

# UNLOCK YOUR MANIFESTING MOJO



HOW TO HAVE ALL YOU DESIRE ON  
YOUR OWN TERMS

ELEVATED DESIGN LAB





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# WELCOME



Hey there! I bet you've tried everything in your power to manifest something, but no matter how hard you work or how much effort you put in, it seems like things just aren't falling into place. It can be incredibly frustrating when what you're trying to manifest doesn't show up or happen.

But let me tell you, you're definitely not alone in this. Many people get frustrated and give up when it comes to manifestation and the Law of Attraction.

The good news is that it's actually quite common to experience this, and there's a specific reason why things aren't manifesting for you.

In fact, this reason is responsible for 99% of cases where manifestation doesn't work.

We often assume that manifestation is a one-size-fits-all process, but the truth is, it's not. I've been in the same boat, trying everything under the sun, only to feel frustrated and wonder if there's something wrong with me.

But here's the thing: it's not about you, it's about finding the right techniques that match your unique learning style.

So, what's the deal? Well, it often comes down to using the right technique that aligns with the way you learn best. Let me explain with an example.

If you're someone who learns best through "doing" then you're a kinesthetic learner, which means that the manifestation technique that works for you will be different than if you're more of a logical or auditory learner.

The key here is to find the technique that resonates with your personal learning style. That way, you can enhance your manifestation abilities and make the Law of Attraction work for you in the most effective way.

That's why I'm excited to share with you a journal that can help you uncover the best manifestation style for YOU. It's all about getting clear on the techniques that WILL work for you and bring you real results.

No more guessing or feeling discouraged. This journal will guide you through the process and help you discover the methods that align perfectly with your way of learning.

So, let's embark on this journey together and unlock the power of manifestation tailored specifically to you. Say goodbye to frustration and hello to real, tangible outcomes. You've got this!



*I am in the  
energy of  
becoming a  
magnet to  
everything I  
desire*



# THE DIFFERENT TYPES OF MANIFESTING STYLES

## Visual Learning: The Visionary

Ah, the world of visual learners! If you find yourself drawn to colors, images, and daydreaming, then my friend, you're a visual learner.

Your mind loves to create vivid mental pictures that play like a movie, transporting you to a realm of imagination and possibility.

When you close your eyes, you can see your dreams come to life in exquisite detail. Visual learners have this incredible superpower of using the power of visualization to manifest their desires



# THE DIFFERENT TYPES OF MANIFESTING STYLES

## Kinesthetic Learning: The Action-Taker

Oh, let's talk about the incredible action-takers of the world: the kinesthetic learners! If you're someone who loves to dive right in, get hands-on, and experience things firsthand, then you, my friend, are a kinesthetic learner.

Your body is your best teacher, and you learn by doing, touching, and feeling the energy around you. You're the kind of person who learns to swim by jumping right into the pool!

When it comes to manifestation, kinesthetic learners thrive on taking action. You love to physically engage in rituals, write down affirmations or intentions, and immerse yourself in the feelings and sensations of already having what you desire.

# THE DIFFERENT TYPES OF MANIFESTING STYLES

## Logical Learning: The Mindful Scholar

Let's dive into the world of the mindful scholars, the logical learners among us!

If you have a deep love for understanding the hows and whys, analyzing information, and seeking logical explanations, then you, my friend, are a logical learner. Your mind craves knowledge and clarity, and you find comfort in logical reasoning and intellectual exploration.

When it comes to manifestation, logical learners thrive on understanding the underlying principles and frameworks. You love to dive into books, research articles, or engage in discussions that unravel the science behind manifestation.

By gaining logical insights and aligning your understanding, you tap into a powerful foundation for manifesting your desires.

# THE DIFFERENT TYPES OF MANIFESTING STYLES

## Auditory Learning: The Sound Seeker

Let's tune into the world of the sound seekers, the auditory learners among us! If you have a deep appreciation for words, sounds, and the beauty of spoken language, then you, my friend, are an auditory learner.

Your ears are finely tuned to the melodies of affirmations, guided meditations, and the power of spoken words. When it comes to manifestation, auditory learners thrive on the magic of sound.

You love to listen to affirmations that resonate with your desires, allowing the uplifting messages to sink deep into your subconscious mind.

Engaging in guided meditations or immersing yourself in inspiring conversations brings you a sense of inner connection and alignment.



# THE DIFFERENT TYPES OF MANIFESTING STYLES

## Visual or Spatial Learning: The Mapmaker

Let's explore the captivating world of the mapmakers, the visual or spatial learners among us! If you find yourself thinking in pictures, patterns, and spatial relationships, then you, my friend, are a visual or spatial learner.

Your mind has a natural knack for creating mental maps and bringing ideas to life through visual representations. When it comes to manifestation, you excel at designing your dreams like a master architect.

You love to sketch out your goals, dreams, or plans, using symbols, colors, and spatial arrangements. Your artistic side shines as you create diagrams, flowcharts, or visual aids that bring clarity and structure to your manifestations.

So, embrace your inner mapmaker, my friend, and let your creativity soar. Visualise and sense the energy flow, envision patterns and connections, and watch as your visual-spatial talents pave the way to manifesting all that your heart desires..

Your mind is a canvas, and your imagination holds the paintbrush.

# DISCOVER YOUR ALIGNED MANIFESTATION STYLE

Here's a fun quiz to help you uncover your most aligned manifestation style. Remember to choose the answer that resonates with you the most. Let's get started!

1. When daydreaming about your goals, what do you see in your mind's eye?

- a) Vivid images, colors, and scenes that play like a movie.
- b) Yourself taking action, physically experiencing the achievement of your goals.
- c) Logical steps and processes that outline how to reach your desired outcomes.
- d) Conversations, affirmations, or empowering words that inspire and uplift you.
- e) Patterns, diagrams, or visual representations of your dreams and aspirations.

# DISCOVER YOUR ALIGNED MANIFESTATION STYLE

## 2. How do you prefer to take in new information?

- a) Through visual cues like images, infographics, or videos.
- b) Through physical experiences, hands-on activities, or interacting with your environment.
- c) Through reading, research, or logical explanations.
- d) Through listening to podcasts, audiobooks, or engaging in conversations.
- e) Through visual aids, charts, graphs, or mind maps.

## 3. When it comes to planning and organisation, what feels most natural to you

- a) Creating vision boards, collages, or visual representations of your goals.
- b) Writing down action steps, setting deadlines, and physically organizing your tasks.
- c) Developing logical frameworks, outlines, or detailed plans.
- d) Recording voice memos, affirmations, or engaging in verbal self-reflection.
- e) Designing diagrams, flowcharts, or spatial layouts to visualize your ideas.

# DISCOVER YOUR ALIGNED MANIFESTATION STYLE

## 4. How do you connect with your intuition and inner guidance?

- a) Through visual symbols, signs, or synchronicities that catch your attention.
- b) Through gut feelings, physical sensations, or following your instincts.
- c) Through logical reasoning, analyzing pros and cons, or considering evidence.
- d) Through inner dialogue, quiet contemplation, or deep listening.
- e) Through visualizing and sensing energy flow, spatial relationships, or patterns.

## 5. When it comes to expressing yourself, what resonates with you the most?

- a) Creating visual art, drawing, or capturing moments through photography.
- b) Engaging in physical activities like dancing, exercising, or crafting.
- c) Explaining concepts, teaching others, or engaging in intellectual discussions.
- d) Speaking affirmations, recording guided meditations, or sharing your thoughts verbally.
- e) Using visual aids, presentations, or diagrams to convey information.

# RESULTS

If you mostly chose:

- A's: You're a Visual Learner! Your mind loves to create vivid mental images and harness the power of visualization.

- B's: You're a Kinesthetic Learner! You learn best through physical experiences, actions, and embodiment.

- C's: You're a Logical Learner! Your analytical mind seeks understanding through logic, reasoning, and knowledge.

- D's: You're an Auditory Learner! Sound and spoken words resonate deeply with you, guiding your manifestation journey.

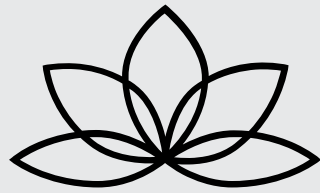
- E's: You're a Visual or Spatial Learner! Your mind excels in visual-spatial processing, using diagrams and visual representations.

The key to getting results is to embrace your unique manifestation style, and let it guide you on the path to turning your dreams into reality.

Remember, there's no right or wrong style. The key is to honor your natural way of learning and allow it to unlock the magic within you.



everything is  
effortlessly  
coming together  
for me



# PERSONALISED MANIFESTATION EXERCISES

## Visual Learning: The Visionary

- Imagine in detail: Close your eyes and create a clear picture in your mind of what you want to manifest. See yourself already experiencing it, and imagine the colors, shapes, and emotions associated with your desire.
- Make a vision board: Cut out pictures from magazines or print images that represent your goals. Arrange them on a board and put it somewhere you can see it every day. This visual reminder will keep your intentions strong.

Remember, your mind's eye is your secret weapon. So, let your visions guide you on the path to manifestation

# PERSONALISED MANIFESTATION EXERCISES

## Kinesthetic Learning: The Action-Taker

Speak positive words: Write down affirmations or positive statements related to your manifestation. Say them out loud or silently while doing physical activities like walking, stretching, or dancing. The movement helps reinforce your intentions.

- Engage your senses: As you visualise your desires, bring in sensory experiences. Light scented candles, use essential oils, or touch objects that evoke positive feelings connected to what you want to manifest.

Remember, you're not just a dreamer; you're an action-taker. So, go out there and make your desires a tangible reality!

# PERSONALISED MANIFESTATION EXERCISES

## Logical Learning: The Mindful Scholar

- Write it down: Keep a journal to track your goals and progress. Write about any limiting beliefs that come up and explore ways to shift them. By understanding patterns and focusing on positive changes, you can transform your mindset.
- Practice gratitude: Recognize and appreciate what you already have and the steps you're taking towards your desires. Make a daily list of things you're grateful for, and it will align your mindset with manifestation.

Indulge your curious mind, question everything, and let the power of logic illuminate your path to manifestation.

# PERSONALISED MANIFESTATION EXERCISES

## Auditory Learning: The Sound Seeker

- Guided meditations: Find recordings of guided meditations specifically designed for manifestation. These will lead you through positive affirmations and visualisations while soothing music plays in the background. Simply listen and relax to align your subconscious with your goals.
- Record affirmations: Create your own audio recordings of affirmations that resonate with your desires. Listen to them during activities like commuting, exercising, or before sleep to reinforce positive beliefs.

Let your ears be the gateway to your manifestation wonderland! Dive deep into the symphony of sound, where spoken words and melodic vibrations create an exquisite tapestry of manifestation magic.k



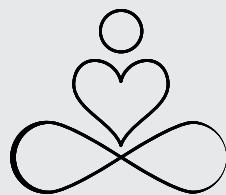
# PERSONALISED MANIFESTATION EXERCISES

## Visual or Spatial Learning: The Mapmaker

- Mind maps: Use drawings or diagrams to visually organize your goals and the steps to achieve them. This helps bring clarity to your thoughts and creates a clear road-map for manifestation.
- Get creative: Express your desires through art forms like painting, drawing, or collage-making. Let your imagination flow and visually represent your goals and the emotions associated with them.

Remember, your mind is a master architect, and with your visual-spatial skills, you can design a reality that surpasses your wildest dreams!

I am open and  
ready to  
receive what I  
want in the  
easiest & best  
possible way



# MANIFESTATION CHECK-LIST

## Spark Your Magic:

Set clear intentions by dreaming big and getting specific about what you want to manifest.

## Declutter, Darling:

Time to tidy up and create a space that sparks joy! Channel your inner Marie Kondo and declutter your physical surroundings. Let go of anything that no longer serves you.

## Digital Detox Dance:

Say "bye-bye" to those cluttered folders, pesky notifications, social media and overflowing inbox.

## Radiate Positivity:

Cleanse your energy by indulging in activities that make you feel good. Meditate, dance, sing, or laugh out loud

# MANIFESTATION CHECK-LIST

## Gratitude Galore:

Count your blessings daily and express your gratitude for the magical moments, big and small.

## Visualise and Fantasise:

Grab your favorite magazines, cut out pictures that represent your dreams, and create a fabulous vision board. Or grab a journal and write down your wildest dreams in vivid detail.

## Power Mantras and Sassy Affirmations:

Repeat after me: "I am a manifestation queen!" Create empowering affirmations and catchy mantras that resonate with your dreams.

## Take Action, Honey:

Channel your inner Wonder Woman and start taking steps, no matter how small, towards your goals. Each action brings you closer to your dreams.

# MANIFESTATION CHECK-LIST

## Vibin' Tribe:

Surround yourself with fabulous souls who uplift and inspire you. Find your tribe and enjoy the high-vibe connection.

## Pamper Your Gorgeous Self:

Self-care, darling, self-care! Treat yourself like the goddess you are. Your self-care routine is your secret manifestation weapon!

## Bye-Bye, Limiting Beliefs:

Identify any limiting beliefs that might be blocking your path to manifestation. Show them the exit door and replace them with empowering beliefs that make you feel unstoppable.

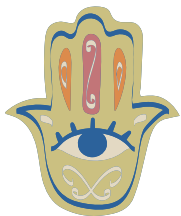
## Trust the Universe's Dance Moves:

Let go of control, babe, and surrender to the rhythm of the universe. Trust that everything is unfolding perfectly in divine timing.

*We cannot  
become what  
we need to be,  
by remaining  
what we are*







# Day One

**WHAT WILL I DO TO MANIFEST  
RADIANT HEALTH & WELLNESS?**

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**WHAT WILL I DO TO MANIFEST  
HEALTHY RELATIONSHIPS TODAY?**

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**WHAT WILL I DO TO SURROUND  
MYSELF WITH INSPIRATION?**

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**WHAT WILL I DO TO RELEASE  
NEGATIVITY FROM THE PAST?**

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## Morning Reflection

When you wake up in the morning take a few minutes to tune in with yourself and think about what it is that you want to make happen.

Maybe practice meditation, or journal what you want to achieve and how it will feel when you do.

Connect with it and feel it!

5 I am affirmations

1.

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4.

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# Day Two



**WHAT WILL I DO TO MANIFEST  
RADIANT HEALTH & WELLNESS?**

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**WHAT WILL I DO TO MANIFEST  
HEALTHY RELATIONSHIPS TODAY?**

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**WHAT WILL I DO TO SURROUND  
MYSELF WITH INSPIRATION?**

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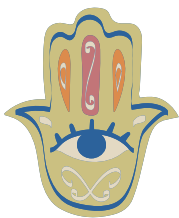
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# Day Three

**WHAT WILL I DO TO MANIFEST  
RADIANT HEALTH & WELLNESS?**

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**WHAT WILL I DO TO MANIFEST  
HEALTHY RELATIONSHIPS TODAY?**

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**WHAT WILL I DO TO SURROUND  
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# Day Four

**WHAT WILL I DO TO MANIFEST  
RADIANT HEALTH & WELLNESS?**

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**WHAT WILL I DO TO MANIFEST  
HEALTHY RELATIONSHIPS TODAY?**

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**WHAT WILL I DO TO SURROUND  
MYSELF WITH INSPIRATION?**

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**WHAT WILL I DO TO RELEASE  
NEGATIVITY FROM THE PAST?**

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Morning Reflection

5 I am affirmations

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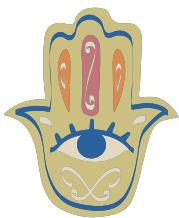
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# Day Five

**WHAT WILL I DO TO MANIFEST  
RADIANT HEALTH & WELLNESS?**

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**WHAT WILL I DO TO MANIFEST  
HEALTHY RELATIONSHIPS TODAY?**

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**WHAT WILL I DO TO SURROUND  
MYSELF WITH INSPIRATION?**

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**WHAT WILL I DO TO RELEASE  
NEGATIVITY FROM THE PAST?**

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Morning Reflection

5 I am affirmations

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# Day Six

**WHAT WILL I DO TO MANIFEST  
RADIANT HEALTH & WELLNESS?**

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**WHAT WILL I DO TO MANIFEST  
HEALTHY RELATIONSHIPS TODAY?**

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**WHAT WILL I DO TO SURROUND  
MYSELF WITH INSPIRATION?**

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**WHAT WILL I DO TO RELEASE  
NEGATIVITY FROM THE PAST?**

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## Morning Reflection

5 I am affirmations

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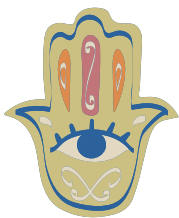
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# Day Seven

**WHAT WILL I DO TO MANIFEST  
RADIANT HEALTH & WELLNESS?**

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**WHAT WILL I DO TO MANIFEST  
HEALTHY RELATIONSHIPS TODAY?**

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**WHAT WILL I DO TO SURROUND  
MYSELF WITH INSPIRATION?**

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**WHAT WILL I DO TO RELEASE  
NEGATIVITY FROM THE PAST?**

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Morning Reflection

5 I am affirmations

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- 4.
- 5.







# Day Eight

**WHAT WILL I DO TO MANIFEST  
RADIANT HEALTH & WELLNESS?**

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**WHAT WILL I DO TO MANIFEST  
HEALTHY RELATIONSHIPS TODAY?**

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**WHAT WILL I DO TO SURROUND  
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**WHAT WILL I DO TO RELEASE  
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Morning Reflection

5 I am affirmations

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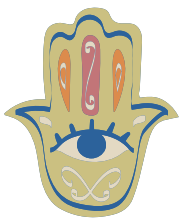
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# Day Nine



**WHAT WILL I DO TO MANIFEST  
RADIANT HEALTH & WELLNESS?**

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**WHAT WILL I DO TO MANIFEST  
HEALTHY RELATIONSHIPS TODAY?**

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**WHAT WILL I DO TO SURROUND  
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**WHAT WILL I DO TO RELEASE  
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## Morning Reflection

5 I am affirmations

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# Day Ten



**WHAT WILL I DO TO MANIFEST  
RADIANT HEALTH & WELLNESS?**

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**WHAT WILL I DO TO MANIFEST  
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## Morning Reflection

5 I am affirmations

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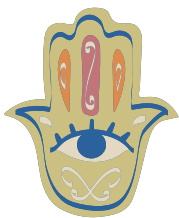
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# Day Eleven

**WHAT WILL I DO TO MANIFEST  
RADIANT HEALTH & WELLNESS?**

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**WHAT WILL I DO TO MANIFEST  
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Morning Reflection

5 I am affirmations

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# Day Twelve

**WHAT WILL I DO TO MANIFEST  
RADIANT HEALTH & WELLNESS?**

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**WHAT WILL I DO TO MANIFEST  
HEALTHY RELATIONSHIPS TODAY?**

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Morning Reflection

5 I am affirmations

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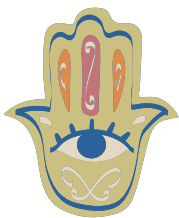
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# Day Thirteen

**WHAT WILL I DO TO MANIFEST  
RADIANT HEALTH & WELLNESS?**

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**WHAT WILL I DO TO MANIFEST  
HEALTHY RELATIONSHIPS TODAY?**

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Morning Reflection

5 I am affirmations

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# Day Fourteen



**WHAT WILL I DO TO MANIFEST  
RADIANT HEALTH & WELLNESS?**

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**WHAT WILL I DO TO MANIFEST  
HEALTHY RELATIONSHIPS TODAY?**

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Morning Reflection

5 I am affirmations

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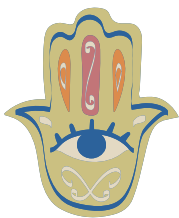
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# Day Fifteen

**WHAT WILL I DO TO MANIFEST  
RADIANT HEALTH & WELLNESS?**

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**WHAT WILL I DO TO MANIFEST  
HEALTHY RELATIONSHIPS TODAY?**

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NEGATIVITY FROM THE PAST?**

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Morning Reflection

5 I am affirmations

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- 5.







# Day Sixteen



**WHAT WILL I DO TO MANIFEST  
RADIANT HEALTH & WELLNESS?**

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**WHAT WILL I DO TO MANIFEST  
HEALTHY RELATIONSHIPS TODAY?**

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**WHAT WILL I DO TO SURROUND  
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**WHAT WILL I DO TO RELEASE  
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## Morning Reflection

5 I am affirmations

1.

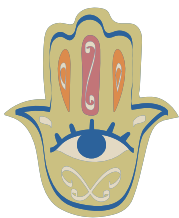
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# Day Seventeen

**WHAT WILL I DO TO MANIFEST  
RADIANT HEALTH & WELLNESS?**

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**WHAT WILL I DO TO MANIFEST  
HEALTHY RELATIONSHIPS TODAY?**

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**WHAT WILL I DO TO SURROUND  
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**WHAT WILL I DO TO RELEASE  
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Morning Reflection

5 I am affirmations

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# Day Eighteen



**WHAT WILL I DO TO MANIFEST  
RADIANT HEALTH & WELLNESS?**

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**WHAT WILL I DO TO MANIFEST  
HEALTHY RELATIONSHIPS TODAY?**

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**WHAT WILL I DO TO SURROUND  
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**WHAT WILL I DO TO RELEASE  
NEGATIVITY FROM THE PAST?**

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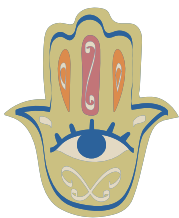
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Morning Reflection

5 I am affirmations

- 1.
- 2.
- 3.
- 4.
- 5.





# Day Nineteen



**WHAT WILL I DO TO MANIFEST  
RADIANT HEALTH & WELLNESS?**

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**WHAT WILL I DO TO MANIFEST  
HEALTHY RELATIONSHIPS TODAY?**

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**WHAT WILL I DO TO SURROUND  
MYSELF WITH INSPIRATION?**

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**WHAT WILL I DO TO RELEASE  
NEGATIVITY FROM THE PAST?**

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Morning Reflection

5 I am affirmations

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- 2.
- 3.
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- 5.





# Day Twenty



**WHAT WILL I DO TO MANIFEST  
RADIANT HEALTH & WELLNESS?**

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**WHAT WILL I DO TO MANIFEST  
HEALTHY RELATIONSHIPS TODAY?**

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**WHAT WILL I DO TO SURROUND  
MYSELF WITH INSPIRATION?**

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**WHAT WILL I DO TO RELEASE  
NEGATIVITY FROM THE PAST?**

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## Morning Reflection

5 I am affirmations

1.

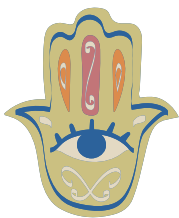
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# Day Twentyone

**WHAT WILL I DO TO MANIFEST  
RADIANT HEALTH & WELLNESS?**

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**WHAT WILL I DO TO MANIFEST  
HEALTHY RELATIONSHIPS TODAY?**

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**WHAT WILL I DO TO SURROUND  
MYSELF WITH INSPIRATION?**

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**WHAT WILL I DO TO RELEASE  
NEGATIVITY FROM THE PAST?**

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Morning Reflection

5 I am affirmations

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- 2.
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- 5.





# Day Twentytwo



**WHAT WILL I DO TO MANIFEST  
RADIANT HEALTH & WELLNESS?**

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**WHAT WILL I DO TO MANIFEST  
HEALTHY RELATIONSHIPS TODAY?**

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**WHAT WILL I DO TO SURROUND  
MYSELF WITH INSPIRATION?**

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**WHAT WILL I DO TO RELEASE  
NEGATIVITY FROM THE PAST?**

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## Morning Reflection

5 I am affirmations

1.

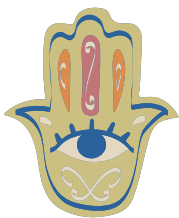
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# Day Twentythree

**WHAT WILL I DO TO MANIFEST  
RADIANT HEALTH & WELLNESS?**

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**WHAT WILL I DO TO MANIFEST  
HEALTHY RELATIONSHIPS TODAY?**

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**WHAT WILL I DO TO SURROUND  
MYSELF WITH INSPIRATION?**

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**WHAT WILL I DO TO RELEASE  
NEGATIVITY FROM THE PAST?**

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Morning Reflection

5 I am affirmations

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# Day Twentyfour



**WHAT WILL I DO TO MANIFEST  
RADIANT HEALTH & WELLNESS?**

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**WHAT WILL I DO TO MANIFEST  
HEALTHY RELATIONSHIPS TODAY?**

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**WHAT WILL I DO TO SURROUND  
MYSELF WITH INSPIRATION?**

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**WHAT WILL I DO TO RELEASE  
NEGATIVITY FROM THE PAST?**

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Morning Reflection

5 I am affirmations

1.

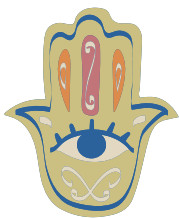
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# Day Twentyfive



**WHAT WILL I DO TO MANIFEST  
RADIANT HEALTH & WELLNESS?**

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**WHAT WILL I DO TO MANIFEST  
HEALTHY RELATIONSHIPS TODAY?**

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**WHAT WILL I DO TO SURROUND  
MYSELF WITH INSPIRATION?**

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**WHAT WILL I DO TO RELEASE  
NEGATIVITY FROM THE PAST?**

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Morning Reflection

5 I am affirmations

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# Day Twentysix



**WHAT WILL I DO TO MANIFEST  
RADIANT HEALTH & WELLNESS?**

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**WHAT WILL I DO TO MANIFEST  
HEALTHY RELATIONSHIPS TODAY?**

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**WHAT WILL I DO TO SURROUND  
MYSELF WITH INSPIRATION?**

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**WHAT WILL I DO TO RELEASE  
NEGATIVITY FROM THE PAST?**

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Morning Reflection

5 I am affirmations

1.

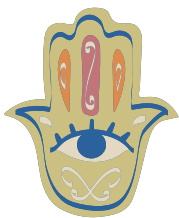
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# Day Twentyseven



**WHAT WILL I DO TO MANIFEST  
RADIANT HEALTH & WELLNESS?**

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**WHAT WILL I DO TO MANIFEST  
HEALTHY RELATIONSHIPS TODAY?**

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**WHAT WILL I DO TO SURROUND  
MYSELF WITH INSPIRATION?**

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**WHAT WILL I DO TO RELEASE  
NEGATIVITY FROM THE PAST?**

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## Morning Reflection

5 I am affirmations

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# Day Twentyeight

**WHAT WILL I DO TO MANIFEST  
RADIANT HEALTH & WELLNESS?**

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**WHAT WILL I DO TO MANIFEST  
HEALTHY RELATIONSHIPS TODAY?**

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**WHAT WILL I DO TO SURROUND  
MYSELF WITH INSPIRATION?**

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**WHAT WILL I DO TO RELEASE  
NEGATIVITY FROM THE PAST?**

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Morning Reflection

5 I am affirmations

1.

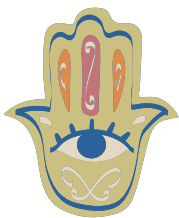
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# Day Twentynine



**WHAT WILL I DO TO MANIFEST  
RADIANT HEALTH & WELLNESS?**

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**WHAT WILL I DO TO MANIFEST  
HEALTHY RELATIONSHIPS TODAY?**

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**WHAT WILL I DO TO SURROUND  
MYSELF WITH INSPIRATION?**

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**WHAT WILL I DO TO RELEASE  
NEGATIVITY FROM THE PAST?**

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## Morning Reflection

5 I am affirmations

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- 2.
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- 5.





# Day Thirty



**WHAT WILL I DO TO MANIFEST  
RADIANT HEALTH & WELLNESS?**

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**WHAT WILL I DO TO MANIFEST  
HEALTHY RELATIONSHIPS TODAY?**

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**WHAT WILL I DO TO SURROUND  
MYSELF WITH INSPIRATION?**

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**WHAT WILL I DO TO RELEASE  
NEGATIVITY FROM THE PAST?**

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Morning Reflection

5 I am affirmations

1.

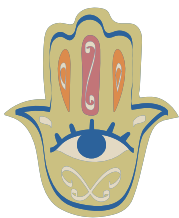
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# Day Thirtyone



**WHAT WILL I DO TO MANIFEST  
RADIANT HEALTH & WELLNESS?**

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**WHAT WILL I DO TO MANIFEST  
HEALTHY RELATIONSHIPS TODAY?**

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**WHAT WILL I DO TO SURROUND  
MYSELF WITH INSPIRATION?**

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**WHAT WILL I DO TO RELEASE  
NEGATIVITY FROM THE PAST?**

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## Morning Reflection

5 I am affirmations

- 1.
- 2.
- 3.
- 4.
- 5.





## This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

[illegible]

## This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

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