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? \_\_\_\_\_ 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? 4. Are there professional relationships that you wish to improve? 5. If so, what can you do to contribute positive energy and help facilitate an energy shift for the positive?\_\_\_\_

. What are th	e top three thin	gs you love	most about	your job in	the present	moment?	
What are fix	e things you are	e thankful fo	r about you	r job in the	present mor	ment?	
hat ways wou	d you like to im	prove your h	nealth?				
what ways wou nat is one thing cal limitations?	you have alway Write about th	rs wanted to	do or expere in detail as ally involved	rience but c s you imagir ł as you wri	lidn't feel ab ne having no te and go int	le to because physical limit to as much de	ations tail as
hat ways  nat is one cal limitat	thing ions?	would you like to im thing you have alway ions? Write about th	would you like to improve your he would you like to improve your he thing you have always wanted to ions? Write about this experience ck. Let yourself become emotions	thing you have always wanted to do or experions? Write about this experience in detail as	would you like to improve your health?  thing you have always wanted to do or experience but do ions? Write about this experience in detail as you imaging ck. Let yourself become emotionally involved as you write.	would you like to improve your health?  thing you have always wanted to do or experience but didn't feel abions? Write about this experience in detail as you imagine having no ck. Let yourself become emotionally involved as you write and go in	thing you have always wanted to do or experience but didn't feel able to because ions? Write about this experience in detail as you imagine having no physical limit ck. Let yourself become emotionally involved as you write and go into as much dewould be with you, how would you feel ect

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.
•
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?
5. Write five things you are thankful for concerning your health and body?
3. Write five things you are thankful for concerning your fleathrand body:
Relationships
1 What type of relationship or relationships would you like to attract into your life?

2. If you are trying to attract romantic love what are the top five most important qualities you are looking for in someone?
3. If you are in a romantic relationship what are five things you appreciate, enjoy, or love about your partner.
4. When choosing friends what are the top five most important qualities you are looking for your friendships?
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.
6. List three relationships you are thankful for in your life and why

## Personal Goals

List five personal goals you are manifesting. Keep your list somewhere you will see it often. Every time you check off one of your personal goals that has manifested write it down in your journal and write about how thankful you are and all the ways accomplishing your goal has made you happy and improved your life.
your mer
You can even write about and give gratitude for the things that haven't manifested yet. Write about then as if they have already arrived. The more detail you go into the more emotionally attached you become. I like to start my sentences off in this way "I am so thankful now that" This will get you in the perfect alignment to attract quickly.
l am so thankful now that