Manifestation page

Date _____

1 Intention

What do you want to bring into your life? Say it simply.

2 Affirmation

A short, believable sentence in the present tense.

3 How I want to feel

4 Three things I'm grateful for

- ♥
- ♥
- ♥

5 Aligned actions

Small, concrete things you can do this week.

- [ ]
- [ ]
- [ ]
- [ ]

6 What I noticed

Signs of progress, coincidences, things you would have missed before.