



Manifestation Journal

PROSECCOLIVING.COM

- * Belongs To page*
- * Editable File*
- * 3-6-9 METHOD*
- * MANIFEST YOUR DREAMS*
 - * DESIRE WORKSHEET*
 - * LIST OF ATTRACTIONS*
 - * INSPIRATIONS*
 - * EVENING ROUTINE*
 - * THOUGHT PATTERN*
 - * EDIT MONEY BLOCKS*
 - * VISION BOARD*
 - * MEDITATION TRACKER*
 - * MORNING ROUTINE*
 - * MY 10 AFFIRMATIONS*
 - * JOURNALING*
 - * NOTES*



*This Book
belongs to*

✧ **MANIFEST** ✧



DATE:

WRITE 3 TIMES THE NAME OF THE THING YOU WANT TO MANIFEST

WRITE 6 TIMES YOUR INTENTION FOR THING YOU WANT TO MANIFEST

[illegible]



MANIFEST YOUR DREAMS

HEALTH

--

RELATIONSHIPS

--

SPIRITUALITY

--

FINANCES

--

MIND

--



DESIRE WORKSHEET

DEFINING MY DESIRE

STATING MY WHY

--

HOW WOULD I FEEL



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*



INSPIRATIONS

<i>PODCASTS</i>

<i>BOOKS</i>

<i>SONGS</i>

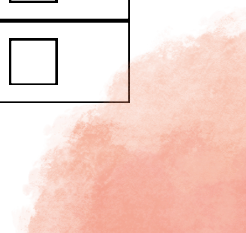
<i>VIDEOS</i>

<i>COURSES</i>

<i>AUDIO</i>

MORNING NEEDS	
☐	
☐	
☐	
☐	
☐	

<i>EVENING NEEDS</i>	
☐	
☐	
☐	
☐	
☐	

[illegible]



THOUGHT PATTERN

NEGATIVE

POSITIVE

NEGATIVE

POSITIVE

NEGATIVE

POSITIVE

NEGATIVE

POSITIVE





EDIT MONEY BLOCKS

MONEY BLOCKS

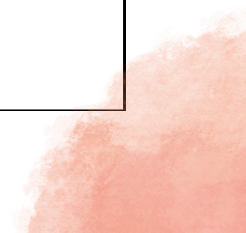
EDIT

MONEY BLOCKS

EDIT

MONEY BLOCKS

EDIT





VISION BOARD

CAREER / BUSINESS

FINANCE

FAMILY / FRIENDS

LOVE

PERSONAL GROWTH

HEALTH



MEDITATION TRACKER

DAY	MEDITATION ACTIVITY	DURATION
MON		
TUE		
WED		
THU		
FRI		
SAT		
SUN		

MORNING ROUTINE

WEEK:

MON

TUE

WED

THU

FRI

SAT

SUN

SILENCE

☐☐☐☐☐☐☐

AFFIRMATIONS

☐☐☐☐☐☐☐

VISUALIZATIONS

☐☐☐☐☐☐☐

EXERCISE

☐☐☐☐☐☐☐

READING

☐☐☐☐☐☐☐

SCRIBING

☐☐☐☐☐☐☐

MY WHY

NOTES



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...



