

Woman Unchained & Reclaim, LLC



EASY MANIFESTATION

With the

Law of Attraction

WORKBOOK

Dr. Navis 🌸



ABOUT THE AUTHOR

Aloha! Dr. Mavis here! 🌸

Life Mastery Consultant and Professional Mom Coach (yes, one of my first coaching clients affectionately gave me that title & I'm owning it! 😊).

Over my 25+ year career as a clinical psychologist, I've helped hundreds and hundreds of women from all walks of life through their own unique journeys. Whether they were just starting out, climbing the ranks, or seeking more meaning - I had a blast running a successful private practice with my husband for over a decade before he passed in 2017.

Somehow my own journey has always aligned with supporting women in the chapter they're in. And, I'm super excited to be diving in fully to serve my next purpose in life - empowering busy, professional moms to cultivate soulful transformation, and developing the soulful awareness of the power already within them.

As a single parent, I'm owning that purpose and commit to shepherding the women and moms I work with into their most empowered, ignited, fulfilled selves. And as my 17-year old football player would say - Lesssgggooo, Mom! 🥰

So, if you find yourself drawn to conscious creation, accept this as my gift to you - my comprehensive **Law of Attraction workbook - Easy Manifestation**. It equips you with everything needed to manifest your dreams & the life that you truly and absolutely love!

So, I invite you to **Pause** for a moment...(if you're able), close your eyes, take 3 deep, slow breaths and repeat after me...**'I Am So Happy And Grateful Now That...**(then **Act As If...** You Already have that thing you desire...describe it in detail & **Claim It!**). Then seal it with **'And So It Is!'** Let's Manifest! I'm excited for you!

Dr Mavis 🌸

The Law of Attraction

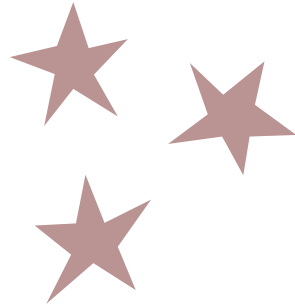
The Law of Attraction is a powerful and transformative concept rooted in the idea that our thoughts and emotions directly influence the circumstances and experiences we attract into our lives. At its core, the Law of Attraction posits that like attracts like; when we focus on positive thoughts and feelings, we naturally draw in similar energies and experiences. This principle implies that by cultivating a mindset filled with positivity, gratitude, and love, we can manifest our desires and create a life that aligns with our highest aspirations.

At the heart of the Law of Attraction is the belief that our minds have the ability to shape our reality. Every thought emits a frequency that interacts with the universe, sending out signals that resonate with specific energies. When we consciously choose to focus on what we want, rather than what we fear or lack, we begin to align ourselves with those very desires. It encourages individuals to visualize their goals, affirm their worthiness, and engage in practices that foster an abundance mindset. By doing so, we empower ourselves to cultivate the life we truly envision.

Ultimately, the Law of Attraction serves as a reminder of the immense power we hold within ourselves. It invites us to become intentional creators of our own lives, encouraging us to break free from limiting beliefs and embrace our inner potential. As we navigate challenges and triumphs, the essence of this law reminds us that our thoughts shape our realities, guiding us toward a life filled with joy, fulfillment, and purpose. By embracing this transformative philosophy, we unlock a world of possibilities, learning to attract not just what we want, but also the happiness and peace that come from within.

This workbook is your guide to creating an internal environment conducive to manifesting with the Law of Attraction. Anything that has prevented you from manifesting your dream reality can be cleared so you may see your manifestations very rapidly become your reality.

Let's Dive Right In...



Part One

Your Values, Vision, and Goals

This section will set the stage for successful manifestation using the Law of Attraction. You must first know, very specifically, what you want to manifest in order to make it real. Move through this section to document your conscious desires, and to uncover the motivations that drive them.

*I am Powerful , and I have the
Ability to Manifest my Desires.*

Values, Visions, and Goals

Exploring your values, visions, and goals is a foundational step in the practice of manifesting your dreams through the Law of Attraction. When you take the time to understand what truly matters to you, you create a clear and resonant blueprint for the future you wish to attract.

Values act as guiding principles, helping you to stay aligned with your authentic self. By identifying these core beliefs, you can filter out distractions and negative influences that may derail your progress. In essence, knowing your values illuminates the path to the visions you hold for your life, allowing you to focus your thoughts, emotions, and energy on what you genuinely desire.

Moreover, having a clear vision coupled with defined goals enhances your ability to manifest by providing specific targets for your intentions. This clarity amplifies your vibration, aligning your thoughts and feelings with the energy of your dreams.

When you visualize your goals, you invite them into your reality and begin to attract opportunities, people, and resources that resonate with those aspirations. Engaging deeply with your visions not only inspires a sense of purpose but also builds unwavering belief in your ability to achieve them.

By consciously creating this alignment through exploration, you become a magnet for the experiences and outcomes you wish to see, transforming your dreams from mere thoughts into tangible realities.

*I am worthy of all the good things that
come into my life.*

Manifest Your Dreams

Begin taking an inventory of what dreams you may like to manifest in the following categories. List the specific dreams and/or feelings you'd like to experience in your life going forward.

HEALTH ex: I want to feel vibrant and alive

RELATIONSHIPS Ex: I want to feel lucky to have loving people in my life

SPIRITUALITY ex: I want to feel calm, centered and connected

FINANCES ex: I want to feel what financial freedom feels like

MIND ex: I want a sharp and focused mind

Defining Your Desires

Select 1 desire from the previous page you'd like to manifest in the near future(enter specific date). Clearly define your desire below, and drill down to determine your ultimate WHY for wanting to manifest it. Then, write in detail how it would feel to have already manifested this dream into your reality.

DEFINING MY DESIRE --WHAT YOU WOULD LOVE!

STATING MY WHY (YOUR INSPIRATION)

HOW WOULD I FEEL

Aligning With Your Desires

Taking what you did on the previous worksheet a step further, repeat the desire you'd like to manifest below. Identify with the WHAT and the WHY behind why you wish to manifest it. Next, go further with what you want that to feel like for you every day once it becomes your reality. Finally, create a few action steps that would be easy to work into your daily routine to create alignment between your desires and actions. This sets the stage for manifesting more specific intentions later.

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.

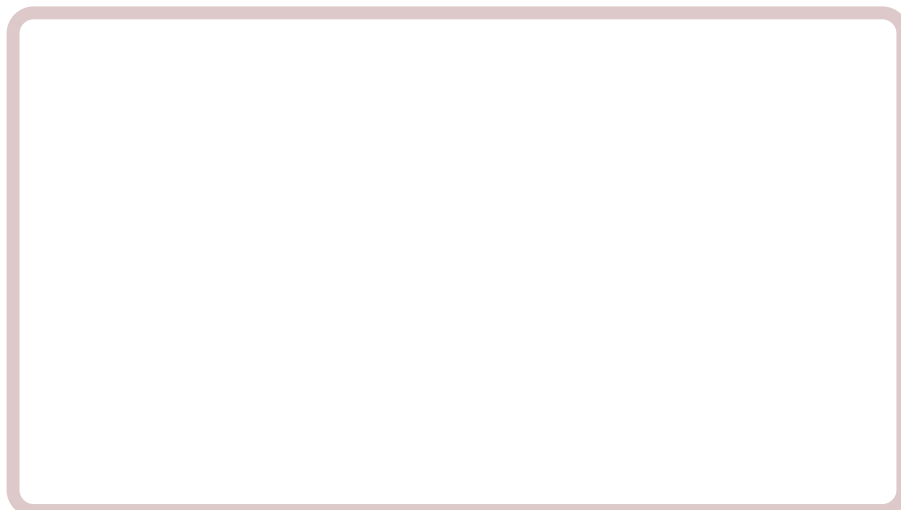
My Best Self

I AM AT MY BEST WHEN I:

I FEEL _____ WHEN I AM AT MY BEST

I AM "IN THE _____" WHEN I AM MY BEST SELF

HERE I AM AT MY BEST (draw yourself!):



Your Future Self

Brainstorm what you want your future self to embody. Think about what you want your life to look like, and record aspects you want to welcome for each line of the “Future Me” category below. Then in the next section, describe the specific things you visualize, in present tense, as if it all worked out, to keep your vibration high for successful manifesting.

FUTURE ME	
CAREER	
HEALTH	
RELATIONSHIPS	
SPIRITUALITY	
WEALTH	

VISUALIZATION	
I HAVE	
I FEEL	
I SEE	
I HEAR	
I TOUCH	

Creating a Vision Board

Creating a vision board is a powerful tool for manifesting your dream reality, especially through the lens of the Law of Attraction. At its core, a vision board acts as a visual representation of your goals and aspirations. By assembling images, quotes, and symbols that resonate with your desires, you cultivate a tangible reminder of what you want to attract into your life.

This process helps to clarify your intentions and serves as a focal point that aligns your energy with your goals. When you visualize your dreams regularly, you reinforce the belief that they are within reach, making it easier for the Universe to respond to your intentions.

This practice also taps into the creative and emotional aspects of manifestation. As you select images and words that inspire you, you engage in a process that stimulates positive emotions and excitement about your future. These feelings are crucial in the Law of Attraction, as they help to raise your vibrational frequency. When you emit positive energy, you become a magnet for opportunities and experiences that align with your dreams. By positioning your vision board in a place where you'll see it often, you are continuously reminded of your goals, keeping your mind and spirit focused on attracting positive outcomes.

Your vision board will serve as a catalyst for personal growth and reflection. As you embark on the journey of manifesting your desires, you may find that your goals evolve or shift as you gain new insights into what truly fulfills you. Regularly revisiting and updating your board allows you to stay in tune with your evolving vision, ensuring that your manifestations remain aligned with your true self. This dynamic process not only strengthens your connection to the Law of Attraction but also empowers you to take actionable steps toward realizing your dreams, making the vision board an invaluable asset in your journey to create the life you long for.

Vision Board Subjects

For each subject below, identify specific images that would resonate with you. Then, on the following page, go locate images from magazines that fit what you're imagining here.

Career / Business

Ex: An image of a happy person on their laptop out on their balcony at home

Finance

Family / Friends

Love

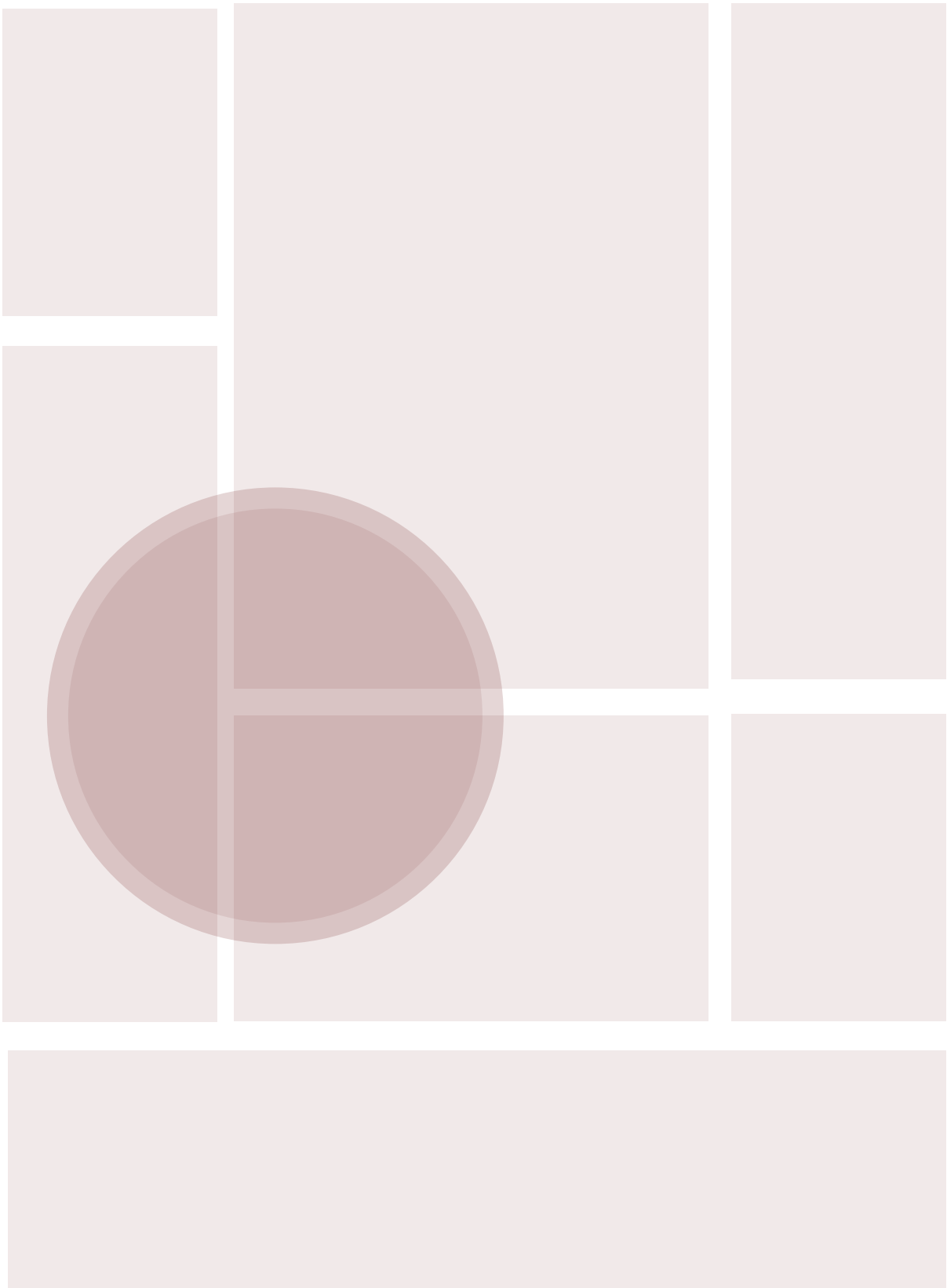
Personal Growth

Health

Leisure

Mind

Craft Your Vision Board



Visualization for Manifestation

Visualization is a powerful tool that aligns seamlessly with the principles of the Law of Attraction. At its core, this law emphasizes that like attracts like, suggesting that our thoughts and emotions shape our reality. When we visualize what we desire, we create a vivid mental image that serves as a beacon for our intentions. This process not only clarifies what we truly want but also enhances our emotional connection to those desires. As we immerse ourselves in the details—envisioning the sights, sounds, and feelings associated with our goals—we generate positive energy that resonates with the universe, making our aspirations more tangible.

The act of visualization effectively rewires our subconscious mind, enabling us to cultivate a mindset of abundance rather than scarcity. When we consistently visualize our goals, we reinforce our belief in their possibility. This positive reinforcement lowers resistance and self-doubt, allowing us to approach our aspirations with confidence and enthusiasm. It also primes us to recognize opportunities that align with our desires when they arise. By focusing our energy on what we want to attract, we become more attuned to the synchronicities and paths that lead us toward our goals, enhancing our manifestation journey.

Visualization also serves as a powerful motivation tool. By vividly imagining the life we aspire to, we fuel our passion and commitment to take actionable steps toward our dreams. This practice fosters resilience, reminding us that we have the power to create our reality. When challenges arise, revisiting our visualization can reignite our determination, reminding us of the joy and fulfillment that await us.

Ultimately, visualization is more than just a mental exercise; it is an empowering practice that nurtures our belief in the possibilities of life and harmonizes our energy with the universe, enabling us to manifest our deepest desires through the Law of Attraction.

I am creating a life filled with joy , love , and success.

Visualization Reflection

Reflect upon the guided visualization exercise from the previous page. Write about what you envisioned in detail, focusing on the emotions and benefits it brings. Remember: You are creating your vision of your future -- of the life you would absolutely love!

[illegible]

Visualization Reflection

DURING MY VISUALIZATION I SAW:

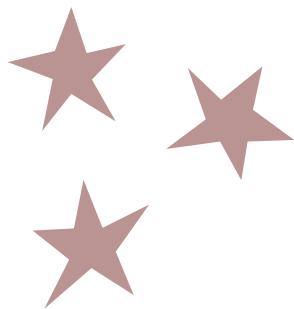
DURING MY VISUALIZATION I FELT EMOTIONS:

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:



Part Two

Release Your Fears & Limiting Beliefs

In this section, you'll identify any potential blocks you may have that prevent you from effectively manifesting your goals. If you've ever tried manifesting in the past, but have found it to be ineffective - this section will help you remove all those unseen barriers, and clear the path for your manifestations to happen. This is the necessary internal work that creates rapid results.

*I am powerful , and I have the
ability to manifest my desires.*

Release Your Fears and Limiting Beliefs For Rapid Manifestation

To manifest your dream reality using the Law of Attraction, you must recognize and release the fears and limiting beliefs that can anchor you in a cycle of negativity. Fears often create mental blocks that prevent us from envisioning our ideal life. When we hold onto doubts, such as "I'm not worthy" or "I'll never succeed," we unwittingly send out vibrations that attract more of the same. By letting go of these fears, we create space for positive energy and abundant possibilities to flow into our lives. This shift in mindset not only enhances our self-worth but also aligns our vibrations with the dreams we aspire to fulfill.

Limiting beliefs are deeply ingrained thoughts that dictate what we believe to be possible for ourselves. These beliefs can stem from past experiences, societal conditioning, or negative feedback from others, leading us to settle for less than we deserve. When we cling to these beliefs, we effectively close the door on opportunities that align with our highest potential. To manifest our desired reality, we must challenge these beliefs head-on.

Releasing fears and limiting beliefs is not merely about wishful thinking; it is an active process of transformation. As we become aware of the narratives we tell ourselves, we can consciously choose to rewrite them. This process fosters resilience and cultivates a mindset grounded in abundance, which is crucial for attracting the opportunities we seek. When we believe that we are worthy of our dreams, we are more likely to take inspired action toward them, amplifying our manifestation efforts.

Ultimately, letting go of fears and limiting beliefs creates a powerful alignment between our thoughts, emotions, and actions. The Law of Attraction teaches us that like attracts like; therefore, by shedding negativity, we position ourselves to attract positivity and abundance into our lives. It is through this release that we can genuinely connect with the dreams we hold dear and step confidently into a reality that reflects our highest aspirations.

I attract positivity and repel negativity.

Identifying and Releasing Your Fears

What are the biggest obstacles or challenges in my life right now that make me feel scared or hesitant about pursuing my dreams?



What do I believe is the worst-case scenario that could happen if I fail at achieving my dreams, and why does this fear hold me back?



Identifying and Releasing Your Fears

What past experiences have made me feel scared or unsure about pursuing my dreams? How has this shaped my current fears?



What do I know I need to let go of or release in order to overcome my fears and start manifesting my dream reality?



Identifying and Releasing Your Fears

What specific fears or doubts do I have about my own abilities and potential, and how do these fears limit me in pursuing my dreams?



Reflect on a time when you felt fear and did it anyway. What did you learn from that experience and how can it help you overcome your current fears?



Identifying and Releasing Your Fears

What would my life look like if I was no longer held back by fear and was able to fully manifest my dream reality?



What can I do today to begin overcoming my fears and taking steps toward manifesting my dream reality?



Identifying Your Limiting Beliefs

How do you feel when you think about the thing you want to manifest (ex: money... are you excited, stressed, anxious?

Do you believe deep down that what you want to manifest is good or bad? Why?

Do you have any societal or cultural expectations that could have influenced your current perception and relationship with what you wish to manifest?

Identifying Your Limiting Beliefs

Describe a time where you experienced significant success in the past in the area you'd like to manifest? How has it affected your current mindset?

Describe a time in the past where you experienced significant hardship relating to what you wish to manifest. How does this affect your current mindset?

Identifying Your Limiting Beliefs

Thinking back over your life's experience, brainstorm several beliefs you now recognize as LIMITING:

1

:

2

:

3

:

4

:

5

:

6

:

7:

8:

9:

10:

I am grateful for all the blessings in my life.

Identifying Your Limiting Beliefs

What do you believe are your 3 biggest limiting beliefs that relate to what you wish to manifest? Write them below. Ex: I'm not able to save money due to my financial constraints, I'm not good with money, I don't have the skills to do this new job, I'm not confident enough to speak in public, etc.

1: _____

2: _____

3: _____

How have these limiting beliefs been an obstacle for you in your life? How have they been holding you back?

Reframing Your Limiting Beliefs

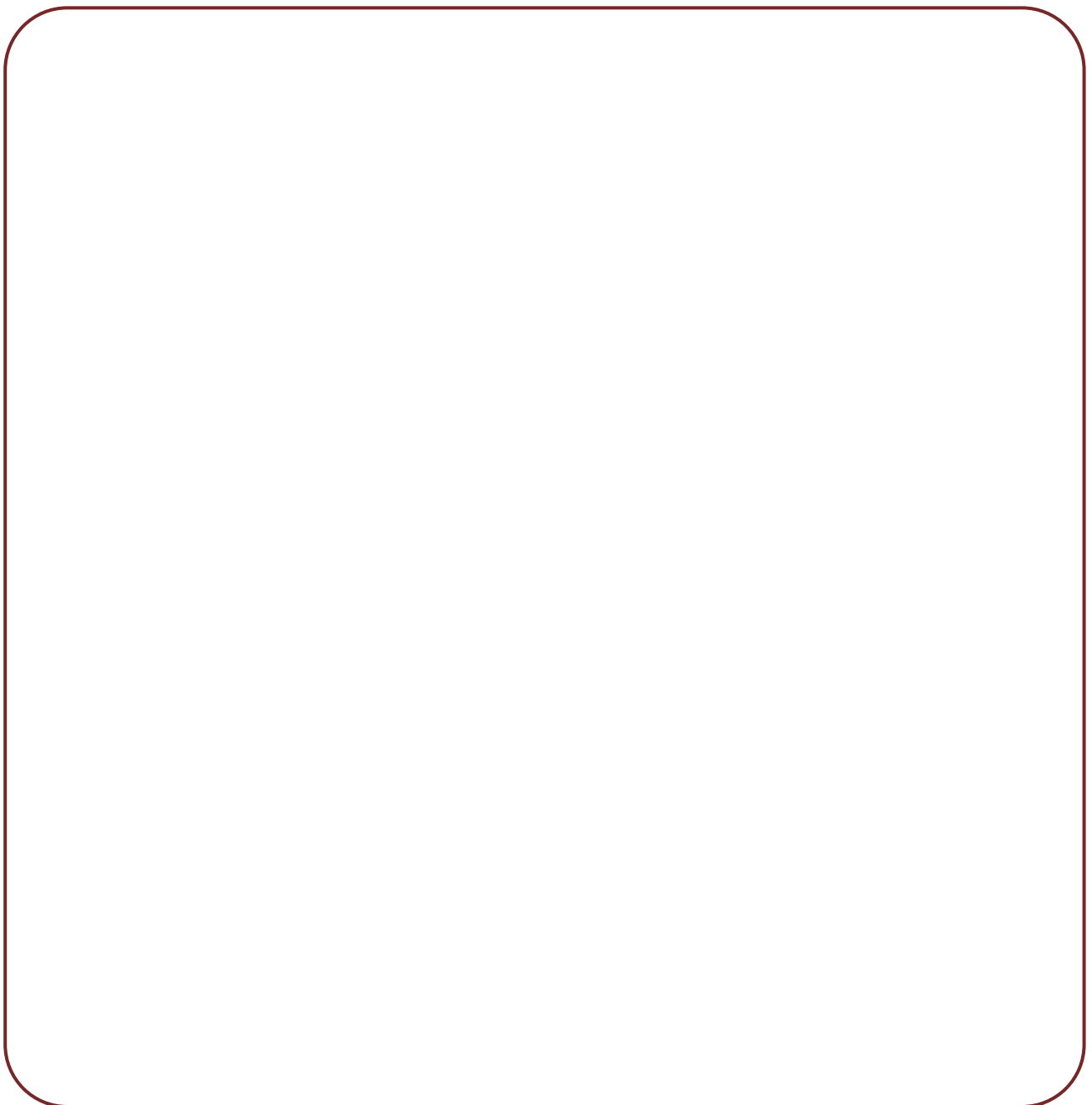
Go back to the top 3 limiting beliefs you identified on the previous page. Write the negative thought just as you hear it in your own head in the left-hand column. In the right-hand column, write a more positive, affirming thought with which you can replace the limiting belief/thought.

	Negative Thought		Positive Thought
Limiting Belief #1		➔	
Limiting Belief #2		➔	
Limiting Belief #3		➔	

Notes:

Reflection Exercise

Spend an entire day being mindful and aware of the limiting beliefs that pop up throughout the day around the thing you wish to manifest. What limiting beliefs did you identify today? How do these beliefs affect your behavior and mindset around that which you wish to manifest?

A large, empty rectangular box with rounded corners and a thin red border, intended for writing reflections.

Limiting Beliefs Reflection

How did you challenge and reframe a limiting belief today? What new empowering belief did you create?



Describe a moment today where you felt abundant or secure around what you wish to manifest. What contributed to this feeling?



Limiting Beliefs Reflection

What steps did you take today towards achieving your goals? How did these actions (or inaction) make you feel?



Reflect on a past challenge relating to what you wish to manifest. What lessons did you learn from this experience, and how can you apply them to your current situation?

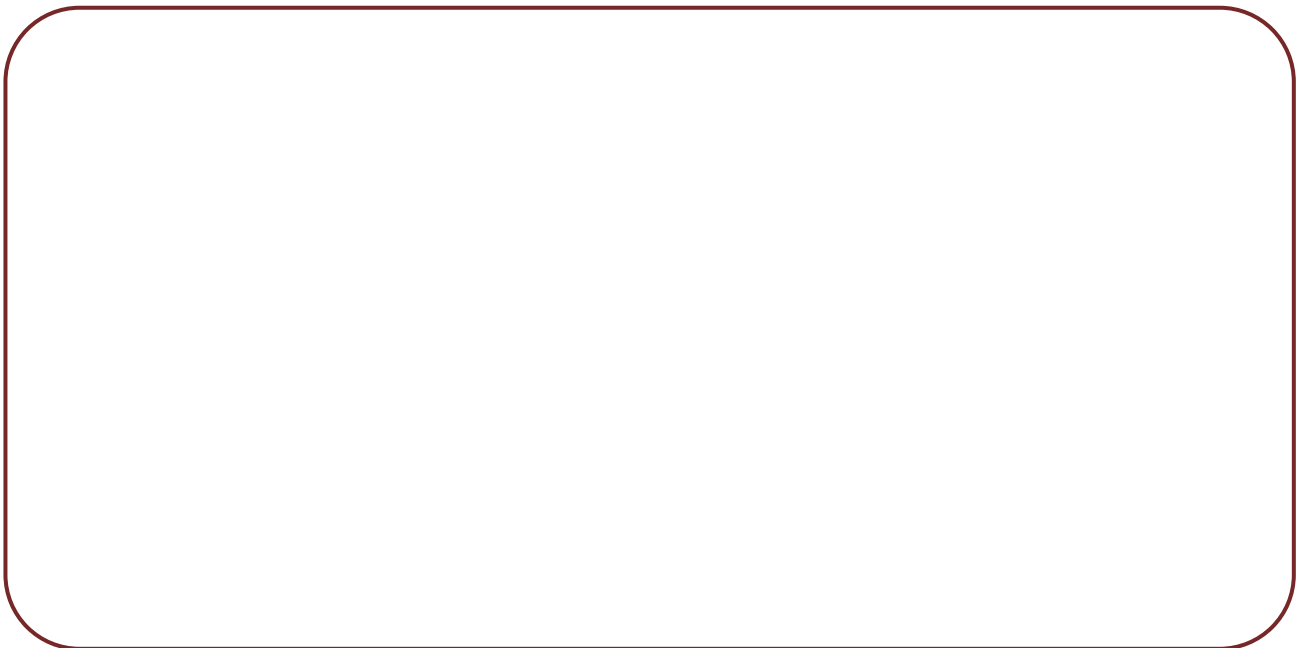


Limiting Beliefs Reflection

What evidence can you find today that supports your new belief in the area you'd like to manifest?



*How do you feel about money, abundance, or anything else right now?
What thoughts or emotions come up, and how can you address them?*



Limiting Beliefs Reflection

What are three things you are grateful for today regarding the thing you want to manifest? Why?

1:

2:

3:

What small wins or progress have you made towards achieving abundance with the thing you want to manifest this week? How can you build on this momentum?



Future-Pacing and Reflection

Visualize your life one year from now, having fully embraced an abundance mindset. Describe in detail how your situation has changed and how you feel about it.

[illegible]

Avoiding Self-Sabotage

It is very easy to slip into self-sabotaging tendencies. Being equipped with strategies for recognizing self-sabotage will help you stop it in its tracks, and get you back on track for manifesting your dreams as quickly (and smoothly) as possible.

1 Recognize your patterns: Take time to reflect on any behaviors or thought patterns that may be hindering your manifestation journey. Awareness is the first step in making positive changes.

2 Practice self-compassion: Be kind to yourself as you navigate the ups and downs of the manifestation process. Embrace self-forgiveness and understand that setbacks are a part of the journey.

3 Challenge limiting beliefs: Identify any beliefs that may be holding you back from manifesting your desires. Challenge these beliefs and replace them with empowering, positive ones.

4 Cultivate self-awareness: Pay attention to your inner dialogue and notice any negative self-talk that arises. Replace these thoughts with affirmations of self-worth and capability.

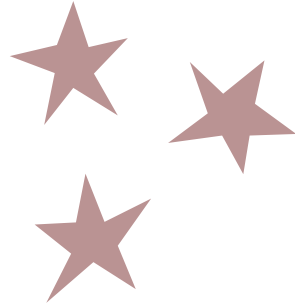
5 Seek support: Surround yourself with a supportive network of friends, family, or a mentor who can encourage you and hold you accountable in maintaining a positive mindset.

6 Embrace self-care: Take care of your physical, emotional, and mental well-being. Engage in activities that nourish your soul and help you stay grounded during the manifestation process.

7 Release perfectionism: Let go of the need for everything to be perfect. Understand that imperfections are a natural part of the journey and can lead to growth and learning.

8 Stay present: Focus on the here and now, rather than worrying about the past or future. Mindfulness can help you stay grounded and positive in the present moment.

I am aligned with my highest purpose and calling.



Part Three

Raise Your Vibration

You can't manifest your dreams if you're stuck in a low-vibrational energy. Remember, the Law of Attraction indicates that like attracts like. If you're consistently in a low-vibrational state, you're bound to attract more low-vibrational "stuff" (like stress, anxiety, struggle, unfulfilling relationships, financial hardship, etc). This section will help you take a holistic approach to raising that vibe, and keeping it elevated where it needs to be for manifesting your dreams.

*I am powerful , and I have the
ability to manifest my desires.*

Why Raise Your Vibration?

Raising your vibration refers to elevating your energetic frequency to a higher state of positivity and awareness. It's rooted in the belief that everything in the universe, including our thoughts and emotions, emits energy.

When we raise our vibration, we align ourselves with more uplifting and harmonious energies. This can manifest as increased joy, love, gratitude, and peace. It's akin to moving from a dense, heavy feeling to a lighter, more expansive one, allowing us to connect with higher states of consciousness and manifest our desires more effectively.

To raise your vibration, it is essential to cultivate habits that promote a positive mindset and emotional state. Practices such as meditation, mindfulness, and gratitude journaling can shift your focus from negativity to appreciation, elevating your overall energy. Engaging in activities that you love, spending time in nature, or surrounding yourself with positive and supportive people can also contribute significantly to this uplifting process.

Each small choice you make to nurture your mental and emotional well-being adds to the collective effect of raising your vibration, creating a ripple of positivity in your life and the lives of those around you.

For a sustained, higher vibe, focus on embracing a lifestyle of self-care and intentional living. This can include nourishing your body with healthy foods, staying hydrated, and ensuring you're getting enough rest—elements that are crucial for maintaining good energy levels.

Setting boundaries to protect your space from negativity and being mindful of the media and information you consume can further enhance your vibrational state. Ultimately, raising your vibration is about aligning yourself with the love and light that exists within you and the universe, inviting abundance, joy, and fulfillment into your life.

I am confident in my ability to manifest my dreams into reality.

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 type of music that you love to listen to:

Set The Tone In 20 Minutes

The first 20 minutes of your day can determine the tone for the rest of your entire day. List the ways in which you will make sure your first 20 minutes are pleasurable. Will you listen to motivational audio? Read a book? Move?

FIRST 5 MINUTES

FIRST 10 MINUTES

FIRST 20 MINUTES

Gratitude Worksheet

Cultivating gratitude is an excellent way to quickly raise your vibration and manifest more of the things that bring you that amazing feeling. Brainstorm what you're grateful for in this moment.

Today I'm grateful for:

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

People I'm grateful for:

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Something awesome that happened:

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

My best memories:

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Best parts of my day:

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Things that made me smile:

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Write a Thank You Note

Think about someone who has had an impact on you in some way in your life. What is it their presence has done for you? Let's take a moment and let that person know. Sharing your gratitude with them will not only raise your vibration, but it'll also make the other person feel great (and earn you some good karma in the process!).

One person you would like to thank:

One thing you would like to thank them 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:

Cultivate Gratitude

Note at least 3 things you are grateful for below. Reflect on how this practice can shift your focus toward recognizing the positive aspects of your life and fostering a more optimistic outlook.

3 Things I’m Grateful For...

Reflection:

Developing Gratitude

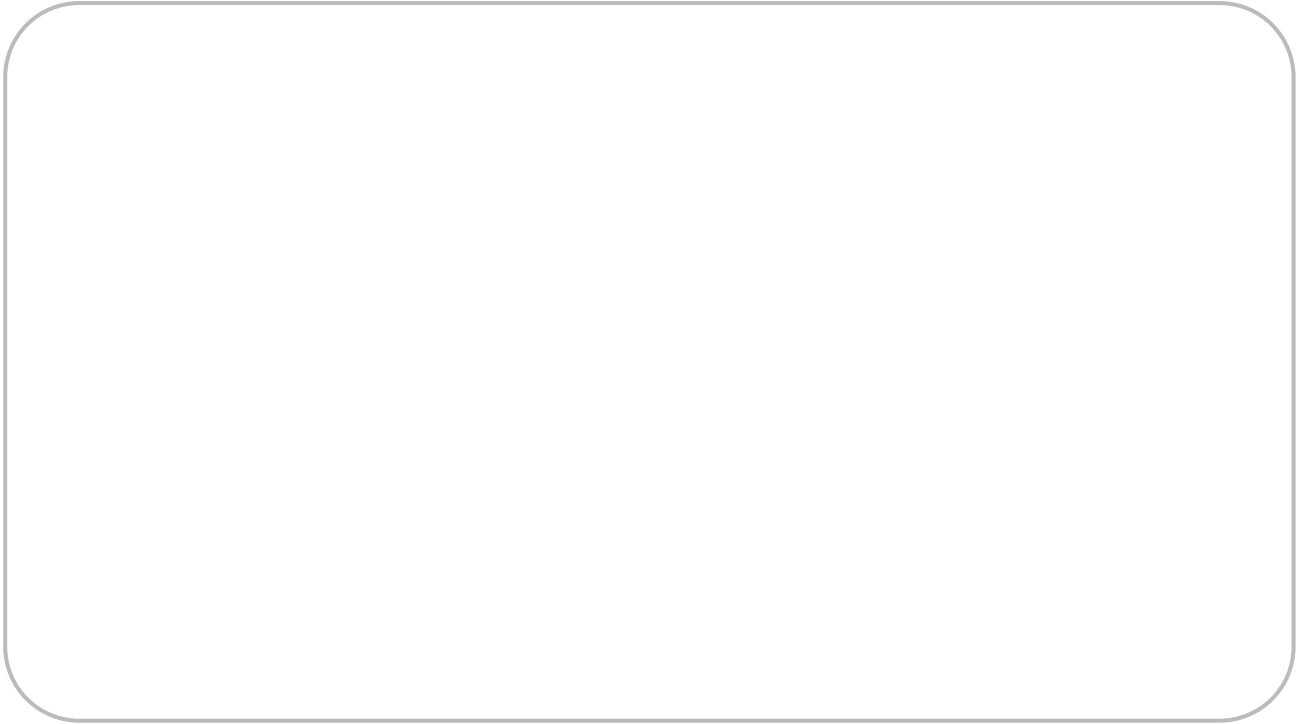
What did you feel grateful for today? How does focusing on gratitude change your outlook on life?

Describe a recent experience where I felt abundant. What contributed to this feeling?

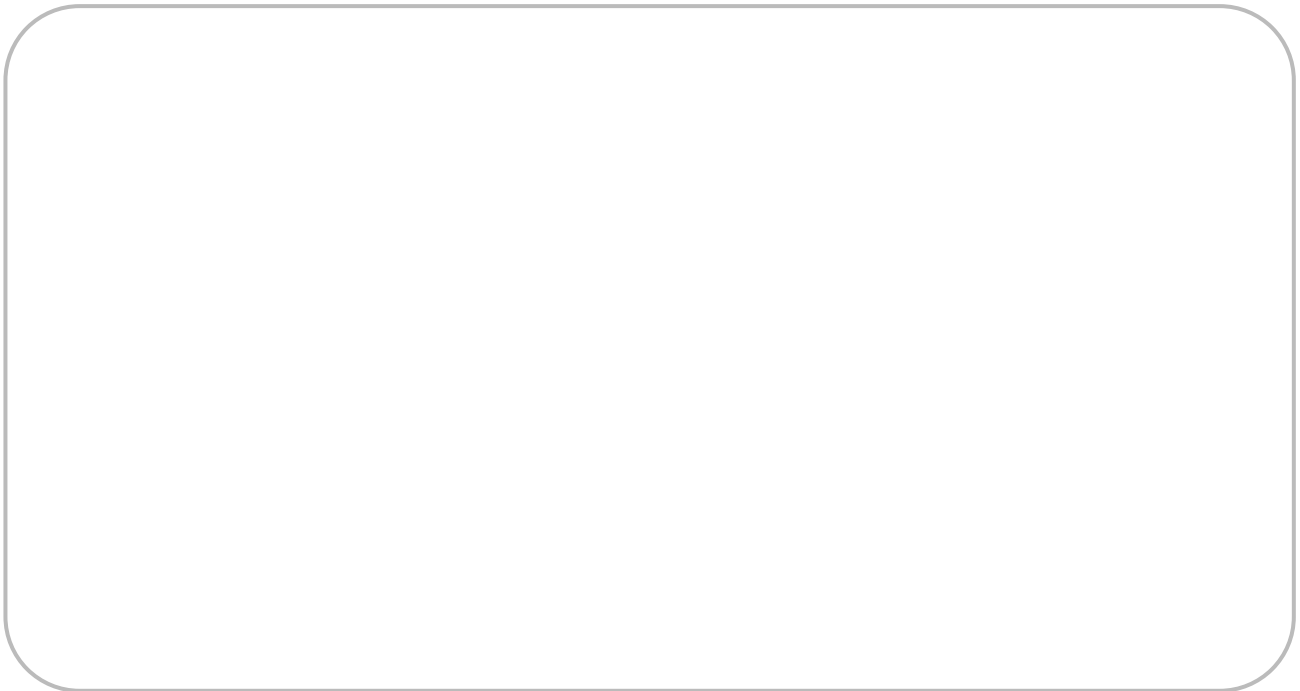
What positive changes have you noticed in your mindset since starting this workbook?

Reflection

How have your beliefs evolved about the things you wish to manifest?

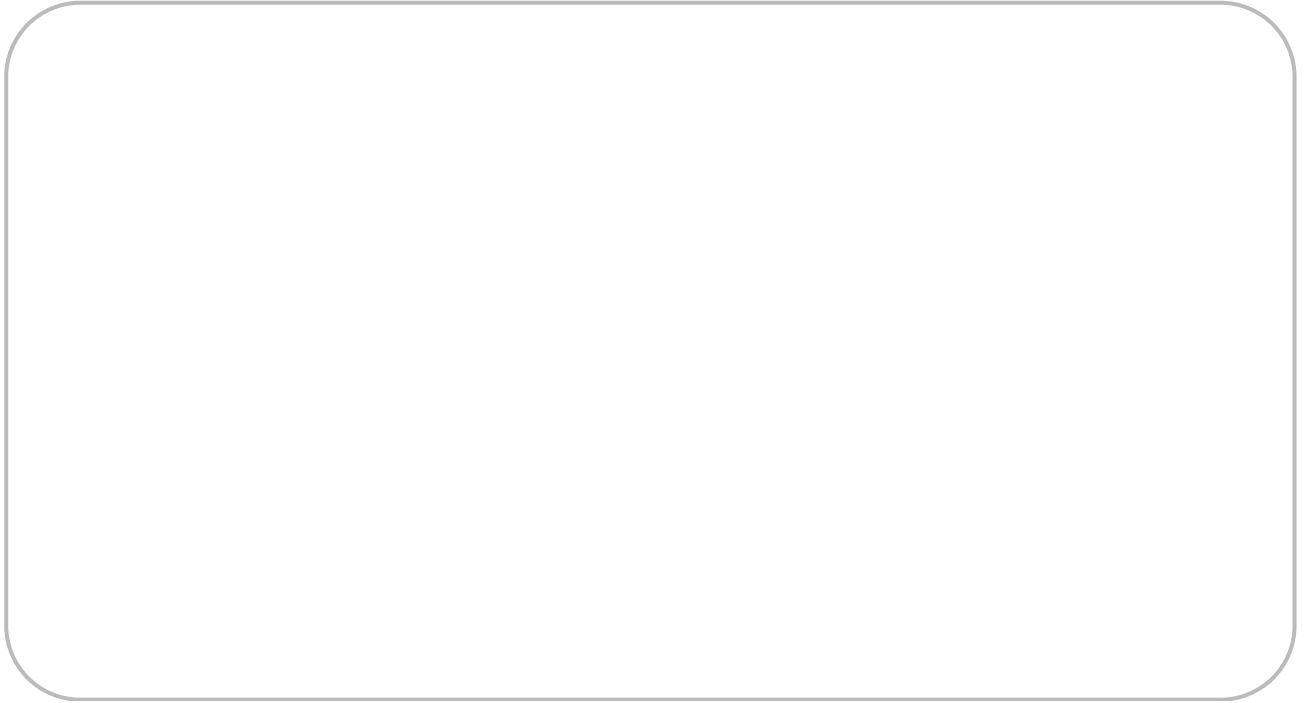
A large, empty rounded rectangular box with a thin gray border, intended for a user to write their reflection on how their beliefs have evolved.

What specific actions did I take today to align with an abundant mindset?

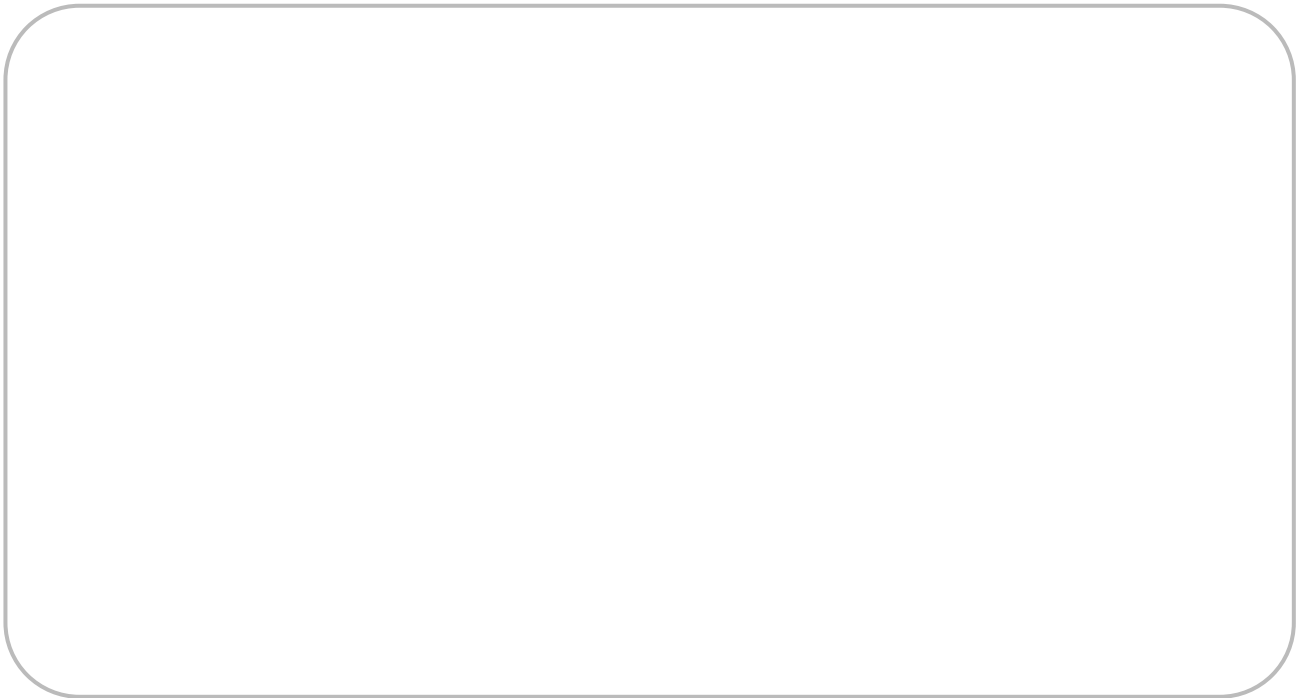
A large, empty rounded rectangular box with a thin gray border, intended for a user to write their reflection on specific actions taken to align with an abundant mindset.

Reflection

*Reflect on a time when you successfully manifested something you desired.
What steps did you take?*

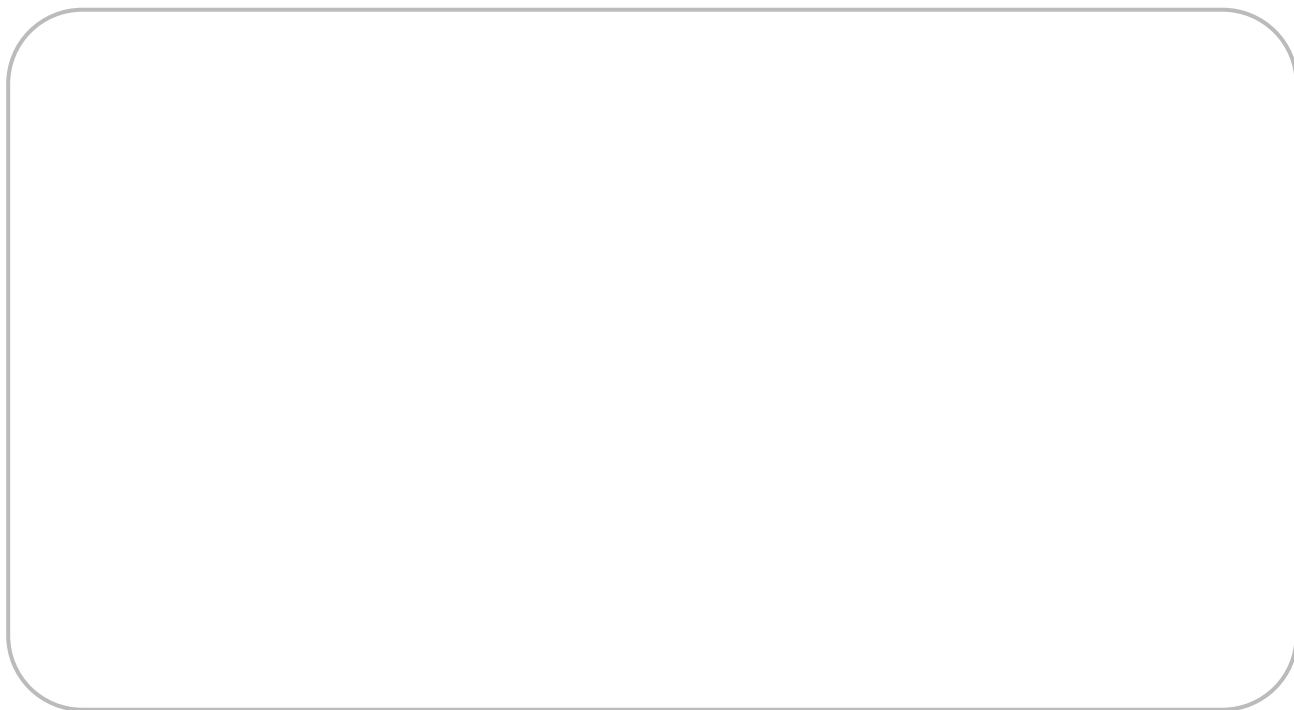
A large, empty rounded rectangular box with a thin gray border, intended for the user to write their reflection on a time when they successfully manifested something they desired.

What limiting beliefs have you let go of? How has this impacted your situation?

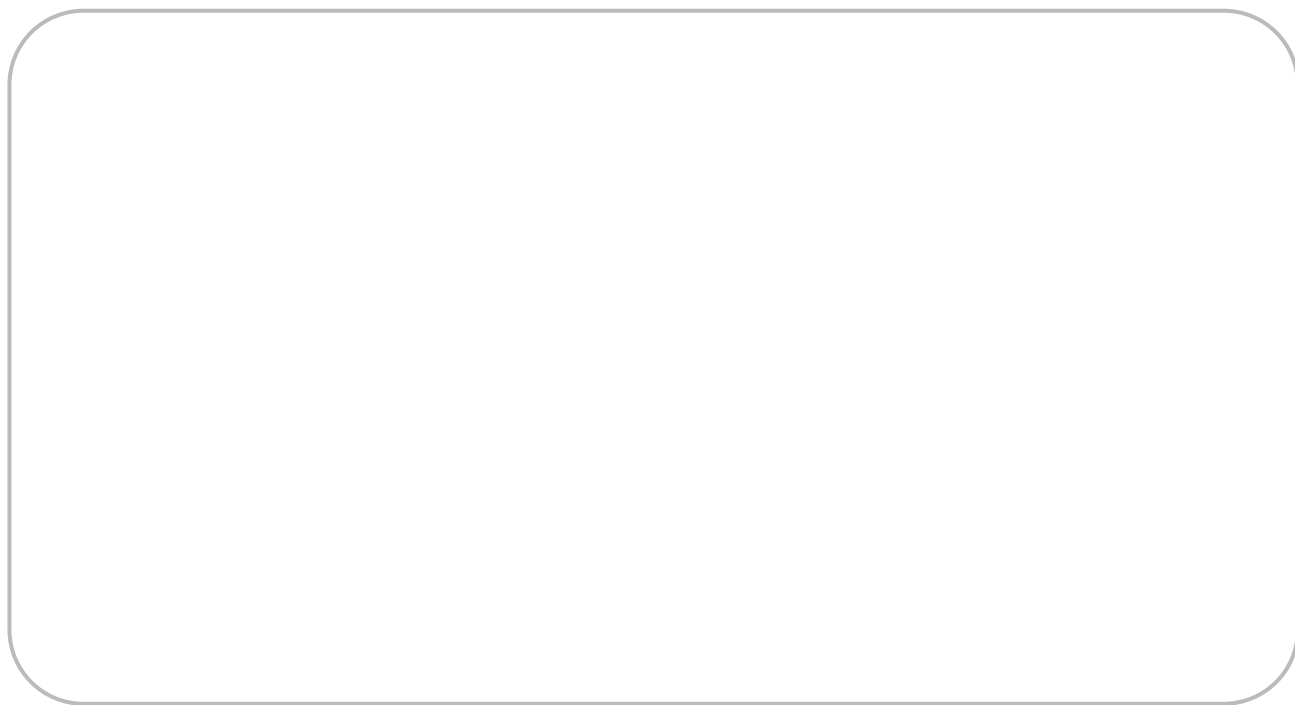
A large, empty rounded rectangular box with a thin gray border, intended for the user to write their reflection on limiting beliefs they have let go of and how this has impacted their situation.

Reflection

What new opportunities have come into your life recently? How did you attract them?

A large, empty rounded rectangular box with a thin gray border, intended for the user to write their reflection on recent opportunities and how they were attracted to them.

What additional opportunities do you wish to attract?

A large, empty rounded rectangular box with a thin gray border, intended for the user to write their reflection on additional opportunities they wish to attract.

Positive Affirmations

You may find this list of positive affirmations helpful in keeping your vibration high. These are merely suggestions. You should craft your own positive affirmations that resonate on a deep level within you. Feel free to use these as a guide.

Highlight your favorite affirmations, identify some of your own, and then record them on the next worksheet.

1. I am deserving of all the success and abundance I desire, and it flows effortlessly to me.
2. I am a magnet for positive energy and opportunities that naturally gravitate towards me.
3. I am aligned with the universe and its guidance towards my desires.
4. I am harnessing the power of my thoughts to shape my reality.
5. I am thankful for all that I have and all that is coming my way.
6. I possess the confidence to turn my dreams into reality.
7. I have faith in the timing of the universe, as everything unfolds as it should.
8. I am open to receiving the wealth of blessings and abundance the universe has in store for me.
9. I hold boundless potential and am open to limitless possibilities for my future.
10. I deserve the joy, love, and success I seek.
11. I am allowing my thoughts and emotions to be in harmony with my desires, creating a potent magnetic force.
12. I am surrounded by love and support and all I need flows effortlessly to me.
13. I am no longer held captive by doubts and fears.
14. I effortlessly attract prosperity and abundance in all aspects of my life.
15. I shape my destiny and have the power to create the life I yearn for.
16. I radiate positivity and draw people and situations that resonate with my highest good.
17. I invite miracles and blessings beyond imagination into my life.
18. I effortlessly connect with the energy of abundance, and it continues to flow towards me.
19. I am grateful for the present and optimistic about the future because the universe conspires in my favor.
20. I am the architect of my reality, manifesting my dreams with joy and ease.
21. I attract success, opportunities, and prosperity effortlessly.
22. I am in harmony with the universe and trust in the divine timing of my manifestations.
23. I am connected to the infinite abundance of the universe, continuously receiving in various forms.
24. I discard any limiting beliefs and embrace my unbounded potential.
25. I am deserving of the happiness and fulfillment I seek.

Affirmations Reflection

Spend time coming up with a list of affirmations that really resonate with you. They can be from the previous page or new ones you think of yourself. Record them here:

☐

☐

☐

☐

☐

☐

☐

☐

☐

Which affirmations have been most powerful for you? How do they make you feel?

Guided Meditation

Meditation empowers individuals to elevate their energetic vibration, fostering a deeper connection to their inner selves and the world around them. By creating a serene space for self-reflection and mindfulness, meditation allows us to quiet the relentless chatter of our minds, enabling us to access the profound stillness within. This state of calm not only helps to dissipate negative emotions and stress but also cultivates a sense of clarity and purpose, elevating our overall emotional and spiritual frequency.

Begin by finding a comfortable and quiet space where you can sit or lie down without distractions. Close your eyes gently and take a deep breath in through your nose, allowing your lungs to fill completely. Hold that breath for a moment, and as you exhale through your mouth, release any tension or stress you might be carrying. Visualize each breath drawing in pure, vibrant energy, while each exhale lets go of anything that no longer serves you. Feel yourself becoming lighter, more connected to the energy around you, as you prepare to elevate your vibration.

Now, bring your attention to your heart center, the core of your being. Imagine a radiant light glowing within you, starting as a soft shimmer and gradually expanding with each heartbeat. This light represents your essence, filled with love, joy, and gratitude. As you visualize this glowing energy, allow it to grow brighter and more powerful. Picture it surrounding you, enveloping your entire being in a cocoon of warmth and positivity. With every inhalation, feel this energy becoming more vibrant, connecting you to the universe and the abundance that flows within it.

As you bask in this elevated state, affirm to yourself: "I am aligned with my highest self. I attract positive energy and experiences." Imagine the vibrations you emit expanding outwards, touching everything and everyone in your environment. When you're ready, slowly bring your awareness back to the room, open your eyes, and carry this heightened vibration with you, letting it guide your actions and interactions as you step into the world anew.

I am surrounded by love, light, and opportunities

Create a Meditation Practice

MY MEDITATION GOAL	
1	
2	
3	

DATE	MY MEDITATION EXERCISE	TOTAL TIME

Raise Your Vibe With Self-Care

Self-care serves as a vital cornerstone for enhancing your overall well-being and elevating your vibrational frequency. When you prioritize self-care, you actively engage in activities that nourish your mind, body, and spirit. This intentional focus on self-love promotes a state of balance and harmony, allowing you to release negative energies that may have been weighing you down.

As you nurture yourself—whether through mindfulness practices, physical exercise, or simply enjoying a peaceful moment—you raise your vibration, creating a harmonious internal environment that attracts positive experiences and opportunities.

When you consciously raise your vibration through self-care, you align yourself with the frequency of abundance, joy, and fulfillment. This alignment makes it easier for you to attract what you desire into your life. Whether it's a new job, fulfilling relationships, or better health, when you feel good about yourself, your confidence radiates outward, sending a powerful message to the universe. By regularly investing in self-care, you send a clear intention of self-worth and positivity, which reverberates through your surroundings and draws forth your desired outcomes.

Self-care also helps you cultivate a mindset rooted in gratitude and awareness. As you engage in self-nurturing practices, you naturally become more attuned to the present moment and appreciative of the simple pleasures in life. This heightened awareness allows you to recognize opportunities for manifestation that you may have otherwise overlooked. When gratitude becomes a focal point of your daily routine, it shifts your energy into a state of abundance, making it easier to manifest your intentions.

In essence, committing to self-care not only elevates your vibration but also strengthens your ability to leverage the Law of Attraction, helping you create the life you truly desire.

*I am in complete control of my thoughts, feelings,
and actions.*

Set Your Self-Care Intentions

Write out your intentions for self-care in each of the key areas below.

Physical

Intellectual

Spiritual

Environmental

Social

Emotional









Occupational

Financial

Career

Reflections on Wellness

Rate the following aspects of your life on a scale of 1-10 where 10 = great! and 1 = needs much attention:

Physical 	Mental 	Home 	Relationship 
Spirituality 	Recreation 	Career 	Finances 

Which areas do you want to focus on improving, and why?

When you picture perfect fulfillment, what do you visualize?

What kinds of activities in these areas help you to feel more fulfilled?

What specific actions can you take in the next 3-6 months to increase fulfillment in these areas?

Self-Care Strategy Worksheet

For each category below, choose at least one strategy that you can and want to try. This will help you develop a self-care plan that is perfectly individualized to your unique preferences and energy level.

Mind

When/where/when will I engage in this activity?

Emotions

When/where/when will I engage in this activity?

Body

When/where/when will I engage in this activity?

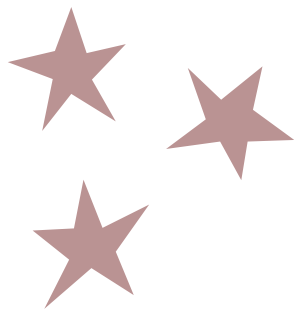
Spirit

When/where/when will I engage in this activity?

Reflection

What self-care practices have I incorporated into my routine? How do they support my manifestation goals?

How has my self-care routine impacted my overall well-being and manifestation practices?



Part Four

Manifestation Techniques

This section will take you through a series of techniques for manifesting your goals and dreams. Not every technique will feel the same for every person. Try out each of these techniques and record your experience in the reflection spaces provided. This will help you keep your vibration high, and will get your intentions out into the universe, where the "magic" can happen.

*I am powerful , and I have the
ability to manifest my desires.*

Letter to the Universe

Clear your mind and clearly write a big desire you wish the universe will deliver to you. Describe how it will feel to receive this gift, being sure to express gratitude. Then, put this page under your pillow and forget it's there...watch what unfolds next.

[illegible]

Notes & Reflection

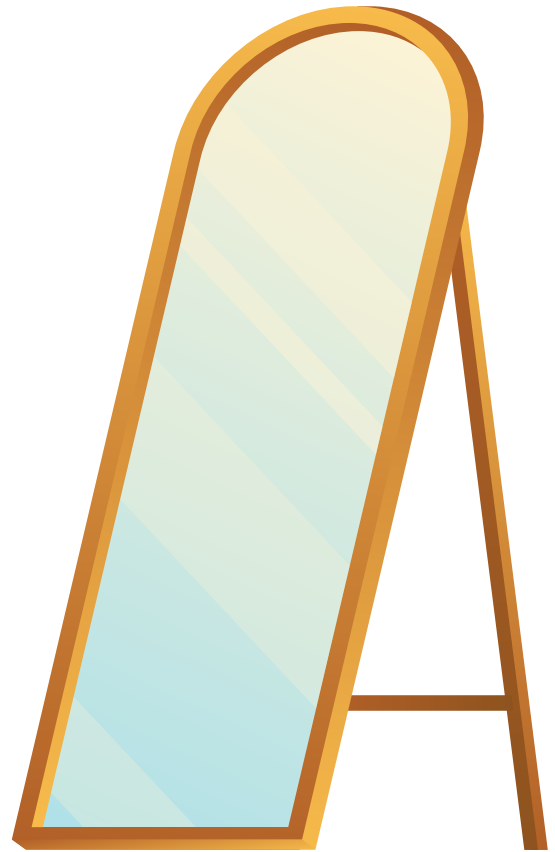
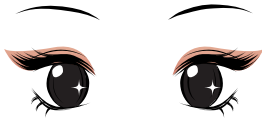
*What came up for you as you engaged with the content on the previous page?
Release all of your thoughts and feelings here.*

[illegible]

The Mirror Method

The mirror method invites you to stand in front of a mirror, look deeply into your own eyes, and affirm the reality you wish to manifest. As you speak your intentions aloud, you create a profound connection with your true self, aligning your inner beliefs with your desires. This act of self-affirmation sends a powerful message to the universe that you are ready to receive your dreams.

- 1 Find a quiet and comfortable space and position yourself in front of a mirror
- 2 Look directly into your own eyes
- 3 Tune into the feelings you want to manifest and embody
- 4 Speak affirmations that affirm these feelings while maintaining eye contact
- 5 Repeat daily until your desired feelings become your reality



Notes:

Notes & Reflection

What came up for you as you engaged with the content on the previous page? Release all of your thoughts and feelings here.

[illegible]

Body Scanning

The body scanning technique is a powerful tool for manifesting with the Law of Attraction, allowing you to connect deeply with your inner self and align your energy with your desires. To practice this technique, find a quiet space where you can sit or lie down comfortably. Close your eyes and take a few deep breaths, inhaling through your nose and exhaling through your mouth, as you bring your awareness to your physical body. Starting from the tips of your toes, gradually scan upwards, noticing any tension or discomfort while encouraging it to release with each breath out. As you continue this process, visualize each part of your body infused with a warm, glowing light, representing the desires you wish to attract. Feel the energy of abundance, love, or success flowing into you, replacing any negativity or doubt. This mindful practice not only helps you to release what no longer serves you but also centers your vibrations around the outcomes you want to manifest, reinforcing a positive mindset and a receptive state for the universe to respond to your intentions.

Areas Requiring Additional Focus:

1

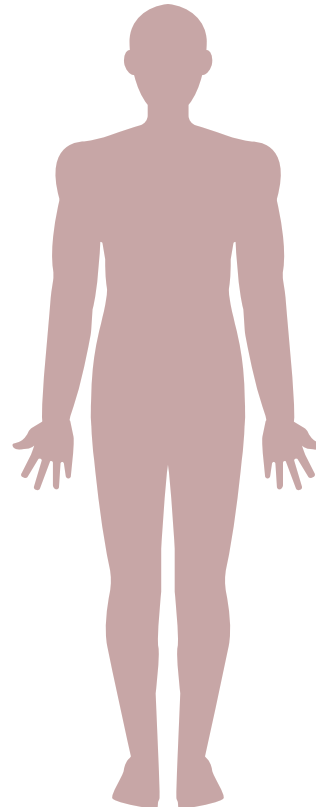
2

3

4

5

Mark the areas where
you feel any tension or
discomfort



[illegible]

The Pillow Method

Write out 10 powerful affirmations, then cut 1 out and place it under your pillow for 7 days. Let that affirmation be the last thing you think about as you fall asleep, allowing it to sink into your subconscious brain. Let go, surrender control, and allow God, Universe or whoever your deem your Higher Power to deliver your manifestation in your physical experience. Repeat 9 more times.

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 ...

Notes & Reflection

What came up for you as you engaged with the content on the previous page? Release all of your thoughts and feelings here.

[illegible]

Write Yourself a Future Check

Picture yourself writing a personal check, complete with a date that is set in the future, and filling in a generous amount that represents your desired income or achievement—perhaps the amount you envision earning in a year or as a manifestation of a significant goal, like a dream home or a fulfilling career.

As you write this check, you are not merely jotting down numbers; you are engaging in an act of faith and visualization, fully immersing yourself in the feeling of already having achieved what you desire. This symbolic activity encourages a deep sense of gratitude for the abundance that awaits you, enabling you to align your thoughts and actions with your aspirations.

Name: _____	Future Date: _____
Pay to the Order of: _____	<div></div>
Note: _____	Signature: _____
1 2 3 4 5 6 7 8 9 10	

Describe in vivid detail how you will feel once this manifestation becomes your reality. Write it in the present or past tense!

Notes & Reflection

What came up for you as you engaged with the content on the previous page? Release all of your thoughts and feelings here.

[illegible]

New Moon Ritual

The new moon is a powerful time for manifestation, symbolizing new beginnings and fresh intentions. To harness its energy, a simple yet effective ritual can be performed to focus on your desires and set the tone for the cycle ahead. Gather a few essential items: a clean piece of paper, a pen, a candle (preferably white or a color that resonates with your intention), and perhaps some crystals like rose quartz or amethyst to amplify your energy. As the moon becomes dark, you too should create a clean slate in your mind, letting go of any previous burdens.



Step 1: Set Your Intentions

Be very specific and articulate your intentions for what you desire to manifest during the lunar cycle. Write them down and place them where you'll see them daily.

Step 2: Cleanse Your Space

Clear out stagnant energy with practices like burning sage, lighting candles, or simply opening your windows. This fresh start is empowering.

Step 3: Invite In The Light

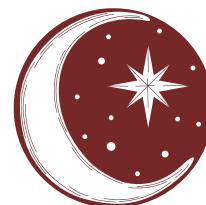
Light candles to signal your readiness. As you ignite the flame, articulate your intentions. Let the fire carry your desires into the universe and amplify your focused energy.

Step 4: Reconnect With Self

Dedicate at least ten minutes to check in with yourself. Whether through a grounding yoga flow, meditation, or journaling, this self-assessment sets the stage for your next cycle.

Step 5: Embrace Beginnings

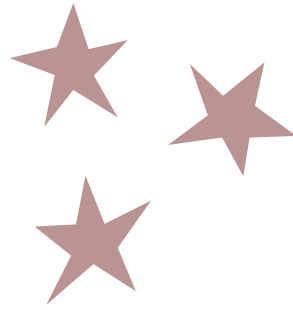
The New Moon is the ideal moment to introduce something fresh into your life. Consider starting a new hobby, enrolling in that class you've been eyeing, pursuing your dream job, or reaching out to someone you'd like to connect with. This lunar phase is ripe with potential—seize the moment.



Notes & Reflection

What came up for you as you engaged with the content on the previous page? Release all of your thoughts and feelings here.

[illegible]



Part Five

Manifest Your Desires With the Law of Attraction in 7 Days

At this point, you should be clear on your desires and intentions. You should also have done a lot of the work to eliminate your limiting beliefs and the clutter that's been holding back your manifestations. And finally, you should have noticeably raised your vibration and identified some techniques for manifesting that can continue with in the future. This section will enhance your results by giving you an extra 7-day jump on your next manifestation.

I am powerful , and I have the ability to manifest my desires.

Manifest With the LOA in 7 Days

Date: _____

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

DAY 1

Choose what to manifest. When you choose what you manifest, the trick is to choose something small, but something that you nonetheless really want; a thing that lights you up inside and is compatible with your plan for life. Imagine that it's already happened. Prompt: "I am so happy & grateful now that..." and write down what you desired and visioned into reality--as if it already happened. Remember: What you are seeking is already seeking you in return!

<p>Declare What You Wish to Manifest 'As If...' it already happened!</p>
<div></div>

Manifest With the LOA in 7 Days

Date: _____

M T W T F S S

DAY 2

Pick your affirmations. Come up with a set of positive affirmations that are linked to this week's goals. For example, if you're looking to meet a new love interest, you might try "I'm going to go to places where I might meet someone I like this week."

1
2
3
4
5
6
7

Manifest With the LOA in 7 Days

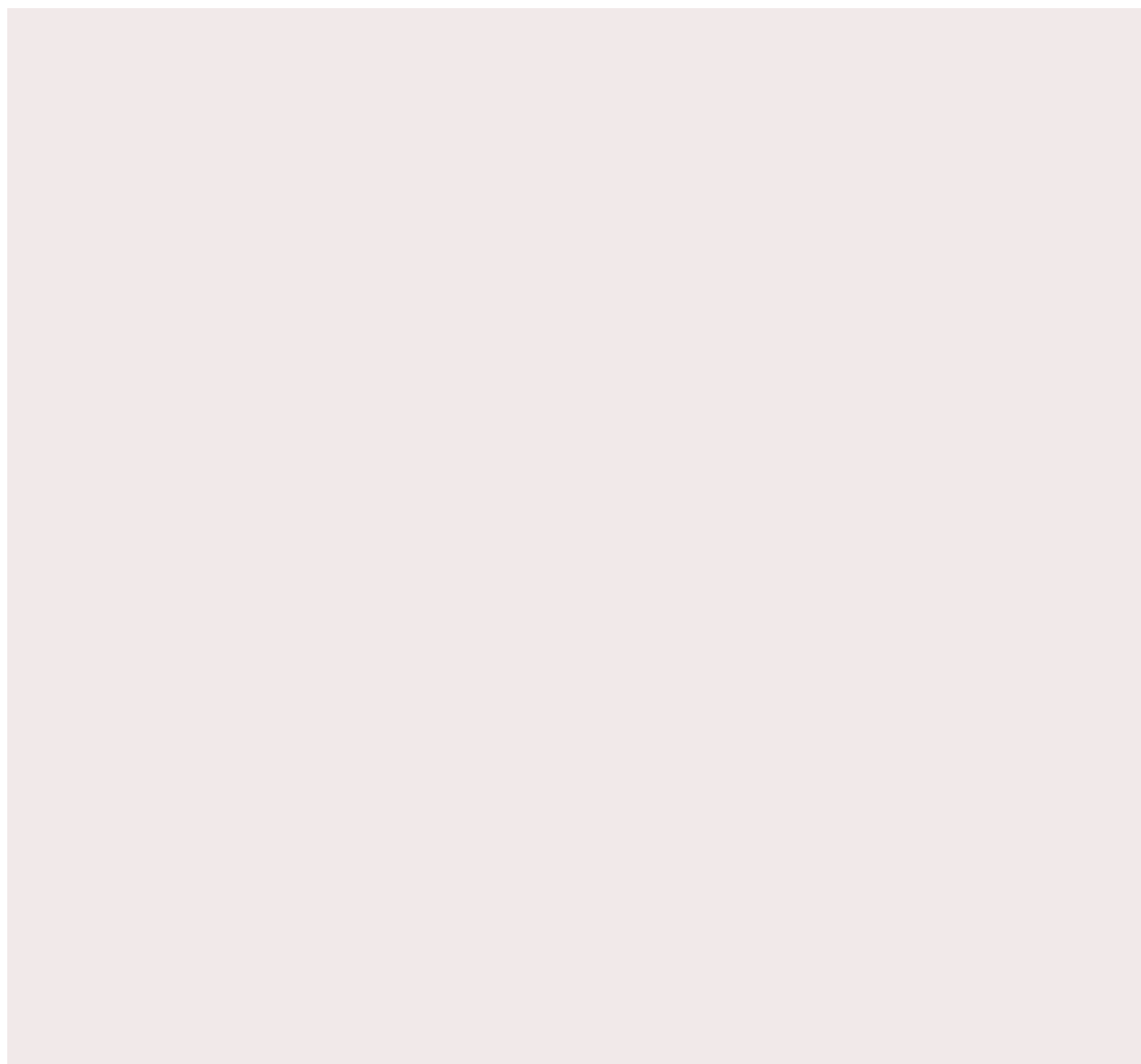
Date:

M T W T F S S

DAY 3

Visualize your desired reality. Practice creative visualization on the third day, as many times as you can. Build up a clear, vivid picture of what it will be like to manifest your goal, and imagine all the associated sights, sounds, smells, and feelings.

Next, create a vision board below for this specific desired manifestation.

A large, empty rectangular box with a light beige background, intended for creating a vision board for the specific desired manifestation.

Manifest With the LOA in 7 Days

Date: _____

M T W T F S S

DAY 4

Act "As If". Keep believing that the thing you want is coming and try to act as if you already have it. This is called acting "as if" (or sometimes "living in the knowing"). For example, if you're waiting to receive a gift from a partner, feel the appreciation and gratitude, and know that you are loved. Notice how living "as if" helps to build your confidence and can make your day feel so much brighter.

Come up with 5 ways you are going to act "as if" today and write them down.

1

2

3

4

5

Manifest With the LOA in 7 Days

Date:

M T W T F S S

DAY 5

Make a gratitude list. Think of things that are similar to what you want to manifest, but that you already have. As you do so, focus on the feelings of gratitude evoked by having those things in your life.

1

2

3

4

5

6

7

Manifest With the LOA in 7 Days

Date:

M T W T F S S

DAY 6

Raise Your Vibration. The higher the frequency of your energy or vibration, the lighter you feel in your physical, emotional, and mental bodies. You experience greater personal power, clarity, peace, love, and joy.

Think of 5 Ways to Raise Your Vibration Today:

1

2

3

4

5

For Example: Yoga, Meditation, Digital Detox, Breath Work, Going Out With Friends, etc.

Manifest With the LOA in 7 Days

Date:

M T W T F S S

DAY 7

Share Your Results. On the final day of your 7-Day manifestation experiment, think about what you have achieved and write it down. Even if your manifestation didn't materialize in the exact way you had imagined, know your life is wonderful, and the universe supports you. Know also that we aren't always given what we WANT...rather we're given what we NEED. Share with a friend or companion.

SHARE YOUR RESULTS

Your Miracle Log

Keeping track of the signs and synchronicities that pop up for you will be important to know that you are on the right track. It's easy to forget what we don't record! This will also help facilitate gratitude and keep your vibe high. Keep track of everything interesting and/or miraculous that happens to you as you move through your manifesting practice.

[illegible]

List of Attractions & Going Forward

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

Thank You!

“

*Believe you can and you're
halfway there.*

Woman Unchained & Reclaim, LLC



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