

VISUALIZATION FOR MANIFESTATION

JOURNAL PROMPTS

01

WHERE DO YOU SEE YOURSELF IN 6 MONTHS?

Quickly think about this and explore this for now. What comes up for you? What are your first thoughts?

02

WHAT ARE THE DIFFERENCES BETWEEN NOW AND IN THE 6 MONTHS?

Notice the gap of now and then without judgment. What are you doing? Not doing? What must change. Remember this practice will help you fill this gap.

03

WHAT DO YOU ENVISION FOR YOU IN THE NEXT 6 MONTHS?

What goals do you want to achieve? What do you want your business to look like & feel like? How much money are you making?

04

WHAT DOES THAT FUTURE YOU LOOK LIKE?

What does she wear? How does she talk? Does she do makeup? Does she get her hair done and go for massages, etc?

05

WHERE DOES THIS FUTURE YOU TRAVEL?

Where is this future you going? Does she attend networking events, conferences, and pop-ups? New adventures?

06

WHAT PRIORITIES MUST YOU ACCOMPLISH DAILY, WEEKLY, AND MONTHLY TO MAKE YOUR 6 MONTHS HAPPEN?

What self-care must you do to align with this future? What activities must you do to make that money in 6 months? What must you do to hit those goals? What is your future 6-months doing that allowed her to reach her goals?

07

WHAT EMOTIONS, STATE OF BEING IS YOUR FUTURE YOU ALIGNED WITH?

How do you want to feel in 6 months?