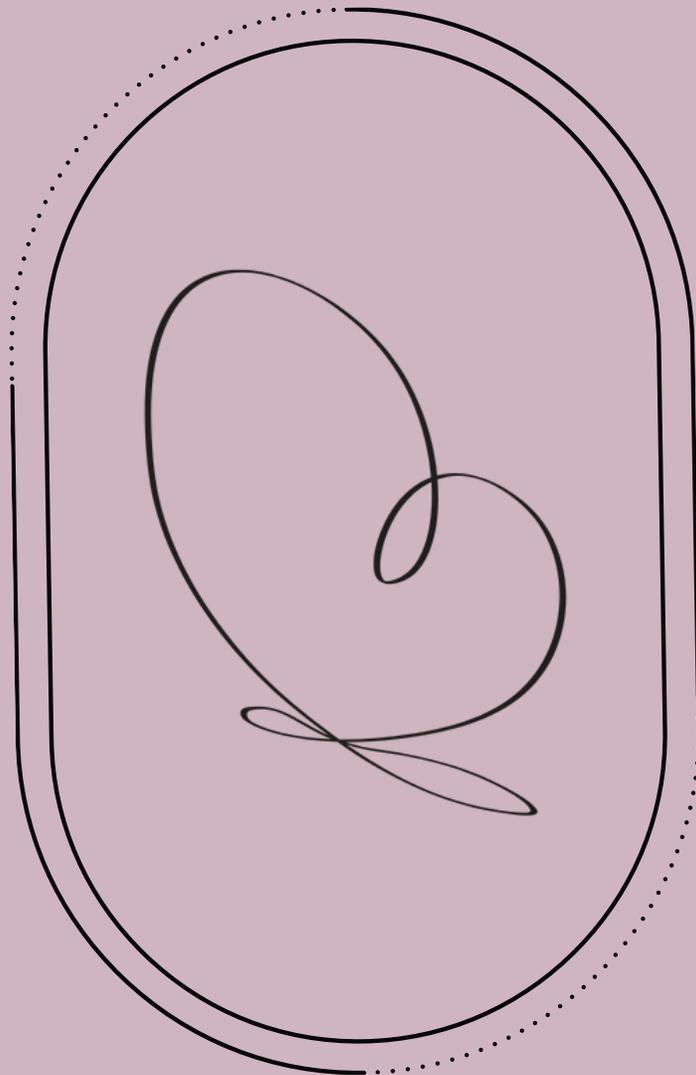


Manifestation Journal

Get clear on what you want in your life!



LivingMarvelously.com

What does it mean to manifest?

To manifest is to bring your dreams into reality and to be crystal clear on what those dreams are.

I believe that thoughts become things and that you can manifest your dreams. It's all about the energy you give out and get back.

But it's not magic; it requires action on your part. And that is where this journal can help. There are 24 pages of worksheets and tools to help you with the manifestation process.

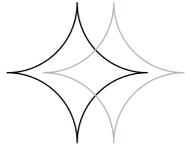
It starts with your mindset, beliefs about yourself, and what you can achieve.

Then you have to step out and take a risk to show the Universe that this is what you want.

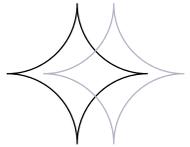
You can manifest anything by believing in yourself, taking action, and then staying aware of when and how your dreams are coming true. At the same time, pay attention to challenges and roadblocks and learn how to pivot.

Shall we give it a try?

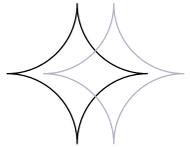
Steps in Manifesting your Goals



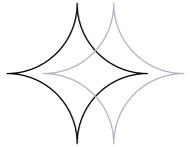
BE CLEAR ABOUT YOUR DESIRES



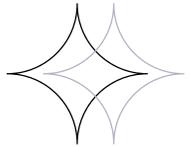
ASK FOR THE UNIVERSES' GUIDANCE



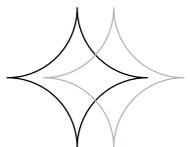
START TO WORK ON YOUR GOALS



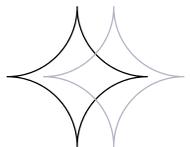
CONNECT WITH PEOPLE THAT INSPIRE YOU



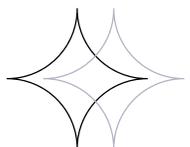
TRUST THE PROCESS



PAY ATTENTION TO YOUR THOUGHTS
AND BELIEFS



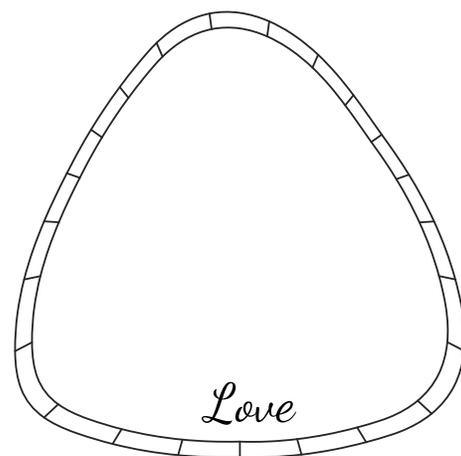
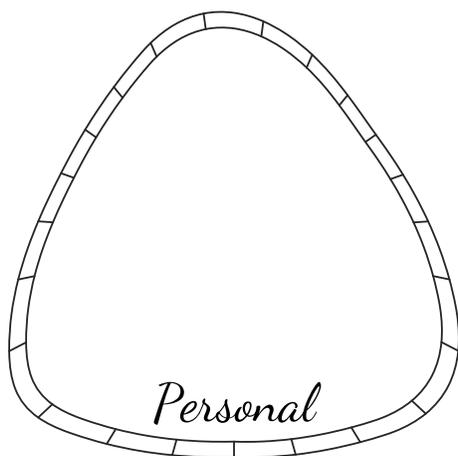
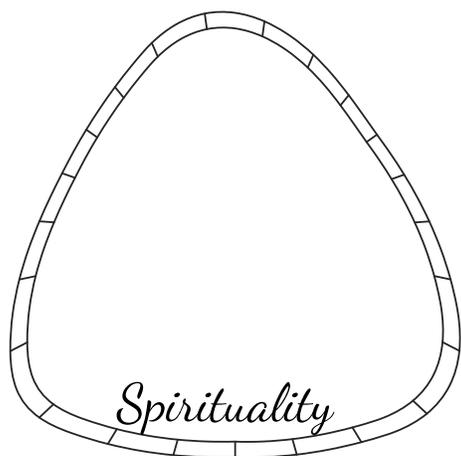
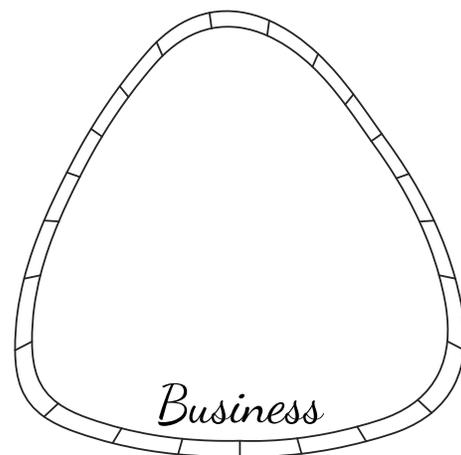
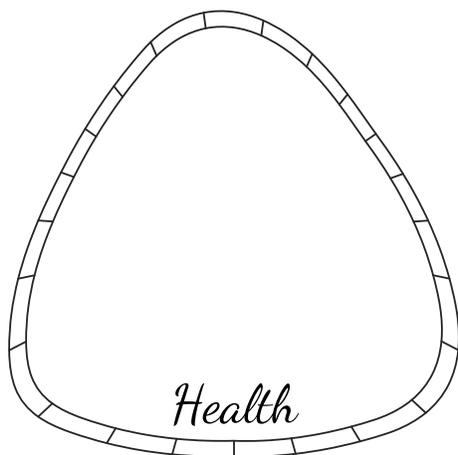
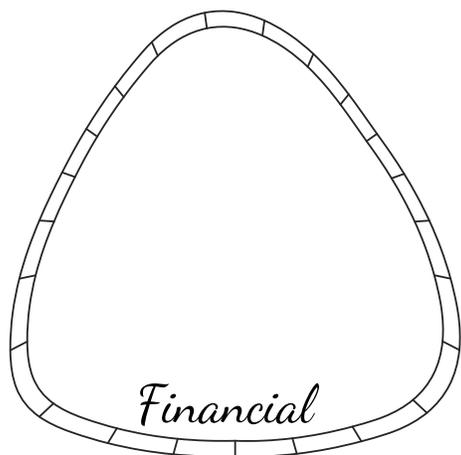
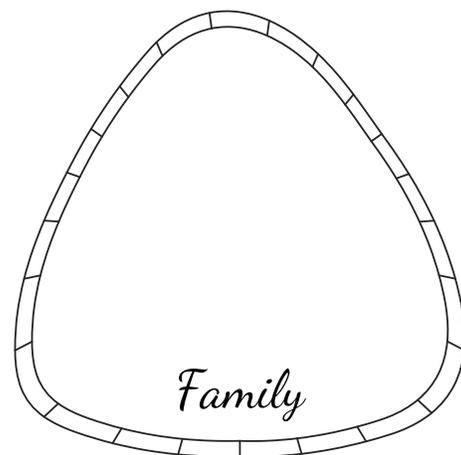
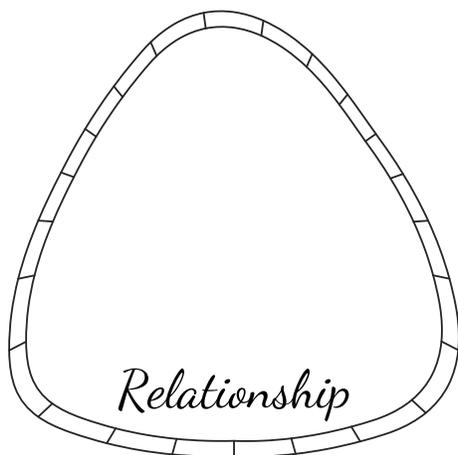
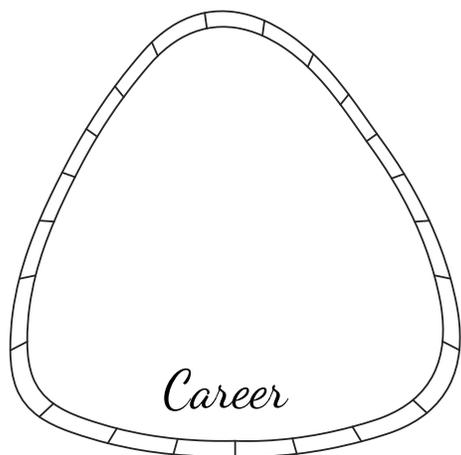
CELEBRATE EVERY WIN



PRIORITIZE SELF-LOVE

Vision Bubble

Write in each bubble what you want to manifest in your life.



Vision Board

Write down your life goals. Get creative. What if there were no limitations? What would you want? What does it look like? Visualize it in your mind.

Career

Relationship

Finances

Personal

Health

Lifestyle

Family

Leisure

Visualization

Allot 15 minutes to pause and visualize yourself achieving your goals in life. List down the specific things that you want to manifest. This will help you see a clear vision of what outcomes you want for your dreams.

I feel...

I see...

I hear...

I touch...

I smell...

Pick the affirmations you want to manifest and write them down daily or post them on your bathroom mirror to recite every day. Believe they are true.

Affirmations for Relationship

- ✦ I love myself to the fullest.
- ✦ I am deserving of love and to be loved.
- ✦ I am showered with unconditional love every day.
- ✦ My partner and I have a strong, loving, and committed relationship.
- ✦ I am treated with the utmost respect by my partner.
- ✦ The love between my partner and I grows stronger every day.
- ✦ I am open to receive a healthy love that is right for me.
- ✦ I naturally find love wherever I go.
- ✦ My relationship is always fulfilling.
- ✦ My partner and I are aligned spiritually, emotionally and physically.
- ✦ I am attracting the right person for me.
- ✦ My partner and I deserved to be happy in our relationship.
- ✦ I have the best partner in the world.
- ✦ I attract good, loving, and kind people in my life.
- ✦ I am grateful for everything I have.
- ✦ My partner is supportive of me in the same way that I am supportive of them.
- ✦ I'm good and beautiful just the way I am.
- ✦ I let go of any feelings of desperation and let love find me.

Affirmations for Success

- ✦ I am full of vitality. My confidence, good attitude, and self-belief are my most valuable assets in moving me closer to my goals.
- ✦ I am deserving of following my dreams and achieving my goals.
- ✦ I am achieving success.
- ✦ I am blessed that I have all I need to make my life a success.
- ✦ I am capable of attracting abundance.
- ✦ I am open to receive a healthy love that is right for me.
- ✦ I have the knowledge to make wise decisions for myself.
- ✦ I have the ability to manifest all of the success and wealth I desire.
- ✦ The universe is filled with endless opportunities for my career.
- ✦ I have the motivation to make a positive difference in my life.
- ✦ I will grow in my confidence, strength, and success every day.
- ✦ My ability to conquer challenges is limitless.
- ✦ I can let go of negative beliefs that have stood in the way of my success.
- ✦ I am learning to trust the journey.
- ✦ I attract positivity into my life.
- ✦ I am worthy of all the good life has to offer, and I deserve to be successful.
- ✦ I am surrounded by positive, supportive people who believe in me.

Affirmations for Self-Love

✦ I am strong.

✦ I am beautiful.

✦ I am blessed.

✦ I am divine.

✦ I have amazing gifts to share with the world.

✦ I am grateful for the gifts in my life.

✦ I will stay away from negative and toxic forces in my life.

✦ I treat myself with respect and love.

✦ I am open to new opportunities.

✦ I look for the positive in tough times.

✦ I am proud of who I am becoming.

✦ I know good things will continue to happen in my life.

✦ I set boundaries to protect my self worth.

✦ I am capable of doing hard things.

✦ I am exactly where I am meant to be.

✦ I am going to let go of playing small.

Affirmations for Wealth

- ✦ I am constantly attracting possibilities to make more money.
- ✦ My cash flows are steadily increasing.
- ✦ I am a money magnet, money is drawn to me.
- ✦ I am open and receptive to all the wealth that life has to offer.
- ✦ I am attracting money at this very moment.
- ✦ I'm pleased to have an endless source of income and wealth in my life.
- ✦ I have more than enough money.
- ✦ I am on my way to becoming wealthy.
- ✦ I effortlessly attract money.
- ✦ I use money to make a difference in other people's lives.
- ✦ Money has a positive impact on my life and the lives of others.
- ✦ I am becoming more and more profitable every day.
- ✦ The Universe will always work in my favor.
- ✦ I am debt-free because money is continually flowing into my life.
- ✦ I am happy with the money I spend and earn.
- ✦ I'm always bringing in more money than I'm spending.
- ✦ Money comes to me in expected and unexpected ways.

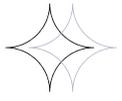
Affirmations for Health

- ✦ My body is in good shape. My mind is a gem. My spirit is tranquil.
- ✦ I radiate good health, self-assurance, and happiness.
- ✦ My mind has a strong therapeutic effect on my body.
- ✦ The cells of my body are listening to me.
- ✦ I choose thoughts of total wellness for my body.
- ✦ My body is immensely intelligent and capable of self-sustaining.
- ✦ My mind is at ease, my breathing is deep and consistent, and my body is responding to my healing intention.
- ✦ My body is listening to me.
- ✦ I courageously chose balance in my life for my mind, body, and spirit.
- ✦ I let go of all negative thoughts, allowing my body to only be exposed to positive energy.
- ✦ My body receives all of the essential vitamins and nutrients.
- ✦ My body feels energized and free of pain.
- ✦ I'm surrounded by a powerful healing energy.
- ✦ I allow my body to heal and always stay on a positive frequency.
- ✦ I am healthy and attractive.
- ✦ I am grateful for my good health.
- ✦ I receive healing energy from the universe every minute.

Life Affirmations

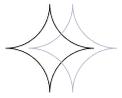
- ✦ Even in the most trying external situations, I am able to see serenity.
- ✦ I'm stronger than I think.
- ✦ I have complete control over how I think, feel, and act.
- ✦ I was not made to give up easily.
- ✦ I have the faith that I will make it to the top.
- ✦ Life's difficulties do not last forever. They're only there for a short time.
- ✦ Sometimes it feels worse before it gets better. It always gets better.
- ✦ Not everything will be simple, but I will persevere because my goals and dreams are worth it.
- ✦ I am better because of the struggles I have overcome.
- ✦ I am grateful for all of the wonderful things that have happened in my life, and look forward to many more.
- ✦ I have the freedom and power to create the life I desire.
- ✦ I'm brave enough to climb any mountain.
- ✦ I release negative thoughts, embracing positivity and optimism.
- ✦ My strength is greater than any struggle.
- ✦ Every challenge is an opportunity to grow in strength and courage.
- ✦ I'm proud of myself for even daring to try.
- ✦ Life is full of ups and downs, good times and bad times. I'll enjoy the good times and endure the bad times.

12 Laws of the Universe



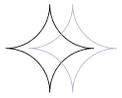
LAW OF DIVINE ONENESS

Every idea, action, and event is intertwined with everyone else.



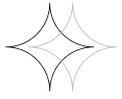
LAW OF VIBRATION

Everything vibrates at a specific frequency and is always in motion.



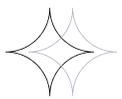
LAW OF CORRESPONDENCE

Our reality is a pattern that repeats itself and reflects what is inside us.



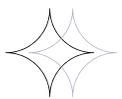
LAW OF ATTRACTION

Like attracts like, and you receive what you focus on.



LAW OF INSPIRED ACTION

The law of inspired action is all about taking real, actionable steps to attract what you desire.



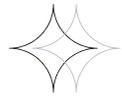
LAW OF PERPETUAL TRANSMUTATION OF ENERGY

Everything in the universe is always changing.



LAW OF CAUSE AND EFFECT

Every action has an equal and opposite reaction.



LAW OF COMPENSATION

You reap what you sow. You have to contribute to achieve your goal.



LAW OF RELATIVITY

There is no such thing as good or bad. Everything is neutral.



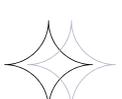
LAW OF POLARITY

Everything in life has an opposite.



LAW OF RHYTHM

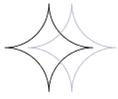
Cycles are an element of the universe's natural order. Embrace the rhythm.



LAW OF GENDER

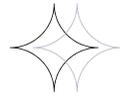
Find your personal balance between the divine male and divine feminine energies.

Angel Meaning Numbers



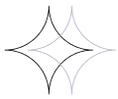
111

It is a sign of divine support. You're entering a new stage of your life. You must have faith in yourself and your guides.



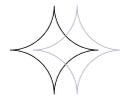
777

Relax and let go of your worries about the future; all will work out in the end.



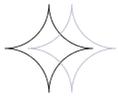
222

It's a symbol of some form of coming together, such as a reunion or a new union.



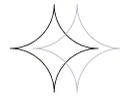
888

A gentle reminder to appreciate how far you've come.



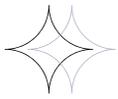
333

Is a hint that you should believe in yourself, your magic, and your intuition.



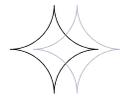
999

It means that what you've been doing is coming to a close. A new chapter will begin.



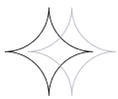
444

You will face difficulties. Prepare for it and seek assistance.



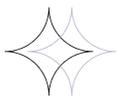
000

It is associated with new opportunities. With a fresh start, you can design whatever you want.



555

Get rid of all your negative thoughts. Make a mental shift. Change is coming your way.

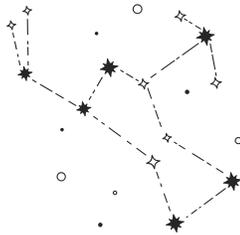


666

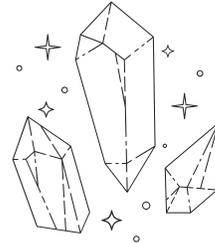
Take personal responsibility in your own life. Examine your life's desires and wants.

Daily Affirmations

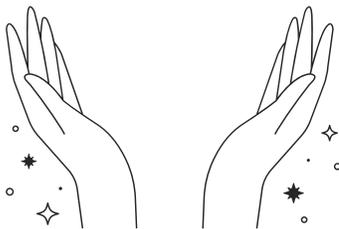
There is no one
better to be than
myself.



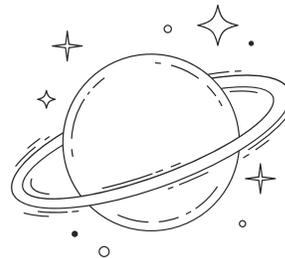
I forgive myself
for my mistakes.



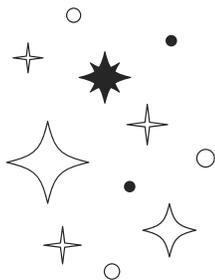
Today is going to
be a great day.



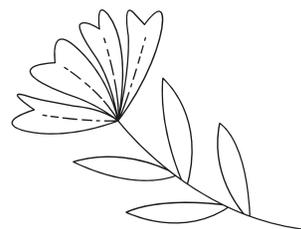
I believe in my
goals and
dreams.



Today I choose to
think positive.



I am more than
enough,

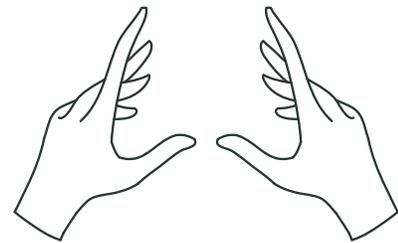


Daily Affirmations

Everything will be okay.



I am proud of myself.



I deserve to be loved.



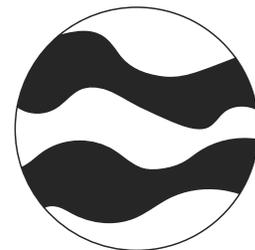
I am in charge of my life.



I have the power to make my dreams true.



I believe in myself and my abilities.



Daily Affirmations

An empty rounded square box with a solid black border and a dotted purple border, intended for writing a daily affirmation.

An empty rounded square box with a solid black border and a dotted purple border, intended for writing a daily affirmation.

An empty rounded square box with a solid black border and a dotted purple border, intended for writing a daily affirmation.

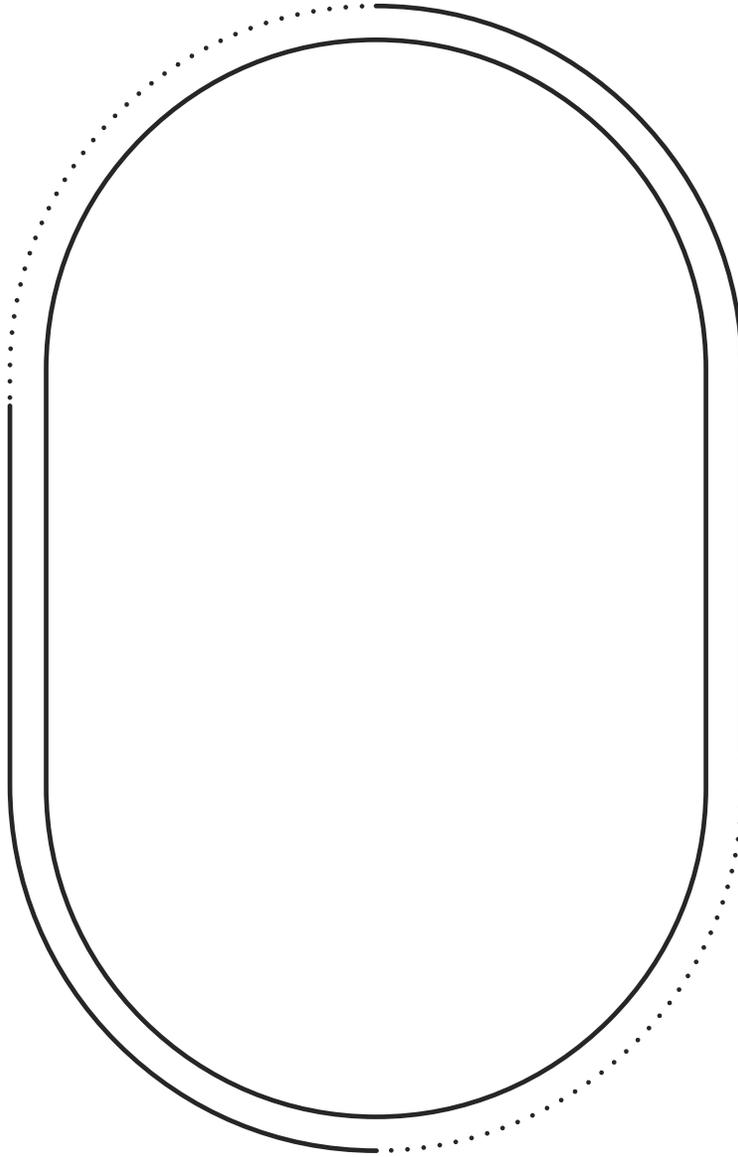
An empty rounded square box with a solid black border and a dotted purple border, intended for writing a daily affirmation.

An empty rounded square box with a solid black border and a dotted purple border, intended for writing a daily affirmation.

An empty rounded square box with a solid black border and a dotted purple border, intended for writing a daily affirmation.

Self-Worth Mirror

A positive self-image is essential for achieving your objectives and dreams. Draw yourself and make a list of the things you like about yourself.



◆	
◆	
◆	
◆	
◆	

◆	
◆	
◆	
◆	
◆	

Weekly Action Plan

Month _____

Setting weekly goals can help you stay motivated in life. It helps you set clearer vision towards your goals. How will you put your goals into action this week?

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

369 Method

The 369 method involves writing down what you'd like to manifest 3 times in the morning, 6 times during the day, and 9 times in the evening. The number 3 is thought to be a direct link to the universe, while the number 6 signifies our inner power, and the number 9 helps release negative emotions.

3

6

9

Things that I'm grateful for...

What do you already have and are grateful for? By remembering and focusing on this, you draw more things to be grateful for into your life. It also keeps your energy vibrations high.

Health

Relationship

Career

Financial

What is blocking me?

What challenges keep getting in the way of achieving your goals? What fears are stopping you? What can you do to keep moving forward?

Health

Relationship

Career

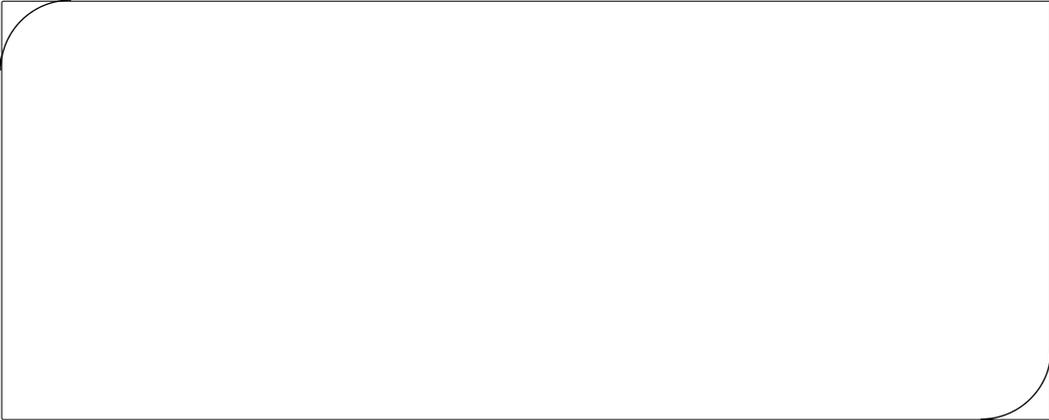
Financial

Limiting Beliefs

The key to manifesting is to believe in yourself and your ability to achieve your goals. Negative ideas can hinder you from achieving your objectives and desires. Make a list of your limiting beliefs to be ready for the best possible outcome.

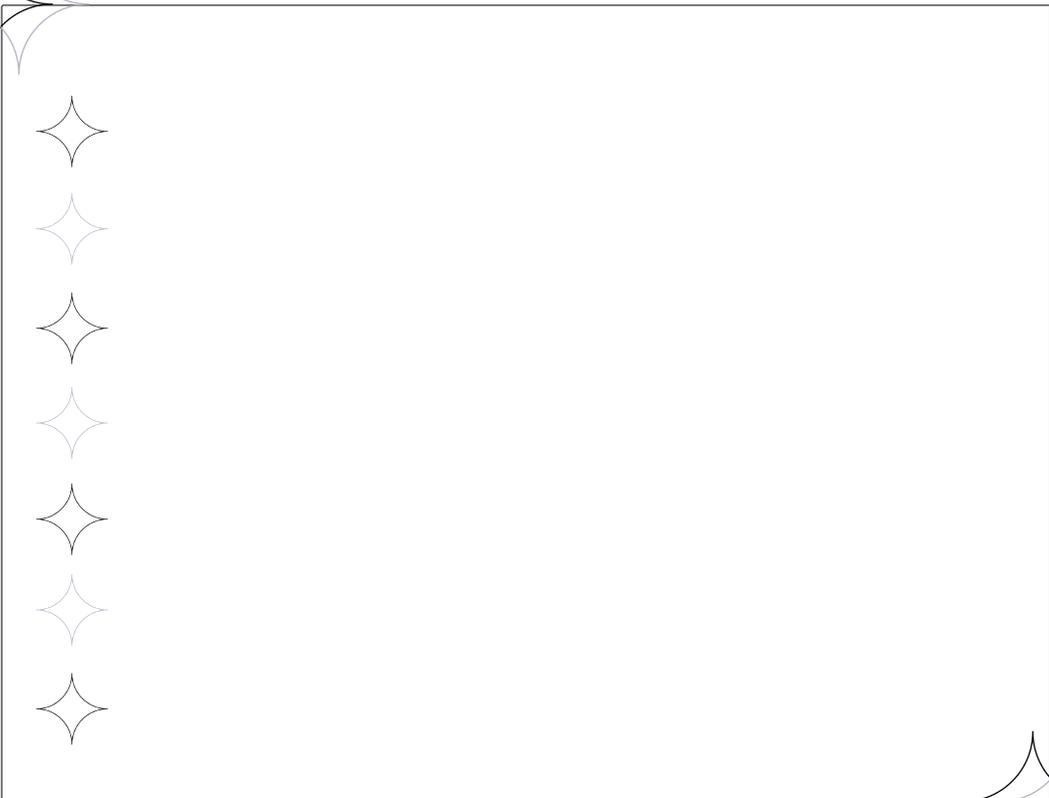
False Limiting Beliefs

what negative thoughts are recurring in your mind?



Positive Affirmations

How can you change it to be positive?



Manifestation Milestones

One of the most fundamental laws in manifestation is to keep track of your desires and goals that have been achieved. It brings you up to date on the universe's blessings that have already been received.

Date: _____
✦ _____

Situation

Do something every day to train your mind to believe that you are worthy of everything you desire.

Use the blank pages below to continue to journal everyday and use the tools provided to help.

Check out lots of blog posts on manifesting on LivingMarvelously.com.



Living
Marvelously

L A U R I E J O N A S

