

Manifest Anything

The 10 minute worksheet



STEP 1	WHAT YOU WANT AND WHY
STEP 2	HOW IT WOULD MAKE YOU FEEL
STEP 3	LIMITING BELIEFS (For example, do any doubts come up? What are they and why?)
STEP 4	THOUGHTS THAT CHALLENGE THOSE BELIEFS (For example, I am fully deserving of everything I dream of.)
STEP 5	<p>MAKE IT HAPPEN</p> <p>Make a list of three things you can incorporate into your daily or weekly routine that align with this manifestation (e.g., eat a healthy breakfast, practice affirmations).</p> <hr/> <hr/> <hr/> <p>Make a list of three things you want to work on that will bring you closer to your manifestation (e.g., releasing the negative opinions of others, proactively embracing new opportunities).</p> <hr/> <hr/> <hr/>