

the
369 GUIDED
MANIFESTATION
JOURNAL

|
99 DAYS OF MANIFESTING
|

a journal from
ROLL PRETTY



INTRODUCTION

This journal uses the 369 manifestation method to help you create 3 of your most desired manifestations over the next 99 days.

You will be guided to pick one powerful manifestation and then write it down and journal about it 3 times in the morning, 6 times at midday, and 9 times before going to bed for 33 days.

This journal not only offers you the space to write your intentions for the day but also provides helpful tips, exercises, affirmations and prompts to help you stay focused on your desires and take inspired action. You'll have an opportunity to look back and review what has been manifested over time, as well as get further clarity around your goals, dreams, and feelings associated with them.

By focusing on one powerful manifestation at a time and journaling three times a day, you can create tangible results in 99 days or less! With this journal, you can stay focused, balanced and motivated to manifest your best life.

Start living the life of your dreams today!

Happy Manifesting!

THE 369 METHODS IN 4 SIMPLE STEPS

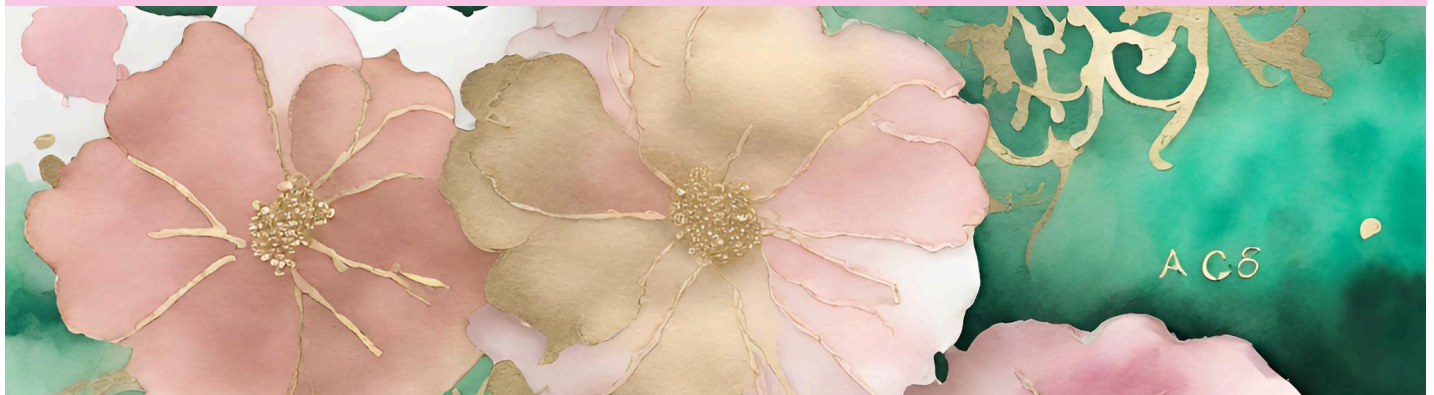
1. Choose your desired manifestation
2. Write it down and journal about it daily
3. Take inspired action
4. Track and review your progress



MEET THE AUTHOR

Roll Pretty
pretty starts in the mind

You. We're all about you. Our journey explores Metaphysics and Psychology, arming you with dynamic tools to empower your mind and manifest profound changes in your life.



Step 1

DECIDE ON YOUR MANIFESTATION AND PHRASE IT RIGHT

The most important part of this manifestation process is to be very specific about the outcome you desire and to phrase your desired results in a positive way.

We recommend this formula:

- a.) Start the manifestation with gratitude
- b.) Add emotions (how you want to feel)
- c.) Add the words "into my life"
- d.) Keep it short. You should be able to read your manifestation in 15 - 17 seconds.

For example:

"I am so thankful for the universe aligning with me to bring a loving and supportive relationship into my life. I feel loved. His presence makes every moment more enjoyable and meaningful. I feel appreciated and deeply connected. Thank you."

"I am so thankful for the universe aligning with me to manifest a job that I love, bringing feelings of abundance, financial freedom, security, and fulfillment into my life. I love what I do and look forward to showing up every single day. I can afford everything I want and more. Thank you."

"I am so thankful for the universe aligning with me to see massive growth and momentum in my business, bringing a sense of purpose, creativity, and success into my life. I feel a deep connection with my audience. They love my offers. I sell with ease and enjoy the financial abundance and feeling of security. Thank you."



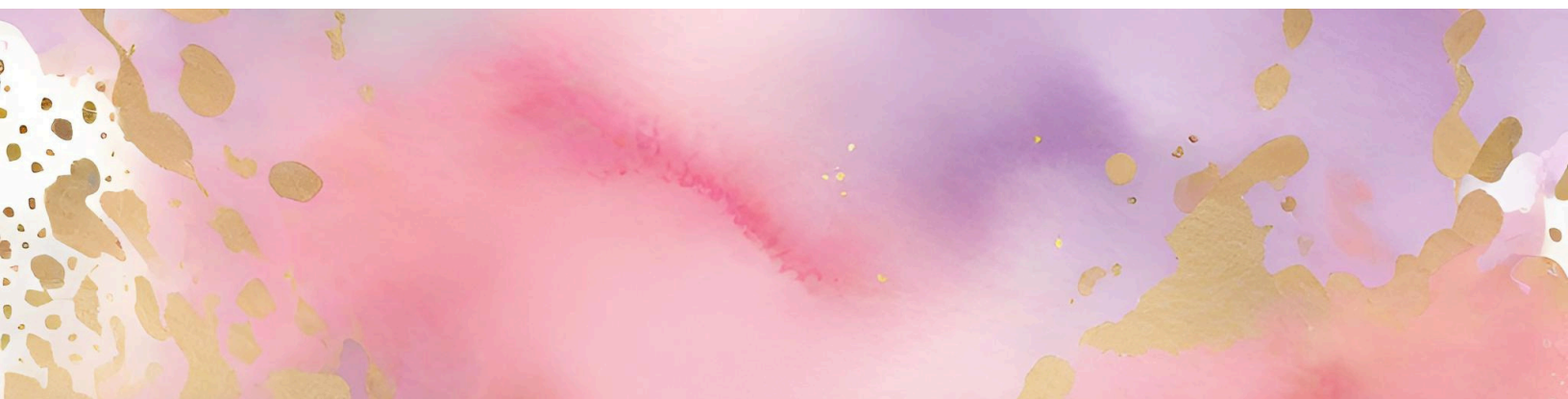
Step 2

WRITE YOUR MANIFESTATION DOWN MULTIPLE TIMES A DAY FOR 33 DAYS

Write it down and journal about it 3 times in the morning, 6 times at midday, and 9 times before going to bed for 33 days.

While you write focus on the feeling and emotion your desired manifestation brings. Close your eyes and visualize having what you desire as if it already exists. Lean into the energy of what it is you want to attract.

Now release your desire and trust that you will receive what you asked for.



Step 3

TAKE INSPIRED ACTION FOR 33 DAYS

The 369 method is not just about journaling and visualizing, but also taking inspired action. Once you become clear on the outcome you want to create, the universe will start to send signs, opportunities, and people your way that can help in the manifestation process.

Listen to your intuition and take the steps that feel exciting and inspiring. Take small actions every day that align with your desired outcome.

Step 4

TRACK & REVIEW PROGRESS

At the end of each day, take a few moments to review your progress and be grateful for how things start to align and how your manifestation becomes reality. Celebrate every big and small victory to increase your vibration and stay in alignment with the universe.

By tracking your progress, you'll be able to see how certain actions will bring results faster or slower than expected and what needs to be adjusted in order for you to reach your goal.

MANIFESTATION TIPS

- Write down your manifestation in the present tense.
 - Practice gratitude and mindfulness daily
 - Believe that you can have what you want
 - Be willing to receive
 - Stay flexible and detach from the outcome
- Keep positive thoughts, especially during setbacks
- Take inspired action daily to create tangible results
- Track your progress to stay encouraged and motivated
 - Celebrate your victories, no matter how small
- Expand your faith in the universe's power to bring you what you desire
 - Take time each day to manifest and visualize
- Connect with a manifestation community for additional support
- Remain open-minded and trust that the outcome will be perfect
 - Enjoy the journey and stay focused!





AVOID SELF-SABOTAGE WHEN MANIFESTING

- Don't focus on the how of manifestation
- Don't give up, no matter how difficult it may seem to get what you want
 - Avoid overthinking and stress about the outcome
- Avoid comparing yourself with others – everyone is on their own journey
 - Let go of fear, doubt, and negative thoughts
 - Don't ignore your intuition and inner guidance
- Avoid feeling ashamed or embarrassed about wanting or having what you desire



AVOID SELF-SABOTAGE WHEN MANIFESTING

- Don't be afraid to ask for help when needed
- Release attachment to the outcome – trust that the universe will deliver perfect timing and perfect solutions
 - Don't give up, even when things seem to move slowly or not at all
- Don't focus on the lack of what you want to manifest, but instead focus on abundance
 - Don't get discouraged when things don't happen in the timeframe you desire
 - Don't allow fear or doubt to take over – push through anyway!





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POWERFUL JOURNAL PROMPTS TO HELP YOU MANIFEST



USE ONE OF THESE JOURNAL PROMPTS EVERY SINGLE DAY
THROUGHOUT EACH OF THE THREE 33-DAY
MANIFESTATION PERIODS IN THIS JOURNAL TO HELP YOU
REMOVE ANY OBSTACLES AND MANIFEST FASTER.



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WHAT WOULD IT FEEL LIKE TO BE
LIVING MY DESIRED REALITY?

HOW AM I HOLDING MYSELF BACK
FROM MANIFESTING WHAT I DESIRE?

WHAT WOULD IT LOOK LIKE IF I HAD ALREADY
MANIFESTED WHAT I WANTED?

HOW CAN I STAY PRESENT AND IN THE MOMENT
WHILE MANIFESTING?

WHAT LIMITING BELIEFS AM I READY TO LET GO
OF TODAY?

WHAT DO I NEED TO FEEL SAFE, SECURE, AND
CONFIDENT AS I MANIFEST?

WHAT UNIQUE SKILLS AND TALENTS DO I POSSESS
IN MANIFESTING MY DESIRES?

WHO ARE THE PEOPLE THAT CAN HELP ME
MANIFEST MY GOALS QUICKLY AND EASILY?

HOW CAN I TAP INTO MORE CONFIDENCE WHEN
TAKING INSPIRED ACTION TOWARD MY DESIRED
OUTCOME?

WHAT IS THE FIRST STEP I NEED TO TAKE TO
BEGIN MANIFESTING?

WHAT IS THE NEXT RIGHT ACTION I CAN TAKE
TODAY TO MOVE CLOSER TO MY GOAL?

IN WHAT WAYS DO I NEED TO CHANGE MY
THOUGHTS, BELIEFS, AND ACTIONS IN ORDER TO
BRING MORE ABUNDANCE INTO MY LIFE?

HOW CAN I CREATE AN ENVIRONMENT THAT WILL
SUPPORT MY MANIFESTATION?

WHAT ARE THE BLOCKS AND BOUNDARIES I NEED
TO REMOVE IN ORDER TO MANIFEST MY DESIRES?

HOW CAN I STAY OPEN-MINDED AND TRUST THAT
THE UNIVERSE WILL DELIVER PERFECT TIMING AND
SOLUTIONS FOR ME?

WHAT DO I NEED TO BELIEVE ABOUT MYSELF IN
ORDER TO REACH MY GOALS FASTER?

WHAT CAN I DO TO STAY FOCUSED AND ON TRACK
WITH MY DESIRED OUTCOME?

HOW CAN I REMAIN POSITIVE WHEN FACED WITH
CHALLENGES AND SETBACKS IN MANIFESTING?

WHAT NEW HABITS DO I NEED TO CREATE IN
ORDER TO ALIGN MYSELF WITH MY DESIRED
OUTCOMES?

HOW WOULD IT FEEL IF I HAD ALREADY ACHIEVED
MY GOALS?

WHAT CAN I DO TO BE MORE MINDFUL AND AWARE
OF THE MANIFESTATION PROCESS?

HOW CAN I PRACTICE GRATITUDE FOR WHAT I
HAVE NOW WHILE CONTINUING TO MOVE CLOSER
TO MY GOAL?

WHAT SMALL, DAILY STEPS CAN I TAKE TO CREATE
MORE POSITIVE ENERGY AROUND MY DESIRED
OUTCOME?

WHAT IS ONE THING I CAN DO TO HAVE
GREATER FAITH IN THE UNIVERSE'S ABILITY TO
PROVIDE FOR ME?

WHAT WOULD IT LOOK LIKE IF I ALLOWED MYSELF
TO FULLY TRUST IN THE UNIVERSE AND ITS
ABILITY TO MANIFEST MY DESIRES?

WHAT CAN I DO TO STAY CONNECTED WITH
THE ENERGY OF MANIFESTATION?



33

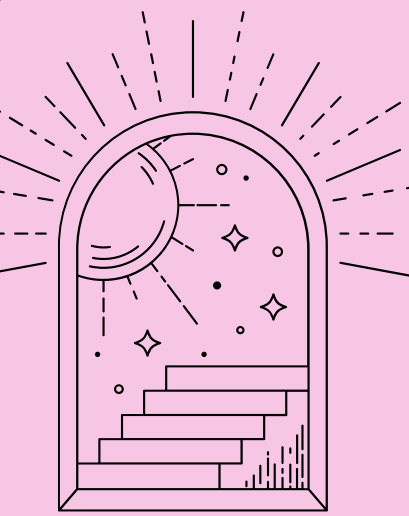
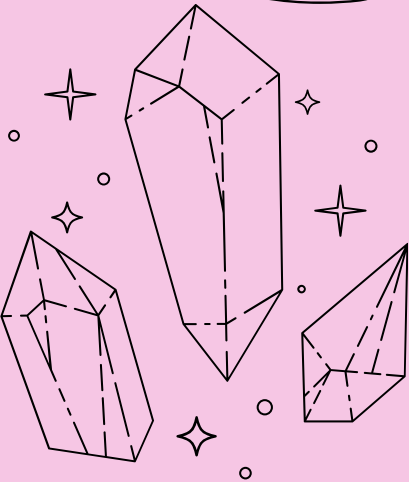
POWERFUL
AFFIRMATIONS TO HELP
YOU MANIFEST FASTER

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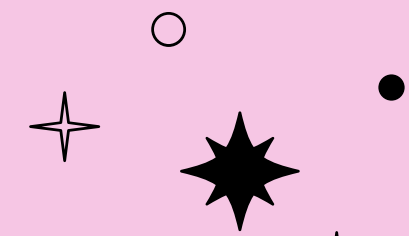
USE THESE AFFIRMATIONS WITH THE JOURNAL TO
REMINDE YOU OF YOUR MANIFESTATION POWER AND HELP
YOURSELF MANIFEST WITH MORE CONFIDENCE AND EASE.



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1. I AM A POWERFUL CO-CREATOR WITH THE UNIVERSE.
2. EVERYTHING I NEED TO MANIFEST MY DESIRES IS ALREADY HERE AND AVAILABLE TO ME NOW.
3. I TRUST THAT THE UNIVERSE WILL PROVIDE ALL THAT I NEED WHEN IT'S IN PERFECT TIMING FOR ME.
4. MY DREAMS ARE COMING TRUE FASTER THAN I EVER IMAGINED.
5. I AM CONFIDENT AND SECURE IN MY ABILITY TO MANIFEST QUICKLY AND EASILY.
6. I OPEN MY HEART AND MIND TO RECEIVE ALL THAT IS AVAILABLE TO ME NOW.
7. ABUNDANCE FLOWS FREELY AND EFFORTLESSLY INTO MY LIFE NOW.
8. ALL OF THE RESOURCES, PEOPLE, AND OPPORTUNITIES I NEED ARE ALREADY MANIFESTING FOR ME.
9. I AM NOW OPEN TO RECEIVING ALL THE ABUNDANCE THAT IS MINE.
10. MY DESIRES MANIFEST WITH EASE AND GRACE EVERY SINGLE DAY.
11. I LET GO OF ANY LIMITING BELIEFS OR DOUBTS ABOUT MY ABILITY TO MANIFEST QUICKLY AND EASILY.





12. I AM NOW A VIBRATIONAL MATCH TO MY DESIRED OUTCOMES.

13. I TAKE INSPIRED ACTION EVERY DAY TOWARD MANIFESTING MY DREAMS INTO REALITY.

14. THE UNIVERSE IS ALWAYS CONSPIRING IN MY FAVOR TO BRING ME ALL THAT I DESIRE.

15. MY FAITH AND TRUST IN THE UNIVERSE ARE UNWAVERING, AND I KNOW THAT I WILL MANIFEST MY DESIRES.

16. I AM AN OPEN CHANNEL FOR ABUNDANCE AND PROSPERITY TO FLOW INTO MY LIFE.

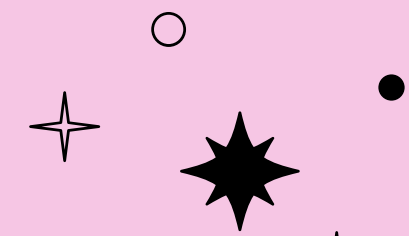
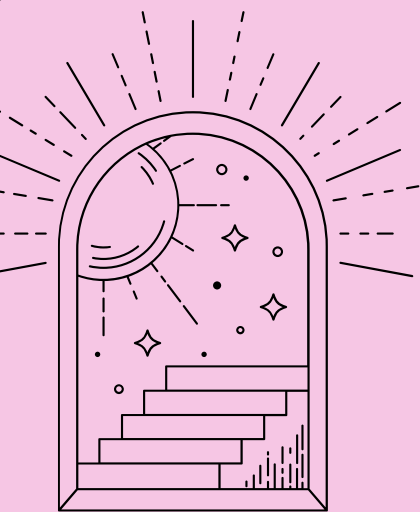
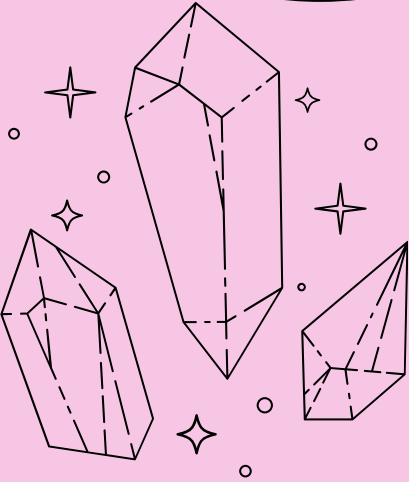
17. I AM ALWAYS SUPPORTED BY THE UNIVERSE IN ALL THAT I DO.

18. I NOW ATTRACT ONLY POSITIVE ENERGY THAT SUPPORTS ME IN MANIFESTING QUICKLY AND EASILY.

19. MY MANIFESTATIONS COME TRUE WITH PERFECT TIMING AND IN THE EXACT RIGHT WAY.

20. I AM WILLING TO TAKE RISKS, LET GO OF FEAR, AND TRUST THAT MY DESIRES WILL MANIFEST.

21. THE UNIVERSE IS MANIFESTING ALL OF MY HEART'S DESIRES NOW.





22. I RELEASE ANY DOUBTS OR FEARS ABOUT THE MANIFESTATION PROCESS WITH GRACE AND EASE.

23. I AM ALIGNED WITH THE POWER OF MANIFESTATION AND ALWAYS RECEIVE WHAT I NEED.

24. ALL OF MY MANIFESTATIONS ARE CREATED IN PERFECT HARMONY WITH THE UNIVERSE.

25. I JOYFULLY ACCEPT THE ABUNDANCE THAT IS NOW MANIFESTING IN MY LIFE.

26. I EASILY AND GRACEFULLY ATTRACT ALL THAT I DESIRE INTO MY LIFE NOW.

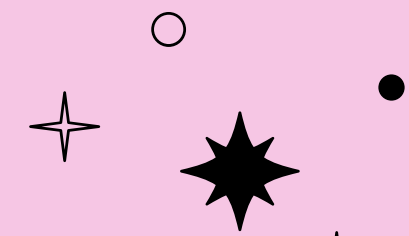
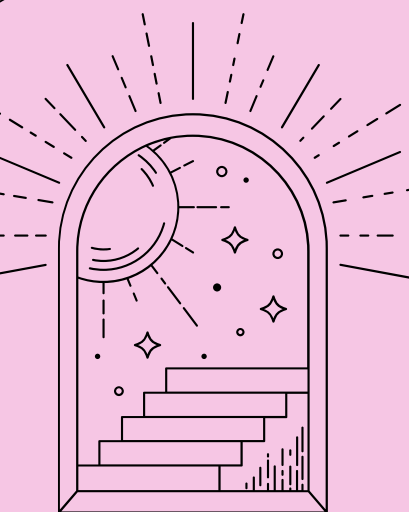
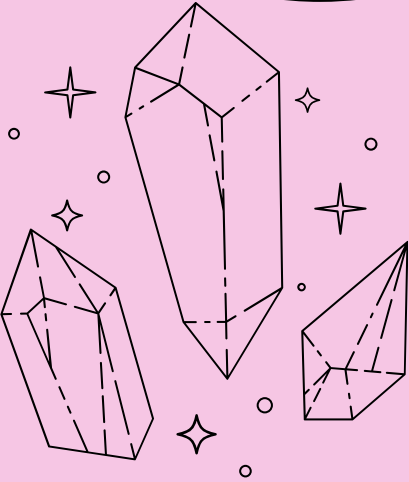
27. I AM A POWERFUL FORCE OF MANIFESTATION AND CREATE MY REALITY WITH INTENTION.

28. I GIVE THANKS FOR ALL THE ABUNDANCE THAT IS ALREADY PRESENT IN MY LIFE.

29. I LIVE IN JOY AND EXPECT MIRACLES TO MANIFEST IN PERFECT TIMING FOR ME.

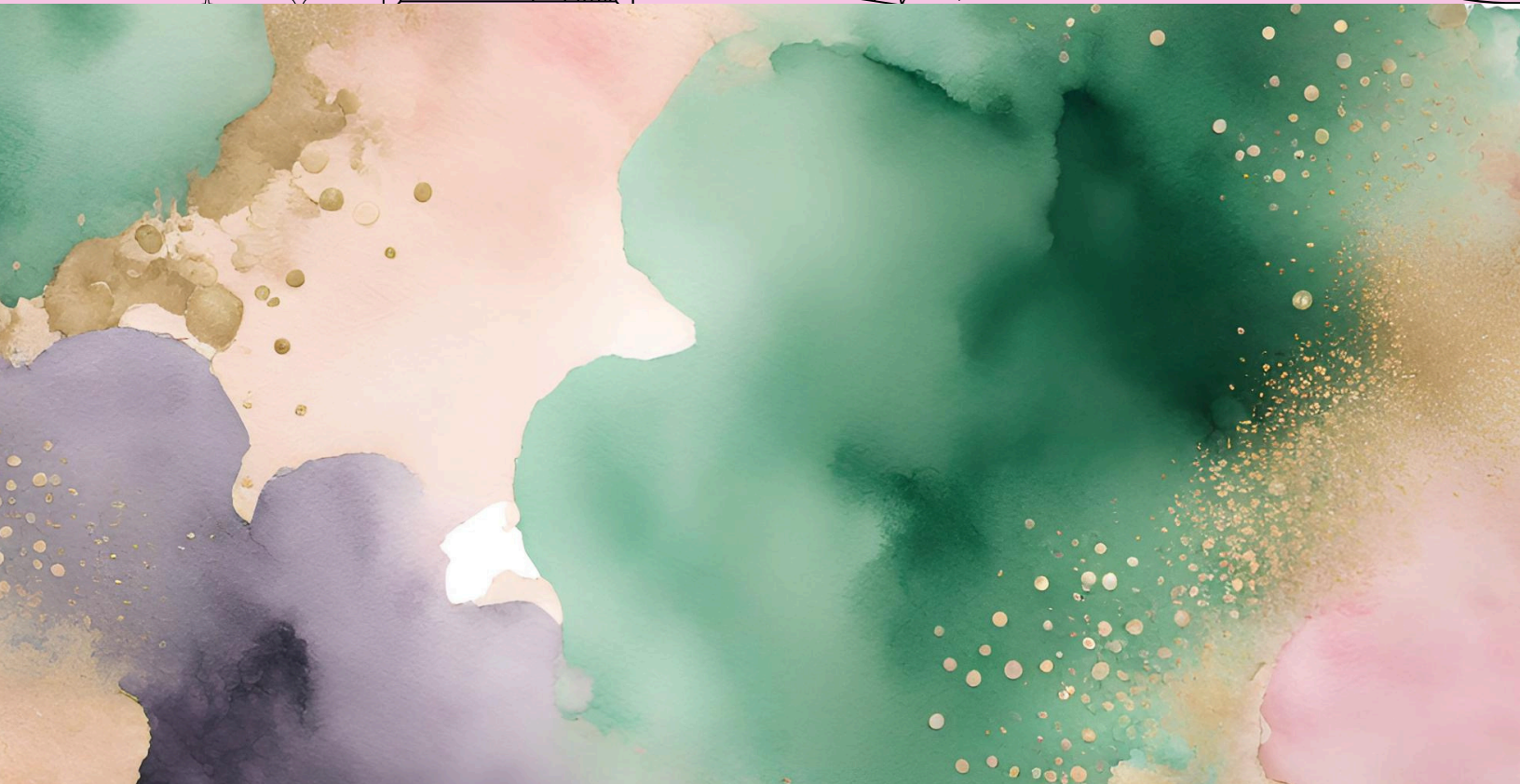
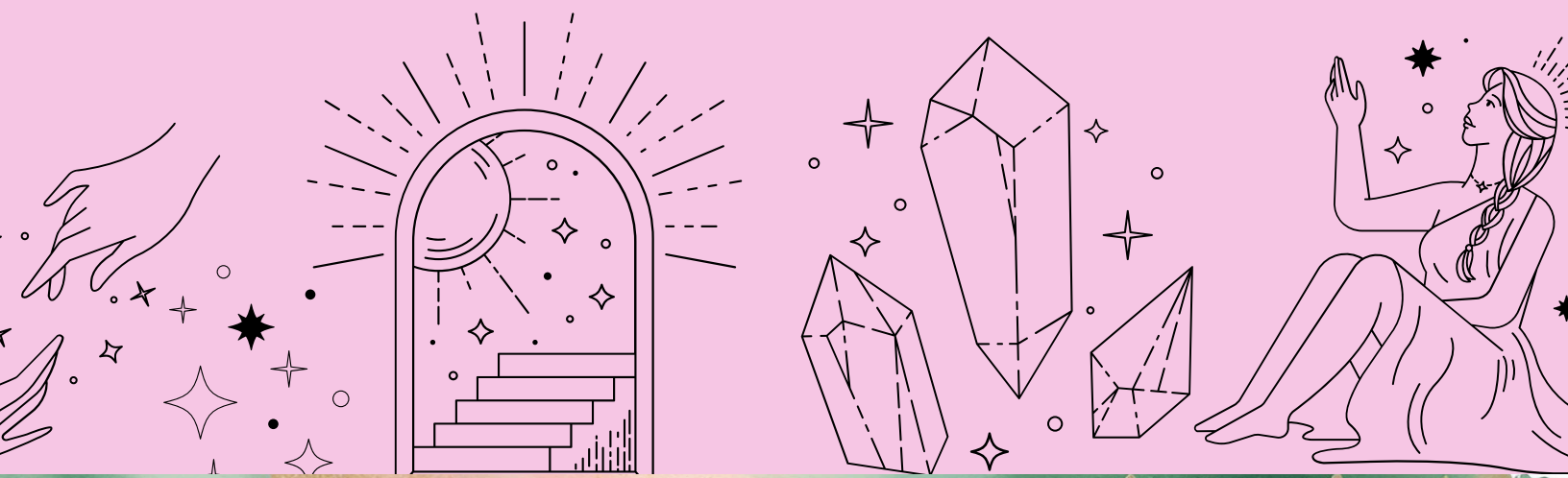
30. MY MANIFESTATIONS ARE DONE EASILY AND EFFORTLESSLY.

31. I AM CONNECTED WITH THE POWER OF MANIFESTATION AND TRUST IN ITS ABILITY TO DELIVER MY DESIRES.



32. MY FAITH IS STRONG AND I KNOW
THAT ALL OF MY MANIFESTATIONS WILL
COME TRUE QUICKLY AND EASILY.

33. ALL OF MY DREAMS MANIFEST INTO
REALITY NOW!



YOUR 1ST MANIFESTATION

FORMULATE YOUR FIRST MANIFESTATION HERE:

A reminder of the recommended formula:

- A.) START THE MANIFESTATION WITH GRATITUDE
- B.) ADD EMOTIONS (HOW YOU WANT TO FEEL)
- C.) ADD THE WORDS "INTO MY LIFE"
- D.) KEEP IT SHORT. YOU SHOULD BE ABLE TO READ YOUR MANIFESTATION IN 15 - 17 SECONDS.

FOR THE NEXT 33 DAYS, USE THE
FOLLOWING PAGES TO:

#1: WRITE YOUR MANIFESTATION 3 TIMES IN THE MORNING,
6 TIMES AT MIDDAY, AND 9 TIMES BEFORE GOING TO BED.

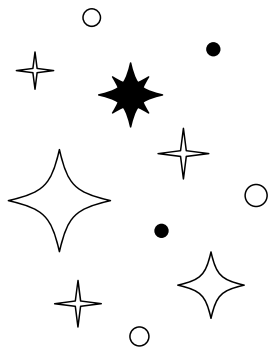
#2: JOURNAL IN THE MORNING OR BEFORE GOING TO BED USING ONE
OF THE 33 MANIFESTATION PROMPTS.

#3: PRACTICE YOUR FAVORITE MANIFESTATION AFFIRMATIONS THAT
WILL SUPPORT YOUR EFFORTS AND GIVE YOU THE CONFIDENCE AND
TRUST YOU NEED TO MANIFEST WITH EASE.

#4: REFLECT ON ALIGNED ACTION STEPS YOU WANT TO TAKE.

#5: TRACK PROGRESS AND NOTE DOWN ANY SMALL OR BIG WINS.

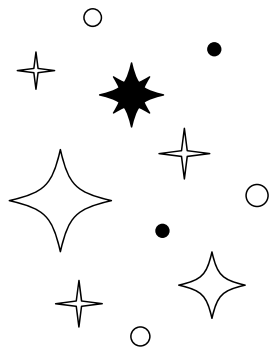
09



the 369 GUIDED
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Lined writing area consisting of 20 horizontal lines.

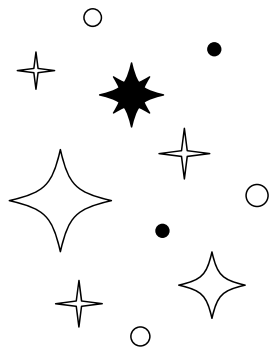
18



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Multiple horizontal lines for journaling.

21



the 369 GUIDED
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Lined writing area consisting of 21 horizontal lines.

YOUR 2ND MANIFESTATION

FORMULATE YOUR FIRST MANIFESTATION HERE:

A reminder of the recommended formula:

- A.) START THE MANIFESTATION WITH GRATITUDE
- B.) ADD EMOTIONS (HOW YOU WANT TO FEEL)
- C.) ADD THE WORDS "INTO MY LIFE"
- D.) KEEP IT SHORT. YOU SHOULD BE ABLE TO READ YOUR MANIFESTATION IN 15 - 17 SECONDS.

FOR THE NEXT 33 DAYS, USE THE
FOLLOWING PAGES TO:

#1: WRITE YOUR MANIFESTATION 3 TIMES IN THE MORNING,
6 TIMES AT MIDDAY, AND 9 TIMES BEFORE GOING TO BED.

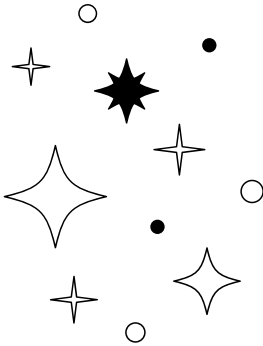
#2: JOURNAL IN THE MORNING OR BEFORE GOING TO BED USING ONE
OF THE 33 MANIFESTATION PROMPTS.

#3: PRACTICE YOUR FAVORITE MANIFESTATION AFFIRMATIONS THAT
WILL SUPPORT YOUR EFFORTS AND GIVE YOU THE CONFIDENCE AND
TRUST YOU NEED TO MANIFEST WITH EASE.

#4: REFLECT ON ALIGNED ACTION STEPS YOU WANT TO TAKE.

#5: TRACK PROGRESS AND NOTE DOWN ANY SMALL OR BIG WINS.

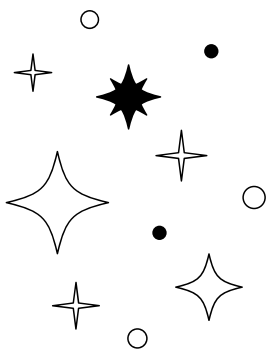
24



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Lined writing area consisting of 20 horizontal lines.

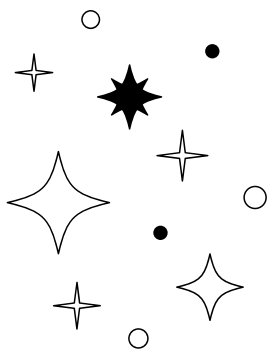
32



the 369 GUIDED
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A series of 20 horizontal lines for writing, spaced evenly down the page.

33



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JOURNAL

Lined writing area consisting of 21 horizontal lines.

YOUR 3RD MANIFESTATION

FORMULATE YOUR FIRST MANIFESTATION HERE:

A reminder of the recommended formula:

- A.) START THE MANIFESTATION WITH GRATITUDE
- B.) ADD EMOTIONS (HOW YOU WANT TO FEEL)
- C.) ADD THE WORDS "INTO MY LIFE"
- D.) KEEP IT SHORT. YOU SHOULD BE ABLE TO READ YOUR MANIFESTATION IN 15 - 17 SECONDS.

FOR THE NEXT 33 DAYS, USE THE
FOLLOWING PAGES TO:

#1: WRITE YOUR MANIFESTATION 3 TIMES IN THE MORNING,
6 TIMES AT MIDDAY, AND 9 TIMES BEFORE GOING TO BED.

#2: JOURNAL IN THE MORNING OR BEFORE GOING TO BED USING ONE
OF THE 33 MANIFESTATION PROMPTS.

#3: PRACTICE YOUR FAVORITE MANIFESTATION AFFIRMATIONS THAT
WILL SUPPORT YOUR EFFORTS AND GIVE YOU THE CONFIDENCE AND
TRUST YOU NEED TO MANIFEST WITH EASE.

#4: REFLECT ON ALIGNED ACTION STEPS YOU WANT TO TAKE.

#5: TRACK PROGRESS AND NOTE DOWN ANY SMALL OR BIG WINS.

