

planning/goal setting

MANIFESTATION *journal*

create your dream life

TAKE THE TIME



UNWIND YOUR MIND

TODAY'S *date* / /

Describe your ideal self:

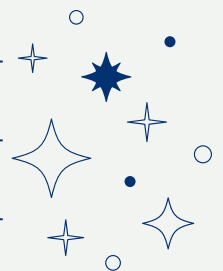
When you look in the mirror, what do you like about your appearance?

What do your friends/family know you for?(eg:positivity/whit/curiosity/organization)

What is your style like?(eg:clothes/genre of music)

What does it feel like to be in your ideal body?

What do you do to maintain your health?



TODAY'S *date* / /

Describe your ideal day:

Walk through your morning, afternoon and evening; including times.

Where are you (city/country/room/coffee shop)?

Who are you with (a made up being who inspires you/alone/animals)?

What are you doing?

How do you feel?



TODAY'S *date* / /

Describe your dream career:

What demographic/population do you work with?

What location do you work in? (from home/office/building type)

Who do you work alongside? (colleagues/manager/alone)

How is your day structured? (start time/lunch/end time).

How did you qualify for the expertise you work in?



TODAY'S *date* / /

Describe your dream partner:

How do they make you feel?

What are your common goals?

How do they inspire you?

How do they challenge you?

What values do you share?



date

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Describe your financials:

What do you provide for yourself? (eg: housing, vehicle, necessity, clothes, food, hobbies, leisure)

How much income do you make per month/year?

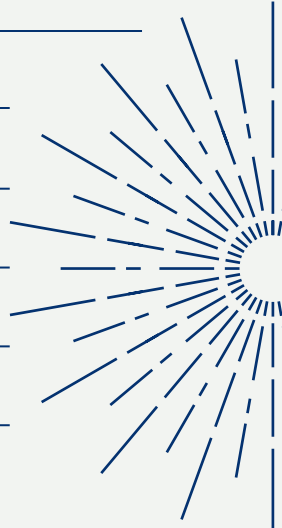
How much do your hobbies cost per month/year?

How much does your housing cost per month/year?

How much does your medical bills cost per month/year?

How much do you spend on luxuries per month/year? (travel, accessories, special occasions)

How long does it take for you to be able to live comfortably?



TODAY'S *date* / /

What are some things you are grateful for right now?



TODAY'S *date* / /

How does it feel to be living your manifested life and goals?



TODAY'S *date* / /

Who are the top 5 people you spend your time with?

Who in your life inspires you?

Who in your life can you call if you are in need?

Who in your life are you grateful for?

