

Law of Attraction: Manifestation Journal

I want to provide you with a weekly manifestation journal where each day reflects either your work, wealth, health, relationships, or gratitude. It's a great way to visualize different areas of your life actively.

Monday -

Be thankful for all the money you make. Visualize where and how you'll spend your money. We must be grateful for what we have if we want to achieve more!

Tuesday -

Be thankful for the relationships you have: friends, family, loved ones. Reach out to somebody you haven't spoken to in a while or say hi to a stranger. Watch how your mood instantly improves.

Wednesday -

Be thankful for your health. Even if you don't feel well. Visualize your perfect health and what it feels like when you achieve it.

Thursday -

Be grateful for your career. Maybe you're in between jobs; that's ok. Visualize landing that new job or getting a promotion. Whatever it is, feel as though you've already accomplished it.

Friday -

Be grateful and blessed for the things in your life. Take a walk outside and visualize what your life will look like and how amazing it will be. Think of five items and give "Thanks" after each one.