

OWNER OF  
SANKOFA  
CREATIVE  
HANDMADE  
GEMSTONE  
JEWELRY



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## *New Moon Manifesting Journaling Prompts*



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# Career and Money

1. How do you wish to see your career develop? \_\_\_\_\_  
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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. How much additional income or unexpected money would you like to manifest this new moon cycle?  
*I like to use magic checks that I fill out to myself for this. I make sure I keep it somewhere visible and when I walk by it I say "Thank you for the money that is on the way" \_\_\_\_\_*  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. What professional accomplishments or recognition do you wish to manifest? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
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4. Are there professional relationships that you wish to improve? \_\_\_\_\_  
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\_\_\_\_\_  
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5. If so, what can you do to contribute positive energy and help facilitate an energy shift for the positive? \_\_\_\_\_  
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6. What are the top three things you love most about your job in the present moment? \_\_\_\_\_

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7. What are five things you are thankful for about your job in the present moment? \_\_\_\_\_

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## Health and Wellness

1 In what ways would you like to improve your health? \_\_\_\_\_

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2. What is one thing you have always wanted to do or experience but didn't feel able to because of physical limitations? Write about this experience in detail as you imagine having no physical limitations holding you back. Let yourself become emotionally involved as you write and go into as much detail as you can. Who would be with you, how would you feel ect... \_\_\_\_\_

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3. Choose one thing you can add to your routine or diet that will benefit your health and commit to doing it for the next 30 days. Make sure you take note of any difference in how you look or feel in response.

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*The reason why I encourage you to add something healthy to your life as opposed to removing something unhealthy is that the addition of a healthy habit encourages an abundant flow of health to you. Choosing to remove something from your life that you would be obsessing over missing creates an energy of lack and resistance. You will find when you start adding healthy habits into your life you will automatically begin clearing out old unhealthy habits. These don't need to be huge. It could be as simple as drinking a full glass of water when you wake up or going to sleep listening to a guided meditation. This is a perfect example of how adding a new habit will naturally remove the old. If you fall asleep to the T.V every night and make a **commitment** to listen to a relaxing meditation instead the addition of this spiritually healthy habit replaced the less healthy habit of falling asleep to the T.V. Do you see how there is no longer room for those less healthy habits? Could you imagine the change that could happen in a year of adding one new healthy habit to your routine a month? That's life-changing*

4. What are three things you love about your body? \_\_\_\_\_

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5. Write five things you are thankful for concerning your health and body? \_\_\_\_\_

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# Relationships

1 What type of relationship or relationships would you like to attract into your life? \_\_\_\_\_

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2. If you are trying to attract romantic love what are the top five most important qualities you are looking for in someone? \_\_\_\_\_

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3. If you are in a romantic relationship what are five things you appreciate, enjoy, or love about your partner. \_\_\_\_\_

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4. When choosing friends what are the top five most important qualities you are looking for your friendships? \_\_\_\_\_

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5. Recall and write about a time someone helped you in some way. As you are writing about this experience think about how thankful you are to this person. Write about how their kindness impacted your life for the positive. \_\_\_\_\_

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6. List three relationships you are thankful for in your life and why. \_\_\_\_\_

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