THE EVIDENCE-BASED

# Manifesting PLANNER & WORKBOOK

by Jessica Corren



*This*

MANIFESTATION PLANNER

*Belongs To:*



# WELCOME TO YOUR ALIGNMENT JOURNEY

True manifestation is not passive wishing; it is the deliberate priming of your brain and behavior to align thought with action.

Psychological research reveals that imagining an outcome alone can cause premature satisfaction, leading to decreased effort and follow-through. To create real change, this planner utilizes process simulation: mentally rehearsing the precise steps, timing, and problem-solving required to achieve your goals.

By combining goal-setting with neuroscientific visualization, you train your Reticular Activating System (RAS) to spot opportunities, reduce performance anxiety through mental rehearsal, and reframe limiting beliefs into empowering cognitive pathways.

Step into each page with clarity, consistency, and intent. Your transformation begins in the mind and is realized through action.

*Jessica Corren*

TITLE: THE 21-DAY PROCESS & ALIGNMENT CHALLENGE

# CHALLENGE OVERVIEW

Committing to 21 days of structured mental rehearsal strengthens neural pathways in the motor and prefrontal cortex, bridging the gap between intention and habit

## DAILY CHALLENGE STEPS

1. **Morning Priming (5 Mins):** Perform a first-person process simulation of your day's top priorities. Imagine when, where, and how you will execute your tasks.
2. **Mindset Check:** Apply the "Catch it, Check it, Change it" framework whenever a limiting thought arises.
3. **Evening Visualization (5 Mins):** Rehearse how to overcome one potential obstacle using an If-Then action plan.



## NOTES:

Focus strictly on process imagery rather than outcome fantasy to maintain motivation and momentum throughout the 21 days.

# Manifestation

## AFFIRMATIONS

DATE _____

I AM ...

# POSITIVE AFFIRMATIONS

| | | |
|---|---|---|
| | | |

MY POSITIVE AFFIRMATION STATEMENTS

# MY 10 AFFIRMATIONS

1. I AM ...

2. I AM ...

3. I AM ...

4. I AM ...

5. I AM ...

6. I AM ...

7. I AM ...

8. I AM ...

9. I AM ...

10. I AM ...

# MANIFESTATION LIST

## WHO I WANT TO BE

## WHAT I WANT TO HAVE

# MANIFESTATION TRACKER

| WHAT I WANT | WHY I WANT IT | HOW IT WILL MAKE ME FEEL |
|---|---|---|
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# THE NEUROSCIENCE OF VISUALIZATION: PROCESS VS. OUTCOME

- **Why Outcome Fantasy Fails:** Popular culture often advises picturing the reward, but studies show that outcome-only visualization (e.g., imagining receiving an 'A' grade or holding a trophy) can actually decrease real-world performance[48]. Visualizing the end reward triggers dopaminergic satisfaction prematurely, tricking the brain into feeling as though the goal is already accomplished, which reduces study time and effort.
- **The Power of Process Simulation:** Process simulation focuses on the action steps required to attain the goal. Controlled research demonstrates that individuals who mentally rehearse *how, when, and where* they will work experience significant benefits:
- **Enhanced Planning:** Mentally mapping steps creates clear execution plans and mitigates the planning fallacy (underestimating completion time).
- **Emotional Regulation:** Visualizing the process reduces task-related anxiety and worry, keeping confidence and aspiration levels steady under pressure.
- **Neural Activation:** Vivid first-person mental rehearsal fires the same motor and premotor circuits as physical execution, measurable via mu-rhythm suppression on EEG.






# LIFE UPDATES

| FAMILY |
| --- |
| ○ |
| ○ |
| ○ |

| HOME |
| --- |
| ○ |
| ○ |
| ○ |

| LOVE |
| --- |
| ○ |
| ○ |
| ○ |

| RELATIONSHIPS |
| --- |
| ○ |
| ○ |
| ○ |

# LIFE RECAP

| PAST SITUATION | HOW IT WORKED OUT IN THE END |
| --- | --- |
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# BRIDGING MANIFESTATION & GOAL-SETTING: **THE WOOP METHOD**



**COMBINING INTENTION WITH ACTION**
Manifestation organizes the mind, while goal-setting organizes behavior. To maximize achievement, combine positive visualization with Mental Contrasting and Implementation Intentions (the WOOP framework):

- **Wish:** Identify a specific, meaningful goal.
- **Outcome:** Vividly imagine the best possible result and the positive emotion tied to it.
- **Obstacle:** Shift focus to identify the main internal obstacle (a fear, habit, or distraction) standing in your way.
- **Plan (If-Then):** Form a clear plan: "If [obstacle occurs], then I will [specific action step]".



Research shows that mental contrasting generates a motivational surge ("energization") that pure daydreaming cannot produce.



# MANIFEST YOUR DREAMS

Write your affirmations for each 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.*

# MANIFEST YOUR WISH

You Wished For:

One Reason You Made Your Wish:

Things You Can Do To Make Your Wish Come True:

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

# MANIFESTING HEALTH

## WHAT I WANT TO MANIFEST?

## WHY I WANT TO MANIFEST IT?

## HOW WILL I MANIFEST IT?

## FIRST 3 STEPS TO BEGIN WITH

# MANIFESTING WEALTH

## WHAT I WANT TO MANIFEST?

## WHY I WANT TO MANIFEST IT?

## HOW WILL I MANIFEST IT?

## FIRST 3 STEPS TO BEGIN WITH

# MANIFESTING BUSINESS

## WHAT I WANT TO MANIFEST?

## WHY I WANT TO MANIFEST IT?

## HOW WILL I MANIFEST IT?

## FIRST 3 STEPS TO BEGIN WITH

# MANIFESTING A JOB

## WHAT I WANT TO MANIFEST?

## WHY I WANT TO MANIFEST IT?

## HOW WILL I MANIFEST IT?

## FIRST 3 STEPS TO BEGIN WITH

# MANIFESTING LOVE

## WHAT I WANT TO MANIFEST?

## WHY I WANT TO MANIFEST IT?

## HOW WILL I MANIFEST IT?

## FIRST 3 STEPS TO BEGIN WITH

# MANIFESTING FAMILY

## WHAT I WANT TO MANIFEST?

## WHY I WANT TO MANIFEST IT?

## HOW WILL I MANIFEST IT?

## FIRST 3 STEPS TO BEGIN WITH

# MANIFESTING FRIENDS

## WHAT I WANT TO MANIFEST?

## WHY I WANT TO MANIFEST IT?

## HOW WILL I MANIFEST IT?

## FIRST 3 STEPS TO BEGIN WITH

# MANIFESTING TRAVEL

## WHAT I WANT TO MANIFEST?

## WHY I WANT TO MANIFEST IT?

## HOW WILL I MANIFEST IT?

## FIRST 3 STEPS TO BEGIN WITH

# MANIFESTING A HOME

## WHAT I WANT TO MANIFEST?

## WHY I WANT TO MANIFEST IT?

## HOW WILL I MANIFEST IT?

## FIRST 3 STEPS TO BEGIN WITH

# MANIFESTING A CAR

## WHAT I WANT TO MANIFEST?

## WHY I WANT TO MANIFEST IT?

## HOW WILL I MANIFEST IT?

## FIRST 3 STEPS TO BEGIN WITH

# DESIRE WORKSHEET

## DEFINING MY DESIIRE

## STATING MY WHY

## HOW I WOULD FEEL

# ABUNDANCE MINDSET

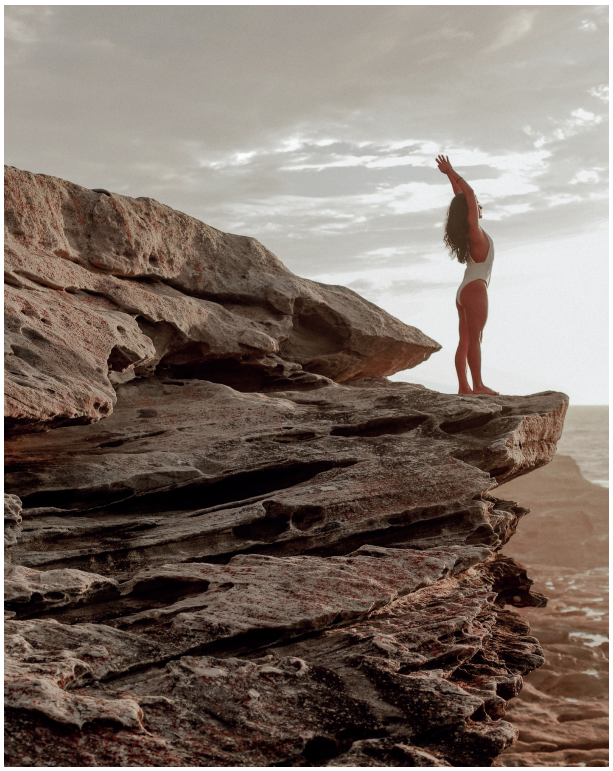
| WHO I WANT TO BE? | WHAT I WANT TO HAVE? |
| --- | --- |
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# **COGNITIVE REFRAMING:** CATCH IT, CHECK IT, CHANGE IT

## TRANSFORMING LIMITING THOUGHTS

Unhelpful thought patterns and cognitive distortions (such as catastrophizing, overgeneralizing, or black-and-white thinking) create internal resistance that blocks goal pursuit. Cognitive reframing allows you to challenge and replace these distortions in three steps:

- **Step 1: Catch It** — Notice when you enter a negative or limiting thought pattern (e.g., "I don't have enough time or ability").
- **Step 2: Check It** — Evaluate the evidence objectively. Ask: *Am I jumping to conclusions? Is this based on feeling or fact? Is there another perspective?*
- **Step 3: Change It** — Replace the unbalanced thought with a grounded, empowering reframe (e.g., "I have limited time, so I will prioritize the most impactful task today").





# SETTING INTENTIONS

## MY INTENTION FOR THIS YEAR/DAY:

## DESCRIBE IT

### HOW DOES THAT INTENTION MAKE YOU FEEL?

### HOW DOES THAT INTENTION MAKE OTHERS FEEL?

### WRITE 3 OR MORE WAYS HOW YOUR INTENTION IS SERVING YOU RIGHT NOW:

# MANIFESTING FOCUS

## FOCUS FOR TODAY

## STEPS TO REACH MY GOAL

## AFFIRMATIONS FOR FOCUS

## DRAW A FOCUS SYMBOL OR WHAT YOU'RE FOCUSING FOR

# MANIFESTING GOALS

## GOALS

## WHAT WILL IT LOOK LIKE WHEN I ACHIEVE THIS?

## HOW WILL I FEEL WHEN I ACHIEVE THIS?

## MY STEPS

## DATE I PLAN TO MANIFEST THIS

## DATE MANIFESTED

# MY SITUATION

MY CURRENT SITUATION

CONCERNS ABOUT MY CURRENT SITUATION

THINGS I'M GRATEFUL FOR DESPITE MY SITUATION

WHAT IS MY DESIRED OUTCOME

# Manifestation

## IF IT'S COMING

MY MANIFESTATION:

WHAT I WOULD FEEL

WHAT WOULD I START DOING

WHAT WOULD I STOP DOING

# INSPIRATION

## SONGS

## BOOKS

## PODCASTS

## VIDEOS

## MOVIES

## DOCUMENTARIES

# HARNESSING INTUITIVE INTELLIGENCE FOR DECISION-MAKING

**The Science of Intuition:**
Intuition is not magical guessing; it is your brain's rapid pattern-recognition mechanism processing information below conscious awareness

## THE T.R.U.S.T. DECISION FRAMEWORK:



**Tune In:** Create quiet space and pause to notice physical body signals (gut feelings, tension, or calm)



**Reflect:** Journal or meditate briefly to access subconscious clarity without external noise



**Understand:** Ask what emotional or physical cues are communicating about the choice



**Sense Check:** Cross-examine intuitive signals against logic, facts, and incoming data



**Take Action:** Test your intuitive decision in small, low-risk steps and track outcomes

# MANIFESTATION ACTION PLAN

## WHAT I WANT TO MANIFEST

## WHY I WANT TO MANIFEST IT

## HOW WILL I MANIFEST IT

## SMALL STEPS TO BEGIN WITH

# GOAL ACTION PLAN

| START DATE: | END DATE: |
|---|---|

| MY GOAL | SCHEDULE |
|---|---|
| | |

| ACTION PLANS FOR MY GOAL | SCHEDULE |
|---|---|
| | ○ |
| | ○ |
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| HABITS & ROUTINES | RESOURCES I NEED |
|---|---|
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# MANIFESTATION LOG

| DESIRE | HOW DID IT MANIFEST | HOW DID I FEEL |
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# VISUALIZATIONS

WHAT DOES A TYPICAL DAY LOOK LIKE FOR ME?

HOW DOES MY FUTURE SELF LOOK LIKE

| INCOME | HOW OFTEN? | SOURCE |
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| | | |

WHAT EXCITES ME MOST ABOUT LIFE NOW

ADVISE I WOULD GIVE TO MY YOUNGER SELF

# VISUALIZATION REFLECTION

## DURING MY VISUALIZATION I SAW:

## DURING MY VISUALIZATION I FELT EMOTIONS:

## USING MY 5 SENSES, I COULD SEE, HEAR, SMELL, TASTE, TOUCH:

## WHAT I'D LIKE TO SEE MORE OF:

## WHAT I'D LIKE TO SEE LESS OF:

# HABITS TRACKER

| DATE | VISUALIZATION | AFFIRMATIONS | GRATITUDE | MEDITATION | SCRIPTING |
|---|---|---|---|---|---|
| 1 | | | | | |
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# POSITIVE THOUGHTS

| NEGATIVE THOUGHT | POSITIVE THOUGHT |
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# SELF CARE LOG

| SELF-CARE TASK | S | M | T | W | T | F | S |
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# MEDITATION LOG

| DATE | DURATION | THOUGHTS & FEELINGS |
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# NEVILLE GODDARD'S 4-STEP EVENING VISUALIZATION ROUTINE

**EVENING NEURAL PRIMING.**

**The period right before sleep is ideal for mental rehearsal, as the brain transitions into relaxed alpha wave states conducive to sensory immersion. Practice this 4-step routine nightly:**

- **Get Relaxed:** Lie down when sleepy, taking slow, deep breaths to settle your nervous system.
- **Pick a Short Scene:** Select a brief, 5-second mental scene that implies your goal has already been achieved (e.g., shaking hands or signing a contract).
- **Loop the Scene:** Replay that short 5-second scene repeatedly in your mind's eye.
- **Feel the Truth:** Engage all five senses and immerse yourself in the emotional feeling of fulfillment as you drift off to sleep.

# MORNING ROUTINE

WEEK _____

| | | MON | TUE | WED | THU | FRI | SAT | SUN |
|---|---|---|---|---|---|---|---|---|
| S | SILENCE | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| A | AFFIRMATIONS | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| V | VISUALIZATIONS | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| E | EXERCISE | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| R | READING | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| S | SCRIBING | ○ | ○ | ○ | ○ | ○ | ○ | ○ |

MY WHY

NOTES

# EVENING ROUTINE

| MORNING NEEDS | EVENING NEEDS |
| --- | --- |
| ○ | ○ |
| ○ | ○ |
| ○ | ○ |
| ○ | ○ |
| ○ | ○ |

| TIME | TASK | DONE |
| --- | --- | --- |
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| | | ○ |

# Manifestation

## DAILY PLAN

TODAY'S AFFIRMATION:

ONE THING I'LL DO TODAY TO MAKE ME HAPPY:

| MANIFESTATION ACTION LIST | |
|---|---|
| ◯ MEDITATE | ◯ INSPIRED ACTION OR IDEAS |
| ◯ SCRIPT | ◯ EVIDENCE LOG |
| ◯ VISUALIZE | ◯ TRUST AND LET GO |

| MORNING PLAN | |
|---|---|
| TOP THREE PRIORITIES | HOW I WANT MY DAY TO GO |

| EVENING PLAN | |
|---|---|
| DAILY GRATITUDE | THE BEST THING THAT HAPPENED TODAY |

# Manifestation

## DAILY PLANNER

TODAY'S AFFIRMATION:

I AM GRATEFUL FOR:

| SCHEDULE |
| --- |
| 6AM |
| 7AM |
| 8AM |
| 9AM |
| 10AM |
| 11AM |
| 12PM |
| 1PM |
| 2PM |
| 3PM |
| 4PM |
| 5PM |
| 6PM |
| 7PM |
| 8PM |
| 9PM |
| 10PM |

TO DO

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HEALTH & WELLNESS
Actions to boost mental, spiritual and physical wellness

- [ ]
- [ ]
- [ ]
- [ ]
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APPRECIATION (What made me smile today)

GROWTH (What I have learned)

# DAILY MINDFULNESS

DATE: _____

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

## TOP DAILY AFFIRMATIONS

- _____
- _____
- _____
- _____
- _____

## GRATITUDE

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

## NOTES

# DAILY GRATITUDE

MORNING: Date:

I am grateful for:

I'm looking forward to:

Daily Affirmations:

EVENING:

Good things that happened today:

Things I can do to make tomorrow even better:

# WEEKLY REFLECTION

WEEK OF: _____

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES

# Manifestation

## MONTHLY GOAL

MANIFESTATION GOAL

MONTH: _____

I HAVE ACHIEVED…

I WANT TO ACHIEVE THIS BECAUSE…

I MANIFESTED THIS BY…

EVERYDAY, I COMMITED TO…

WHEN I WANTED TO GIVE UP, I…

# Monthly MANIFESTATION

MONTH: _____

| MON | TUES | WED | THU | FRI | SAT | SUN |
|---|---|---|---|---|---|---|
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NOTES

# PERSONAL PLANNER

MONTH:

| SUN | MON | TUES | WED | THURS | FRI | SAT |
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## THIS MONTH'S GOALS

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

## NOTES

# MONTHLY REFLECTION

Best things that happened this month...

Who were the best people of the month (why?)...

What can I do to make next month even better...

# YEARLY REFLECTION

| | |
|---|---|
| The best things that happened this year... | The best people of the year(why?)... |
| What I learned this year... | I'm most grateful for... |

What I am doing to make next year even better...

# GETTING TO KNOW MYSELF

Answer the following questions. There are no rules. Just let your heart speak.

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

## WHAT IS MY "HIGHER SELF" LIKE? DESCRIBE IN DETAIL.

# THOUGHT PATTERN

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

| NEGATIVE | POSITIVE |
| --- | --- |
| | |
| NEGATIVE | POSITIVE |
| | |
| NEGATIVE | POSITIVE |
| | |
| NEGATIVE | POSITIVE |
| | |

# LIMITING BELIEFS

A belief that is holding you back:
" ex. I can't change myself."

Where did this belief come from?

How is this belief harmful?

What is a better alternative for this belief?

# FACING FEARS

Date _____

One old fear you are so ready to put behind you:

One way in which your old fear holds you back:

One way your life will be improved by overcoming it:

The final thing you would do if you could step out from behind your fear:

One very small step you can take forward that first thing:

# PEOPLE I'M GRATEFUL FOR

Write a thank you note to someone you wanted to thank for long time and didn't have a chance yet.

One person you would like to thank:

One thing you would like to thank her or him for:

Two details to describe the thing or action for which you're thankful:

One way in which the thing or action made a difference to you:

Your thank you note:

# GRATITUDE TRACKER

MONTH _____



# RAISE YOUR VIBRATION

One person with whom you share your adventures:

One meal that reminds you of home:

One memory that makes you gigle:

One errand you're always up for:

One thing you believe now more than ever:

One kind of surprise that brightens your day:

One music that you love to listen:

# INSPIRATIONS

## PODCASTS

## BOOKS

## SONGS

## VIDEOS

## COURSES

## AUDIO

# MEDITATION TRACKER

WEEK OF_____

| | MEDITATION ACTIVITY | DURATION |
|---|---|---|
| MONDAY | | |
| TUESDAY | | |
| WEDNESDAY | | |
| THURSDAY | | |
| FRIDAY | | |
| SATURDAY | | |
| SUNDAY | | |
| | TOTAL MEDITATION TIME: | |

# 3-6-9 METHOD

Date _____

Write 3 times the name of the thing you want to manifest:

1. _____
2. _____
3. _____

Write 6 times your intention for thing you want to manifest:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Write 9 times what you want to manifest. Be specific and visualize it.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

# LIST OF ATTRACTIONS

Summarize what you have previously attracted into your life and what you hope to attract in the future. Use it as a visual guide to help you practice positive affirmations and manifest the things you want in the future.

| THINGS YOU HAVE ATTRACTED INTO YOUR LIFE | THINGS YOU WANT TO ATTRACT INTO YOUR LIFE |
| --- | --- |
| | |

# MANIFESTING CHEAT SHEET

## 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...)*

## ALIGN

List what you can do TODAY to practice feeling the feelings from part 1.

# VISION BOARD

## Career / Business

## Finance

## Family / Friends

## Love

## Personal Growth

## Health

## Leisure

## Mind

# VISION BOARD

# 10 SCIENCE-BACKED RULES FOR EFFECTIVE MANIFESTATION



1. **Rehearse Process Over Outcome:** Visualize the steps and habits required, not just the trophy.
2. **Combine Vision with Obstacles:** Use mental contrasting to plan for challenges before they occur.
3. **Apply If-Then Execution:** Build clear habits by defining exact triggers for action.
4. **Catch and Reframe Distortions:** Intercept negative self-talk and replace it with evidence-based reframes.
5. **Engage All Five Senses:** Make mental imagery vivid by adding sights, sounds, textures, and physical feeling.
6. **Use First-Person Perspective:** Imagine scenes through your own eyes to maximize motor cortex firing.
7. **Listen to Somatic Signals:** Pay attention to gut feelings and physical cues during decision-making.
8. **Mitigate the Planning Fallacy:** Track actual effort vs. planned effort to maintain realistic momentum.
9. **Prime Your Brain Nightly:** Practice short, focused mental loops before sleep.
10. **Align Identity with Action:** Repeat habits consistently to rewire long-term neural pathways.

# 10 WAYS OF THINKING

When we are kind to ourselves and speak with good intentions, we are more likely to attract good things. Write down 10 ways of positive thinking.

1

2

3

4

5

6

7

8

9

10

# CELEBRATIONS & REWARDS

## WHAT I AM CELEBRATING

## HOW I AM CELEBRATING

## WHAT I AM TREATING MYSELF TO

## TO DO

## NOTES

# MANIFESTATION UPDATES

## CAREER

## BUSINESS

## FINANCE

## HEALTH

## FAMILY

## FRIENDS

# MANIFESTATION UPDATES

## LOVE

## LEISURE

## PERSONAL GROWTH

## MIND

## TRAVEL

## NEW THINGS

# MY NEW REALITY

# WHAT I NEED TO LET GO OF

# LETTING GO WORKSHEET

## WHAT I'M LETTING GO OF

## HOW I FEEL

## STEPS TO MOVE FORWARD

## HOW THIS WILL HELP ME

## DRAW A SYMBOL OR A FEW WORDS ABOUT LETTING GO

# BODY MIND SOUL

| BODY | M | T | W | T | F | S | S |
|---|---|---|---|---|---|---|---|
| | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| | ○ | ○ | ○ | ○ | ○ | ○ | ○ |

| MIND | M | T | W | T | F | S | S |
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| | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
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| | ○ | ○ | ○ | ○ | ○ | ○ | ○ |

# RECEIVING IN WORKSHEET

## WHAT I'M RECEIVING IN

## HOW I FEEL

## AFFIRMATIONS

## HOW THIS WILL HELP ME

## DRAW A SYMBOL OR A FEW WORDS ABOUT RECEIVING IN

# PERFECT DAY

## WHAT DOES THE TYPICAL DAY LOOK LIKE FOR ME?

## WHAT'S MY INCOME?

## INCOME SOURCE?

## WHAT EXCITES ME MOST ABOUT LIFE NOW?

## ADVISE I WOULD GIVE TO OLD ME

# MONEY BLOCK SELF TALK

Topic of Conversation:

What You Said:

From Whom This Idea Came From:

Why You Said It:

What Happened Next:

How You Feel About It:

What You Learned:

# EDIT MONEY BLOCKS

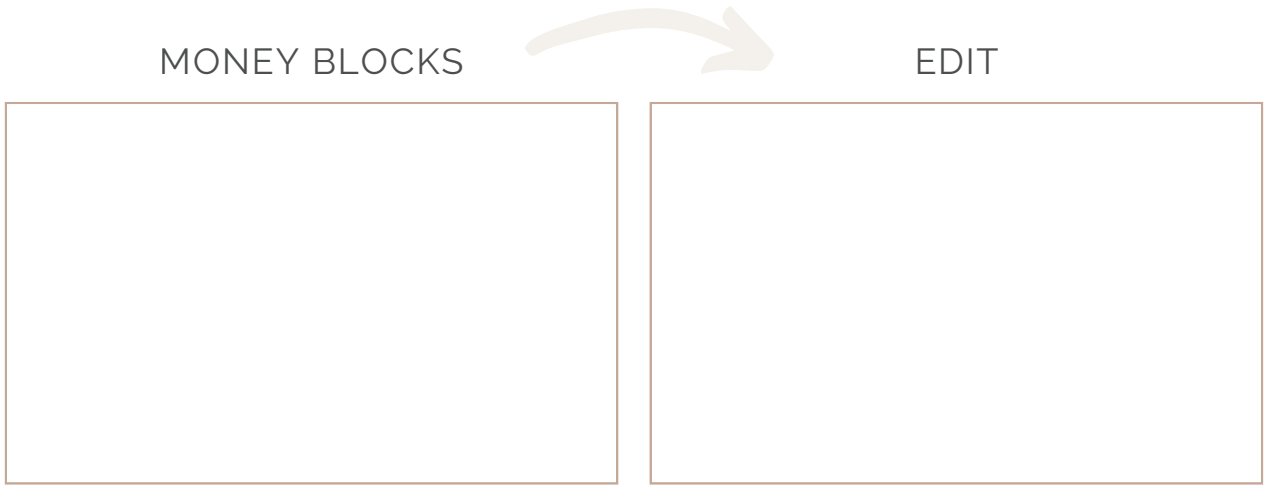
MONEY BLOCKS

EDIT



MONEY BLOCKS

EDIT



MONEY BLOCKS

EDIT



# MANIFESTING CHEQUE

**THE BANK OF THE UNIVERSE** DATE _____

PAY TO THE ORDER OF _____ $ _____

_____

_____ *The Universe*

MEMO SIGNATURE

**THE BANK OF THE UNIVERSE** DATE _____

PAY TO THE ORDER OF _____ $ _____

_____

_____ *The Universe*

MEMO SIGNATURE

**THE BANK OF THE UNIVERSE** DATE _____

PAY TO THE ORDER OF _____ $ _____

_____

_____ *The Universe*

MEMO SIGNATURE

# MY BELIEFS ABOUT MONEY

| MONEY IS | MONEY SHOULD |
| --- | --- |
| | |

# LETTER TO THE UNIVERSE

This letter exercise will help you clear your mind from fears holding you back. Therefore, clearly state your desire and do not forget to show your gratitude and be proud of what you've been able to accomplish.

# LETTER TO FUTURE ME

Write a letter to the future: set goals for yourself, make a prediction about the world. Envision the future, and then make it happen.

# BUCKET LIST

| ACHIEVEMENTS | EXPERIENCES |
| --- | --- |
| On this side, write down all the things you want to ACHIEVE in your life - physically, financially, relationship wise, in your career etc. | On this side, write down all the things you want to EXPERIENCE in your life - happiness, new places, foods etc. |

# JOURNAL

# JOURNAL

# JOURNAL

# JOURNAL

DATE: _____



# Thank You!

Remember: Manifestation is an ongoing practice of aligning your thoughts, priming your brain, and taking consistent daily action. Keep tracking your progress, honoring your intuition, and executing your steps.

Jessica Corren

THANK YOU FOR COMMITTING TO YOUR GROWTH