

**Write your goal at the top:**

**My Goal:**

### What did I SEE as a child around this topic?

*(Examples: Did you see your parents struggle with money? Did you witness relationships ending badly?)*

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**What did I HEAR as a child around this topic?**

*(Examples: 'Money doesn't grow on trees,' 'Rich people are greedy,' 'You have to work hard to succeed')*

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**What did I EXPERIENCE as a child around this topic?**

*(Examples: A moment of embarrassment, feeling like you weren't enough, witnessing conflict)*

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**Based on this, my SUBCONSCIOUS SCRIPT is:**

*(Write it as a belief: 'I learned that...' or 'I believe that...')*

**My Script:**

**MY MAGIC WORD**

**My Magic Word:** \_\_\_\_\_

# DAY 5: NERVOUS SYSTEM & ENERGETIC CALIBRATION

Your subconscious is the operating system. But it's hooked to your NERVOUS SYSTEM—and your nervous system thinks your goal is a THREAT. Today, we're regulating your body so it stops counter-manifesting.

## The Printer Analogy: Your Operating System

*Your subconscious is like a PRINTER. You send it a command (your vision), but if the operating system has old programming, it keeps printing the same old results. The subconscious is directly hooked to your NERVOUS SYSTEM. Your nervous system's job? Keep you SAFE—not successful. When you try to uplevel, it sees it as a THREAT and activates counter-manifestation. You're fighting your own biology.*

## The Lemon Exercise: Your Body Can't Tell the Difference

Close your eyes. Imagine holding a fresh lemon. Feel the texture. Smell the citrus. Now cut it in half—see the juice dripping. Bring it to your lips and BITE into it.

**Did your mouth water? That's your nervous system responding to something that ISN'T REAL. If your body responds to an imagined lemon, it can respond to your imagined FUTURE. Sensations = State = Outcomes.**

## Regulating = Success

When we close down old tabs and rewire the brain, we're teaching the BODY to calm down. A regulated nervous system means your body stops seeing success as a threat. Your mind wasn't designed for success—it was designed for SURVIVAL. But you can TRAIN it.

## Tuning Into Universe FM



*Your Magic Word = Your Frequency*

You are a radio tower broadcasting a frequency.


Fear? Scarcity? Doubt?

**OR**

Abundance? Trust? Possibility?

**The universe responds to your FREQUENCY, not your words.**

## **REMINDER: You're Almost There!**

 **Let me know on Instagram how you're finding this challenge!**

 **I'm giving away FREE SIGNED BOOKS!**

Complete ALL episodes to qualify for the workshop and Day 7 secret offer!

## **TODAY'S CHALLENGE: Tune Your Frequency**

### **What is your CURRENT emotional state?**

*Be honest. Where are you vibrating right now? (anxious, excited, tired, hopeful, frustrated, peaceful?)*

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### **What frequency do you WANT to embody?**

*What emotion matches your vision? How does your future self FEEL?*

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**How will you CALIBRATE today?**

*What will you do to shift your energy? (movement, breathwork, music, journaling, meditation?)*

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**MY MAGIC WORD**

**My Magic Word:** \_\_\_\_\_

## DAY 6: INTUITION & TAKING ACTION

Manifestation without action is just daydreaming. Today, we're talking about INTUITION and meeting the universe halfway.

### Trusting Your Gut

Your intuition is your inner GPS. It's been guiding you all along—sometimes you listen, sometimes you don't.

#### **When I TRUSTED my gut and it went well:**

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#### **When I IGNORED my gut and it went badly:**

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## **TODAY'S CHALLENGE: Meet the Universe Halfway**

You do your part, the universe does its part. What aligned action will you take TODAY?

<b>MY PART</b> <i>(What I will DO)</i>	<b>UNIVERSE'S PART</b> <i>(What I'm asking for)</i>

## **MY MAGIC WORD**

**My Magic Word:** \_\_\_\_\_

# DAY 7: ACTION - MEETING THE UNIVERSE HALFWAY

You've done the inner work. You've built the vision, cleared the scripts, regulated your nervous system, and tapped into your intuition. Now it's time for the FINAL STEP: taking aligned action and meeting the universe halfway.

## The Universe Needs You to Move

You can't just visualize and wait. You can't just think positive and do nothing. The universe meets you HALFWAY. You do your part, the universe does its part. This is where manifestation becomes REAL.

## TODAY'S CHALLENGE: Your 7-Day Reflection & Commitment

**What was your biggest breakthrough this week?**

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**What is your vision NOW (after 7 days)?**

*Write it clearly. This is what you're calling in.*

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## MEET THE UNIVERSE HALFWAY

On one side, YOU take action. On the other side, the UNIVERSE responds. What's your commitment?

<b>MY PART</b> <i>(What I will DO)</i>	<b>UNIVERSE'S PART</b> <i>(What I'm calling in)</i>

## MY MAGIC WORD

My Magic Word: \_\_\_\_\_

## Ready to Go Deeper?

These 7 days were just the beginning. If you're ready to take your manifestation practice to the next level, join me inside the Just F\*cking Manifest It Academy.

**JUST F\*CKING MANIFEST IT ACADEMY**

[www.jfmiacademy.com](http://www.jfmiacademy.com)

# CHALLENGE COMPLETE!

You did it! You've spent 7 days questioning reality, clarifying your vision, uncovering scripts, and calibrating your energy. This is just the BEGINNING.

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## 🌟 EXCLUSIVE CHALLENGE COMPLETER OFFER 🌟

### SPECIAL OFFER FOR CHALLENGE COMPLETERS

**Join the JFMI Academy**

**Get 50% OFF Your Enrollment**

**⚡ LIMITED DISCOUNT COUPONS AVAILABLE - ACT FAST! ⚡**

### How to Claim Your Offer:

- ✓ **STEP 1: Complete ALL 7 episodes of the podcast challenge**
- ✓ **STEP 2: Fill out this workbook completely**
- ✓ **STEP 3: Complete the form with all your Magic Words (link will be added to Day 7 show notes)**

**[👉 SUBMIT YOUR MAGIC WORDS HERE 👉](#)**

- ✓ **STEP 4: Email the team at [info@thisisyourdream.com](mailto:info@thisisyourdream.com) to get your limited 50% off offer to join JFMI Academy**

### **BONUS: Free Workshop on May 28th**

Join me for a FREE live workshop where we'll go even deeper into manifestation mastery.

**[🔗 Register for the May 28th Workshop Here](#)**

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*You've done the inner work. Now it's time to take it to the next level.*

**I can't wait to see you inside the JFMI Academy.**

*— Let's manifest in May and beyond. ✨*