

# THE ULTIMATE MANIFESTATION GUIDE

a simple yet  
comprehensive  
workbook



Health Warrior Doc

# GETTING TO KNOW MYSELF

Answer the following questions. There are no rules. Just let your heart speak.

**AM I TRULY HAPPY AND AT PEACE WITH MYSELF?  
WHY? WHY NOT?**

**WHAT IS MY "HIGHER SELF" LIKE? DESCRIBE IN DETAIL.**

# THOUGHT PATTERN

Start monitoring your thought patterns. Write down negative thoughts and replace each and every negative thought with positive ones.

NEGATIVE

POSITIVE

NEGATIVE

POSITIVE

NEGATIVE

POSITIVE

NEGATIVE

POSITIVE

# LIMITING BELIEFS

A BELIEF THAT IS HOLDING YOU BACK:  
" ex. I can't change myself."

WHERE DID THIS BELIEF COME FROM?

HOW IS THIS BELIEF HARMFUL?

WHAT IS A BETTER ALTERNATIVE FOR THIS BELIEF?

# MORNING ROUTINE

WEEK:

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**S**  
**A**  
**V**  
**E**  
**R**  
**S**

	MON	TUE	WED	THU	FRI	SAT	SUN
SILENCE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
AFFIRMATIONS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
VISUALIZATIONS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
EXERCISE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
READING	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SCRIBING	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

MY WHY

NOTES



# 10 MINUTES TO FACE FEAR

Write a thank you note to someone you wanted to thank for long time and didn't have a chance yet.

Date:

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One old fear you are so ready to put behind you:

One way in which your old fear holds you back:

One way your life will be improved by overcoming it:

The final thing you would do if you could step out from behind your fear:

One very small step you can take forward that first thing:

# 10 MINUTES GRATITUDE

Write a thank you note to someone you wanted to thank for long time and didn't have a chance yet.

Date:

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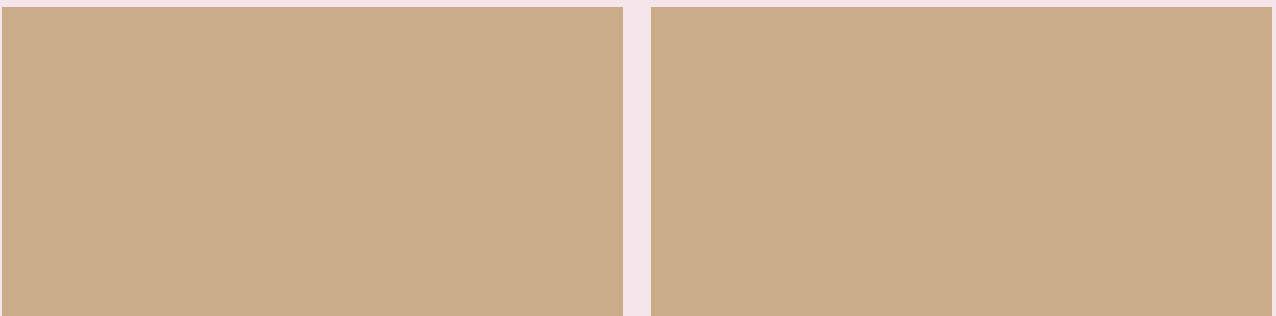
One person you would like to thank:



One thing you would like to thank her or him for:



Two details to describe the thing or action for which you're thankful:



One way in which the thing or action made a difference to you:



# DAILY GRATITUDE

Morning:

Date:

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I am grateful for:

I'm looking forward to:

Daily Affirmations:

Evening:

Good things that happened today:

Things I can do to make tomorrow even better:

# DAILY GRATITUDE

Morning:

Date:

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# GRATITUDE TRACKER

Month: \_\_\_\_\_

The form features a semi-circular calendar on the left side, with days numbered from 1 to 31. The days are arranged in a curve, with 1 at the top and 31 at the bottom. The right side of the form is a large grid of lines, with the top-left corner of the grid meeting the semi-circular calendar. The lines are spaced evenly and extend across the entire width of the form, creating a grid for tracking gratitude.

# RAISE YOUR VIBRATION

One person with whom you share your adventures:

One meal that reminds you of home:

One memory that makes you giggle:

One errand you're always up for:

One thing you believe now more than ever:

One kind of surprise that brightens your day:

One music that you love to listen:

# INSPIRATIONS

PODCASTS

BOOKS

SONGS

VIDEOS

COURSES

AUDIO

# MEDITATION TRACKER

DAY	MEDITATION ACTIVITY	DURATION
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		
SUNDAY		
TOTAL MEDITATION TIME:		

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MONDAY		
TUESDAY		
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THURSDAY		
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SUNDAY		
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# MANIFEST YOUR DREAMS

## HEALTH

I feel vibrant and alive.

## RELATIONSHIPS

I feel so lucky to have loving people.

## SPIRITUALITY

I feel calm, centered, and connected.

## FINANCES

I feel abundant.

## MIND

My mind is sharp and focused.

# DESIRE WORKSHEET

## DEFINING MY DESIIRE

## STATING MY WHY

## HOW WHOULD I FEEL

# 3 - 6 - 9 METHOD

Date

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Write 3 times the name of the thing you want to manifest:



Write 6 times your intention for thing you want to manifest:



Write 9 times what you want to manifest. Be specific and visualize it.



# 3 - 6 - 9 METHOD

Date

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# MANIFESTING CHEAT SHEET

## IDENTIFY

I want to manifest [your desire] because it will make me feel [identify the emotions this manifestation will give you]

## DAYDREAM

What will it feel like when your desire becomes a reality? (Use present tense, ex: I feel, I am, I am thankful...)

## ALIGN

List what you can do TODAY to practice feeling the feelings from part 1.

# VISION BOARD

CAREER / BUSINESS

FINANCE

FAMILY / FRIENDS

LOVE

PERSONAL GROWTH

HEALTH

LEISURE

MIND

# MANIFESTING HEALTH

WHAT I WANT TO MANIFEST?

WHY I WANT TO MANIFEST IT?

HOW WILL I MANIFEST IT?

FIRST 3 STEPS TO BEGIN WITH

# MANIFESTING WEALTH

WHAT I WANT TO MANIFEST?

WHY I WANT TO MANIFEST IT?

HOW WILL I MANIFEST IT?

FIRST 3 STEPS TO BEGIN WITH

# MANIFESTING BUSINESS

WHAT I WANT TO MANIFEST?

WHY I WANT TO MANIFEST IT?

HOW WILL I MANIFEST IT?

FIRST 3 STEPS TO BEGIN WITH

# MANIFESTING CAREER

WHAT I WANT TO MANIFEST?

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WHY I WANT TO MANIFEST IT?

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HOW WILL I MANIFEST IT?

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FIRST 3 STEPS TO BEGIN WITH


# MANIFESTING LOVE

WHAT I WANT TO MANIFEST?

WHY I WANT TO MANIFEST IT?

HOW WILL I MANIFEST IT?

FIRST 3 STEPS TO BEGIN WITH

# MANIFESTING FAMILY

WHAT I WANT TO MANIFEST?

WHY I WANT TO MANIFEST IT?

HOW WILL I MANIFEST IT?

FIRST 3 STEPS TO BEGIN WITH

# MANIFESTING FRIENDS

WHAT I WANT TO MANIFEST?

WHY I WANT TO MANIFEST IT?

HOW WILL I MANIFEST IT?

FIRST 3 STEPS TO BEGIN WITH

# MANIFESTING TRAVEL

WHAT I WANT TO MANIFEST?

WHY I WANT TO MANIFEST IT?

HOW WILL I MANIFEST IT?

FIRST 3 STEPS TO BEGIN WITH

# MANIFESTING HOME

WHAT I WANT TO MANIFEST?

WHY I WANT TO MANIFEST IT?

HOW WILL I MANIFEST IT?

FIRST 3 STEPS TO BEGIN WITH

# MANIFESTING CAR

WHAT I WANT TO MANIFEST?

WHY I WANT TO MANIFEST IT?

HOW WILL I MANIFEST IT?

FIRST 3 STEPS TO BEGIN WITH

# VISUALIZATION REFLECTION

DURING MY VISUALIZATION I SAW:

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DURING MY VISUALIZATION I FELT EMOTIONS:

--

USING MY 5 SENSES, I COULD SEE, HEAR, SMELL, TASTE, TOUCH:

--



WHAT I'D LIKE TO SEE MORE OF:

--

WHAT I'D LIKE TO SEE LESS OF:

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# SETTING INTENTIONS

MY INTENTION FOR THIS YEAR/DAY:

DESCRIBE IT

HOW DOES THAT INTENTION MAKE  
YOU FEEL?

HOW DOES THAT INTENTION MAKE  
OTHERS FEEL?

WRITE 3 OR MORE WAYS HOW YOUR INTENTION IS SERVING YOU RIGHT NOW:





# LETTING GO WORKSHEET

WHAT I'M LETTING GO OF

HOW I FEEL

STEPS TO MOVE FORWARD

HOW THIS WILL HELP ME

DRAW A SYMBOL OR A FEW WORDS ABOUT LETTING GO

# MY 10 AFFIRMATIONS

1. I AM ...

2. I AM ...

3. I AM ...

4. I AM ...

5. I AM ...

6. I AM ...

7. I AM ...

8. I AM ...

9. I AM ...

10. I AM ...









# RECEIVING IN WORKSHEET

WHAT I'M RECEIVING IN

HOW I FEEL

AFFIRMATIONS

HOW THIS WILL HELP ME

DRAW A SYMBOL OR A FEW WORDS ABOUT RECEIVING IN

# PERFECT DAY

WHAT DOES THE TYPICAL DAY LOOK LIKE FOR ME?

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WHAT'S MY INCOME?

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WHAT EXCITES ME MOST ABOUT LIFE NOW?

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ADVISE I WOULD GIVE TO OLD ME

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# MONEY BLOCK SELF TALK

Topic of Conversation:

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What You Said:

From Whom This Idea Came From:

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Why You Said It:

What Happened Next:

How You Feel About It:

What You Learned:

# EDIT MONEY BLOCKS

MONEY BLOCKS



EDIT



MONEY BLOCKS



EDIT



MONEY BLOCKS



EDIT



# MANIFESTING MONEY

THE UNIVERSE BANK

\_\_\_\_\_  
DATE

PAY TO THE ORDER OF \_\_\_\_\_

\$

\_\_\_\_\_  
PAID IN FULL

\_\_\_\_\_  
THE UNIVERSE

\_\_\_\_\_  
FOR

\_\_\_\_\_  
SIGNATURE

THE UNIVERSE BANK

\_\_\_\_\_  
DATE

PAY TO THE ORDER OF \_\_\_\_\_

\$

\_\_\_\_\_  
FOR

\_\_\_\_\_  
SIGNATURE

THE UNIVERSE BANK

\_\_\_\_\_  
DATE

PAY TO THE ORDER OF \_\_\_\_\_

\$

\_\_\_\_\_  
FOR

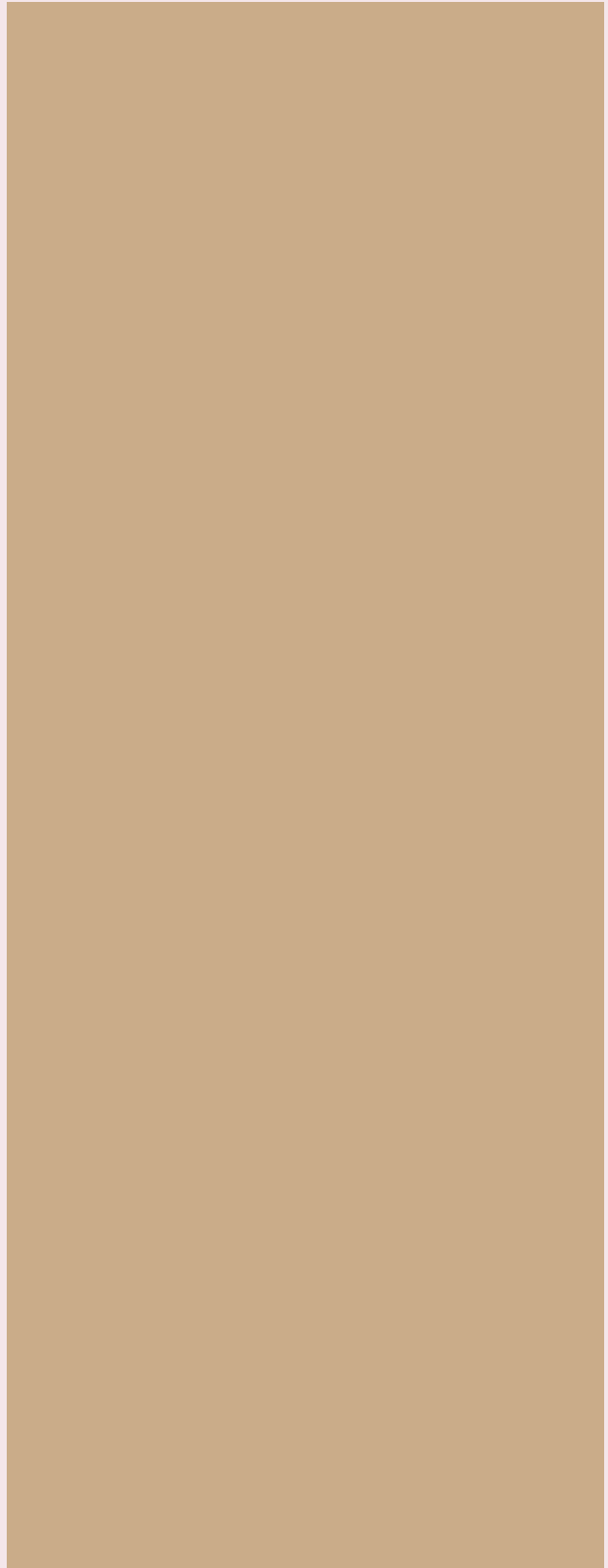
\_\_\_\_\_  
SIGNATURE

# MY BELIEFS ABOUT MONEY

MONEY IS



MONEY SHOULD



# 10 WAYS OF THINKING

When we are kind to ourselves and speak with good intentions, we are more likely to attract good things. Write down 10 ways of positive thinking.

**1**

**2**

**3**

**4**

**5**

**6**

**7**

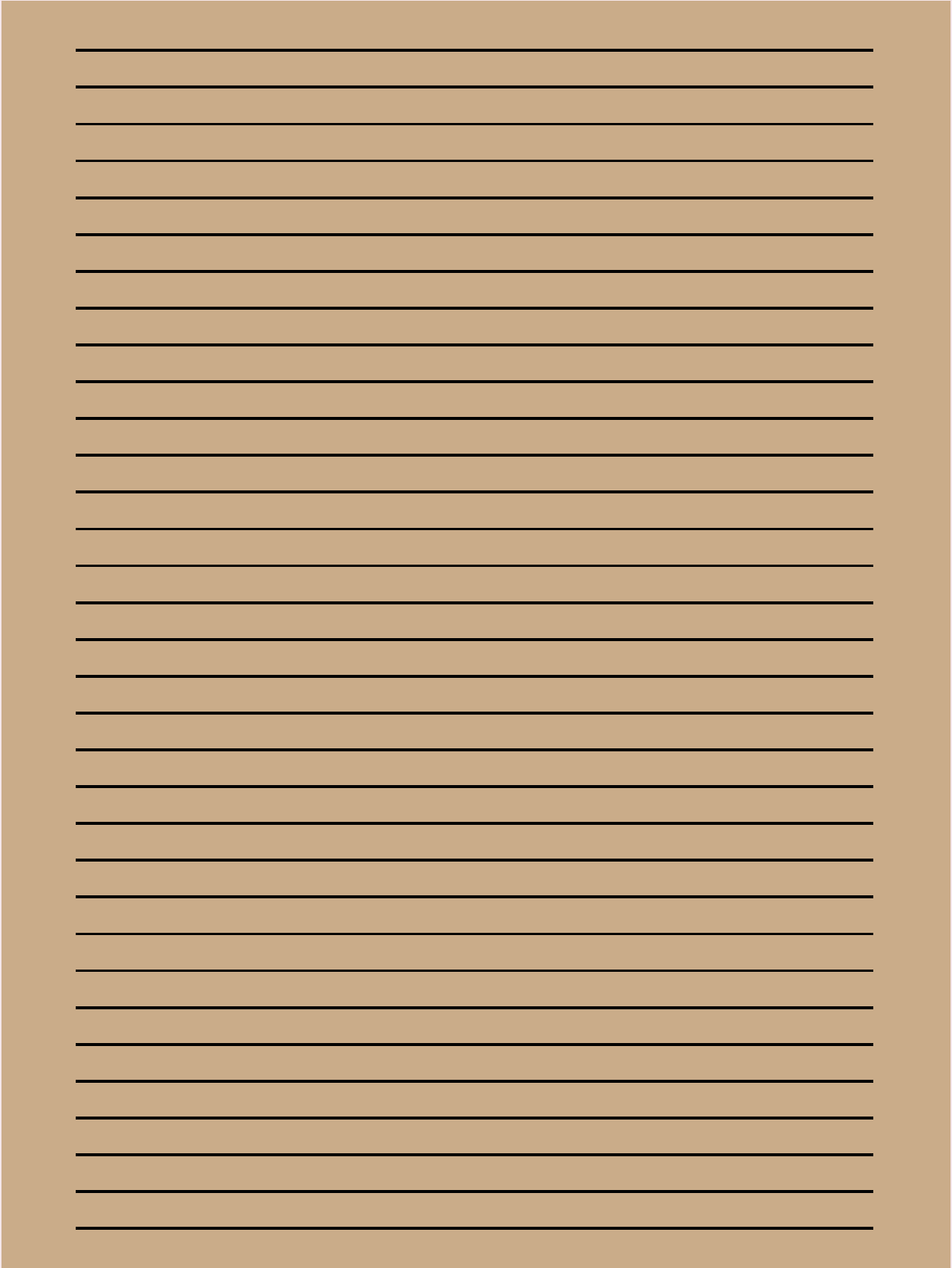
**8**

**9**

**10**

# LETTER TO FUTURE ME

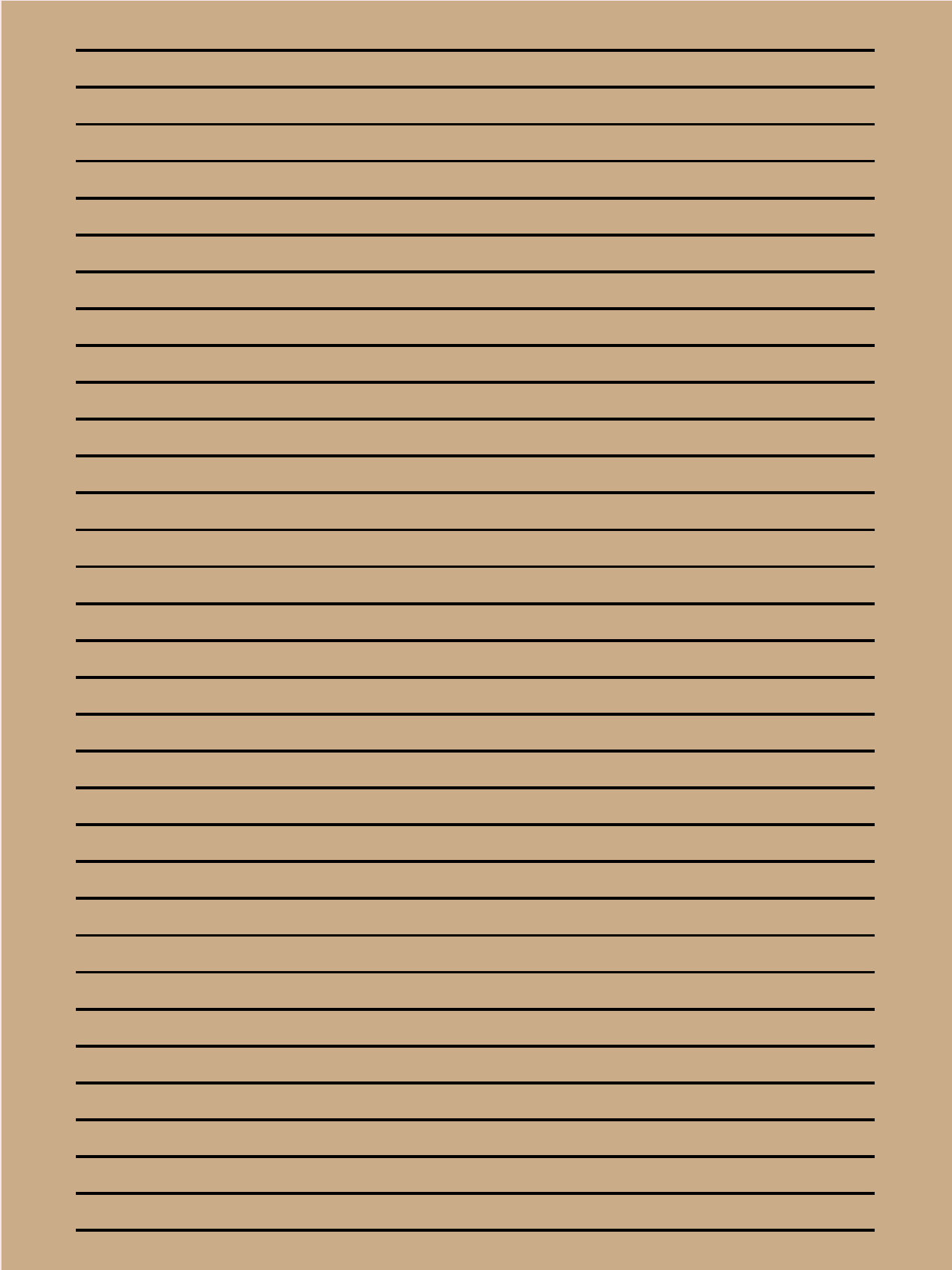
Write a letter to the future: set goals for yourself, make a prediction about the world. Envision the future, and then make it happen.



A large tan rectangular area containing horizontal lines for writing. The lines are evenly spaced and extend across the width of the area, providing a template for writing a letter to one's future self.

# LETTER TO FUTURE ME

Write a letter to the future: set goals for yourself, make a prediction about the world. Envision the future, and then make it happen.

A large, solid tan-colored rectangular area occupies the lower two-thirds of the page. It is filled with horizontal black lines, spaced evenly, providing a template for writing a letter. The lines are consistent in length and spacing, creating a clean, structured writing space.

# CELEBRATIONS & REWARDS

WHAT I AM CELEBRATING

HOW I AM CELEBRATING

WHAT I AM TREATING MYSELF TO

TO DO

NOTES

# DAILY MINDFULNESS

M	T	W	T	F	S	S
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TOP DAILY AFFIRMATIONS

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GRATITUDE

NOTES

# DAILY MINDFULNESS

M	T	W	T	F	S	S
---	---	---	---	---	---	---

TOP DAILY AFFIRMATIONS

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GRATITUDE

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# DAILY MINDFULNESS

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TOP DAILY AFFIRMATIONS

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TOP DAILY AFFIRMATIONS

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TOP DAILY AFFIRMATIONS

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M	T	W	T	F	S	S
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TOP DAILY AFFIRMATIONS

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GRATITUDE

NOTES

# MANIFESTING FOCUS

FOCUS FOR TODAY

STEPS TO REACH MY GOAL

AFFIRMATIONS FOR FOCUS

DRAW A FOCUS SYMBOL OR WHAT YOU'RE FOCUSING FOR

# MANIFESTING GOALS

GOALS

WHAT WILL IT LOOK LIKE WHEN I ACHIEVE THIS?

HOW WILL I FEEL WHEN I ACHIEVE THIS?

MY STEPS

DATE I PLAN TO MANIFEST THIS

MANIFESTED DATE

# PERSONAL PLANNER

MONTH: \_\_\_\_\_

MON	TUE	WED	THU	FRI	SAT	SUN

NOTES

GOALS

# WEEKLY REFLECTION

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SUNDAY

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MONDAY

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TUESDAY

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WEDNESDAY

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THURSDAY

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FRIDAY

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SATURDAY

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NOTES

# MONTHLY REFLECTION

BEST THINGS THAT HAPPENED THIS MONTH

WHO WERE THE BEST PEOPLE OF THE MONTH (WHY?)

WHAT CAN I DO TO MAKE NEXT MONTH EVEN BETTER

# YEARLY REFLECTION

THE BEST THINGS THAT HAPPENED THIS YEAR

THE BEST PEOPLE OF THE YEAR (WHY?)

WHAT I LEARNED THIS YEAR

I'M MOST GRATEFUL FOR

WHAT I AM DOING TO MAKE NEXT YEAR EVEN BETTER

# MANIFESTATION UPDATES

CAREER

BUSINESS

FINANCE

HEALTH

FAMILY

FRIENDS

# MANIFESTATION UPDATES

**LOVE**

**LEISURE**

**PERSONAL GROWTH**

**MIND**

**TRAVEL**

**NEW THINGS**

# BUCKET LIST

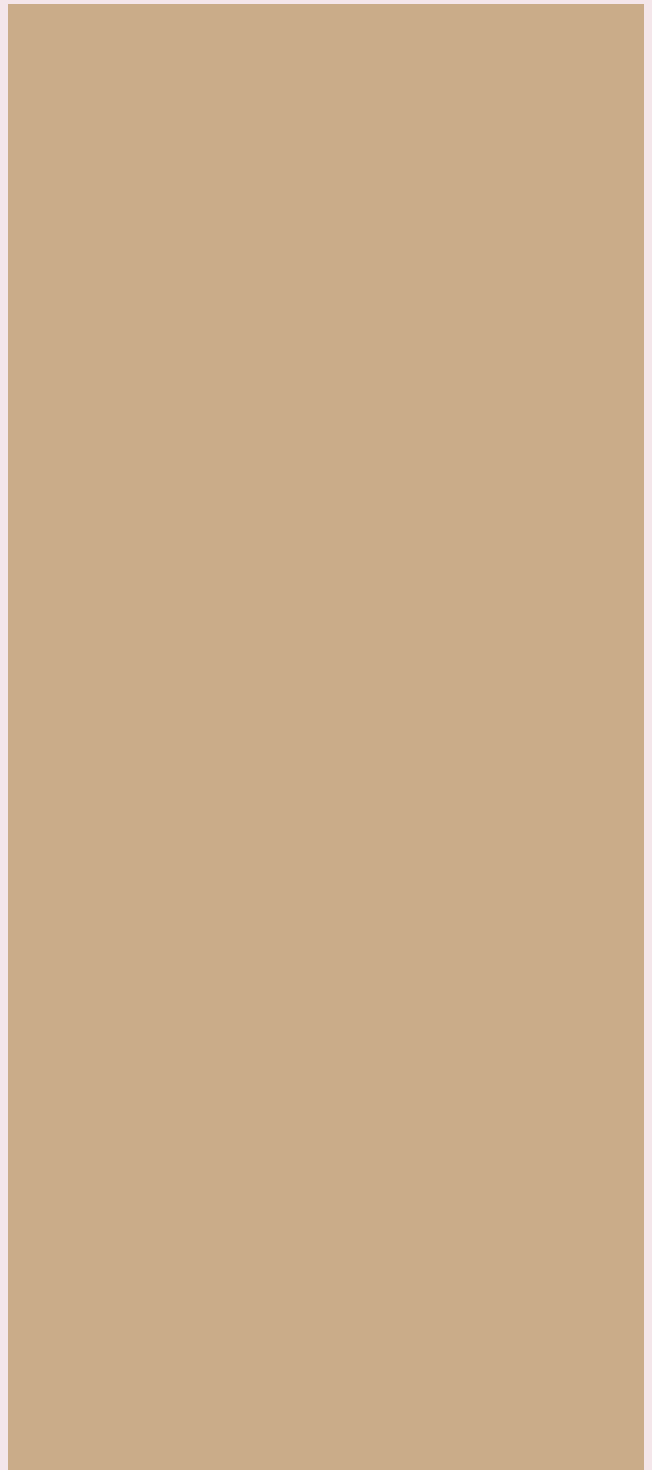
## ACHIEVEMENTS

On this side, write down all the things you want to ACHIEVE in your life - physically, financially, relationship wise, in your career etc.

A large, empty rectangular area with a light beige background, intended for writing down achievements.

## EXPERIENCES

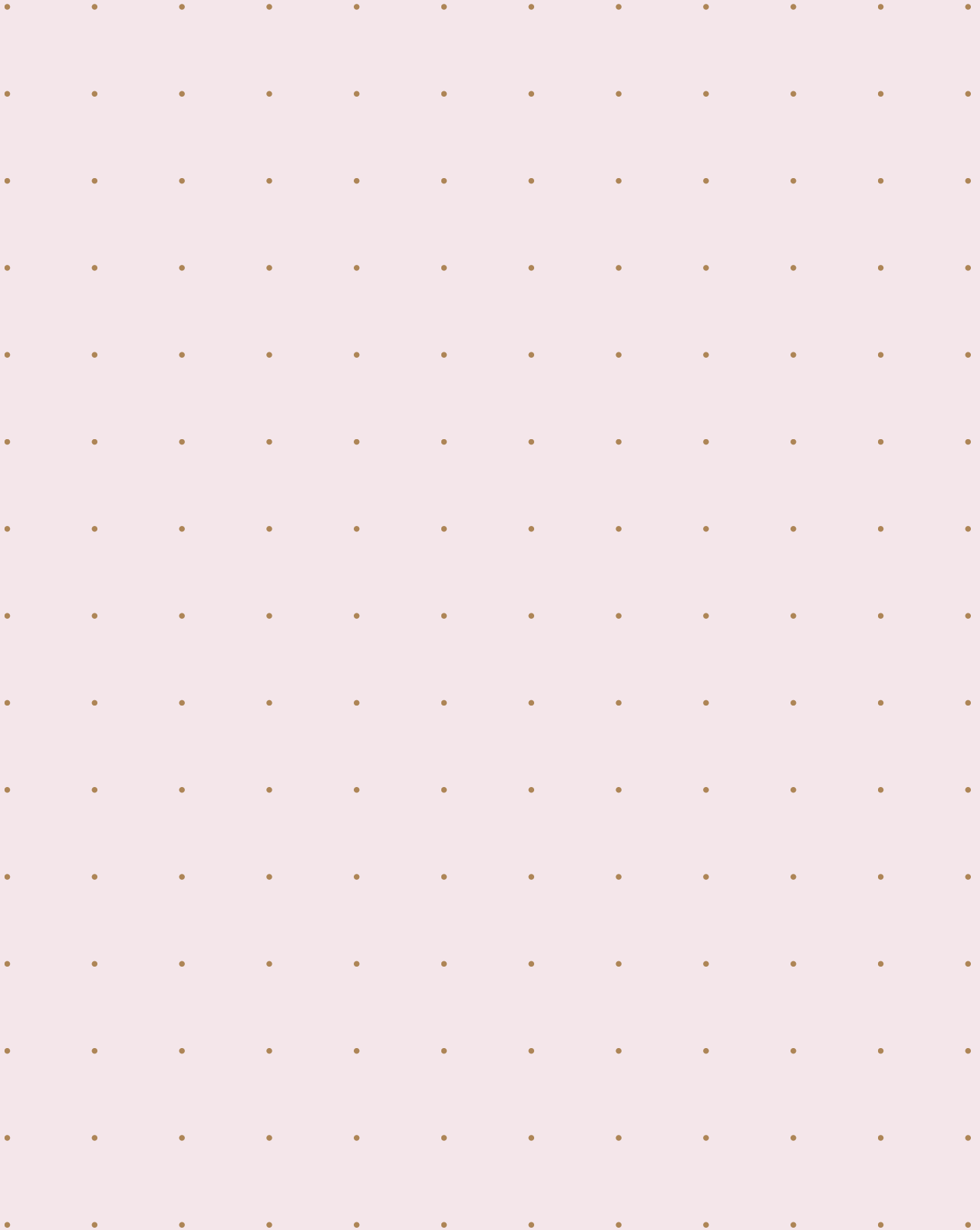
On this side, write down all the things you want to EXPERIENCE in your life - happiness, new places, foods etc.

A large, empty rectangular area with a light beige background, intended for writing down experiences.

# MY NEW REALITY



# JOURNALING



# JOURNALING

A large, solid tan rectangular area occupies the lower two-thirds of the page. It is filled with horizontal black lines, spaced evenly, providing a template for journaling. The lines are parallel and extend across the width of the tan area, leaving a small margin from the left and right edges.

# JOURNALING

A large tan rectangular area containing horizontal black lines for journaling. The lines are evenly spaced and extend across the width of the area, providing a structured space for writing.

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# JOURNALING

A large rectangular area with a light beige background, containing 30 horizontal black lines for writing. The lines are evenly spaced and extend across most of the width of the page, leaving a small margin on the right side.

# JOURNALING

A large, solid tan-colored rectangular area occupies the lower two-thirds of the page. Within this area, there are 30 horizontal black lines, evenly spaced, providing a template for journaling or writing.