

A decorative background consisting of numerous thin, light gray lines radiating outwards from the center, creating a sunburst or starburst effect. The lines vary in length and angle, creating a dynamic, energetic feel.

**MANIFESTATION**

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*Workbook*

# STEP INTO YOUR TRUE PATH



## Discover Your Life Blueprint

Reveal clear, actionable insights that empower you to live your authentic destiny.

Clear insights into your life purpose, relationships & money.

Actionable tips for aligning with your highest potential.

Validation of your unique strengths and qualities.

## Life Purpose Session Today. Clarity tomorrow.

Discover the insights hidden in your Human Design, natal astrology, and Numerology Life Path that will empower you to live a life of authenticity and action.

You're not here to follow the crowd—you're here to blaze your own trail!

A Life Purpose reading offers clear, actionable insights that reveal your life path including practical tips and guidance on how to use your energy to manifest and how to navigate karmic challenges and blessings.

**Schedule your  
Life Purpose Reading here...**



# KNOWING YOURSELF

Answer the following questions as honestly as possible

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

**DESCRIBE YOUR HIGHER SELF. WHAT DO THEY DO?  
HOW DO THEY MOVE THROUGH THE WORLD?**

# REFRAME NEGATIVE THOUGHTS

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

**NEGATIVE**

**POSITIVE**

**NEGATIVE**

**POSITIVE**

**NEGATIVE**

**POSITIVE**

**NEGATIVE**

**POSITIVE**

# LIMITING BELIEFS

**Describe a Belief that is holding you back:**

" ex. I can't change myself."

**Where did this belief come from?**

**How is this belief impacted your life or held you back?**

**How can you reframe this belief?**

# MORNING MANIFESTATION PRACTICE

WEEK \_\_\_\_\_

MY MANIFESTATION

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>V</b> VISUALIZE	<input type="checkbox"/>						
<b>I</b> INTENTION	<input type="checkbox"/>						
<b>B</b> BELIEVE	<input type="checkbox"/>						
<b>E</b> ENERGIZE	<input type="checkbox"/>						

Visualize it; Set intentions; Believe and feel it; Energize with positive energy

NOTES

# FACE THE FEARS THAT ARE PREVENTING ALIGNED ACTION

Date

---

Write the fear you are ready to put behind you:

In what way is this fear holding you back:

How will your life improve by overcoming this fear:

What would you do if you could let go of this fear:

What is the first step you can take to let go of this fear:

# 10 MINUTES OF GRATITUDE

Set a timer for 10 minutes and write...

**Date**

---

**List the things you are grateful for and how they have made a difference in your life**

A large, empty light blue rectangular area intended for writing. It occupies the majority of the lower half of the page, providing a space for the user to list things they are grateful for and how they have made a difference in their life.

# DAILY GRATITUDE

**Morning:**

**Date:**

I am grateful for:

I'm looking forward to:

Daily Affirmation:

**Evening:**

Good things that happened today:

Things I can do to make tomorrow even better:

# MONTHLY GRATITUDE

MONTH \_\_\_\_\_

The form is a large rectangular grid designed for monthly gratitude journaling. It is divided into two main sections. On the left side, there is a semi-circular section with a curved outer edge and a straight inner edge. This section is numbered from 1 to 31, with the numbers arranged in a semi-circle. Each number is placed within a small, roughly triangular segment. On the right side, there is a larger rectangular section that is divided into a grid of larger, roughly rectangular segments by diagonal lines. The entire grid is enclosed in a thin gray border.

# RAISE YOUR VIBRATION

Take a moment to raise your vibration with these prompts

An adventure you would like to experience:

A meal that makes you happy:

A memory that makes you laugh

An errand you're always up for:

Something you believe now more than ever:

A surprise that would brighten your day:

A song that you love to listen to:

# FAVORITE MANIFESTATION REFERENCES AND TOOLS

## PODCASTS

## AUDIO (MUSIC & MEDITATIONS)

# FAVORITE MANIFESTATION REFERENCES AND TOOLS

## BOOKS

## VIDEOS

# FAVORITE MANIFESTATION REFERENCES AND TOOLS

## COURSES

## QUOTES

# FAVORITE MANIFESTATION REFERENCES AND TOOLS

## AFFIRMATIONS

## METHODS

# VISUALIZATION TRACKER

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

# MANIFESTING BY CATEGORY

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.

# DESIRES WORKSHEET

MY DESIRES

Blank space for writing desires.

MY WHY

Blank space for writing reasons (why).

HOW WOULD IT FEEL TO HAVE MY DESIRE

Blank space for describing feelings.

# 3-6-9 METHOD

Date

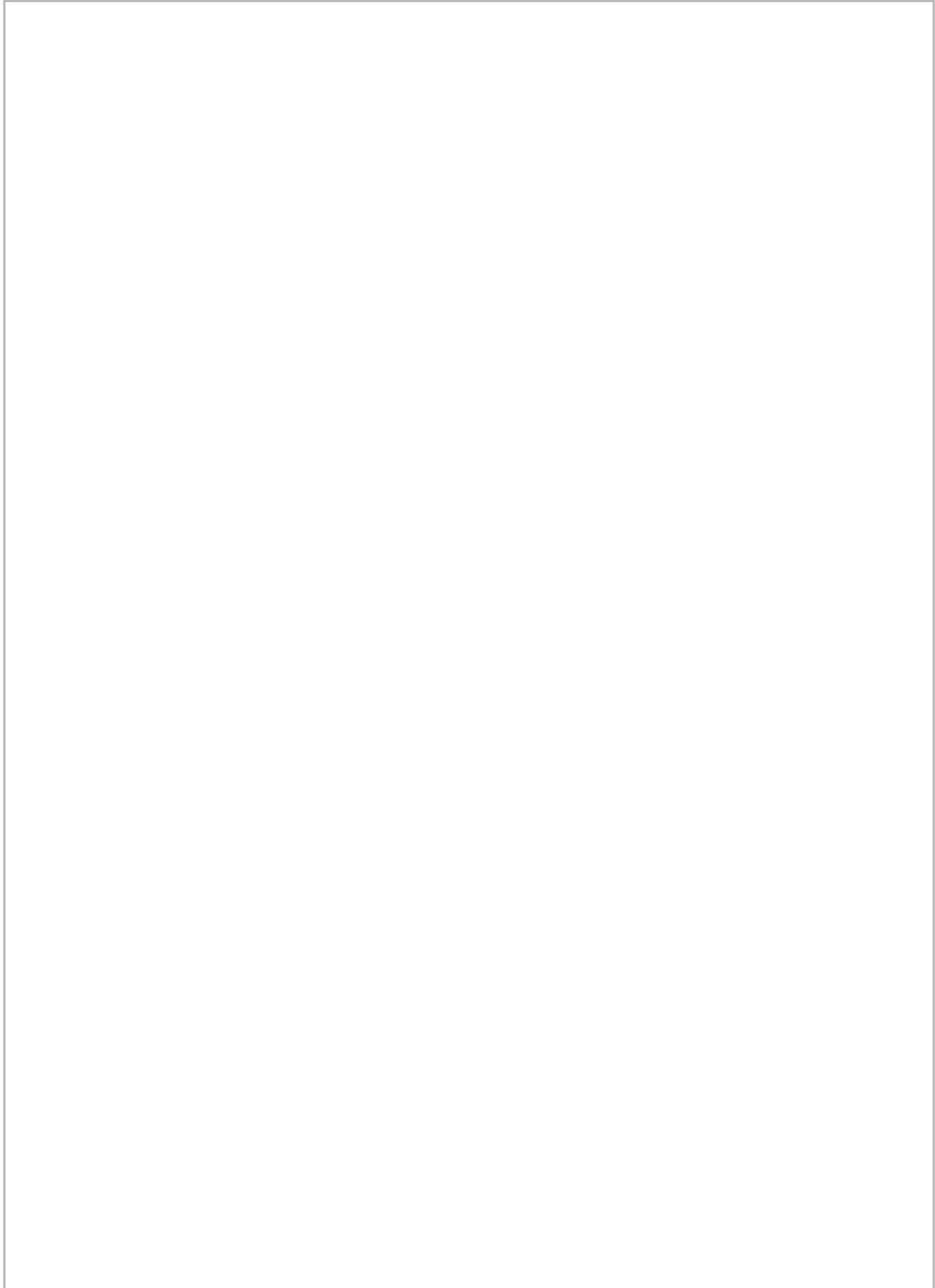
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Write the thing you want to manifest 3 times

Write thing you want to manifest 6 times

# 3-6-9 METHOD

Write the thing you want to manifest 9 times.

A large, empty rectangular box with a thin black border, intended for the user to write the thing they want to manifest nine times.

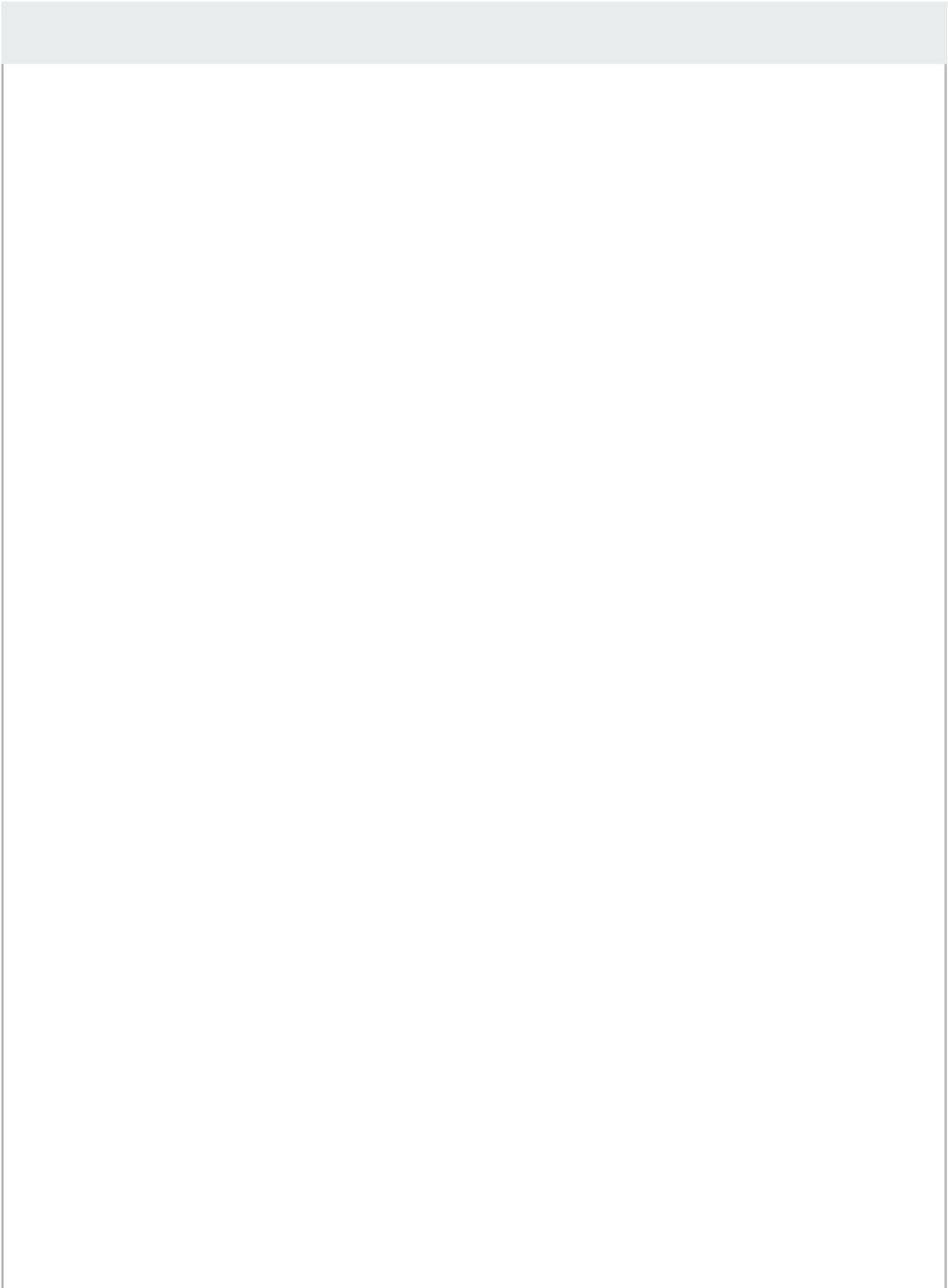
# LIST PREVIOUS SUCCESSES

What are the things you have previously attracted into your life?

THINGS YOU HAVE  
ATTRACTED INTO YOUR LIFE

# MANIFESTATION TRACKER

Use this page to document your successful manifestations

A large, empty rectangular box with a thin black border, intended for documenting successful manifestations. At the top of this box is a solid light gray horizontal bar.

# ABUNDANCE MINDSET

WHAT DOES AN ABUNDANT LIFE LOOK LIKE FOR YOU?

IF MONEY WERE NOT A CONCERN, HOW WOULD YOU SPEND YOUR TIME? WHAT ACTIVITIES WOULD BRING YOU THE MOST JOY?

# ABUNDANCE MINDSET

VISUALIZE YOUR IDEAL FINANCIAL STATE 5 YEARS FROM NOW. WHAT DO YOU SEE, HEAR, AND FEEL?

WHAT ARE YOUR CURRENT BELIEFS ABOUT MONEY AND ABUNDANCE? WHICH OF THESE BELIEFS MIGHT BE LIMITING YOU?

# ABUNDANCE MINDSET

WRITE ABOUT A TIME WHEN YOU OVERCAME A FINANCIAL OR EMOTIONAL OBSTACLE. HOW DID THIS CHALLENGE HELP YOU GROW?

WHAT DOES "ENOUGH" MEAN TO YOU, AND HOW CAN YOU RECOGNIZE THAT YOU ALREADY HAVE ENOUGH IN CERTAIN AREAS OF YOUR LIFE?

# ABUNDANCE MINDSET

LIST 10 QUALITIES, SKILLS, OR ATTRIBUTES YOU HAVE THAT CONTRIBUTE TO THE ABUNDANCE IN YOUR LIFE. HOW CAN YOU USE THESE MORE EFFECTIVELY?

# ABUNDANCE MINDSET

WHAT IS ONE AREA OF YOUR LIFE WHERE YOU ARE PLAYING SMALL?  
WHAT WOULD IT LOOK LIKE IF YOU SHIFTED TO A MINDSET OF ABUNDANCE?

WHAT INSPIRED ACTION CAN YOU TAKE TODAY TO ATTRACT  
MORE ABUNDANCE INTO YOUR LIFE?

# ABUNDANCE MINDSET

WHAT DOES YOUR IDEAL DAY LOOK LIKE WHEN YOU ARE LIVING IN ALIGNMENT WITH AN ABUNDANT MINDSET?

HOW CAN YOU INCORPORATE MORE JOY AND PLAYFULNESS INTO YOUR DAILY LIFE?



# MANIFESTATION WORKSHEET

## 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...)

## ALIGNED ACTION

List what you can do TODAY to feel the feelings and support your manifestation

# HEALTHY BODY MANIFESTATIONS

WHAT I AM MANIFESTING...

MY MANIFESTATION METHODS & ALIGNED ACTIONS

FIRST 3 STEPS TO TAKE...

# MONEY & WEALTH MANIFESTATIONS

WHAT I AM MANIFESTING...

MY MANIFESTATION METHODS & ALIGNED ACTIONS

FIRST 3 STEPS TO TAKE...

# BUSINESS MANIFESTATIONS

WHAT I AM MANIFESTING...

MY MANIFESTATION METHODS & ALIGNED ACTIONS

FIRST 3 STEPS TO TAKE...

# CAREER MANIFESTATIONS

WHAT I AM MANIFESTING...

MY MANIFESTATION METHODS & ALIGNED ACTIONS

FIRST 3 STEPS TO TAKE...

# PARTNERSHIP MANIFESTATIONS

WHAT I AM MANIFESTING...

MY MANIFESTATION METHODS & ALIGNED ACTIONS

FIRST 3 STEPS TO TAKE...

# COMMUNITY MANIFESTATIONS

WHAT I AM MANIFESTING...

MY MANIFESTATION METHODS & ALIGNED ACTIONS

FIRST 3 STEPS TO TAKE...

# TRAVEL MANIFESTATIONS

WHAT I AM MANIFESTING...

MY MANIFESTATION METHODS & ALIGNED ACTIONS

FIRST 3 STEPS TO TAKE...

# HOME MANIFESTATIONS

WHAT I AM MANIFESTING...

MY MANIFESTATION METHODS & ALIGNED ACTIONS

FIRST 3 STEPS TO TAKE...

# VISUALIZATION

Use this space to document your visualization, what you saw, imagined, felt and experienced.

The page is designed for journaling. It features a solid grey horizontal bar at the top, which serves as a header. Below this bar, the page is filled with 25 evenly spaced, thin, light-grey horizontal lines, providing a structured space for the user to write their visualization details.

# INTENTION + ALIGNED ACTION

YOUR INTENTION IN THIS MOMENT

HOW DOES THAT INTENTION MAKE YOU FEEL?

WRITE 3 ACTIONS YOU CAN TAKE TO ALIGN WITH  
YOUR INTENTION



# LETTING GO WORKSHEET

THE THING YOU ARE LETTING GO OF...

HOW DOES IT FEEL TO LET THIS THING GO

MY ALIGNED ACTIONS MOVING FORWARD

HOW WILL IT HELP YOUR LIFE TO LET GO AND TAKE THESE ACTIONS

# FAVORITE POWER PHRASES

1

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2

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3

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4

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5

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6

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7

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8

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9

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10

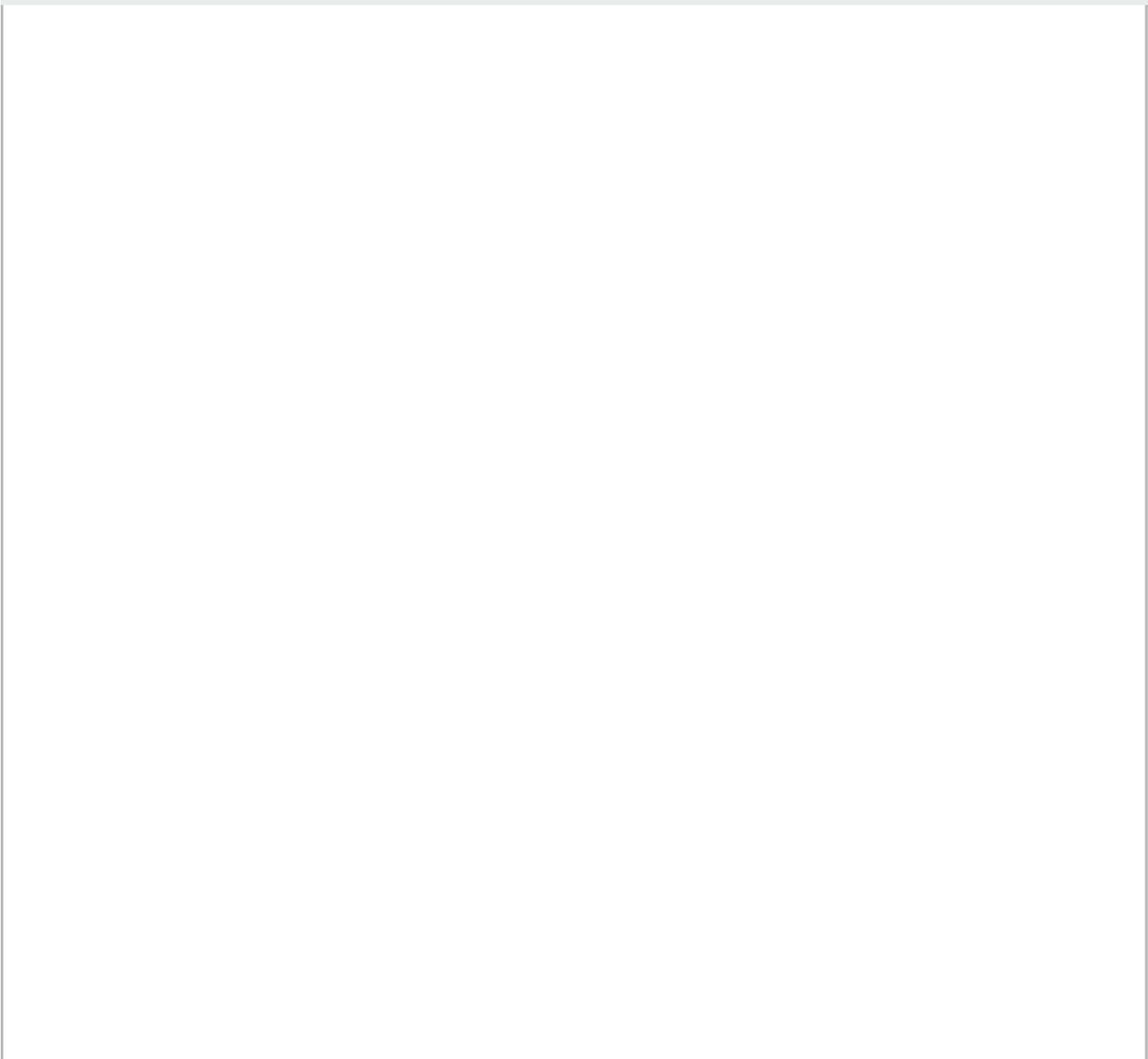
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# ENERGY OF "RECEIVING"

I NEED TO BE OPEN TO RECEIVING MORE OF...



DRAW A SYMBOL OR WRITE A FEW WORDS ABOUT BEING MORE RECEPTIVE



# MONEY BLOCKS & LIMITING BELIEFS

Write a limiting belief you have around money

---

Describe the negative stories associated with this belief

Where did this belief come from:?

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How can you start letting go of this limiting belief?

Reframe this belief. What new, positive story can you start telling yourself?

# REFRAME MONEY BLOCKS



NEGATIVE MONEY STORY

POSITIVE MONEY STORY



NEGATIVE MONEY STORY

POSITIVE MONEY STORY



NEGATIVE MONEY STORY

POSITIVE MONEY STORY

# WRITE YOURSELF A CHECK!

**UNIVERSAL BANK** \_\_\_\_\_  
DATE

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

\_\_\_\_\_  
*Paid in Full*  
FOR

\_\_\_\_\_  
*The Universe*  
SIGNATURE

**UNIVERSAL BANK** \_\_\_\_\_  
DATE

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

\_\_\_\_\_  
FOR

\_\_\_\_\_  
SIGNATURE

# FOCUS ON WINS

Write the top 10 wins from the past week, month or year!

1

2

3

4

5

6

7

8

9

10



# DAILY PRACTICE



DATE \_\_\_\_\_

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

## AFFIRMATIONS FOR TODAY

<input type="radio"/>	

## GRATITUDE

<input type="checkbox"/>	

## NOTES

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# DAILY PRIORITY

DATE \_\_\_\_\_

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

## TOP PRIORITY

## STEPS TO GET IT DONE

## AFFIRMATIONS OR INSPIRATION

# ALIGNED ACTION

MANIFESTATION OR GOAL

HOW IT FEEL WHEN IT'S DONE

ACTION STEPS

TARGET DATE

# WEEKLY REFLECTION

---

SUNDAY

---

MONDAY

---

TUESDAY

---

WEDNESDAY

---

THURSDAY

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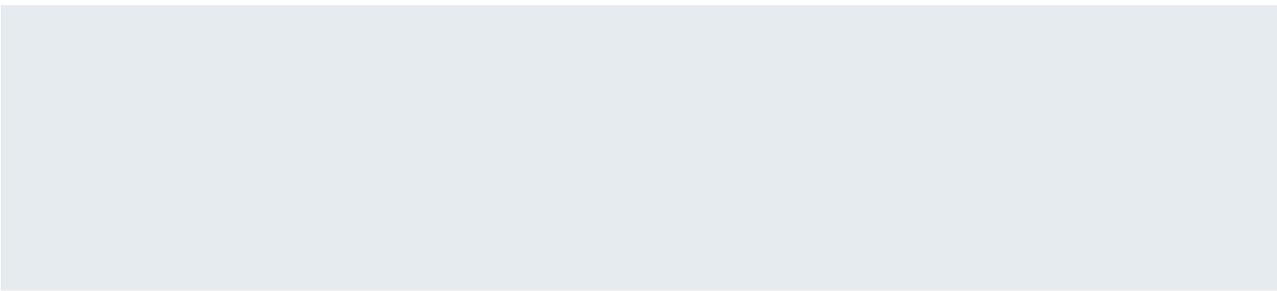
FRIDAY

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SATURDAY

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NOTES



# MONTHLY REFLECTION

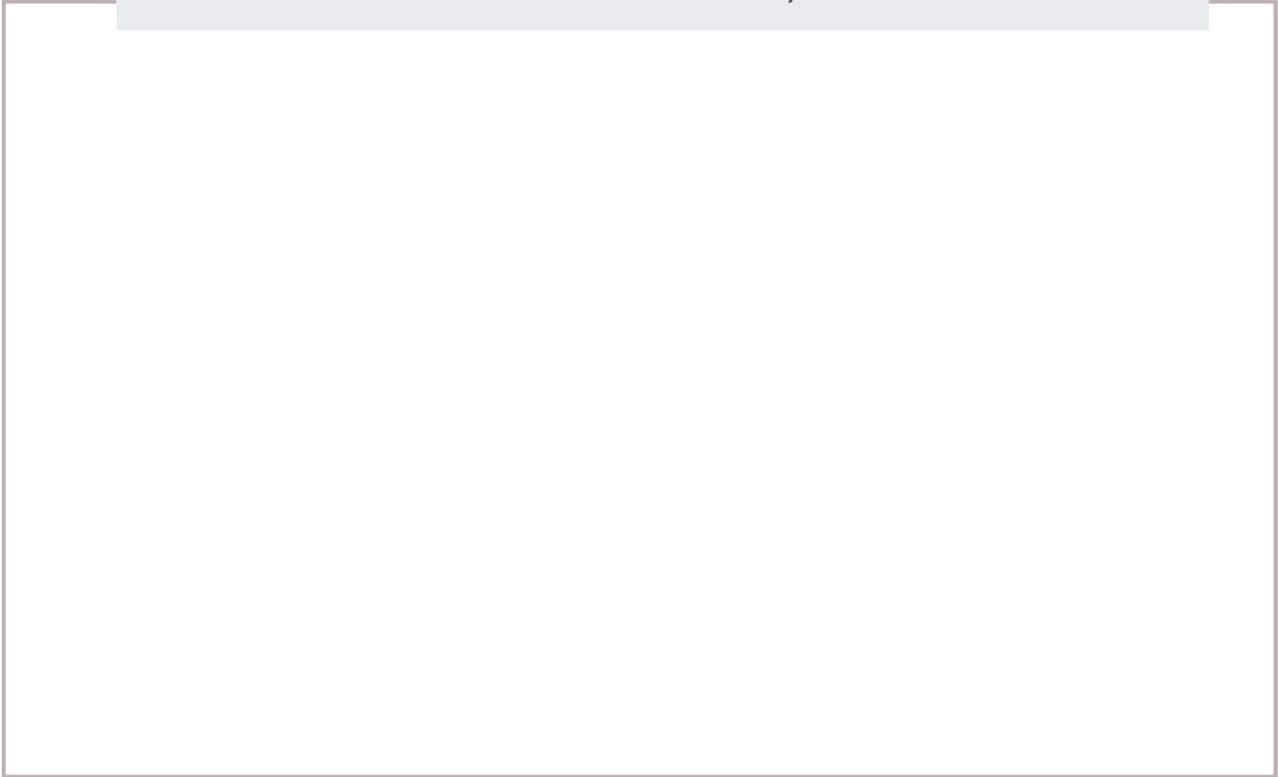
Positives

Changes or pivots I decided to make...

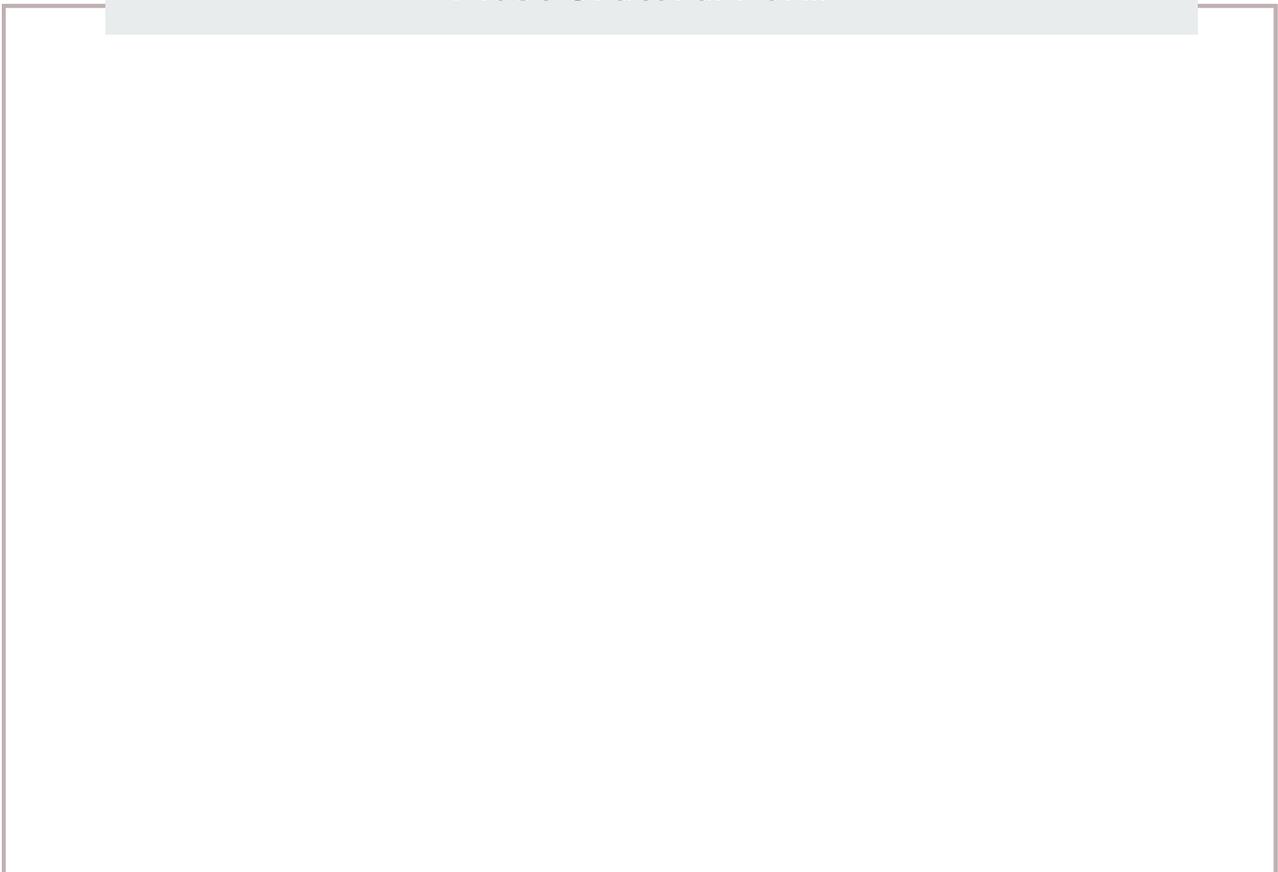
Inspiration or planning for next month

# YEARLY REFLECTION

Wins from this year...



Most Grateful For...



# YEARLY REFLECTION

Learnings from the past year

Wisdom, changes or shifts for next year

# BUCKET LIST

Adventures and Experiences

A large, empty rectangular box with a thin black border, intended for writing a list of adventures and experiences. The box is positioned below the header and is flanked by two vertical lines on either side.

# NOTES





