

# YOUR 30 DAY MANIFESTATION PLAN

## WHAT CAN YOU ACHIEVE IN A MONTH?



### Morning Ritual (Every Day)

Repeat affirmations that connect you with good feelings about your goal.

FOR EXAMPLE, you might say “Everyone can see my creativity and talent” if you’re trying to advance your career.

Say your affirmation at least a few times, and make eye contact with yourself in the mirror as you do so.



### Evening Ritual (Every Day)

Go to a quiet space and meditate for 5-10 minutes, and let your body fill up with calmness and positivity.

Next, create a gratitude journal and write down a few things that you appreciated that day.

Remember that small things are just as important as bigger things!

### Day 1-3

Focus on creating a positive environment.

Clean and tidy your house, add splashes of bright color that put you in an upbeat mood, air out your rooms by opening the windows, and consider bringing in some gorgeous flowers to beautify your living space.

Finally, think about potential negative influences in the home, and get rid of them!

It's time to ditch things that remind you of past failures, breakups and experiences that brought you down.

### Day 3-5

Set a goal and be as specific as possible.

For example, dreams like “find love” or “get rich” are too vague, so add some relevant detail. Write it down, and focus on it.

Take as long as you need to come up with the right goal - it's OK if you need longer than 3 days to do this.

And, if you want extra guidelines, [click here](#) for 3 steps of powerful goal setting.

### Day 6-7

Ask yourself what beliefs are holding you back from achieving your goal.

What messages did you receive when you were younger that are now making you think you can't succeed?

Counteract these limiting beliefs by writing down reasons why you should no longer hold them.

### Day 8

Make a to-do list of what you need to accomplish to achieve your dream this month.

Break it down into small, digestible steps—this will boost your confidence that you can change your life in the way you desire.

### Day 9-10

Create a dream board of images that help you visualize your goal.

These can be photographs, pictures from magazines, or even pictures you draw yourself.

Keep the dream board where you can see it, and allow to make your conception of your future more concrete.

### Day 11-15

Focus on visualizing your dream.

When you do your nightly meditation, visualize in your mind what it would be like to have what you want.

Incorporate as much detail as possible, and really feel the joy you'll experience when you reach your goal.

### Day 16

Find and connect to an object that represents your dream.

It can be anything you like, but people often like to choose a stone, ornament or piece of jewelry.

Carry this object around with you as a constant way to anchor yourself to your belief that you can attract what you desire.

### Day 17

Share your dream with someone.

Speak with certainty, and tell them all about how you plan to achieve this fantastic goal.

Watch your positivity and confidence spread to this other person.

### Day 18

Start living "as if" you already have what you want.

For example, walk with your head held high in the knowledge that you already have that new business you want to start.

Allow yourself to feel as good as you know you'll feel when you manifest your dream.

### Day 19-20

Look for extra inspiration from motivational quotes, books related to your goal, and success stories that prove anything is possible.

If others can do it, so can you!



## What is holding you back from achieving your goal?

Click here to take a 60-second test and find out. Get a FREE personalised report and start changing your life now.

### Day 21-24

Make room for what is to come in your life.

For example, you might buy a new chair for the partner you're going to find, get new clothes to fit the fitter figure you're developing, and think about cutting ties with anyone who is a negative influence in your life.

### Day 25-28

At night, visualize your dream in even more detail. Imagine not just how it will look, but how it will feel, sound and smell. Make the mental picture brighter, more vivid and more real.

Further, consider shifting perspective, adopting an observer role and picturing yourself from the outside.

### Day 29

Get ready to seize the opportunity when it comes—look for signs and clues that a fruitful path is appearing, and be willing to take chances when they present themselves.

### Day 30

Finally, let go. If you cling too tightly to your dream, you stop it from travelling and growing.

Trust that the universe will take you where you need to go, and let it propel you towards the future you know you deserve!

## CONGRATULATIONS!

You've completed the 30 Day Manifestation Challenge. Write down in the box below what you have achieved and what you are truly grateful for.