

7-Day Sacred Manifesting Challenge

DAY 1 — BEGINNING

Welcome to this journey. Today we remember the core truth: **your power exists only in the present moment — the Now.** What you focus on in this moment becomes your reality.

Reflection: What am I choosing to think and feel right now?

Homework: Write one small situation you'd like to improve and one desire you wish to manifest.

DAY 2 — OBSERVATION

Set a timer throughout the day. Every time it rings, ask: - What am I thinking right now? - What am I feeling right now? - Is this aligned with who I want to become?

Record your answers.

DAY 3 — FACTS

What you call “facts” are often **repeated thoughts you unconsciously chose.**

Homework: Write the “facts” about your small problem. Then neutralize each one by saying: - “It seemed to me.” - “This was a dream.” - “This is not a fact — just an old choice.”

Feel the shift.

Example of what it should look like:

Problem – I am not worthy of finding true love

It seemed to me that I am not worthy of finding true love.

This was nothing but a false idea my mind made up.

This is not a fact – just an old choice my mind had created.

DAY 4 — CHOICE

Now you choose again.

Ask: **What do I want instead?** Write your new conscious choices.

Affirm: **This is my new conscious choice.**

Example:

I am so worthy of all the love in the world.

This is my new conscious choice.

DAY 5 — NOW

When your timer rings: 1. Come into the present — breath, body, senses. 2. **Choose** a thought + feeling that lifts you.

Your power lives here.

DAY 6 — DESIRE

Use the **Portal Technique**: - Close your eyes - Step into the reality where your desire is already real - Feel it, now.

Write what you experienced.

DAY 7 — ANOTHER REALITY

Overlay your desired reality onto ordinary moments.

Turn daily moments into play: - Walking down your street? Imagine your dream city. - Sitting at home? Imagine your dream space. Having dinner, imagine your soulmate right besides you.

Feel your future now.

End of challenge.