

# **The Soul Alchemist's Manifestation Planner**

**Unlock Your Inner Power & Manifest  
Your Dream Life**

**By Kay Sanders - Soul Alchemist**



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**Disclaimer:**

This planner is inspired by the teachings of Neville  
Goddard. The content reflects the author's  
interpretation of these concepts and is intended for  
educational and inspirational purposes only.

# Welcome to Your Soul Alchemist Planner

You are about to embark on a transformative journey of manifestation and self-discovery. This planner is designed to help you consciously create the life you desire, using the powerful principles of Neville Goddard. Through daily reflection, affirmations, scripting, and visualization, you will align your thoughts, emotions, and actions with your deepest desires, allowing you to manifest your dream life from the inside out.

Neville Goddard teaches that your inner world—the thoughts, feelings, and beliefs you hold—directly shapes your external reality. This planner will guide you each day in cultivating a mindset and emotional state that reflects the life you want to live, helping you tap into your creative power. Whether you're seeking abundance, healing, love, or personal growth, the tools in this planner will support you in aligning with those desires.

Each day, you will be guided to embody the feeling of your wish fulfilled, helping you become your own soul alchemist—someone who can transform their reality by consciously changing their inner world. By consistently engaging in these practices, you will see your external world begin to shift in remarkable ways.

This is more than just a planner; it's a tool for profound transformation. You are not just recording your thoughts or intentions—you are actively reprogramming your subconscious mind and aligning your energy with the future you want to create. As you immerse yourself in this process, you'll begin to experience synchronicities, opportunities, and changes that reflect the new reality you're calling in.

Let this planner be your trusted companion as you unlock the power within to manifest your dreams. Take this journey at your own pace, trust the process, and remember that everything you desire is already within you, waiting to be brought into your experience.

Enjoy the journey and get ready to manifest a life beyond your wildest dreams!

## How to Use This Planner

This planner is structured to support you on your manifestation journey each day. Here's a guide on how to make the most of it:

### 1. Morning Routine:

- Start your day by writing affirmations and scripting your day as if your desire is already a reality. This helps you set the tone for the day and anchor yourself in the feeling of your wish fulfilled.
- You'll also reflect on gratitude, acknowledging the things in your life that align with your desires.

### 2. Midday Reflection:

- Check in with yourself throughout the day. Are your thoughts aligned with the life you want to create? If not, this is your chance to revise and realign your mental diet.

### 3. Evening Routine:

- End your day by revisiting your desires through visualization and the powerful technique of "Revision." You'll reflect on how you can shift any experiences from the day to align with your ideal reality.

### 4. Weekly Review:

- Each week, you'll reflect on your progress and any shifts in your mindset, so you can make adjustments and continue building momentum.

### 5. Monthly Intention Setting:

- Every 30 days, reflect on your progress and set new intentions for the next 30 days of manifestation..

By setting aside time each day to complete your entries, you'll build a consistent habit of conscious manifesting and see remarkable changes in your life.

## Accompanying Meditation Series

To enhance your journey with this planner, I've created a series of guided meditations designed to help you align with your desires at key moments throughout the day. These meditations are the perfect complement to the practices in this planner and will help you deepen your connection with the energy of your wish fulfilled.

You can access the following meditations:

- **Morning Meditation:** Connect with the version of yourself who has already manifested your desires and start your day in alignment with your highest potential.
- **Midday Affirmation Meditation:** A midday reset filled with powerful affirmations to keep you aligned and uplifted throughout the day.
- **Nighttime SATS Meditation:** A guided visualization to help you enter the State Akin to Sleep (SATS), allowing your subconscious to manifest your desires as you rest.

**Download the full meditation series for free at:**

[www.kaysanders.com/manifestation-planner-gift](http://www.kaysanders.com/manifestation-planner-gift)

These meditations are a powerful way to amplify the work you're doing with this planner. Use them daily to stay connected with the energy of your desires and accelerate the manifestation process.

## About Kay Sanders – Soul Alchemist

Hi, I'm Kay, and I'm so glad you've chosen to take this journey toward transforming your life through this planner. My own path to spiritual awakening began in 2016, when I shifted from being a business coach to fully embracing my soul's calling as a spiritual guide. Since then, my mission has been to help others unlock their inner power, heal deeply, and align with the life they are meant to live.

Through my work, I've seen how powerful we are as creators of our own reality. I created this planner as a practical tool to help you tap into that power. By consciously aligning your thoughts, emotions, and beliefs with your desires, you can experience profound shifts in your life.

I help guide clients through powerful transformations using a combination of light language activations, spiritual coaching, and deep inner healing techniques. These tools help elevate your frequency, remove energetic blocks, and connect you more deeply to your soul's purpose and inner power.

Whether it's through one-on-one sessions, online courses, or group work within my **Transcendence membership**, I provide a safe space for people to awaken, heal, and step into their true potential.

Through my **Transcendence membership**, I support awakening souls as they navigate their personal transformation journey, helping them to connect with their inner wisdom, heal at a soul level, and align with their highest path. You can learn more about the membership and join this journey of transformation [www.kaysanders.com/transcendence](http://www.kaysanders.com/transcendence)

I also have two **YouTube channels** where I share light language activations, cosmic energy forecasts, and spiritual guidance to support your awakening and manifestation journey. If you'd like to dive deeper into these practices, you can find me on YouTube and join a growing community of souls dedicated to their transformation.

[www.YouTube.com/@KaySanders](http://www.YouTube.com/@KaySanders)

[www.YouTube.com/@Soul\\_Alchemist](http://www.YouTube.com/@Soul_Alchemist)

I truly believe that every soul is capable of manifesting their highest potential, and I'm honored to be a part of your journey. The tools I've shared in this planner have helped me manifest incredible transformations in my own life—whether it's manifesting financial windfalls, personal growth, or deep inner healing. I'm excited to share these teachings with you so that you too can manifest your dream life and become your own soul alchemist.

Remember, the real power lies within you. Use this tool to unlock the magic that's already inside and trust the process as you transform your inner world.



## **What is Soul Alchemy?**

Soul alchemy is the process of transforming your inner world—your thoughts, emotions, and beliefs—into a higher state of being. Just as traditional alchemy seeks to turn lead into gold, soul alchemy is about turning your inner limitations, fears, and doubts into personal power, wisdom, and freedom. By shifting your inner state, you create a ripple effect that transforms your outer reality.

At its core, soul alchemy is about self-mastery. It's about recognizing that you are the creator of your own experience and that by consciously shaping your inner world, you can manifest the life you desire. This transformation begins within and is reflected in all areas of your life, from your relationships to your career and personal growth.

## **How Embracing Your Inner Alchemist Can Transform Your Life**

When you embrace your inner alchemist, you unlock the power to create lasting changes in your life. This journey requires self-awareness, a willingness to heal from past limitations, and the courage to step into your fullest potential.

By acknowledging your ability to transform from the inside out, you will:

- Break free from limiting beliefs that have held you back.
- Heal deeply from past experiences that no longer serve you.
- Activate your personal power to manifest your desires with ease.
- Align your actions, thoughts, and emotions with your highest vision for your life.

When you step into the role of the alchemist, you are no longer a passive observer in your life. Instead, you become an active creator, empowered to shape your reality according to your deepest desires.

## How This Planner Will Help You Tap Into Your Inner Alchemist

This planner is designed to guide you on your journey of transformation. Through daily reflection, affirmations, scripting, and visualization, you will gradually shift your inner world to align with your highest intentions. By consistently applying the techniques in this planner, you'll tap into your inner alchemist and witness profound changes in your life.

As you follow the practices laid out in this planner, you will:

- **Align Your Inner World:** Through daily affirmations and scripting, you'll train your mind to focus on your desired outcomes.
- **Heal and Transform:** The revision and reflection practices will help you release limiting beliefs and past patterns that no longer serve you.
- **Manifest with Ease:** By visualizing your desired reality each night, you'll accelerate the manifestation process, turning your dreams into reality.

Remember, this planner is not just a tool—it's a companion on your journey to becoming your own soul alchemist. Trust the process, stay persistent, and watch as your inner transformation leads to outer success.

### Awaken Your Inner Alchemist Mini-Course

As part of your journey, I'm offering a **free mini-course** called **Awaken Your Inner Alchemist**. This course introduces soul alchemy and will guide you through key steps for transforming your inner world and activating your personal power. It's designed to help you begin your journey of inner healing and manifestation, offering practical tools and insights you can apply right away.

Access the Free Mini-Course Here: [www.kaysanders.com/inner-chemist](http://www.kaysanders.com/inner-chemist)

## Neville Goddard's Teachings on Manifestation

Neville Goddard was a spiritual teacher whose work focused on the power of imagination and the law of assumption. His teachings center on the idea that the outer world is a reflection of the inner world—what you assume to be true in your imagination will manifest in your reality.

Here are a few key principles:

- **Live in the End:** To manifest your desires, you must first feel as though your wish has already been fulfilled. This means adopting the mindset of your future self and acting as though you already have what you desire.
- **Inner World Alignment:** The thoughts and assumptions you entertain throughout the day create your reality. By keeping your thoughts aligned with your desires, you will attract them into your life.
- **State Akin to Sleep (SATS):** Before drifting off to sleep, immerse yourself in the feeling of your wish fulfilled through visualization. This is one of the most powerful times to reprogram your subconscious mind.
- **Revision:** If something in your day doesn't align with your desired reality, revise it in your mind to match what you wish had happened. Over time, this practice can shift your reality in profound ways.
- **Feeling is the Secret:** It's not enough to simply think about your desire—you must feel as though it's already real. The intensity and sincerity of your feelings drive your manifestations into physical reality. The feeling of the wish fulfilled is the key that unlocks the door to manifestation.

Use this planner to apply these teachings daily, and watch your desires manifest. In the following pages, I'll explain how to integrate these key techniques into your routine, helping you shift your mindset and transform your reality.

## Living in the End

To **live in the end** means to think, feel, and act as if your desire has already manifested. Instead of waiting for your external circumstances to change, you change your inner state to match the reality you wish to create.

### How to Practice:

1. **Identify Your Desired Outcome:** Clearly define the life you want to live—whether it's a specific goal, relationship, or abundance.
2. **Assume It's Already Done:** Mentally step into the version of yourself that already has this desire. How do you feel, think, and behave as that person?
3. **Act as That Person:** Throughout your day, make decisions and take actions from the mindset that your wish is fulfilled. Align your thoughts and behaviors with the person you are becoming.
4. **Ignore Outer Circumstances:** Don't be swayed by current reality. Keep your focus on the inner knowing that your desire is already true, regardless of what is happening around you.

The more you persist in living from this state, the more your outer reality will shift to match it.

## Inner World Alignment

Your external reality is a reflection of your inner world. By aligning your thoughts, emotions, and beliefs with your desires, you can manifest what you want more easily. When your inner state is in harmony with the reality you wish to create, the outer world follows suit.

### How to Practice:

1. **Check in with Your Thoughts and Feelings:** Throughout the day, pause and notice your dominant thoughts and emotions. Are they aligned with your desired outcome, or are they focused on lack and limitation?
2. **Shift to Alignment:** If you find yourself out of alignment, consciously shift your focus to thoughts and feelings that match the reality you want to create. This could be through affirmations, visualization, or simply recalling the feeling of your wish fulfilled.
3. **Reinforce Positive Beliefs:** Consistently reinforce beliefs that support your desires. Remind yourself that you are worthy of what you want and that your desires are already in motion.
4. **Maintain Inner Peace:** Stay grounded in the knowledge that your inner world is creating your outer experience. Avoid letting external circumstances dictate your inner state.

The more you align your inner world with your desires, the more easily those desires will manifest in your external reality.

## State Akin to Sleep (SATS)

The **State Akin to Sleep (SATS)** is a powerful tool for impressing your subconscious mind with the feeling of your wish fulfilled. This practice involves entering a deeply relaxed state—right before falling asleep—where your conscious mind is less active, allowing your subconscious to more easily accept your desired reality.

### How to Practice:

1. **Relax:** Lie down in bed, get comfortable, and begin to relax your body and mind.
2. **Visualize:** Once you are in a deeply relaxed state, begin to imagine a scene that implies your wish is already fulfilled. Focus on the details—what does it look like, feel like, sound like?
3. **Feel the Emotions:** The most important part of this practice is to feel the emotions you would experience if your desire were already true. Let these feelings flood your body.
4. **Repeat Until Sleep:** Continue to loop the scene in your mind as you drift off to sleep. The goal is to fall asleep while still in this state of fulfillment.

By doing this nightly, you are impressing your subconscious mind with the assumption that your desire is already a reality.

## Revision

**Revision** is the practice of mentally rewriting past events to align with your desired outcome. By changing how you perceive the past, you shift your inner state and future reality.

### How to Practice:

1. **Identify an Event:** Choose a specific event from your day or past that did not go as you wished.
2. **Rewrite the Event in Your Mind:** Close your eyes and imagine the event happening exactly as you would have liked it to. Make the new version vivid in your mind.
3. **Feel It as True:** As you visualize the revised event, feel the emotions you would have experienced if it had gone the way you wanted. Let this new story settle in as the truth.
4. **Release the Old Story:** Mentally let go of the old version of events. From now on, this new version is the reality you carry within you.

Practicing revision not only changes your perception of the past but also creates a ripple effect that shifts your future.

## Feeling is the Secret

Neville Goddard taught that **feeling is the secret** to manifesting. It's not enough to just think about your desire, you must **feel** it as if it's already true.

### How to Practice:

1. **Generate the Feeling:** Choose a desire and ask yourself, "How would I feel if this were already true?" Focus on the emotions you would experience.
2. **Immerse in the Feeling:** As you imagine your wish fulfilled, allow yourself to fully feel the joy, peace, or excitement that comes with it.
3. **Carry the Feeling Throughout the Day:** Make a habit of returning to this feeling throughout the day. The more you embody it, the more you attract circumstances that match it.
4. **Use Before Sleep:** The best time to practice feeling is right before sleep, during the SATS practice, when your subconscious is most open to suggestions.

Remember, the feeling is the magnet that draws your desire into reality.



## **Law of Assumption**

The **Law of Assumption** teaches that what you assume to be true in your imagination will manifest in your reality. By consistently holding onto this belief, regardless of external circumstances, you attract it into your life. Persistence in your assumption is the key to making this a reality.

### **How to Practice:**

1. **Choose a Belief:** Decide on the belief you want to assume, such as "I am successful," "I am in a loving relationship," or "Money flows to me easily."
2. **Embody the Assumption:** Feel the truth of this assumption as though it's already a fact in your life. Affirm it daily in your thoughts, feelings, and actions.
3. **Commit to Your Assumption:** Once you have assumed your wish fulfilled, commit fully. This is your new reality.
4. **Refuse Doubt:** If doubts or old patterns arise, remind yourself that these are just remnants of past thoughts. Return to your assumption.
5. **Stay Focused:** Regularly align your thoughts, emotions, and actions with your desired outcome, regardless of current circumstances.
6. **Ignore Time:** Don't worry about how long it takes for your desire to manifest. Trust the process and persist in the feeling that it's already done.

By persisting in your assumptions, you'll reprogram your subconscious mind, and your outer world will eventually reflect the new beliefs you hold as true.

## Quick Shifts for Doubt & Negativity

Throughout your manifestation journey, moments of doubt or negativity can sometimes creep in. These quick, effective techniques will help you realign with your positive intentions and shift your energy back to the feeling of your wish fulfilled.

### 1. **The "Thank You, It's Done" Technique**

When doubt arises, say (silently or out loud), "Thank you, it's done!" This phrase reaffirms that your desire is already manifested, reminding your subconscious that there's no need to worry or doubt—it's already complete in your inner world.

This shifts your focus from lack or doubt to a state of gratitude and certainty, aligning you back with your desire.

### 2. **Revision in the Moment**

When you feel doubt creeping in, pause, and mentally revise the thought or feeling. Imagine rewinding the doubt and replacing it with a positive outcome or affirmation.

This stops negative momentum and replaces it with positive energy, helping you stay aligned.

**Example:** If you catch yourself thinking, "What if it doesn't work?" immediately revise it to, "Everything is working out perfectly."

### 3. **Quick Gratitude Shift**

In a moment of doubt, stop and quickly name three things you're grateful for. It can be related to your desire or something else.

Gratitude raises your vibration and shifts your energy back into abundance and trust.

**Example:** "I'm so grateful for the progress I've made," "I'm thankful for the new opportunities ahead."

#### 4. **Affirmation Repetition**

Have a go-to affirmation that you repeat when you feel doubt sneaking in. Choose one that resonates and instantly brings you back to confidence.

Affirmations reprogram your subconscious, replacing doubt with empowering thoughts.

##### **Examples:**

- “I trust that everything is unfolding perfectly.”
- “I am always supported, and my desires are manifesting effortlessly.”

#### 5. **Breathing Technique for Centering**

Breathing calms your nervous system, giving you space to reset and shift back into alignment.

If you feel energetically squeezed, use the 4-7-8 breathing method:

- Inhale for 4 counts.
- Hold for 7 counts.
- Exhale for 8 counts.

#### 6. **Scripting On-the-Go**

Scripting pulls you out of the doubt spiral and reminds you of your power to create.

If possible, grab your phone or notepad and script a few lines as if everything is working out.

**Example:** “I’m so happy everything is falling into place effortlessly.”

## 7. **Mini Visualization Reset**

Take a minute to close your eyes and visualize a snapshot of your desired outcome—whether it's a notification, an email, or a bank balance update.

This helps refocus your energy on your desired reality and anchors you in the feeling of having it.

Each of these techniques is designed to be quick, allowing you to shift your energy when doubt arises. Experiment with them and find what resonates best for you. A combination of quick gratitude, affirmations, or a breathing reset can work wonders during those moments of doubt!

# Harnessing Universal Laws for Manifestation

Manifestation works in harmony with universal laws. Here are **three key laws** to consciously apply in your daily practice, helping you create powerful shifts and manifest your desires:

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## 1. The Law of Correspondence

This law teaches that your outer world is a reflection of your inner world. To create transformation in your external reality, you must first shift your internal state. Your thoughts, emotions, and beliefs are constantly shaping the experiences you attract into your life.

### Practice:

Each day, check in with your inner world. What are your dominant thoughts and feelings? How are they influencing your outer experiences? The more aligned you are internally with your desires, the more aligned your external reality will become.

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## 2. The Law of Assumption

This law highlights that what you assume to be true will eventually manifest in your reality. When you embody the feelings and mindset of someone who already has what they desire, you shift your energy to align with that outcome.

### Practice:

Each day, take a moment to assume the feeling of your wish fulfilled. Whether you're working, creating, or interacting with others, imagine that you are already the version of yourself who has everything you desire. Feel how that version of you would think, act, and make decisions.

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## 3. The Law of Reversibility

This law teaches that if a certain outcome or feeling can produce a specific state, then that state can also bring about the outcome. For example, if success and fulfillment can make you feel confident and happy, then

embodying confidence and happiness can bring success and fulfillment into your life.

**Practice:**

Whenever you face a challenge, tap into the feeling that you associate with your desired outcome. If achieving your goal would make you feel peaceful and empowered, focus on cultivating those feelings now. By embodying the emotional state of your desired result, you begin to reverse-engineer the manifestation process.

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By working with these three laws, you can consciously create shifts in your inner world that lead to powerful transformations in your outer world. Let these laws guide you as you navigate your daily manifestation practice.

## **Make It Your Own**

This planner is here to guide you, but remember, you are the creator of your own journey! Feel free to adapt these pages to suit your unique needs. Use the writing space in a way that resonates with you, whether that means adding extra notes, doodles, reflections, or even your own affirmations. This is your personal space to explore, reflect, and grow.

As you work through each section, don't feel confined by the prompts. Some days, you may want to script in detail, while other days might call for quick affirmations or a gratitude list.

Trust your intuition to guide you in how to use this planner. If you feel inspired to expand on certain exercises or revisit a section that speaks to you, go for it! The more personal you make this process, the more aligned and transformative it will feel.

This is your journey of self-discovery and manifestation. By making this planner your own, you are amplifying its power to help you connect with your inner alchemist and bring your desires into reality. Trust in the unfolding process, and let your inner wisdom lead the way.

## Setting Your Intentions

Before diving into your daily routines, take a moment to set your intentions for the next 90 days. This is your opportunity to focus on the desires closest to your heart and align your energy with what you truly wish to manifest. Intentions are powerful because they serve as a guiding compass, helping you stay aligned with your highest vision.

Take some time to reflect on what you want to create during this period. What areas of your life do you want to transform? Whether it's abundance, relationships, personal growth, or health, be specific about your desires and allow yourself to feel excited about them becoming a reality.

Write down your top three intentions or manifestations:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

As you move through this planner, these intentions will be your anchor. Revisit them regularly, and as you embody the feeling of your wish fulfilled, you'll begin to see how effortlessly these desires start to manifest in your life. Trust in the process, stay persistent, and remember that your inner world creates your outer reality.



## **Your Journey Begins Here**

Take a deep breath and prepare to step into your role as the creator of your life. Each day offers a new opportunity to align with your desires and manifest the reality you truly want. As you move through these daily practices, remember that you hold the power within to transform your inner world and, in turn, your outer world.

Trust the process, stay persistent, and watch as your dreams begin to unfold.

Let's begin to unlock the power of your inner alchemist and start manifesting your dream life!

Day 1

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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Day 2

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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Day 3

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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Day 4

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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Day 5

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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Day 6

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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Day 7

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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# Weekly Reflection & Realignment

What manifestations, signs, or progress did you notice this week?"

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What did you learn, and how can you realign to stay in the state of the wish fulfilled?

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What intentions or desires are you focusing on next week?

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Day 8

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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Day 9

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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Day 10

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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Day 11

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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Day 12

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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Day 13

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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Day 14

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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# Weekly Reflection & Realignment

What manifestations, signs, or progress did you notice this week?"

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What did you learn, and how can you realign to stay in the state of the wish fulfilled?

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What intentions or desires are you focusing on next week?

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Day 15

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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Day 16

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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Day 17

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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Day 18

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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Day 19

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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Day 20

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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Day 21

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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# Weekly Reflection & Realignment

What manifestations, signs, or progress did you notice this week?"

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What did you learn, and how can you realign to stay in the state of the wish fulfilled?

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What intentions or desires are you focusing on next week?

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[illegible]

Day 22

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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Day 23

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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Day 24

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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Day 25

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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Day 26

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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Day 27

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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Day 28

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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# Weekly Reflection & Realignment

What manifestations, signs, or progress did you notice this week?"

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What did you learn, and how can you realign to stay in the state of the wish fulfilled?

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What intentions or desires are you focusing on next week?

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[illegible]

Day 29

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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Day 30

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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## Monthly Reflection & Realignment

### Setting Goals and Celebrating Progress

Reflect on your progress from the past 30 days and set your intentions for what you want to manifest over the next 30 days. Aligning with your goals and recognizing your growth strengthens your connection to your desires.

**Manifestations & Progress:** What did you manifest the past 30 days?  
How did you persist in the state of the wish fulfilled?

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**Lessons & Realignments:** What did you learn these past 30 days? How will you adjust for the next cycle?

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**Monthly Manifestation Goals:** What are your top 3 desires to manifest over the next 30 days?"

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**Feeling the End:** How will it feel once these desires are fulfilled?

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[illegible]

Day 31

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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Day 32

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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Day 33

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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Day 34

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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Day 35

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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# Weekly Reflection & Realignment

What manifestations, signs, or progress did you notice this week?"

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What did you learn, and how can you realign to stay in the state of the wish fulfilled?

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What intentions or desires are you focusing on next week?

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Day 36

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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Day 37

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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Day 38

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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Day 39

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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Day 40

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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Day 41

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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Day 42

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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# Weekly Reflection & Realignment

What manifestations, signs, or progress did you notice this week?"

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What did you learn, and how can you realign to stay in the state of the wish fulfilled?

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What intentions or desires are you focusing on next week?

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[illegible]

Day 43

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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Day 44

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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Day 45

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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Day 46

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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Day 47

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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Day 48

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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Day 49

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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## Weekly Reflection & Realignment

What manifestations, signs, or progress did you notice this week?"

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What did you learn, and how can you realign to stay in the state of the wish fulfilled?

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What intentions or desires are you focusing on next week?

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[illegible]

Day 50

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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Day 52

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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Day 56

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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# Weekly Reflection & Realignment

What manifestations, signs, or progress did you notice this week?"

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What did you learn, and how can you realign to stay in the state of the wish fulfilled?

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What intentions or desires are you focusing on next week?

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Day 57

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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Day 58

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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Day 59

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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Day 60

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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## Monthly Reflection & Realignment

### Setting Goals and Celebrating Progress

Reflect on your progress from the past 30 days and set your intentions for what you want to manifest over the next 30 days. Aligning with your goals and recognizing your growth strengthens your connection to your desires.

**Manifestations & Progress:** What did you manifest the past 30 days? How did you persist in the state of the wish fulfilled?

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**Lessons & Realignments:** What did you learn these past 30 days? How will you adjust for the next cycle?

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**Monthly Manifestation Goals:** What are your top 3 desires to manifest over the next 30 days?"

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**Feeling the End:** How will it feel once these desires are fulfilled?

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[illegible]

Day 61

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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Day 62

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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Day 63

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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# Weekly Reflection & Realignment

What manifestations, signs, or progress did you notice this week?"

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What did you learn, and how can you realign to stay in the state of the wish fulfilled?

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What intentions or desires are you focusing on next week?

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Day 64

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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Day 66

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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Day 67

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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Day 68

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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Day 69

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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Day 70

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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# Weekly Reflection & Realignment

What manifestations, signs, or progress did you notice this week?"

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What did you learn, and how can you realign to stay in the state of the wish fulfilled?

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What intentions or desires are you focusing on next week?

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[illegible]

Day 71

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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Day 72

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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Day 74

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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Revision Practice: If something didn't go as planned, how would you revise it?

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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Revision Practice: If something didn't go as planned, how would you revise it?

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Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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Day 76

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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Day 77

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Revision Practice: If something didn't go as planned, how would you revise it?

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What are you grateful for today in the context of your dream life?

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# Weekly Reflection & Realignment

What manifestations, signs, or progress did you notice this week?"

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What did you learn, and how can you realign to stay in the state of the wish fulfilled?

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What intentions or desires are you focusing on next week?

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[illegible]

Day 78

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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Day 79

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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## **Midday Reflection: Persist in the State of the Wish Fulfilled**

Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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Day 80

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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Revision Practice: If something didn't go as planned, how would you revise it?

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What are you grateful for today in the context of your dream life?

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Day 81

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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Check in with your thoughts, are your thoughts aligned with your wish fulfilled? If not, what thoughts need adjusting?

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Revision Practice: If something didn't go as planned, how would you revise it?

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Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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Day 82

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Revision Practice: If something didn't go as planned, how would you revise it?

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Revision Practice: If something didn't go as planned, how would you revise it?

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What are you grateful for today in the context of your dream life?

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Day 84

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Revision Practice: If something didn't go as planned, how would you revise it?

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# Weekly Reflection & Realignment

What manifestations, signs, or progress did you notice this week?"

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What did you learn, and how can you realign to stay in the state of the wish fulfilled?

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What intentions or desires are you focusing on next week?

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Revision Practice: If something didn't go as planned, how would you revise it?

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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Revision Practice: If something didn't go as planned, how would you revise it?

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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Revision Practice: If something didn't go as planned, how would you revise it?

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## **Evening Routine: End Your Day with the Wish Fulfilled**

Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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Day 90

Date: \_\_\_\_\_

**Morning Routine: Start Your Day as If Your Wish Is Fulfilled**

Today I Am Grateful For: *(List 3-5 things you are grateful for today)*

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Scripting Your Wish Fulfilled: *(Write a short script of your day as if your wish has already been fulfilled)*

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Today My Affirmations Are: *(List 3-5 affirmations to keep you aligned to your desires)*

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Revision Practice: If something didn't go as planned, how would you revise it?

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Describe the scene you will visualize as you fall asleep, representing the fulfillment of your desire. Be sure to feel the emotions of your wish fulfilled as you visualize:

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What are you grateful for today in the context of your dream life?

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# Reflecting on Your Journey

As you reach the end of this 90-manifestation planner, take a moment to reflect on the journey you've been on over the past 90 days. You've dedicated time to consciously align your inner world with your desires, and now it's time to celebrate the growth and transformations you've experienced. Use the prompts below to reflect on how far you've come:

What changes have you noticed in your life since starting this planner?

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What manifestations have come to fruition?

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How has your inner world evolved?

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As you reflect, remember that every step, no matter how small, is part of the process. Continue to honor your growth and transformation.

[illegible]

# Setting New Intentions

Now that you’ve completed the past 90 days, it’s time to set new intentions for the next phase of your journey. What new desires or manifestations are you ready to focus on?

Use the space below to write down your next steps:

What new desires or manifestations will you focus on moving forward?

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How will you continue to align with your wish fulfilled?

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Let this be a reminder that manifestation is a continuous practice. As you move forward, stay connected to your inner world, and allow your desires to unfold naturally.

## Notes

Use this space to jot down any extra thoughts, insights, or reflections that arise as you finish your 90-day journey. This is your space to freely express anything that comes up, whether related to your manifestation practice or personal reflections.

[illegible]

## Stay Connected

Your journey doesn't end here! If you've enjoyed using this planner and are ready to deepen your manifestation and spiritual practices, I'd love to continue supporting you on your path to transformation.

There are several ways you can stay connected and continue expanding your inner power:

- **Join My Transcendence Membership:** If you're seeking a supportive community and personalized guidance on your spiritual journey, I invite you to explore my **Transcendence membership**. Within this space, we dive deeper into advanced practices like light language, spiritual growth, and powerful manifestation techniques to help you unlock your true potential. Whether you're just beginning or continuing your journey, the Transcendence membership offers the tools and support you need to experience profound shifts in your life. [www.kaysanders.com/transcendence](http://www.kaysanders.com/transcendence)
- **Subscribe to My YouTube Channels:**
  - Stay up to date with regular **light language activations, cosmic energy forecasts, and empowering spiritual insights** and **shadow work practices**, by subscribing to my YouTube channels. These channels are a space for ongoing growth and guidance, providing you with the energetic shifts and tools to align your inner world with the life you desire.
  - Whether you're looking to raise your frequency, connect with higher realms, receive cosmic guidance, or transcend your shadows, my channels are here to help you maintain momentum on your spiritual path.  
[www.YouTube.com/@KaySanders](http://www.YouTube.com/@KaySanders) and  
[www.YouTube.com/@Soul\\_Alchemist](http://www.YouTube.com/@Soul_Alchemist)

Thank you for allowing me to be part of your journey. I can't wait to see what you manifest next! Remember, you hold the power within to create the life of your dreams—this is just the beginning of your transformation.

