

Tips: Use the Present tense and be sure to include emotion; script as if you have already manifested your desire!

- 1. Journal about what you are grateful for.
- 2. Journal a prayer to God.
- 3. Write about a day in your life.
- 4. Write about all the emotions you feel thinking about what you have manifested.
- 5. Write about how having your desire has changed your life.
- 6. Write about how you transformed in order to manifest your desire
- Journal about how manifesting your desire has impacted what you believe you can manifest.
- 8. Write about how badly you wanted this manifestation.
- 9. Journal about how your vibration has increased now that you have your desire.
- 10. Write about any other blessings that may come along with what you have manifested.