



Dr. *Manish Plaha*



THE ALIGNED MANIFESTATION PLANNER

Use this planner to set goals and gain clarity on your manifestations

www.drmanishplaha.com

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WELCOME TO YOUR ALIGNED MANIFESTATION PLANNER

This planner provides an invitation to a valuable and often overlooked element of the manifestation process. The step of gaining clarity. This is the opportunity to pause and take an honest look at where you are and to listen to your inner calling.

Enquiring: What is it that wants to be expressed through me?

The most powerful way to gain clarity is to allow it to land in the body, not just the mind. Allow your intuition to speak through your feeling sense and express what lights you up and sparks your inner fire the most. This is an invitation to slow down, reflect, and reconnect with what truly matters to you right now.

Try not to judge what comes up. When we come from this space of full openness we can be surprised by what comes through. Write without filtering or correcting. There are no wrong answers, no expectations to perform, and nothing to get right.

It is from the clarity that you gain here that you may take the journey to the full embodiment of your highest dreams and desires.



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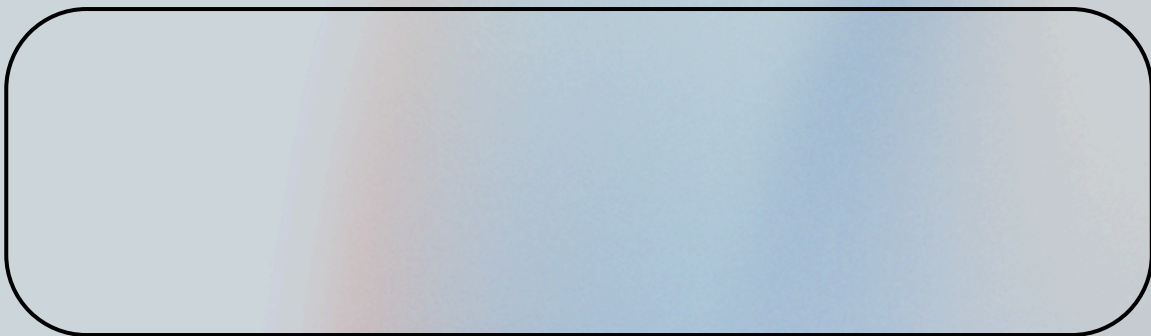


THE LIFE THAT WANTS TO BE LIVED THROUGH ME

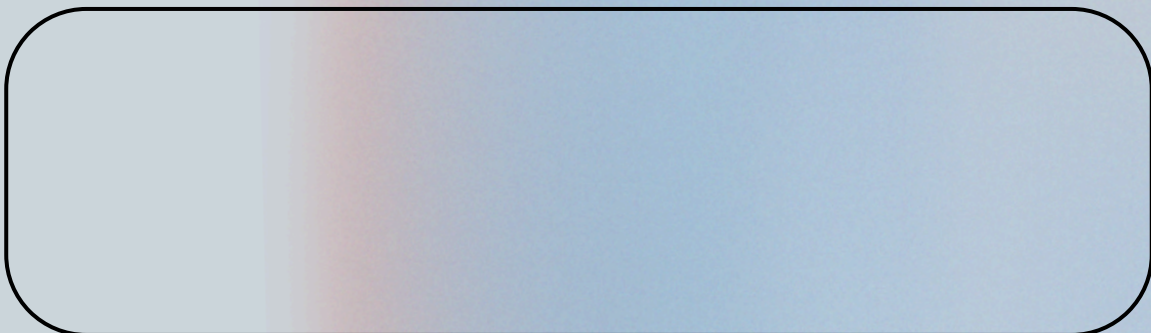
If fear, timing, and money, were no longer barriers, I would love to...



What desires keep returning even though I try to ignore them?



What is it that lights me up the most and make me feel the most alive?

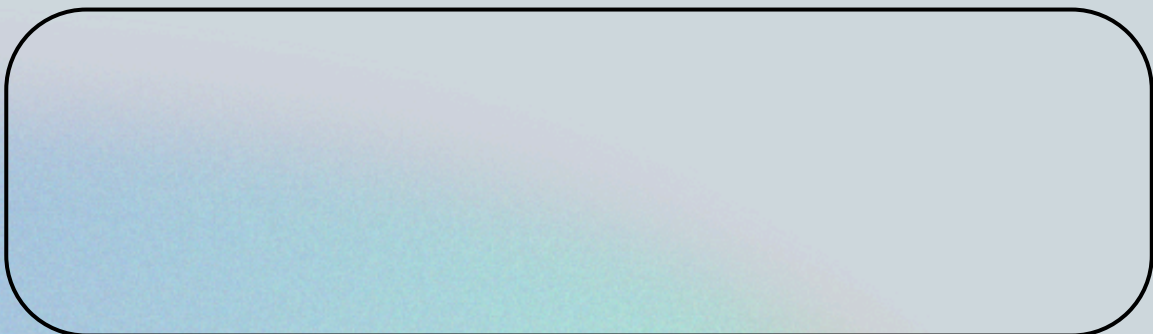


IMPORTANT LIFE QUESTIONS

What feels most meaningful for me to bring into the world?



What do I want to be remembered for when my life is complete?



What am I ready to let go of, because it no longer serves me?

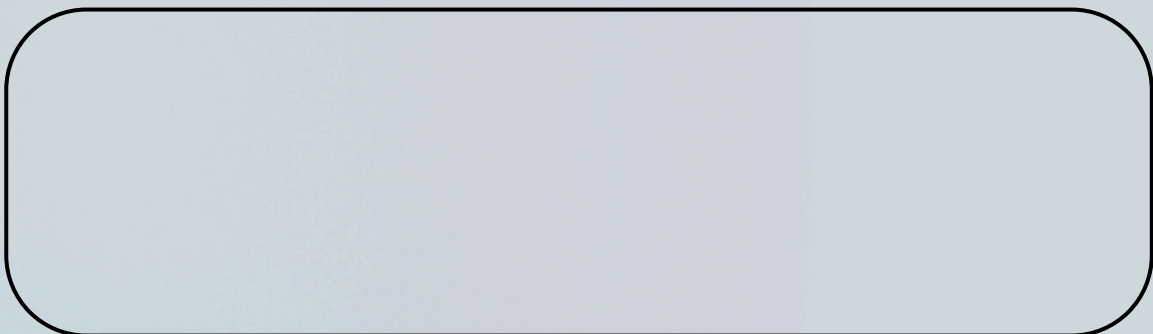


IMPORTANT LIFE QUESTIONS

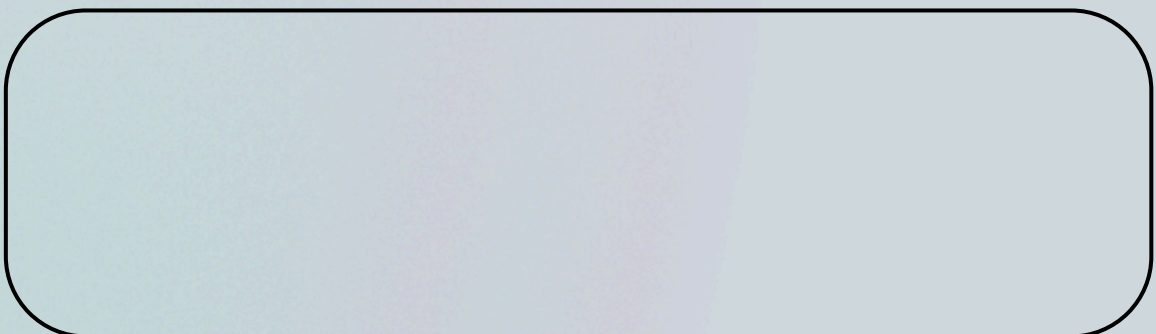
What emotional state would I be living from when all my life goals were achieved?



What values feel essential to who I am, and where do I experience the deepest sense of meaning?

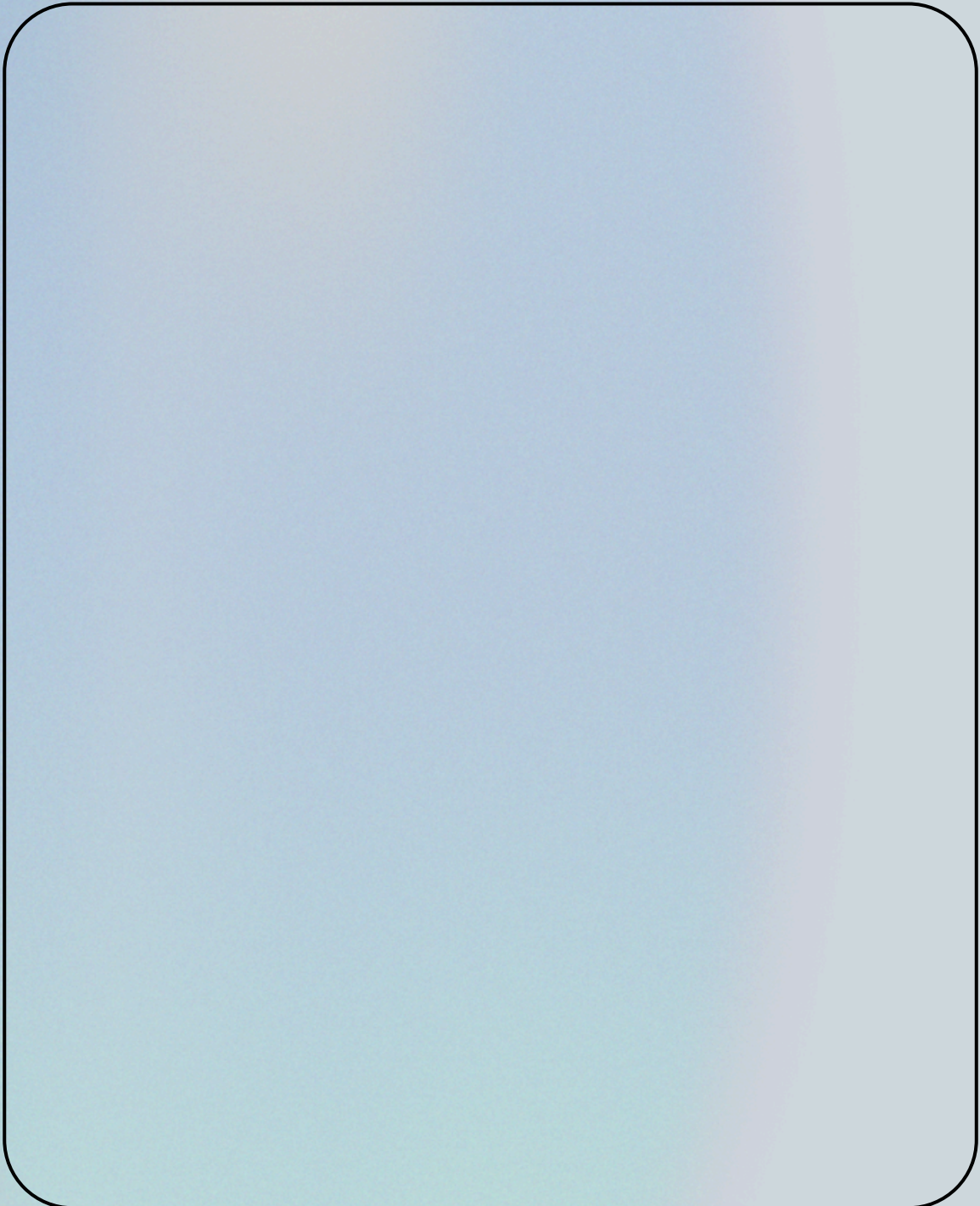


What does a successful life genuinely look and feel like for me?



TOP 10 LIFE ACHIEVEMENTS

What about this list, that I already built, overcame, or learned proves my ability to continue to accomplish what I seek?



YEAR REFLECTION

Taking an honest reflection of the last 12 months

What insights or understanding would have supported me most at the start of the last 12 months?

What challenges or patterns have I moved through, and how did I meet them?

In what ways have I grown, shifted, or evolved?



YEAR REFLECTION

Taking an honest reflection of the last 12 months

What do I wish I had approached differently, and what did it teach me?

In which moments or experiences did I feel the deepest sense of joy and aliveness?

What was my greatest achievement?



YOUR NEXT YEAR AHEAD

Taking into account all of your reflections, how will each of the 12 areas of your life look like in 12 months time? Tap into your intuition and expect the highest and best for yourself, because this is what you deserve!

Write from the perspective of this future version of you in the first person .

Example "I am feeling joyful and full of energy..."

Career

Health

Nature



YOUR NEXT YEAR AHEAD

How will each of the 12 areas of your life look like in 12 months time?

Fun & Recreation

Spirituality

Relationships



YOUR NEXT YEAR AHEAD

How will each of the 12 areas of your life look like in 12 months time?

Family

Mental & Emotional Health

Love



YOUR NEXT YEAR AHEAD

How will each of the 12 areas of your life look like in 12 months time?

Personal Growth

Physical Health & Wellbeing

Life Purpose

