

Have you completed your visualisation exercise today?

YES or **NO**

MANIFESTING

.....

JOURNAL

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M T W T F S S

Inhale4s

▶ Hold4s

▶ Exhale4s

▶ Hold4s

(Remember to breathe before writing)

Check in with yourself

What is going on internally today?

Dump all the negative thoughts and feelings in this section. Be honest with yourself. Use this space to write all your thoughts, frustrations, fears, and doubts.

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What is working in your life right now and what are you grateful for today? Dump all the positive thoughts here.

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Have you done your tapping exercise to shift your energy?

YES or **NO**

MANIFESTING

JOURNAL

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M T W T F S S

This journal is the exact copy of my current version of the questions I have been asking myself every day to intentionally manifest. For further explanations, watch my FREE Intentional Creator Program: <https://www.facebook.com/groups/growthwithivana>

What do you want to create/manifest in your life right now?

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On a scale from 1-10 how strong is your desire to have it?

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What is the internal resistance you have around creating this?

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How big is your fear of not creating what you want?

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How much do you doubt the outcome?

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How can you see this differently to ease the resistance and shift the negative emotions?

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