

OWNER OF
SANKOFA
CREATIVE
HANDMADE
GEMSTONE
JEWELRY



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Getting Clear Exercise

I have divided these prompts into sections to help you get crystal clear on exactly what you would like to manifest over the next six months. You can do these all at once or just do the questions that apply to what you are focused on manifesting in your life right now. As life unfolds your desires change, working through these prompts regularly will help you maintain clarity throughout life's changes. Some of these questions will seem more like goal setting because ultimately that's what consciously manifesting is. Setting goals and then allowing the Universe to create the path that will get you from where you are now to where you want to be.

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Money and Career

1. How satisfied are you with where you are at in your career right now? _____

2. What would you like to see manifest for you in your career in the next six months and why? _____

3. What opportunities would you like to see open up for you in your career in the next six months? _____

Pro Tip: It's important to always evaluate the why behind what it is you are trying to manifest. This type of evaluation helps you decipher if your intentions are from your inner being or being led by the ego. When we are led by ego in our desires, they aren't in alignment with our inner being, thus creating resistance. You cannot successfully manifest from the energy of resistance.

4. How satisfied are you with your finances currently? _____

5. How much additional income would you like to manifest in the next six months? _____

GETTING SPECIFIC – MANIFESTING FOR THE NEXT SIX MONTHS – LAW OF ATTRACTION

Pro Tip: The Universe doesn't perceive the difference in a penny or a million dollars, but our human thinking minds certainly do. When you are setting your goals make sure that you are setting goals you believe can happen. The more that you begin to consciously manifest the more confidence you will gain, the more you will believe, the greater your faith will be. Start small and work your way up. Just like with all things, the more you practice the more skilled you become.

6. What will you do with the extra money that you manifest? _____

7. What good will you do with the money you manifest? _____

8. How will manifesting this extra money affect your life? _____

9. What is something fun you would like to do with the extra money you manifest? _____

Spirituality / Inner Work

1. How would you like to see your spirituality develop over the next six months? _____

2. What blocks do you want to focus on overcoming over the next six months? _____

3. How do you feel these blocks have been standing in the way of you successfully manifesting? _____

4. How would your life change for the better if you overcome these blocks and limiting beliefs? _____

5. What are you willing to commit to over the next six months to help you achieve your spiritual goals? _____

Health and Wellness

1. How satisfied are you with your physical health currently? _____

2. What areas of your health would you like to see improved in the next six months? _____

3. What are some healthy habits you can introduce into your life that will make you feel great? _____

4. How would these improvements to your health have a positive impact on your life? _____

5. What is one thing you would really like to do once you reach your goal in six months to celebrate your improved health? _____

Attracting a Partner

Pro Tip: If this doesn't apply to your life skip this section.

GETTING SPECIFIC – MANIFESTING FOR THE NEXT SIX MONTHS – LAW OF ATTRACTION

1. Are you in a place mentally, emotionally, and spiritually to be a loving a healthy partner to someone romantically? _____

2. What is your reason for wanting a partner currently in your life? _____

3. What personality traits does your dream partner possess? _____

4. How do you want to feel in your relationship? _____

5. How would you like your partner to look? _____

6. Describe how you and your partner will spend your time together. _____

7. Describe what your perfect life with your dream partner looks like in as much detail as you can. _____

Personal Life

1. How satisfied are you with your personal life, your life outside of work and responsibility? _____

2. How do you feel about your current friend circle or lack thereof? _____

3. What kind of people would you like to attract to you over the next six months and why? _____

4. How would you like your involvement in the community to evolve over the next six months? _____

- 5. What are any other goals or things you would like to manifest over the next six months? Examples could be a new home, a new car, a change in living situation, a new job, a move out of state, or anything unique to your experience and desires. Explain why? _____

- 6. How would you feel if you had these things and how would having them change your life? _____

- 7. What relationships would you like to see improvement in over the next six months? _____

- 8. What personal development goals would you like to set for yourself over the next six months and why? _____

9. How will achieving these goals affect your life for the positive? _____

Congratulations on the first step in consciously manifesting. You should now have a clear idea of what you would like life to look like for you in the next six months and a healthy understanding of why.