



LAW OF ATTRACTION

Planner

SETTING INTENTIONS

MY INTENTION FOR THIS YEAR/DAY:

DESCRIBE IT

HOW DOES THAT INTENTION MAKE YOU FEEL?

HOW DOES THAT INTENTION MAKE OTHERS FEEL?

WRITE 3 OR MORE WAYS HOW YOUR INTENTION IS SERVING YOU RIGHT NOW:

FIRST 20 MINUTES

The first 20 minutes of your day can determine the tone for the rest of your entire day. List the ways in which you will make sure your first 20 minutes is pleasurable. Will you listen to motivational audio? Read a book?

FIRST 5 MINUTES

FIRST 10 MINUTES

FIRST 20 MINUTES

MORNING ROUTINE

WEEK _____

	MON	TUE	WED	THU	FRI	SAT	SUN
S SILENCE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A AFFIRMATIONS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
V VISUALIZATIONS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
E EXERCISE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
R READING	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S SCRIBING	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

MY WHY

NOTES

10 MINUTES GRATITUDE

Write a thank you note to someone you wanted to thank for long time and didn't have a chance yet.

Date

One person you would like to thank:

One thing you would like to thank her or him for:

Two details to describe the thing or action for which you're thankful:

One way in which the thing or action made a difference to you:

RAISE YOUR VIBRATION

One person with whom you share your adventures:

One meal that reminds you of home:

One memory that makes you giggle:

One errand you're always up for:

One thing you believe now more than ever:

One kind of surprise that brightens your day:

One music that you love to listen:

MANIFEST YOUR DREAMS

HEALTH I feel vibrant and alive.

RELATIONSHIPS feel so lucky to have loving people.

SPIRITUALITY I feel calm, centered and connected.

FINANCES I feel abundant.

MIND My mind is sharp and focused.

DESIRE WORKSHEET

DEFINING MY DESIIRE

STATING MY WHY

HOW WHOULD I FEEL

LIST OF ATTRACTIONS

Summarize what you have previously attracted into your life and what you hope to attract in the future. Use it as a visual guide to help you practice positive affirmations and manifest the things you want in the future.

THINGS YOU HAVE ATTRACTED
INTO YOUR LIFE

THINGS YOU WANT TO ATTRACT
INTO YOUR LIFE

7 DAY LAW OF ATTRACTION

Date:

M	T	W	T	F	S	S
---	---	---	---	---	---	---

DAY 1

Choosing What To Manifest.

When you choose what you manifest, the trick is to choose something small, but something that you nonetheless really want; a thing that lights you up inside and is compatible with your plan for life. After all, you need to be able to feel fully passionate about it for the week ahead.

CHOOSE WHAT TO MANIFEST

7 DAY LAW OF ATTRACTION

Date:

M	T	W	T	F	S	S
---	---	---	---	---	---	---

DAY 2

Affirmations.

Come up with a set of positive affirmations that are linked to this week's goals.
For example, if you're looking for a date, you might try "I'm going to meet someone to date this week"

1

2

3

4

5

6

7

7 DAY LAW OF ATTRACTION

Date:

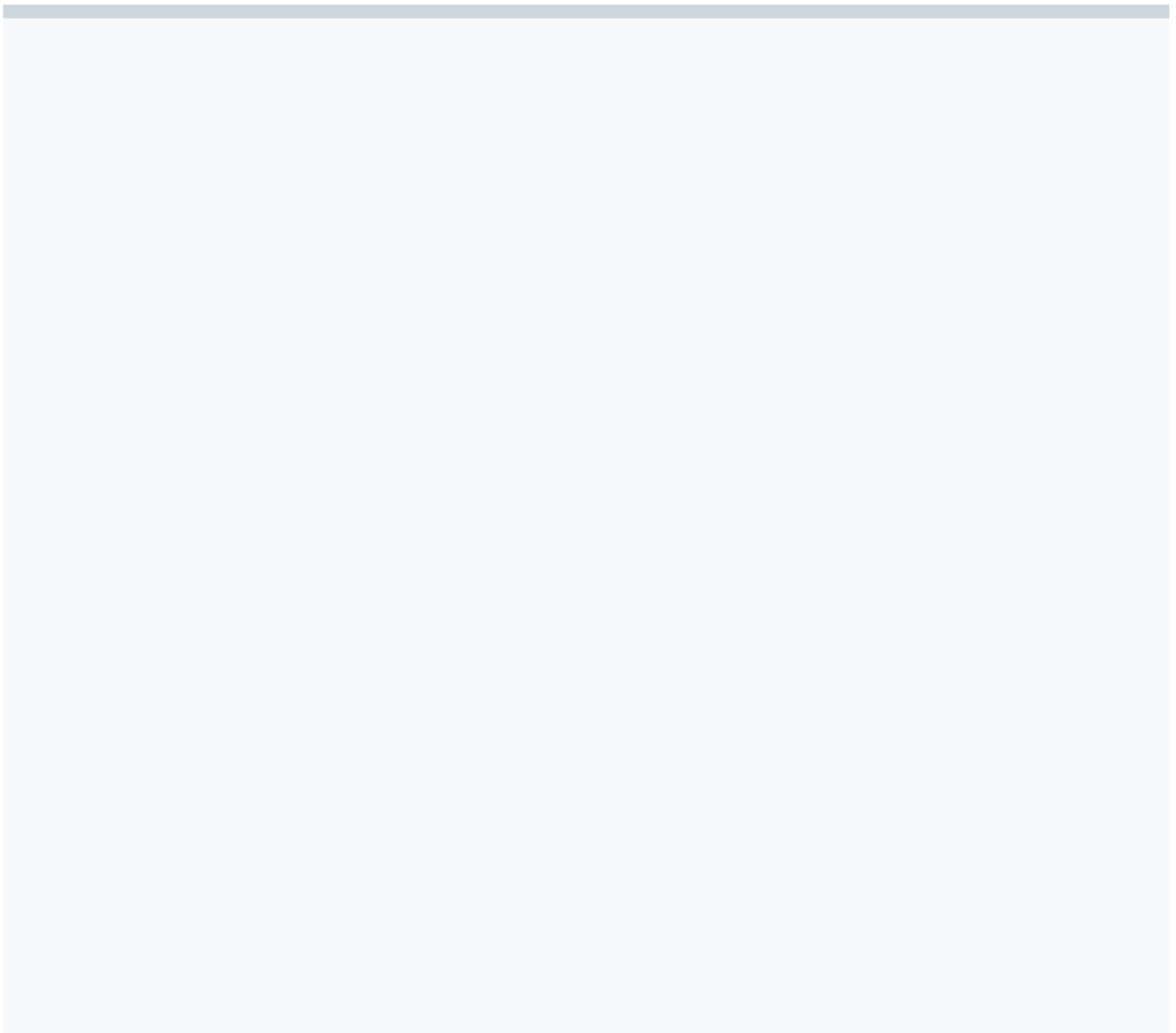
M	T	W	T	F	S	S
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DAY 3

Visualize.

Practice creative visualization on the third day, as many times as you can. Build up a clear, vivid picture of what it will be like to manifest your goal, and imagine all the associated sights, sounds, smells, and feelings.

Your Vision Board:



7 DAY LAW OF ATTRACTION

Date: _____

M	T	W	T	F	S	S
---	---	---	---	---	---	---

DAY 4

Act "As If".

Keep believing that the thing you want is coming and try to act as if you already have it. This is called acting "as if" (or sometimes "living in the knowing").

If you're waiting to receive a gift from a partner, feel the appreciation and gratitude, and know that you are loved. Notice how living "as if" helps to build your confidence and can make your day feel so much brighter.

Come up with 5 ways you are going to act "as if" today and write them down.

1

2

3

4

5

7 DAY LAW OF ATTRACTION

Date:

M	T	W	T	F	S	S
---	---	---	---	---	---	---

DAY 5

Make A Gratitude List.

Think of things that are similar to what you want to manifest, but that you already have. As you do so, focus on the feelings of gratitude evoked by having those things in your life.

1

2

3

4

5

6

7

7 DAY LAW OF ATTRACTION

M T W T F S S

DAY 6

Raise Your Vibrations.

The higher the frequency of your energy or vibration, the lighter you feel in your physical, emotional, and mental bodies. You experience greater personal power, clarity, peace, love, and joy.

Think of 5 Ways to Raise Your Vibration:

1

2

3

4

5

For Example: Yoga, Meditation, Digital Detox, Breath Exercise etc.

7 DAY LAW OF ATTRACTION

Date:

M	T	W	T	F	S	S
---	---	---	---	---	---	---

DAY 7

Share Your Results.

On the final day of your manifestation experiment, think about what you have achieved and write it down. Remember, your life is wonderful and all of your dreams will come true.

SHARE YOUR RESULTS

VISION BOARD

Career / Business

Finance

Family / Friends

Love

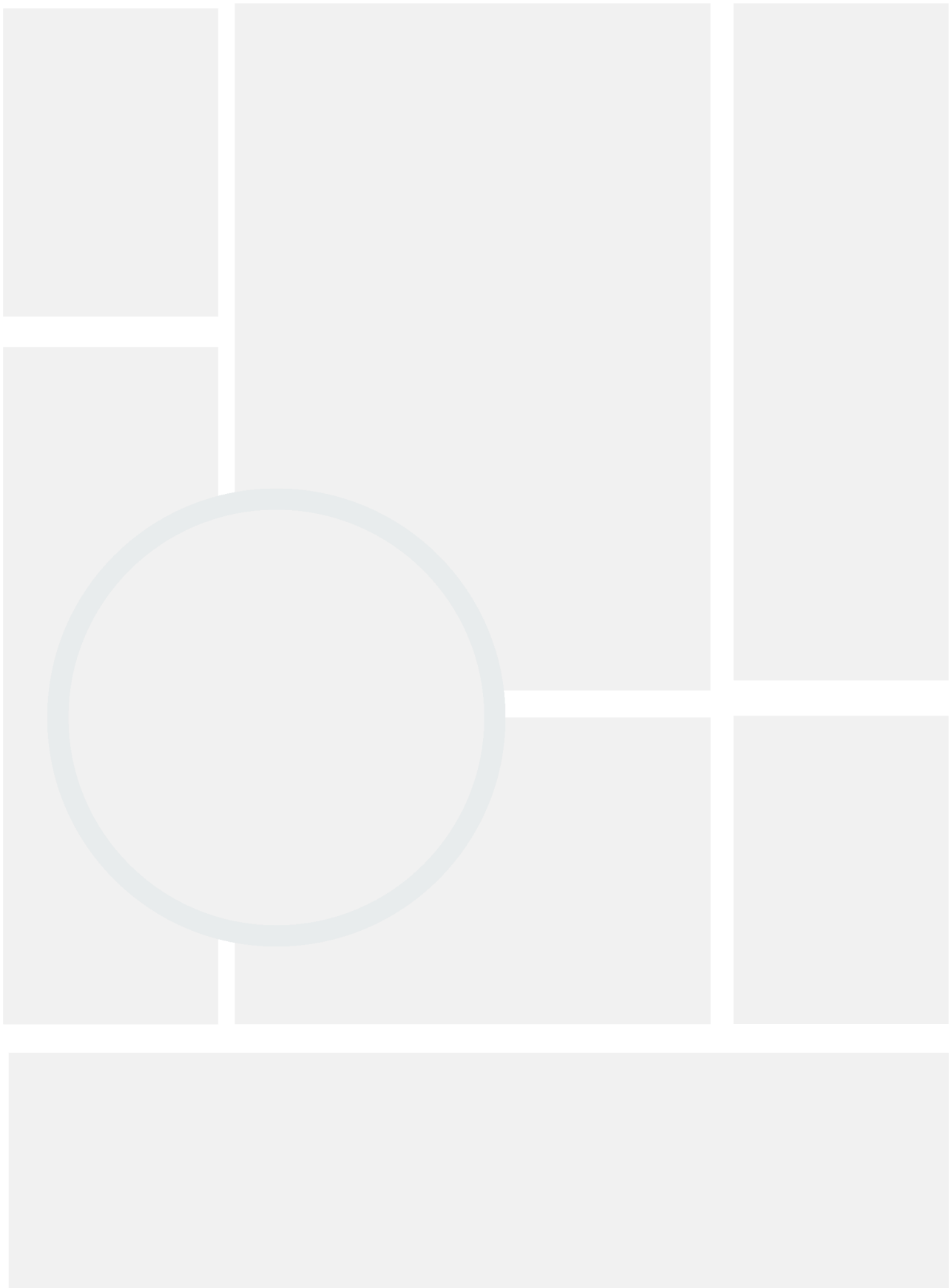
Personal Growth

Health

Leisure

Mind

VISION BOARD



MANIFESTING CHEAT SHEET

IDENTIFY

I want to manifest [your desire] because it will make me feel [identify the emotions this manifestation will give you]

DAYDREAM

What will it feel like when your desire becomes a reality? (Use present tense, ex: I feel, I am, I am thankful...

ALIGN

List what you can do TODAY to practice feeling the feelings from part 1.

3-6-9 METHOD

Date

Write 3 times the name of the thing you want to manifest:

Write 6 times your intention for thing you want to manifest:

Write 9 times what you want to manifest. Be specific and visualize it.

FUTURE SELF

FUTURE ME

CAREER

HEALTH

RELATIONSHIPS

SPIRITUALITY

WEALTH

VISUALIZATION

I HAVE

I FEEL

I SEE

I HEAR

I TOUCH

NOTES

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ABUNDANCE MINDSET

WHO I WANT TO BE?

WHAT I WANT TO HAVE?

VISUALIZATION REFLECTION

DURING MY VISUALIZATION I SAW:

DURING MY VISUALIZATION I FELT EMOTIONS:

USING MY 5 SENSES, I COULD SEE, HEAR, SMELL, TASTE, TOUCH:



WHAT I'D LIKE TO SEE MORE OF:

WHAT I'D LIKE TO SEE LESS OF:

MEDITATION

MY MEDITATION GOAL

1

2

3

DATE	MY MEDITATION EXERCISE	TOTAL TIME

MY 10 AFFIRMATIONS

1. I AM ...

2. I AM ...

3. I AM ...

4. I AM ...

5. I AM ...

6. I AM ...

7. I AM ...

8. I AM ...

9. I AM ...

10. I AM ...

GRATITUDE WORKSHEET

Date:

Today I'm grateful for:

People I'm grateful for:

Something awesome that happened:

My best memories:

Best parts of my day:

Things that made me smile:

KINDNESS TRACKER

MONTH _____

The form consists of a large rectangular grid. On the left side, there is a semi-circular arc with 31 numbered segments, labeled from 1 to 31. Each segment is connected to a vertical line that extends across the grid, creating 31 columns. The grid is divided into 10 rows by horizontal lines. The top row is the widest, and the rows become progressively narrower as they move down, mirroring the shape of the semi-circular arc. This layout allows for tracking kindness acts on a daily basis throughout the month.

SOUL STUFF

LETTER

MY BEST FRIENDS ARE

MY FAVOURITE SONGS

MY FAVOURITE TV SHOW

MY FAVOURITE BOOK

MY FEARS

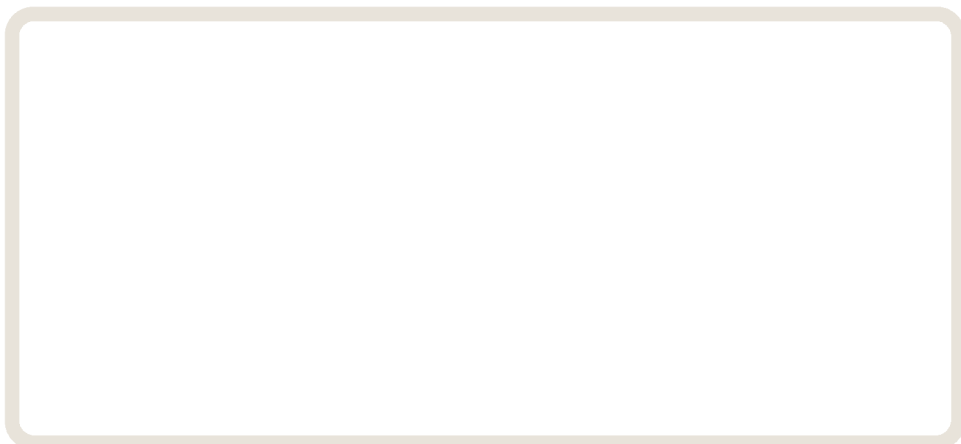
MY BEST SELF

I AM AT MY BEST WHEN I:

I FEEL _____ WHEN I AM AT MY BEST

I AM "IN THE _____" WHEN I AM MY BEST SELF

HERE I AM AT MY BEST:



DAILY JOURNAL

TODAY'S FOCUS	HOURS SLEPT

TO DO	MY SCHEDULE
<ul style="list-style-type: none">♥♥♥	
SELF CARE CHECKLIST	
<ul style="list-style-type: none">♥♥♥	

MEAL PLAN	
BREAKFAST	_____
LUNCH	_____
DINNER	_____
SNACK/DESSERT	

MY NOTES AND THOUGHTS



WEEKLY JOURNAL

MONDAY

GOAL

1

2

3

TUESDAY

WEDNESDAY

TO DO LIST

THURSDAY

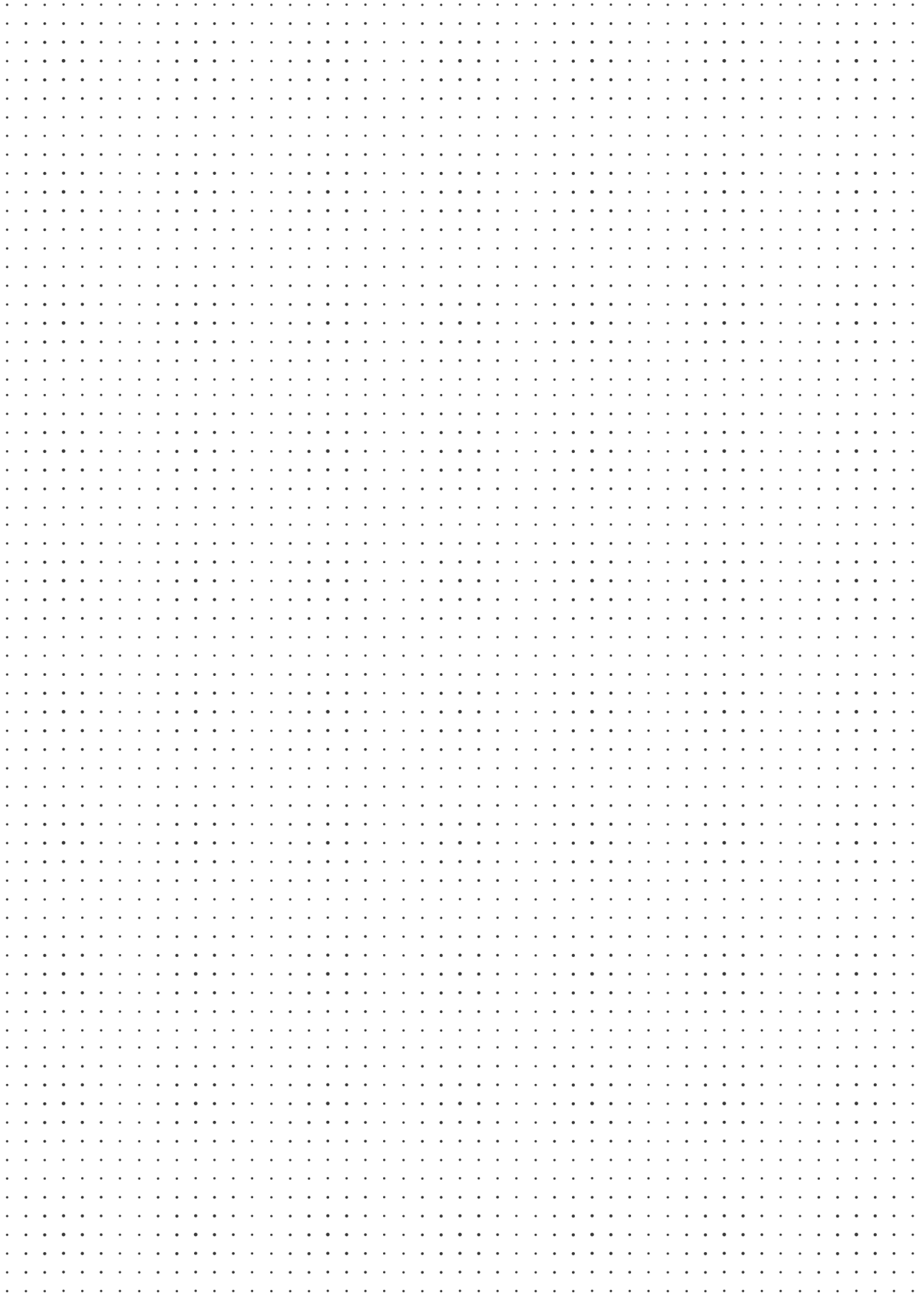
FRIDAY

NOTES

SATURDAY

SUNDAY

JOURNALING



JOURNALING



JOURNALING

A series of 15 horizontal light blue bars, stacked vertically, providing a space for journaling. Each bar is uniform in width and height, and they are separated by small gaps.