

AN 8-DAY GUIDED JOURNAL TO HELP YOU
MANIFEST YOUR DREAMS

Set It and Forget It

MANIFESTING
JOURNAL



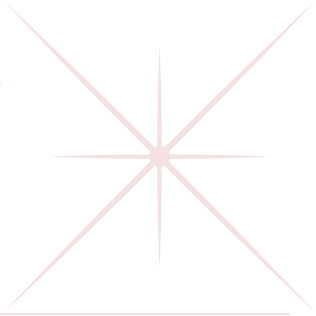
Mandy Morris

Everyday the first question is “what does the world need of me today that I can readily and easily give?”

**“What do I choose
to give
myself today?”**

Day 1: what is it that you want?

What emotions will it bring you?



Can you bring in those emotions now and how?



Day 1: what is it that you want?

Night: any signs or synchronicities you noticed related to what you said you wanted?

Any hurdles that seemed to show up? How can you reframe those hurdles?



Day2: recognize triggers

Night: any additional whys as to what came up throughout the day? What meaning did you place on it? Any new meaning we can place?

Day 3: pattern interrupting

What will I do today to ensure I am living life through the eyes of my authentic self?

My 3 pattern interrupts I will use today

Physical

Day 3: pattern interrupting

Visual/mental

Auditory

**Night: how did the pattern Interrupts work/were they effective?
Do I need to change them? How quickly was I able to do them
and felt my energy shift?**

Day 3: pattern interrupting

Celebrate your wins with a treat!

Day 4: Build Umbrella statement

How will I remind myself to live life today through my umbrella statement (how to write this is in the book)

Night: what moments did my umbrella statement come in and change my day?



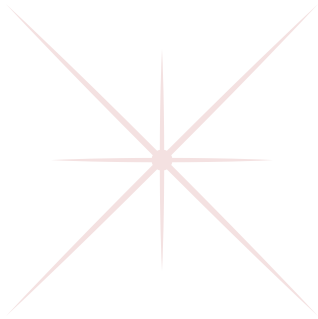
Day 5: self care day

Morning what will you do, any rules to break on being “allowed” to do them

Night How did it go

Day 6: drawing day!

Draw yourself now, and then draw yourself in 6 months



Night: soak up all the positive emotions NOW that exist in the “future self version”

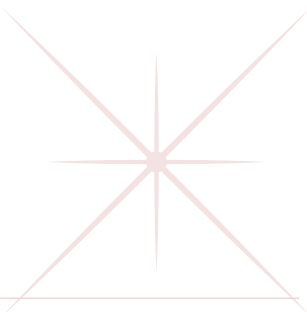


Day 7: getting into high state

Have I been proactive with my check ins and interrupts?

Have I been living under my umbrella?

Day 7: getting into high state



Does my cup feel full?



“ **And in case no
one has told you
today,
I Love You** ”

Mandy Morris