



Manifestation

PLANNER

HIGHERSPIRITUALHEALING.COM

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?

MORNING ROUTINE

WEEK _____

	MON	TUE	WED	THU	FRI	SAT	SUN
S SILENCE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A AFFIRMATIONS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
V VISUALIZATIONS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
E EXERCISE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
R READING	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S SCRIBING	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

MY WHY

NOTES

EVENING ROUTINE

MORNING NEEDS

○ ○ ○ ○ ○

EVENING NEEDS

○ ○ ○ ○ ○

[illegible]

10 MINUTES TO FACE FEAR

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:

10 MINUTES GRATITUDE

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

Date

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:

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:

GRATITUDE TRACKER

MONTH _____

The form features a semi-circular scale on the left side, divided into 31 numbered segments (1 to 31). The segments are arranged in a semi-circle, with 1 at the top and 31 at the bottom. The numbers 1 through 31 are printed inside each segment. To the right of the scale is a large rectangular area for writing, divided into 31 horizontal rows by diagonal lines that radiate from the semi-circular scale. The lines are evenly spaced, creating a series of trapezoidal shapes that expand outwards from the scale. The entire form is enclosed in a thin black border.

RAISE YOUR VIBRATION

One person with whom you share your adventures:

One meal that reminds you of home:

One memory that makes you giggle:

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

MANIFEST YOUR DREAMS

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.

DESIRE WORKSHEET

DEFINING MY DESIRE

STATING MY WHY

HOW WOULD I FEEL

3-6-9 METHOD

Date

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

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

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

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

ABUNDANCE MINDSET

WHO I WANT TO BE:

WHAT I WANT TO HAVE:

LETTER TO 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.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

MY PRIORITIES

Task Name		Steps to Task
1		
2		
3		
4		
5		

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

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 CAREER

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 HOME

WHAT I WANT TO MANIFEST:

WHY I WANT TO MANIFEST IT:

HOW WILL I MANIFEST IT?

FIRST 3 STEPS TO BEGIN WITH

MANIFESTING CAR

WHAT I WANT TO MANIFEST:

--

WHY I WANT TO MANIFEST IT:

--

HOW WILL I MANIFEST IT?

--

FIRST 3 STEPS TO BEGIN WITH

--

--

--

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:

MANIFEST YOUR WISH

You Wished For:

One Reason You Made Your Wish:

Things You Can Do To Make Your Wish Come True:

SETTING INTENTIONS

MY INTENTION FOR THIS YEAR/DAY:

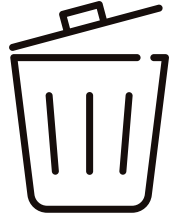
DESCRIBE IT

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:

WHAT I HAVE TO LET GO



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

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 ...

BODY MIND SOUL

[illegible][illegible][illegible]

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 MONEY

THE UNIVERSE BANK

DATE

PAY TO THE ORDER OF



Paid in full

The Universe

FOR

SIGNATURE

THE UNIVERSE BANK

DATE

PAY TO THE ORDER OF



Paid in full

The Universe

FOR

SIGNATURE

THE UNIVERSE BANK

DATE

PAY TO THE ORDER OF



Paid in full

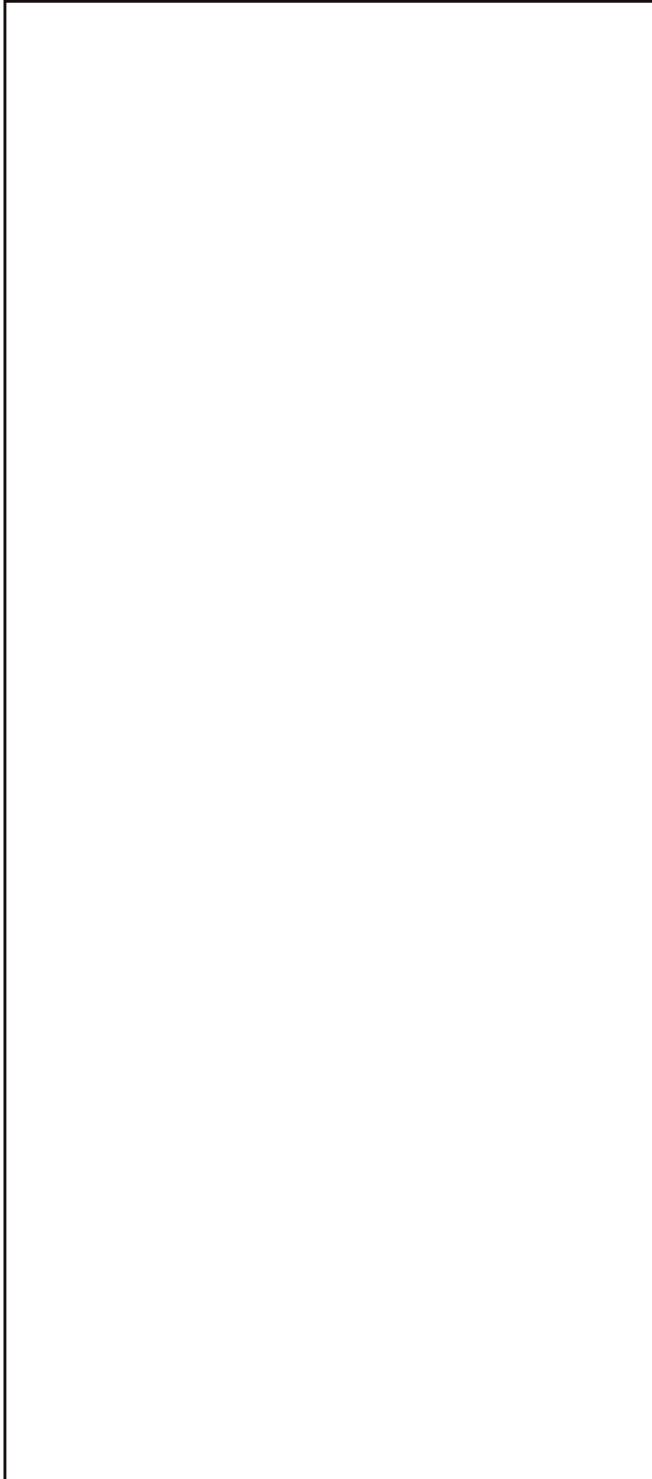
The Universe

FOR

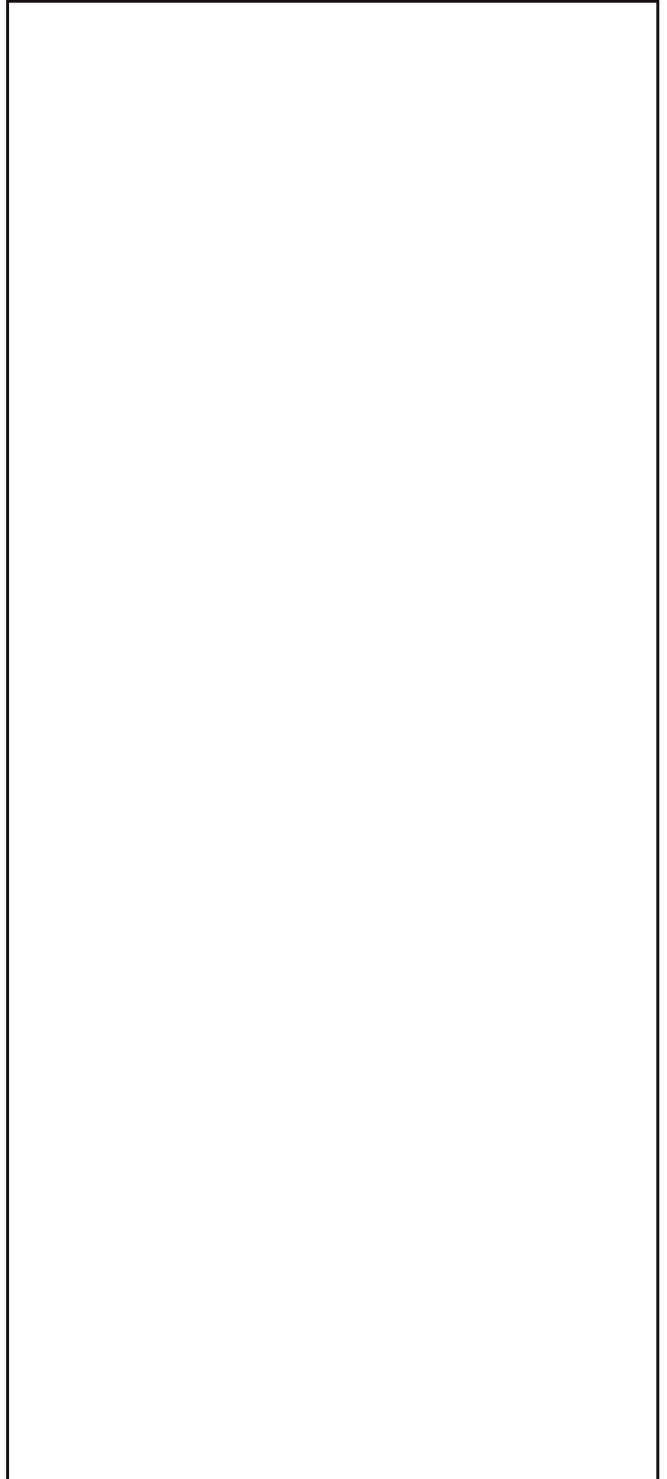
SIGNATURE

MY BELIEFS ABOUT MONEY

MONEY IS

A large, empty rectangular box with a thin black border, intended for writing a response to the prompt 'MONEY IS'.

MONEY SHOULD

A large, empty rectangular box with a thin black border, intended for writing a response to the prompt 'MONEY SHOULD'.

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

ACTION BRAINSTORM

Stop Doing

Do Less

Keep Doing

Start Doing

LEVEL 10 LIFE INVENTORY

Rate each area of your life from 1 to 10 in the columns provided, where 1 indicates low satisfaction and 10 signifies complete fulfillment. Use this as a guide to identify areas for manifesting your dream life.

[illegible]

GROWTH VS FIXED MINDSET

Growth Mindset	Fixed Mindset
CHALLENGES Challenges are a way for me to get better	CHALLENGES I try to avoid challenges so I don't look stupid
DESIRES I try new things	DESIRES I'll just stick to what I know
SKILLS I can always learn new things	SKILLS I'm either good at it or not If I'm not, it's okay
OBSTACLE I'll change my approach until I succeed	OBSTACLE I'm just not good at it and that's the way it is
SUCCESS OF OTHERS I'm inspired by their success. Maybe I have something to learn from their success.	SUCCESS OF OTHERS It's unfair that they're succeeding and I am not
CRITICISM I can learn from the feedback!	CRITICISM I feel threatened by the criticism I got

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.

DAILY MINDFULNESS

M	T	W	T	F	S	S
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TOP DAILY AFFIRMATIONS FOR MANIFESTATION

GRATITUDE

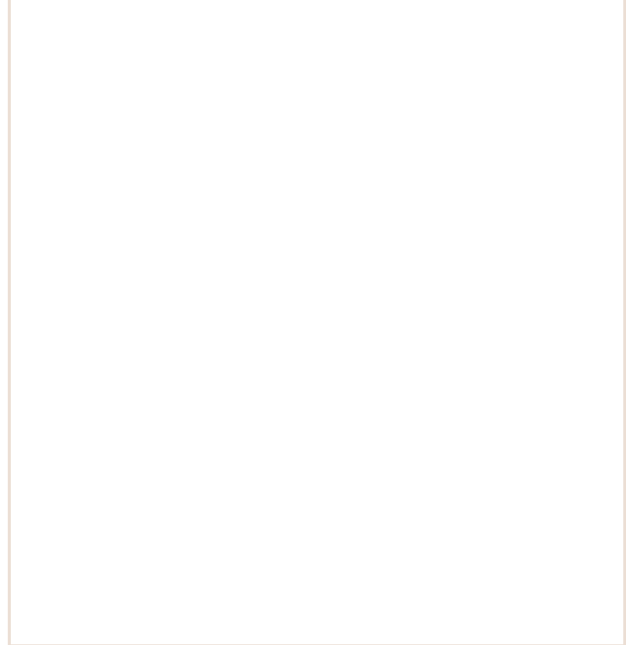
NOTES

MANIFESTING FOCUS

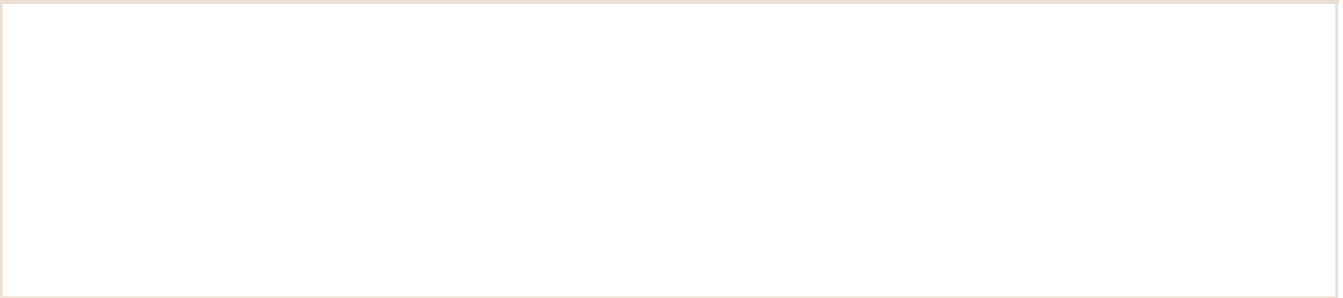
FOCUS FOR TODAY

A large, empty rectangular box with a thin brown border, intended for writing the focus for the day.

STEPS TO REACH MY GOAL

A large, empty rectangular box with a thin brown border, intended for writing the steps to reach the goal.

AFFIRMATIONS FOR FOCUS

A large, empty rectangular box with a thin brown border, intended for writing affirmations for focus.

DRAW A FOCUS SYMBOL OR WHAT YOU'RE FOCUSING FOR

A large, empty rectangular box with a thin brown border, intended for drawing a focus symbol or what you're focusing on.

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

MANIFESTED DATE

QUARTERLY GOALS

Health & Fitness

Goal

Why

Reward

Notes & Thoughts

YEARLY GOALS

Health & Fitness

Goal

Why

Reward

Notes & Thoughts

PERSONAL PLANNER

MONTH

SUN	MON	TUES	WED	THURS	FRI	SAT

MONTH GOALS

-
-
-
-
-

NOTES

WEEKLY REFLECTION

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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...

MANIFESTATION UPDATES

CAREER

BUSINESS

FINANCE

HEALTH

FAMILY

FRIENDS

MANIFESTATION UPDATES

LOVE

LEISURE

PERSONAL GROWTH

MIND

TRAVEL

NEW THINGS

BUCKET LIST



Achievements

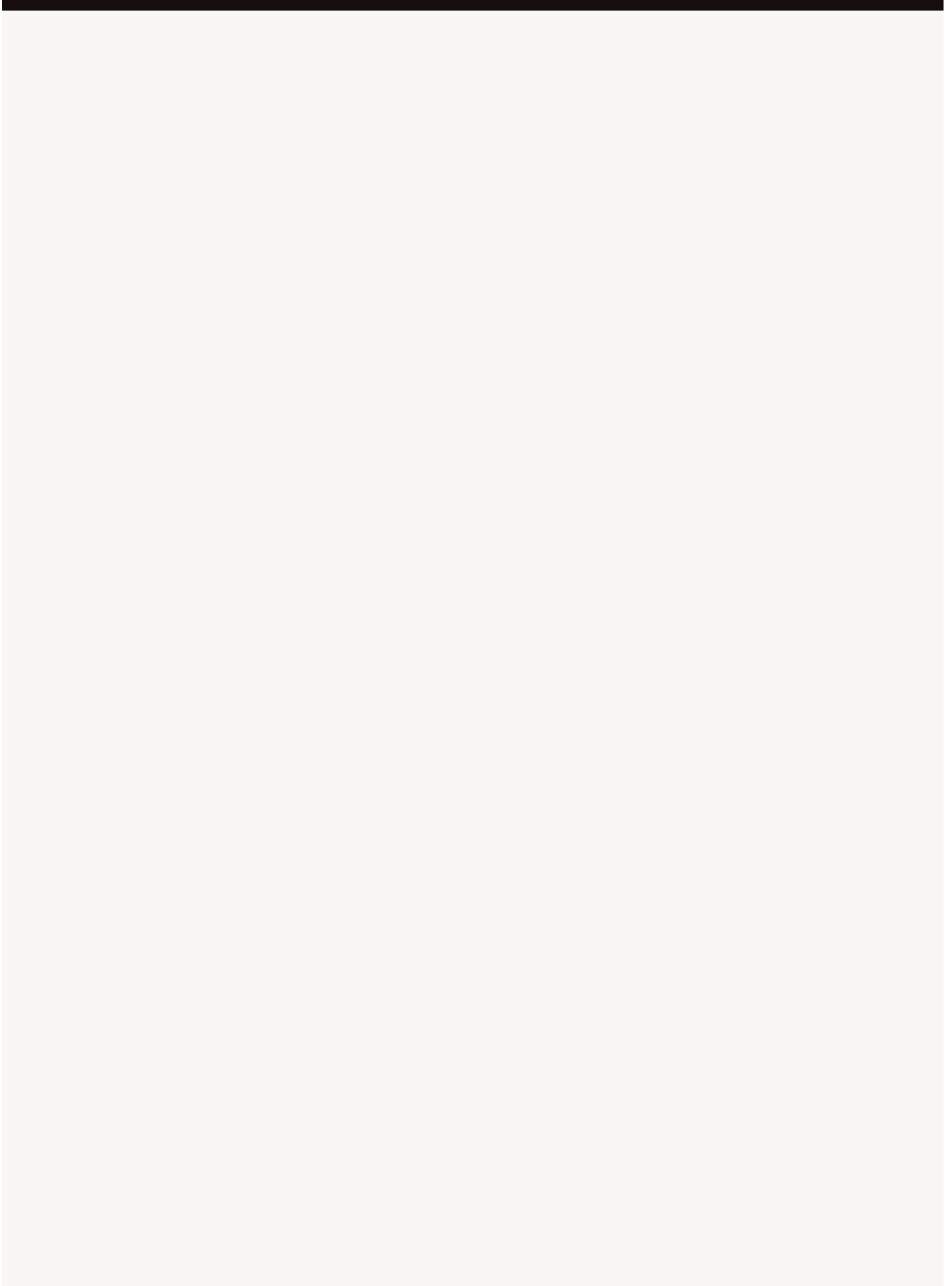
On this side, write down all the things you want to ACHIEVE in your life - physically, financially, relationship wise, in your career etc.

Experiences

On this side, write down all the things you want to EXPERIENCE in your life - happiness, new places, foods etc.

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MY NEW REALITY



JOURNALING



JOURNALING



JOURNALING



JOURNALING



A series of 15 horizontal, light beige rectangular bars stacked vertically, providing a space for journaling entries.